

MAY·JUN '21

GREEN ISLANDS

Summit Metro Parks



Bi-monthly Magazine



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Planting
the Parks

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Restoring
and Protecting
Sand Run

Your Metro Parks are funded by a small Summit County real-estate tax.
This magazine is an example of your public dollars at work.



Our parks are like green islands in an urban landscape.

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Green Islands can be downloaded online: summitmetroparks.org

BOARD of PARK commissioners



Joel D. Bailey Mark A. Spisak Herb Newman
 Tonya Block Tina Ughrin

The park district's governing body is appointed by the Summit County Probate Judge. Commissioners serve overlapping three-year terms and are assisted by the executive director, who oversees the work of full-time and part-time employees, seasonal workers and volunteers.

ON THE COVER



Celebrating a century of forestry stewardship, this image from a 1976 Girl Scout tree planting at Hampton Hills Metro park pays tribute to all the Girl Scout tree plantings over the past decades.

Try Something New

This season, come try something new at **Munroe Falls Metro Park** (*Munroe Falls*) and **Silver Creek Metro Park** (*Norton*). The beach area is open to explore — take advantage of new programs, dog swim days and more! Learn more at summitmetroparks.org.



DISCOVER

YOUR BACK YARD



THEN & NOW

BLACK BEAR

*Joe Malmisur,
Interpretive Naturalist*

When the first Europeans began to settle what is now known as Ohio, forests covered roughly 95 percent of the land. However, by 1910 forests covered only 10 percent of our state. With the forest habitat gone, so too went the black bear. The last of these original Ohio black bears was killed in 1881. Today, these amazing mammals have returned. Though small in number, they can be found roaming through Summit County from time to time. Their homecoming was made possible by the foresight of visionaries in natural resources management and efforts by

the Summit Metro Parks conservation department to plant trees and connect green spaces in places like Liberty Park in Twinsburg. If you're lucky enough to spot a black bear in our parks, savor the moment! We hope you will help celebrate our centennial year by exploring our parks and joining us to plant even more trees as we embark on our next 100 years. 🌱

*See page 4 to learn more
about our centennial
reforestation initiative.*



Akron Garden Club Tree Planting | May 1965

Plant

As we celebrate
the park district's centennial
anniversary this year, we are
also marking 100 years of
conservation, preservation and
connecting people to nature in
Summit County.

ing the Parks

Reforestation for our Next 100 Years

Chris Chaney, Park Biologist

But what is conservation? The word 'conservation' means different things to different people, but most of us can agree on this definition: carefully using valuable natural substances that exist in limited amounts in order to make certain that they will be available for as long a time as possible. While the best way to protect our resources is to avoid using them in the first place, the next best way to engage in conservation is to replenish depleted natural resources. To commemorate our centennial



The park district's pine tree saplings at *Everett Nursery* | June 1928



Today, Park Biologist Chris Chaney helps coordinate planting of signature native tree species for the Centennial Groves.

anniversary and continue with the park district's legacy of conservation, Summit Metro Parks is planting 100 acres of trees at Metro Parks countywide.

WHY PLANT TREES?

Much like our wetlands, forested areas in Ohio have been severely impacted over the years. Ohio currently has approximately 30 percent forest cover, down significantly from a historic high of about 95 percent. Temperate forests

are the most productive habitat on Earth after estuaries, wetlands and tropical rain forests. They offer many benefits such as shade, wind protection, wildlife habitat and recreation. Forests also provide services that we sometimes take for granted, including oxygenation, carbon sequestration, soil stabilization, reduced runoff, rain seeding and more! All of these services directly benefit Summit County residents in the form of cleaner air, cleaner water and more predictable weather patterns.

continued on page 6



Planting an oak tree at *Goodyear Heights Metro Park* | February 1963



continued from page 5

Our commemorative Centennial Groves will be readily visible to visitors and are symbolized in the centennial logo, signifying the park district's long-term stability and mission to protect natural resources. More importantly, it's our duty to help nature out by supporting species and habitat protection.

composition of adjacent forests. Several species were selected because they are rare, threatened or endangered, or are appropriate for assisted migration — planting species that are expected to move into our region or perform well under climate change scenarios.



Girl Scouts plant saplings at *Silver Creek Metro Park* | April 1977

WHAT ARE CENTENNIAL GROVES?

The Centennial Grove initiative is an ambitious goal to plant 100 acres in honor of the park district's first 100 years. A total of 22 individual groves were carefully selected from the total pool of possibilities. To be considered for reforestation, an area must meet the following criteria:

- Currently unused for recreation
- Not regenerating well on its own
- Free from any potential historically significant sites

Once the Centennial Grove sites were selected, park staff developed planting plans and conducted cultural resources surveys to confirm the absence of any artifacts. Planting plans take into account site conditions like land use history and hydrology, as well as the historic forest type at each site and community

HOW WILL WE PLANT THE GROVES?

Planting 100 acres is no small task. In fact, realization of this vision has brought together hundreds of people — staff from all park district



Christy Counterman, one of 30 Plant Conservation Volunteers, assists in the reforestation efforts at *Liberty Park*, Twinsburg. | November 2016



Donor Lois Arnold was instrumental in the creation of the *Munroe Falls Metro Park Centennial Grove* | October 2020

departments, volunteers, donors and landscaping experts, all dedicated to the implementation of plans developed over the past several years. During the spring and fall, each site must be prepared according to its specific needs, and once plant materials are acquired, tens of thousands of holes must be dug and planted. Post-planting maintenance is required for several years to ensure success, including installation of plastic tubing to protect the trees from animals.

To date, 3,276 trees and shrubs have been planted across approximately 20 acres at *Tallmadge Meadows* in

Munroe Falls Metro Park, the *Liberty Park Nature Center* and *Twinsburg Ledges Area* at **Liberty Park**, the main entrance of **Hampton Hills Metro Park**, the *Brushwood Lodge Area* at **Furnace Run Metro Park** and along the **Towpath Trail** in the *Confluence Area*. The *Twinsburg Ledges* and *Tallmadge Meadows Centennial Groves* were funded by visionary donors who were inspired by the benefits of trees for everyone's future.

Volunteer planting events at *Munroe Falls*, *Firestone* and *Goodyear Heights Metro Parks* have been scheduled for fall 2021. We have also completed the construction of a nursery where we are growing thousands of native trees and shrubs from local genotypes to be planted in Centennial Groves. 🌱



If you would like to get involved, please visit summitmetroparks100.org/tree-planting/ for opportunities to volunteer, donate or even to receive your own FREE Heritage Tree cultivated from species found in Summit Metro Parks.

