

57th ANNUAL FALL HIKING SPREE

INDIVIDUAL & FAMILY/GROUP
HIKING FORM

From FIELD TO FOREST

PRIMARY PARTICIPANT

| | | | | | |
|---------------------------------|------------|-------|--|---|---|
| Primary Participant's Last Name | First Name | M.I. | FIRST-YEAR Hiker <input type="checkbox"/> | VETERAN Hiker <input type="checkbox"/> | SUMMIT CO. RESIDENT <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Address | | City | State | | Zip |
| Email | | Phone | | | |

ADDITIONAL PARTICIPANTS

| | | | | | |
|-----------|------------|-----|--|---|---|
| Last Name | First Name | Zip | FIRST-YEAR Hiker <input type="checkbox"/> | VETERAN Hiker <input type="checkbox"/> | SUMMIT CO. RESIDENT <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 |

| METRO PARK | TRAIL | SYMBOL | MILEAGE | CLASS | RATING | SIGNATURE (Optional) | DATE |
|--|---|--------------------------|---------|-------|--------|----------------------|------|
| TOWPATH / Clinton | <i>south</i> to Stark Co. line and back | | 2.3 | A / B | 1 | | |
| FIRESTONE | Redwing | | 1.1 | C | 1 | | |
| FURNACE RUN | Rock Creek | | 1.3 | C | 1 | | |
| GOODYEAR HEIGHTS | Piney Woods | | 2.0 | C | 2 | | |
| HAMPTON HILLS | Spring Hollow | | 1.6 | C | 3 | | |
| LIBERTY PARK | