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START GETTING IN SHAPE FOR SUMMER

Get a good workout during two extended hikes with volunteer Pat Patterson.

Explore five miles of the Bike & Hike Trail, **Saturday, April 12 at 10 a.m.**, starting at the SR 303 lot, 64 W. Streetsboro Rd., Boston Heights. Patterson will teach participants about the Boston Ledges and how the ABC (Akron, Bedford & Cleveland) Railroad once went through the area. Visitors should expect easy terrain.

Spring will be in full swing and there will be plenty to see during his next extended hike, **Saturday, May 10 at 10 a.m.**, starting at the Trail Lot at O'Neil Woods Metro Park, 2550 Martin Rd., Bath. Patterson's four-mile hike takes participants along Deer Run Trail, Yellow Creek and to the top of the Cuyahoga Valley. Visitors should expect difficult terrain.

For more information, call 330-865-8065.

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Metro Parks, Serving Summit County manages more than 9,000 acres, including 13 developed parks, six conservation areas and more than 120 miles of trails, with 16 miles of the Ohio & Erie Canal Towpath Trail. Annual attendance averages 4 million visitors.