

California Department of Water Resources NEWS

May 16, 1996

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Heavy Rains Force Postponement of Free Walk for Wellness at Oroville Dam to Friday, May 24

Severe rainy weather has forced a one-week postponement of the second annual free "Walk for Wellness" at Oroville Dam to Friday, May 24.

Sponsored by Oroville Hospital with the assistance of the Department of Water Resources (DWR), the walk had been scheduled for May 17.

"Heavy rain in the Oroville area, and predictions of more unsettled weather persuaded us to postpone the Walk for Wellness," said Rolland Williams Sr., Chief of DWR's Oroville Field Division. "We invite everyone interested to come and walk across Oroville Dam on May 24."

The one-mile free walk across the dam is designed to encourage better health, especially for older adults, and more use of the many recreation facilities at Lake Oroville. Walk sponsors are encouraging active adults in Oroville and other Northern California communities to take part in the Walk for Wellness. The "Kardiac Kids" contingent from Oroville Hospital, celebrating its 10th year of activity, is scheduled to participate.

The May 24 event will follow the time schedule previously developed.

The event will start at 9 am near the north end of the dam. No advance registration is required. Participants need only show up and enjoy the walk. After warmup exercises and welcoming remarks by local officials, the walk will begin at 9:30 am.

Walkers across the crest of the dam will enjoy a panoramic view of Lake Oroville on one side and of the

upper Sacramento Valley on the other. Rising to 770 feet at its crest, Oroville Dam is the tallest dam in the United States.

The first 250 walkers will receive visors, bike bottles and refreshments. Walkers will be eligible for door prizes, and can have free blood-pressure readings and body-fat testing after the event. Helping out will be DWR and Oroville Hospital staff. Refreshments will be provided by Secure Horizons.

Lake Oroville is the key State Water Project reservoir in Northern California. Located on the Feather River in Butte County about 75 miles north of Sacramento, Lake Oroville offers 15,000 acres of lake surface and 167 miles of shoreline.

Lake Oroville recreation opportunities include fishing, boating, camping, RV facilities, picnicking and a visitors center.

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The Department of Water Resources operates and maintains the State Water Project, provides dam safety and flood control and inspection services, assists local water districts in water management and water conservation planning, and plans for future statewide water needs. The State Water Project provides water to two-thirds of California's population.

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