CENTENNIAL GROVES BY THE NUMBERS

- **100** acres
- **22** groves
- **9** parks
- **20,500** live trees and shrubs
- **10,000** nuts and seeds
- **100+** species
- **\$84,000** donated
(as of 3/19/21)

Elaine Marsh

Michael Johnson, Chief of Conservation

Elaine Marsh is currently serving as the park district's watershed specialist and is a warrior for clean water, air and land. Elaine has worked tirelessly over her career to improve the rivers, streams and wetlands of our region. Elaine co-founded Friends of the Crooked River, a nonprofit dedicated to good stewardship of our water resources. Prior to joining Summit Metro Parks, she has held leadership roles with Ohio Greenways and Cleveland Waterfront Coalition.

Long before our beloved Cuyahoga was widely appreciated for the asset it is, there was Elaine Marsh. Where many people saw a dead river, as a paddler, Elaine saw a sick friend, barely able to whisper for help. She has advocated for improved water quality, riparian setbacks, free-flowing rivers and water trails and has played key roles in all of the dam removals along the Cuyahoga River. She was active in the formation of Cascade Valley Metro Park and when one thinks of the Cuyahoga River, it is hard not to think of Elaine Marsh.

In her current role at SMP, she helps lead our "Free the Falls" project to remove the Gorge Dam and restore a free-flowing river for fish, wildlife and people. Ultimately, her lifetime commitment to our natural resources will benefit generations to come. 🌱



Co-founder Elaine Marsh poses with several Friends of the Crooked River board members along the Cuyahoga River.



*"Every connection to the creatures of the land, air and water that sustains us is a window into ourselves."
~ Elaine Marsh*

Summit Metro Parks continues to monitor COVID-19 safety guidance and this program schedule is subject to change. Please call 330-865-8065 or visit summitmetroparks.org for the latest information. For in-person programs, participants must wear a mask and be prepared to maintain social distance from others. Consistent with State of Ohio guidance, mask requirement applies to ages 10 and older.

EXPLORE

PROGRAMS & EVENTS

MAY

NATURALISTS WILL BE UTILIZING ZOOM, A FREE WEB-CONFERENCING SITE, TO DELIVER VIRTUAL PROGRAMS.

To attend a virtual program, visit <https://zoom.us/join> and key in the Meeting ID number found in the program description.



Saturday, May 1, 6 a.m. – 11 p.m.

SELF-GUIDED: EYE SPY

Hit the trail any time during the month of May for a nature-themed game of Eye Spy! Begin by downloading or printing this month's Eye Spy list from our "Publications & Downloads" page, then enjoy a stroll along Spring Hollow Trail in search of wildflowers, animals and more along the way. You can also complete your search using the May 1 Instagram post (@summitmetroparks). Bring a camera to document your finds. **HH/Main Entrance: 2925 Akron-Peninsula Rd., Akron**

Saturday, May 1, 10 a.m. – 12 p.m.

DANCING DARTERS AND REGAL RAINBOWS

Join a naturalist as we look for the amazing variety of stream fish in Rock Creek. We will be electroshocking (no harm to the fish) to see if we can find the beautiful rainbow darter. Participants may get in the creek to net fish for identification. Bring water shoes and don't forget bug spray! Participants must wear a mask and be prepared to maintain social distance from others. **FR/Brushwood: 4955 Townsend Rd., Richfield (4/26)**



**Saturday, May 1
12 – 1:30 p.m. & 2:30 – 4 p.m.**

NATIONAL BIKE MONTH CELEBRATION

Join a naturalist on this casually paced bike ride to kick off the celebration of National Bike Month. We will be traveling 10.8 miles roundtrip along the Bike and Hike Trail with a turnaround point at Brandywine Falls. Helmets are required! Participants must wear a mask and be prepared to maintain social distance from others. **BHT/Barlow Rd.: 331 Barlow Rd., Hudson (4/22)**

Saturday, May 1, 2 – 4 p.m.

TRY IT: DISC GOLF

Looking to get outside and try something new? Disc golf might be for you! Join us at the Silver Creek Disc Golf Course, where we'll have discs to loan and tips for a successful outing on the green. Participants must wear a mask and be prepared to maintain social distance from others. **SC/Cross Country: 4579 Medina Line Rd., Norton (4/23)**

Sunday, May 2, 9 – 10:30 a.m.

INTRODUCTION TO BIRDWATCHING

Learn how to spot and identify birds while exploring beautiful Summit Lake. Please bring binoculars if able. Participants must wear a mask and be prepared to maintain social distance from others. **SLNC: 411 Ira Ave, Akron (4/27)**

Sunday, May 2, 1 – 3 p.m.

WHY NATIVE PLANTS?



Join a naturalist to discover how native plants benefit birds, insects and mammals, as well as what to look for when purchasing them from a supplier. Participants must wear a mask and be prepared to maintain social distance from others.

LP/Nature Center: 9999 Liberty Rd., Twinsburg (4/24)



Call: 330-865-8065 Advance registration required, beginning at 10 a.m. on the date in parentheses.



Zoom: <https://zoom.us/join> Key in the Meeting ID number.



Web: 330tix.com Online registration.



Centennial-themed programs and events.

(date) Registration start date

\$ Fee

Participants must wear a mask and social distance.

BHT Bike & Hike Trail
C Confluence
CV Cascade Valley
DLQ Deep Lock Quarry

FASN FA. Seiberling Nature Realm
F Firestone
FR Furnace Run
FT Freedom Trail
GYH Goodyear Heights

G Gorge
HH Hampton Hills
LP Liberty Park
MF Munroe Falls
NR Nimisila Reservoir

ONW O'Neil Woods
SC Silver Creek
SFB Springfield Bog
SLNC Summit Lake Nature Center

SR Sand Run
TT Towpath Trail
WH Wood Hollow



VIRTUAL: BALLOFLEX

Get fit while you sit!

Enjoy an online exercise session with a certified BalloFlex instructor. BalloFlex is a seated workout that incorporates the elements of dance and fitness together in a safe, low impact and fun system. It is designed for all ages and abilities!

12:30 – 1 p.m.

Monday, May 3

Zoom meeting ID: 825 8535 2154

Thursday, May 6

Zoom meeting ID: 849 6465 8634

Wednesday, May 12

Zoom meeting ID: 742 857 8939

Thursday, May 13

Zoom meeting ID: 849 6465 8634

Thursday, May 20

Zoom meeting ID: 849 6465 8634

Wednesday, May 26

Zoom meeting ID: 742 857 8939

Thursday, May 27

Zoom meeting ID: 849 6465 8634

Wednesday, May 5
10 – 11 a.m. & 1 – 2 p.m.

VIRTUAL: NATURE DRAWING FOR ADULTS

Join our interpretive artist for this entertaining virtual lesson in nature drawing. No experience is necessary; all you need are pencils, paper and a sense of humor. A Zoom invitation will be emailed to participants after registering. (4/20)

Wednesday, May 5, 6:30 – 8 p.m.

VIRTUAL: THE BIGGEST WEEK IN BIRDING

Join us online to discover the story of amazing avian journeys that are occurring now, right in our own back yards! We'll meet some migratory bird species, talk hot spots and share our love for these special groups of songbirds. Zoom meeting ID: 836 1339 7221

Thursday, May 6, 1:30 – 2:30 p.m.

VIRTUAL: SPRING BLOOMS FOR KIDS

Children ages 7 to 14 are invited to join us online to find out why spring wildflowers are so special and to learn about some of the beautiful wildflowers that pop up in our Metro Parks. Zoom meeting ID: 874 1268 5001

Thursday, May 6, 6:30 – 7:30 p.m.

VIRTUAL: SPRING BLOOMS FOR ADULTS

Join us online for a fascinating look at woodland wildflowers. We will discuss the unique nature of these delicate beauties, origins of some odd flower names, and where you can observe spring wildflowers throughout our parks. Zoom meeting ID: 831 0752 7571

Friday, May 7, 6 a.m. – 11 p.m.

SELF-GUIDED: MIGRATORY BIRD DISCOVERY

Hit the trail to learn fun facts about bird migration and identification while experiencing the beauty of peak migration season. *This self-guided activity will be available on Willow Trail from May 7 through May 16.* F/Tuscarawas Meadows: 2620 Harrington Rd., Akron



Saturday, May 8, 8 – 10 a.m.

DISTANCE HIKE

Hike more than four miles to discover the scenic landscape and wildlife of the maple-beech forest. Participants must wear a mask and be prepared to maintain social distance from others. MF/Tallmadge Meadows: 1088 North Ave., Tallmadge (4/30)

Saturday, May 8, 12 – 1 p.m.

VIRTUAL: NATURE DRAWING FOR TEENS

Do you have a creative spirit? Teens ages 13 to 17 are invited to join our interpretive artist for a virtual lesson in nature drawing. All you need is a pencil and paper. A Zoom invitation will be emailed to participants after registering. (4/25)



Saturday, May 8, 1 – 2:30 p.m.

TALLMADGE MEADOWS: A UNIQUE HISTORY

Stop in anytime between 1 and 2:30 p.m. to chat with a park naturalist at Meadowview Shelter for additional information to guide your exploration of Meadow Trail — a path that travels on land that was once the former Summit County Home Farm and Potter's Field. Participants must wear a mask and be prepared to maintain social distance from others. MF/Tallmadge Meadows: 1088 North Ave., Tallmadge

Sunday, May 9
12 – 1 p.m. & 2 – 3 p.m.

VIRTUAL: NATURE DRAWING FOR KIDS

Join our interpretive artist online for this entertaining lesson in nature drawing for kids ages 6 to 12. All you need are a pencil and paper. A Zoom invitation will be emailed to participants after registering. (5/3)

Sunday, May 9, 1 – 3 p.m.

FAMILY HIKE: SPRING BLOOMS

Gather the family and join us on Ledges Trail, where you can discover and enjoy spring wildflowers! Chat with park naturalists at the shelter before you begin for additional information to guide your way as you follow signs along the trail to learn about the amazing plants that bloom here. Participants must wear a mask and be prepared to maintain social distance from others. LP/Nature Center: 9999 Liberty Rd., Twinsburg

Wednesday, May 12
10 – 11 a.m. & 1 – 2 p.m.

VIRTUAL: NATURE JOURNALING

Join our interpretive artist for an inspiring lesson in nature journaling as a technique for practicing mindfulness. 📺 A Zoom invitation will be emailed to participants after registering. 📞 (5/4)

Wednesday, May 12, 6:30 – 7:30 p.m.

VIRTUAL: TALKIN' TURTLES

All ages can join us online to celebrate our shelled reptilian neighbors: turtles! Discover why they are special and how we can help protect them. 📺 Zoom meeting ID: 846 9425 4661

Thursday, May 13
3 – 3:30 p.m. & 5 – 5:30 p.m.

NATURE STORIES WITH MOTHER NATURE

Mother Nature is calling all young ones for a nature themed story time! Gather around as we hear a tale told by none other than the mother of nature herself. LP/Nature Center: 9999 Liberty Rd., Twinsburg 📞 (5/7)

Saturday, May 15, 10 a.m. – 12 p.m.

LET'S GO TO THE FISHING HOLE!

Kids ages 15 and younger can learn the basics of fishing, then drop a line in Tinkers Creek Lake. Some rods and reels will be available for use. Bait is provided. Adults must be there to supervise their children and if they want to fish, must have a current Ohio fishing license. 📞 Participants must wear a mask and be prepared to maintain social distance from others. LP/Tinkers Creek: 10303 Aurora-Hudson Rd., Streetsboro 📞 (5/8)

Saturday, May 15, 8 – 9:30 p.m.

OWL PROWL

Whooo is awake in the forest after the sun goes down? Explore the park after dark with a naturalist to search for owls. 📞 Participants must wear a mask and be prepared to maintain social distance from others. GYH/ Pioneer: 550 Frazier Ave., Akron 📞 (5/10)



Sunday, May 16, 10 – 11 a.m.

KIDS YOGA

Kids ages 7 and up are invited to join certified yoga instructor Lisa Meranti for a program focused on connecting with nature. This class will take place outside with distancing and via Zoom for those who would like to participate from the comfort of their own homes. In case of inclement weather, class will be moved into shelter. Wear comfortable clothing and bring a yoga mat or towel and drinking water. Guardians are encouraged to participate or asked to bring a lawn chair to distance behind the class. 📞 Participants must wear a mask and be prepared to maintain social distance from others. 📺 Zoom meeting ID: 851 8799 8090. LP/Nature Center: 9999 Liberty Rd., Twinsburg 📞 (5/11)

Sunday, May 16, 1 – 3 p.m.

LICHEN THOSE MOSSY LEDGES

Join a naturalist to discover what makes up the "living skin" covering the rocks along the ledges. Learn how a mushroom and algae took a "lichen" to one another, all while we learn about the geology of the ledges. 📞 Participants must wear a mask and be prepared to maintain social distance from others. LP/ Twinsburg Ledges: 9999 Liberty Rd., Twinsburg 📞 (5/11)

Monday, May 17, 6 a.m. – 11 p.m.

SELF-GUIDED: DAFFODILS & HISTORY

Celebrate 100 years of Summit Metro Parks with a stroll along Daffodil Trail. Enjoy spring blooms and learn about the history of this area by following this self-guided trail program, available May 17 through 31. FR/Daffodil: 3100 Brush Rd., Richfield



Thursday, May 20, 6 – 7:30 p.m.

GOOD GARDENS: PLANT SWAP

Join us to swap some plants! These can be cuttings from plants in your yard or freshly grown from seed. Plants should be labeled with name and contained in pots. Vegetables and herbs are preferred, but all plants are welcome! All are encouraged to attend, even without plants to share. 📞 Participants must wear a mask and be prepared to maintain social distance from others. GYH/Lodge: 2077 Newton St., Akron 📞 (5/1)

Friday, May 21, 6 – 7 p.m.

SOUNDS OF SPRING

Spring is in full bloom and the woods are awake and bustling with activity. Enjoy a sunset hike as the air fills with the sounds of spring. 📞 Participants must wear a mask and be prepared to maintain social distance from others. MF/Tallmadge Meadows: 1088 North Ave., Tallmadge 📞 (5/14)



Saturday, May 22
9 – 10 a.m. & 10:30 – 11:30 a.m.

MOUNTAIN BIKING FOR BEGINNERS

New to mountain biking? Then this program is for you! Join us at the Hampton Hills Mountain Bike Area for a small (socially distanced) group ride along the Beginner Trail. Participants are required to bring a bike and wear a helmet. 📞 Participants must wear a mask and be prepared to maintain social distance from others. HH/Mountain Bike: 2092 Theiss Rd., Akron 📞 (5/16)

Saturday, May 22, 10 – 11:30 a.m.

KIDS FISHING

Kids ages 7 to 15: Let's go fishing! We will provide the poles and bait. After a short lesson on fishing safety, how to cast and how to bait a hook, kids will be able to test their skills for about an hour. 📞 Parents must stay with their children and participants must wear a mask and be prepared to maintain social distance from others. SC/Boathouse: 5171 S. Medina Line Rd., Norton 📞 (5/15)

Saturday, May 22
12 – 2 p.m. & 2:30 – 4:30 p.m.

**MOUNTAIN BIKING:
 INTERMEDIATE TRAILS**

Join us at the Hampton Hills Mountain Bike Area to ride the intermediate trails in a small group (socially distanced) to learn the lay of the land. This ride will be a no drop (no rider left behind) that is roughly 5.5 miles long. The intermediate trails require some technical mountain biking skills and can be challenging. There will be a few breaks along the way, but please be mindful of your riding abilities before registering. Participants are required to bring a bike and wear a helmet.

 *Participants must wear a mask and be prepared to maintain social distance from others.*

HH/Mountain Bike: 2092 Theiss Rd., Akron

 (5/16)



Sunday, May 23,
1 – 2 p.m. & 2 – 3 p.m.

TRY IT: ARCHERY

Participants ages 9 and older can sign up for a 45-minute time slot to try archery. Beginning and practiced archers are welcome. All equipment is provided, and participants must be 50 inches or taller. 

Participants must wear a mask and be prepared to maintain social distance from others. **HH/Archery Range: 1940 W. Steels Corners Rd., Cuyahoga Falls**  (5/17)

Thursday, May 27, 6:30 – 7:30 p.m.

KIDS YOGA

Kids ages 7 and up are invited to join certified yoga instructor Lisa Meranti for a program focused on connecting with nature. This class will take place outside with distancing and simultaneously via Zoom for those who would like to participate from the comfort of their own homes. In case of inclement weather, class will be moved into shelter.

Wear comfortable clothing and bring a yoga mat or towel and drinking water. Guardians are encouraged to participate or asked to bring a lawn chair to distance behind the class.  *Participants must wear a mask and be prepared to maintain social distance from others.*  **Zoom meeting ID: 837 1956 3375.**

F/Coventry Oaks: 40 Axline Ave., Akron

 (5/11)

Friday, May 28, 4 – 5:30 p.m.

THE DIVIDE IN AKRON

Did you know a divide runs through Summit County? It's the Continental Divide and it runs straight through Springfield Bog Metro Park! Discover what this means for our watersheds and learn about the history of the park property.  *Participants must wear a mask and be prepared to maintain social distance from others.* **SFB: 1400 Portage Line Rd., Springfield Twp.**  (5/18)

Saturday, May 29, 10 – 11 a.m.

VIRTUAL: LEARN TO COMPOST DAY

Join us online and learn how to create garden gold! On "Learn to Compost Day," join friends to discover the benefits of composting food and yard waste, how to do it and problem-solve existing piles. Bring questions and lessons to share.  **Zoom meeting ID: 839 4835 5970**

Saturday, May 29, 3 – 5 p.m.

MEMORIAL FAMILY BIKE RIDE

Enjoy a family bike ride while showing off your red, white and blue! Dazzle up your bike and we'll parade down the Towpath Trail. After the program, participants are encouraged to check out the beautifully designed Ohio Veterans' Park less than a mile away from the trailhead. Directions will be provided.  *Participants must wear a mask and be prepared to maintain social distance from others.* **TT/Clinton: 2749 North St., Clinton**  (5/21)

Sunday, May 30, 9 – 11 p.m.

MARVELOUS MOTHS OF WETMORE

Join a naturalist to attract moths to a white sheet using special lights, and observe these insects' amazingly beautiful colors, shapes and patterns up close. Bring a flashlight and camera. Meet in the parking lot of the Wetmore Conservation Area trailhead.  *Participants must wear a mask and be prepared to maintain social distance from others.* **Wetmore Conservation Area: 4637 Wetmore Rd., Peninsula**  (5/22)



JUNE

Tuesday, June 1, 6 a.m. – 11 p.m.

SELF GUIDED: EYE SPY

Hit the trail any time during the month of June for a nature-themed game of Eye Spy! Begin by downloading or printing this month's Eye Spy list from our "Publications & Downloads" page, then enjoy a stroll along Maple Loop Trail in search of animals, plants and other landmarks along the way. You can also complete your search using the June 1 Instagram post (@summitmetroparks). Bring a camera to document your finds. **LP/Nature Center: 9999 Liberty Rd., Twinsburg**

Wednesday, June 2
10 – 11:30 a.m. & 1 – 2:30 p.m.

NATURE JOURNALING

Join our interpretive artist for an inspiring lesson in nature journaling as a technique for practicing mindfulness. The program will begin on Seneca Deck.  *Participants must wear a mask and be prepared to maintain social distance from others.* Please bring a chair and drawing materials. **FASN/Visitors Center: 1828 Smith Rd., Akron**  (5/25)

Wednesday, June 2, 10 – 11:30 a.m.

WEEKDAY WALKERS

Stop by the trailhead where a naturalist will get you started on a hike to explore nature and history on Deer Run Trail. Expect challenging terrain.  *Participants must wear a mask and be prepared to maintain social distance from others.* **ONW/Trail Lot: 2550 Martin Rd., Bath**

Friday, June 4, 6 – 8 p.m.

WOODLAND MUSHROOMS

Have you seen any mushrooms popping up recently? Join a naturalist on a leisurely hike in search of these interesting “fun guys.”
 ☞ Participants must wear a mask and be prepared to maintain social distance from others.
 LP/Nature Center: 9999 Liberty Rd., Twinsburg
 ☎ (5/30)

Saturday, June 5
 9 – 10 a.m. & 10:30 – 11:30 a.m.

MOUNTAIN BIKING FOR BEGINNERS

New to mountain biking? Then this program is for you! Join us at the Hampton Hills Mountain Bike Area for a small (socially distanced) group ride along the Beginner Trail. Participants are required to bring a bike and wear a helmet.
 ☞ Participants must wear a mask and be prepared to maintain social distance from others.
 HH/Mountain Bike: 2092 Theiss Rd., Akron
 ☎ (5/31)

Saturday, June 5, 11 a.m. – 1 p.m.

SALAMANDERS OF SMP

Join a naturalist to discover the diversity of salamanders found in Summit Metro Parks. Some live salamanders will be on display. We will explore Ledges Trail to see how many we can find!
 ☞ Participants must wear a mask and be prepared to maintain social distance from others.
 LP/Nature Center: 9999 Liberty Rd., Twinsburg
 ☎ (5/28)

Saturday, June 5
 12 – 2 p.m. & 2:30 – 4:30 p.m.

MOUNTAIN BIKING: INTERMEDIATE TRAILS

Join us at the Hampton Hills Mountain Bike Area to ride the intermediate trails in a small group (socially distanced) to learn the lay of the land. This ride will be a no drop (no rider left behind) that is roughly 5.5 miles long. The intermediate trails require some technical mountain biking skills and can be challenging. There will be a few breaks along the way, but please be mindful of your riding abilities before registering. Participants are required to bring a bike and wear a helmet.
 ☞ Participants must wear a mask and be prepared to maintain social distance from others.
 HH/Mountain Bike: 2092 Theiss Rd., Akron
 ☎ (5/31)

Sunday, June 6, 9 – 11:30 a.m.

DISTANCE HIKE

Stretch your legs as we tour over five miles of Liberty Park at a continuous pace. There will be few, if any, rest stops. Please wear appropriate footwear and bring drinking water.
 ☞ Participants must wear a mask and be prepared to maintain social distance from others.
 LP/Nature Center: 9999 Liberty Rd., Twinsburg
 ☎ (5/29)

Sunday, June 6, 1 – 3 p.m.

LOVELY LADYBUGS

Join a naturalist as we enter the world of the ladybug. Did you know they are fierce predators? Did you know there are 14 species in Ohio and 450 species in North America? Learn which ones are native and which ones have been introduced, then take a short hike around the nature center to look for these interesting and colorful beetles.
 ☞ Participants must wear a mask and be prepared to maintain social distance from others.
 LP/Nature Center: 9999 Liberty Rd., Twinsburg
 ☎ (6/1)

Sunday, June 6, 2 – 3 p.m.

KIDS YOGA

Kids ages 7 and up are invited to join certified yoga instructor Lisa Meranti for a program focused on connecting with nature. This class will take place outside with distancing and simultaneously via Zoom for those who would like to participate from the comfort of their own homes. In case of inclement weather, class will be moved into shelter. Wear comfortable clothing and bring a yoga mat or towel and drinking water. Guardians are encouraged to participate or asked to bring a lawn chair to distance behind the class.
 ☞ Participants must wear a mask and be prepared to maintain social distance from others.
 Zoom meeting ID: 832 5351 2565. SLNC:
 411 Ira Ave, Akron
 ☎ (5/28)



Monday, June 7, 1 – 2:30 p.m.

A PEEK AT BLUEBIRDS

Are bluebirds really blue? Why do people think of them as symbols of happiness? Find out this and more about the eastern bluebird, then explore for them in nearby habitat. Chat with a naturalist at Meadow View Shelter before you begin for additional information to guide your way.
 ☞ Participants must wear a mask and be prepared to maintain social distance from others.
 MF/Tallmadge Meadows:
 1088 North Ave., Tallmadge

Tuesday, June 8, 6 a.m. – 11 p.m.

SELF-GUIDED: HIKE WITH A HOUND

Enjoy a beautiful hike during the week of “Best Friends Day” with man’s best friend! Why not start working toward a healthier, happy you while you hike with your hound? Hike Willow Trail between June 8 and June 13 to discover some challenges for you and your canine. There will also be fun facts about how your pooch makes your life healthier in so many ways. All dogs must be on a leash, 8-feet long or less, and be under your control the entire time.
 F/Tuscarawas Meadows: 2620 Harrington Rd., Akron



VIRTUAL: BALLOFLEX
 Get fit while you sit!

Enjoy an online exercise session with a certified BalloFlex instructor. BalloFlex is a seated workout that incorporates the elements of dance and fitness together in a safe, low impact and fun system. It is designed for all ages and abilities!

12:30 – 1 p.m.

Thursday, June 3
 Zoom meeting ID: 849 6465 8634

Wednesday, June 9
 Zoom meeting ID: 742 857 8939

Thursday, June 10
 Zoom meeting ID: 849 6465 8634

Thursday, June 17
 Zoom meeting ID: 849 6465 8634

Wednesday, June 23
 Zoom meeting ID: 742 857 8939

Thursday, June 24
 Zoom meeting ID: 849 6465 8634



SNAKES

Kids ages 3 to 6 can join a naturalist online to learn all about snakes! We'll learn what makes snakes special through movement, story time and other fun activities.

Wednesday, June 2, 6:30 – 7 p.m.

Zoom meeting ID: 875 2026 0537

Sunday, June 27, 11 – 11:30 a.m.

Zoom meeting ID: 884 3756 9547

Wednesday, June 9, 6:30 – 7:30 p.m.

VIRTUAL: THE MAN WHO PLANTED TREES

Join us online to discover a hopeful parable for modern times. Enjoy the story of a shepherd who has devoted his life to gentle, quiet and persistent work that renews the world. Bring positivity and your own convictions to share. Zoom meeting ID: 862 7231 3249

Friday, June 11, 9:30 – 10 a.m.

SUMMER NATURE TALES

Young children and their adult companions will enjoy this interactive, summer-themed story time intended for ages 18 months to 3 years. Make it a fun, family-friendly morning by exploring the park after the program. LP/Nature Center: 9999 Liberty Rd., Twinsburg (6/4)

Saturday, June 12, 10 – 11 a.m.; 11 a.m. – 12 p.m.; 12 – 1 p.m.

TRY IT: STAND-UP PADDLEBOARDING

Join us to try stand-up paddleboarding. Come enjoy a relaxed session to see what this water sport is like and try maneuvering out on the water. Minimum age is 13; ages 13 to 17 must be with an adult participant. Participants must wear closed-toe shoes and be able to swim. We suggest bringing water, sunscreen, a hat and sunglasses and wearing clothes that can get wet. Participants must wear a mask while on land and be prepared to maintain social distance from others. Space is limited. SC/Bathhouse: 5000 Hametown Rd., Norton (6/7)

Saturday, June 12, 6 – 7 p.m.

HIKE FOR THE HEALTH OF IT

Hike two miles at a vigorous pace with few, if any, rest stops. Beginners are welcome, but talk to your doctor before beginning a new exercise routine. Participants must wear a mask and be prepared to maintain social distance from others. GYH/Pioneer: 550 Frazier Ave., Akron (6/6)

Sunday, June 13

9:30 – 11:30 a.m. & 1 – 3 p.m.

SILVER CREEK KAYAK

Paddle a portion of Silver Creek lake with a certified instructor and a naturalist to learn paddle strokes, safety tips and to see wildlife around the water. Minimum age is 13; ages 13 to 17 must be with an adult participant. Participants must wear closed-toe shoes and be able to swim. We suggest bringing water, sunscreen, a hat and sunglasses and wearing clothes that can get wet. Fee includes instruction and loan of kayak, paddle and personal flotation device. Participants must wear a mask on land and be prepared to maintain social distance from others. Space is limited. Cost: \$15/person. SC/Bathhouse: 5000 Hametown Rd., Norton (6/2) \$

Monday, June 14, 6 – 7 p.m.

VIRTUAL: COMPOSTING 101

New to composting? This program is for you! Join us online to learn the basics of starting, maintaining and troubleshooting a compost pile or barrel at home. Soon you'll be turning food scraps and yard clippings into the richest soil around! Zoom meeting ID: 859 9315 5786



Wednesday, June 16, 9 – 11 a.m.

DRAWING OUTDOORS

Bring your drawing pad and pencils for an outdoor lesson in drawing. Beginners are welcome. Children must be accompanied by an adult for the duration of the program. Portable chairs and drinking water are recommended. Participants must wear a mask and be prepared to maintain social distance from others. Program will be canceled during inclement weather. FASN/Visitors Center: 1828 Smith Rd., Akron (6/8)

Wednesday, June 16, 6:30 – 7:30 p.m.

VIRTUAL: CROOKED RIVER REVIVAL

Join us online to discover the storied past of our beloved crooked river: the Cuyahoga. We'll talk history and wildlife while envisioning its bright future! Zoom meeting ID: 819 1343 4690

Thursday, June 17, 6 – 7:30 p.m.

GOOD GARDENS: PRESERVING YOUR HARVEST

Learn some of the different methods for enjoying your garden veggies all winter long from the staff of Let's Grow Akron. Participants must wear a mask and be prepared to maintain social distance from others. GYH/ Lodge: 2077 Newton St., Akron

Thursday, June 17, 6:30 – 7:30 p.m.

KIDS YOGA

Kids ages 7 and up are invited to join certified yoga instructor Lisa Meranti for a program focused on connecting with nature. This class will take place outside with distancing and simultaneously via Zoom for those who would like to participate from the comfort of their own homes. In case of inclement weather, class will be moved into shelter. Wear comfortable clothing and bring a yoga mat or towel and drinking water. Guardians are encouraged to participate or asked to bring a lawn chair to distance behind the class. Participants must wear a mask and be prepared to maintain social distance from others. Zoom meeting ID: 879 9252 8754. FASN/Visitors Center: 1828 Smith Rd., Akron (6/5)

Friday, June 18, 7 – 8:30 p.m.

HAUNTED HISTORY HIKE

Hike a historical portion of the Towpath at Summit Lake where there once stood incredible amusement parks. From odd events to spooky tales, this lake and the adjacent canal have stories to tell. Participants must wear a mask and be prepared to maintain social distance from others. SLNC: 411 Ira Ave, Akron (6/11)

Friday, June 18, 8:30 – 10 p.m.

FAMILY FLASHLIGHT WALK

Families with young children: drop in to spot nature in early evening with the help of a flashlight. A naturalist will greet you at the trailhead, then send you on your way along the short, paved Meadow Loop Trail to spot wildlife using eye-shine. 🦺 Participants must wear a mask and be prepared to maintain social distance from others. MF/Tallmadge Meadows: 1088 North Ave., Tallmadge



Saturday, June 19

10 a.m. – 12 p.m. & 1 – 3 p.m.

TOWPATH BIKE RIDE

Join a naturalist on this casually paced bike ride along the Ohio & Erie Canal Towpath Trail. We will be traveling 15.5 miles roundtrip from the Wolf Creek parking lot to Summit Lake and back. There will be several stops to allow for learning along the trail. Helmets are required! 🦺 Participants must wear a mask and be prepared to maintain social distance from others. TT/Wolf Creek: 33 Snyder Ave., Barberton 📞 (6/12)

Saturday, June 19, 12 – 2 p.m.

NATURE ART FOR TEENS

Do you have a creative spirit? Teens ages 13 to 17 are invited to join our interpretive artist for lessons in nature-inspired art. This is a drop-off program. Please dress for a mess. 🦺 Participants must wear a mask and be prepared to maintain social distance from others. FASN/Visitors Center: 1828 Smith Rd., Akron 📞 (6/13)

Wednesday, June 23

6 – 7 p.m. & 7 – 8 p.m.

TRY IT: ARCHERY

Participants ages 9 and older can sign up for a 45-minute time slot to try archery. Beginner and practiced archers are welcome. All equipment is provided, and participants must be 50 inches or taller. 🦺 Participants must wear a mask and be prepared to maintain social distance from others. HH/Archery Range: 1940 W. Steels Corners Rd., Cuyahoga Falls 📞 (6/15)

Wednesday, June 23, 9:30 – 11 p.m.

MOTHS OF LIBERTY PARK

Learn how to attract these amazing creatures and observe their beautiful colors, shapes and patterns up close. Even big silk moths might join us for the evening! Please bring a flashlight, bug spray and a camera if you'd like to take photos. 🦺 Participants must wear a mask and be prepared to maintain social distance from others. LP/Nature Center: 9999 Liberty Rd., Twinsburg 📞 (6/14)

Friday, June 25, 4 – 5 p.m.

TIE DYE BY THE LAKE

Join a naturalist at Summit Lake to get creative and tie-dye a T-shirt! Shirts are provided. 🦺 Participants must wear a mask and be prepared to maintain social distance from others. SLNC: 411 Ira Ave., Akron 📞 (6/18)

Friday, June 25, 8:30 – 10 p.m.

FIREFLIES FOR FAMILIES

Family groups are invited to an evening adventure! Chat with a naturalist on Seneca Deck, then visit self-guided stations to learn about fireflies. Bring your own bug jar and flashlight. 🦺 Participants must wear a mask and be prepared to maintain social distance from others. FASN/Seneca Deck: 1828 Smith Rd., Akron



Saturday, June 26

9:30 – 11:30 a.m. & 1 – 3 p.m.

SUMMIT LAKE KAYAK

Paddle in the "Heart of Akron" at Summit Lake to learn what historical treasures helped build this community. This program is led by a certified instructor and a naturalist. Minimum age is 13; ages 13 to 17 must be with an adult participant. Participants must wear closed-toe shoes and be able to swim. We suggest bringing water, sunscreen, a hat and sunglasses and wearing clothes that can get wet. Fee includes instruction and loan of kayak, paddle and personal flotation device. 🦺 Participants must wear a mask on land and be prepared to maintain social distance from others. Space is limited. Cost: \$15/person. SLNC: 411 Ira Ave, Akron 📞 (6/19) \$

Saturday, June 26, 3 – 5 p.m.

DRAGONFLIES OF SMP

Join a naturalist to learn about dragonflies and damselflies while searching several areas to see how many species can be found. Please bring bug spray, sunscreen and a camera if you'd like to take photos. 🦺 Participants must wear a mask and be prepared to maintain social distance from others. LP/Nature Center: 9999 Liberty Rd., Twinsburg 📞 (6/18)

Saturday, June 26, 6 – 6:30 p.m.

NATURE STORIES WITH MOTHER NATURE

Mother Nature is calling all young ones for a nature-themed story time! Gather around as we hear a tale told by none other than Mother Nature herself. FASN/Seneca Deck: 1828 Smith Rd., Akron 📞 (6/20)

Sunday, June 27, 12 – 3 p.m.

OTTER SPOTTERS

Celebrate the return of otters to our waters! Chat with naturalists at the trailhead before you begin for additional information to guide your way. Learn about these playful creatures, where to find them and why they call this park home through an interactive, self-guided scavenger hunt. 🦺 Participants must wear a mask and be prepared to maintain social distance from others. LP/Pond Brook: 3973 E. Aurora Rd., Twinsburg

Wednesday, June 30, 9 – 11 a.m.

DRAWING OUTDOORS

Bring your drawing pad and pencils for an outdoor lesson in drawing. Beginners are welcome. Children must be accompanied by an adult for the duration of the program. Portable chairs and drinking water are recommended. 🦺 Participants must wear a mask and be prepared to maintain social distance from others. Program will be canceled during inclement weather. FASN/Visitors Center: 1828 Smith Rd., Akron 📞 (6/21)

Wednesday, June 30, 6 – 6:30 p.m.

VIRTUAL: SNAKES FOR KIDS

Kids ages 7 to 11 can join us online to discover snakes! Learn what makes these creatures special, read a story and meet a resident snake — all from the comfort of home. 📺 Zoom meeting ID: 831 5681 6725

LOOKING FOR EVEN MORE TO DO?

Visit the Summit Metro Parks YouTube channel (youtube.com/summitmetroparks) to see new videos from our naturalists full of educational, entertaining topics.

Restoring and Protecting SAND

Stephanie Walton, Chief of Marketing & Communication



*Baseball in the spring ~
May 30, 1964*



*Football at Wadsworth playfield ~
August 27, 1939*

Exciting changes are underway in **Sand Run Metro Park**, the oldest and most-visited park in the Summit Metro Parks system. Established in 1929 and long treasured by the Summit County community, Sand Run is now in imminent need of vital infrastructure and ecological improvements to ensure that visitors can continue to enjoy it for many years to come.

Originally gifted to the park district by F.A. Seiberling from his Stan Hywet estate, Sand Run Metro Park now encompasses nearly 1,000 acres in the heart of Akron and Summit County. It welcomes approximately 2 million visits each year, many of those along the popular Jogging Trail and its iconic namesake parkway. Many generations of Summit County residents have

created countless memories in Sand Run, from field trips to family reunions, from weddings to weekend hikes. One of the unique pleasures of living in this community is the simple joy of driving along Sand Run Parkway to soak up a particularly beautiful day.

With such popularity comes the understandable need for periodic maintenance and repair. But in addition to the effects of aging infrastructure and heavy usage, Sand Run Metro Park's roads, trails and namesake stream are facing two other significant challenges that may be less obvious to park users:

- Because Sand Run is located in an area that later became highly developed with homes, shopping

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Family picnic along Sand Run Parkway ~ circa 1963



RUN



continued from page 16



We thank the community for your patience and support during construction.

centers and roads, **stormwater runoff** has created significant erosion in the park and destabilized the banks of Sand Run stream.

- Over the decades, infrastructure such as roads, culverts and pipelines have been built within the park as the surrounding communities were developed, creating **migration barriers** that make it extremely difficult for fish to travel freely throughout the park.

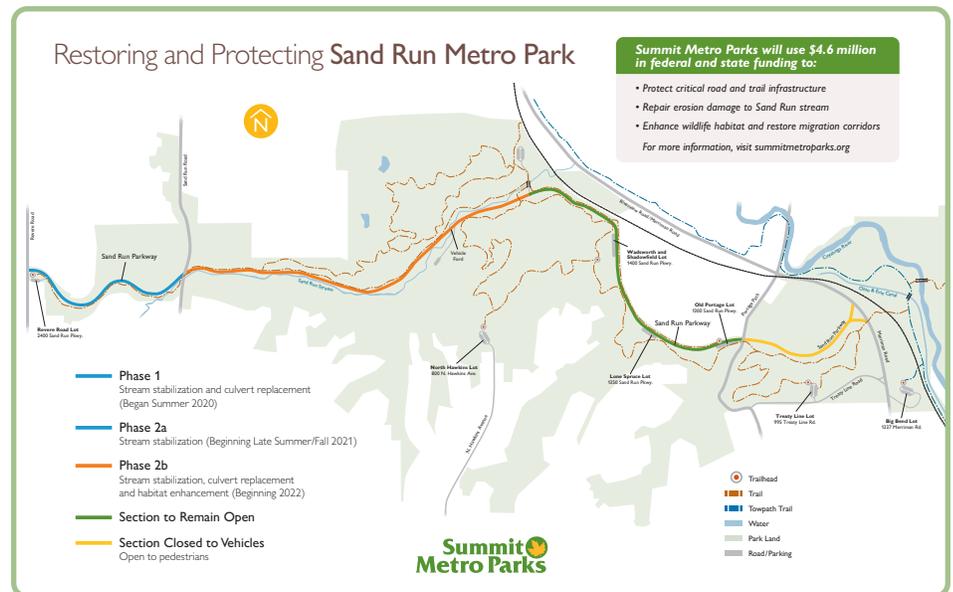
Thankfully, Summit Metro Parks has recently received state and federal grant funding that makes these critical repairs and restorations possible. Earlier this year, the Federal Emergency Management Agency's (FEMA's) Hazard Mitigation Grant Program awarded the park district funding that complemented

work already underway with a previously awarded grant from Clean Ohio. Together, this \$4.6 million funding package allows Summit Metro Parks to move forward with work to protect the infrastructure and ecology of this well-loved park.

Project construction is broken into two major phases and will result in rolling

road and trail closures through 2022. Phase I, which is already complete, addressed a pedestrian bridge in need of repair, restored stream conditions and improved wildlife habitat in the park. Phase II of construction is expected to begin later this year and will include projects to control erosion throughout the park and additional instream habitat improvements.

Throughout construction, pedestrians are invited to use the portion of Sand Run Parkway between Portage Path and Merriman Rd., which is currently closed to vehicle traffic. This section of the park is a peaceful escape that feels miles away from the bustle of the surrounding city. Please check the Alerts page on our website for the latest construction information. 🌱



Fitness and Fun for Everyone!

Christy Counterman, Marketing Assistant

The slogan for the inaugural *Spree for All* in 2004 introduced park visitors to a new concept: **Fitness and Fun for Everyone!** Those of all ages and differing abilities could participate in this new Spree, including Fall Hiking Spree veterans, those using wheelchairs and walkers and younger children riding in strollers.

Park employees, area agencies and corporate sponsors collaborated

to create the simple guidelines that included the option for participants to complete as little or as much of the 11 designated trails as they wished. As the name indicates, all were welcome to take part, so Spree for All was designed to be flexible and accommodating.

The May 1 kickoff at Goodyear Heights Metro Park included a health fair with exhibits and entertainment, and the introductory hike was led by then Ohio



Governor Bob Taft and retired Chief Naturalist Bert Szabo (both pictured above). The first year, 3,254 visitors completed the challenge, and over 40,000 awards have been earned since. Visit spreeforall.summitmetroparks.org for details on this year's Spree for All, which runs from May 1 to June 30. 

2021 Spring Hiking Event

SPREE FOR ALL

TO PARTICIPATE

Complete **FIVE** hikes between **May 1 and June 30** — on five different trails, the same trail or any combination of trails — to receive a reward. Starting point at each trailhead is the information kiosk, which has a legend with the following symbols:

- Blue Circle = 1/4 mile round trip
- Yellow Square = 1/2 mile round trip
- ▲ Green Triangle = 1 mile round trip

Mileage markers are provided as an aid. **You do not need to hike any prescribed length to receive credit.** Some trails listed offer a limited section of accessible terrain. To hike the accessible portion, follow the Spree For All markers along the path.

First-year hikers earn a neck lanyard and commemorative pin. Veteran hikers earn the commemorative pin. Hikes are **FREE** for all participants. Since the program is funded by Summit County tax dollars, out-of-county residents pay to receive their hiking rewards (\$10 for first-year hikers, \$5 for veteran hikers).

WHERE TO GET YOUR REWARD

Until buildings can safely reopen, outdoor reward pickup sessions will be available. Please visit spreeforall.summitmetroparks.org or call **330-865-8065** for reward pickup information.

Rewards are not mailed.

Rewards are not available after August 15, 2021.

MULTIPURPOSE TRAILS

BIKE & HIKE TRAIL

Barlow Road
331 Barlow Rd.
Hudson 44236

FREEDOM TRAIL

Middlebury
1765 Northeast Ave.
Tallmadge 44278

PARKS

CASCADE VALLEY

Overlook Trail
354 Sackett Ave.
Akron 44313

F.A. SEIBERLING NATURE REALM

1828 Smith Rd.
Akron 44313

FURNACE RUN

Brushwood Area
4955 Townsend Rd.
Richfield 44286

OHIO & ERIE CANAL TOWPATH TRAIL

Big Bend
1337 Merriman Rd.
Akron 44313

Franklin
2328 Center Rd.
New Franklin 44216

Clinton
2749 North St.
Clinton 44216



GOODYEAR HEIGHTS

Pioneer Area
550 Frazier Ave.
Akron 44305

LIBERTY

Twinsburg Ledges Area
9999 Liberty Rd.
Twinsburg 44087

MUNROE FALLS

Tallmadge Meadows
1088 North Ave.
Tallmadge 44278

SAND RUN

Old Portage Area
1300 Sand Run Pkwy.
Akron 44313

Summit Metro Parks

#SMPspree

For park maps, directions and descriptions of the trails: spreeforall.summitmetroparks.org, 330-865-8065.

Please share this publication and recycle it when finished.

18th ANNUAL
**SPREE
FOR ALL**

SPRING HIKING EVENT

INDIVIDUAL &
FAMILY/GROUP
HIKING FORM

PRIMARY PARTICIPANT

FIRST-YEAR Hiker VETERAN SUMMIT CO. RESIDENT

Primary Participant's Last Name	First Name	M.I.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No
Address		City	State		Zip
Email		Phone			

ADDITIONAL PARTICIPANTS

FIRST-YEAR Hiker VETERAN SUMMIT CO. RESIDENT

Last Name	First Name	Zip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No
Last Name	First Name	Zip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No
Last Name	First Name	Zip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No
Last Name	First Name	Zip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No
Last Name	First Name	Zip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No

MULTIPURPOSE TRAIL

TRAILHEAD

SIGNATURE (Optional)

DATE

Bike & Hike Trail	Barlow Road		
Freedom Trail	Middlebury		
Ohio & Erie Canal Towpath Trail	Big Bend		
Ohio & Erie Canal Towpath Trail	Franklin		
Ohio & Erie Canal Towpath Trail	Clinton		

METRO PARK

LOCATION

Cascade Valley	Overlook Trail
F.A. Seiberling Nature Realm (no pets)	Rock & Herb Garden
Furnace Run	Brushwood Area
Goodyear Heights	Alder Trail
Liberty	Coyote Run
Munroe Falls	Meadow Loop
Sand Run (Old Portage Area)	Jogging Trail

Please note: Before starting any fitness program, it is the participant's responsibility to contact their physician with respect to any past or present illness or injury that may affect their ability to participate in the program.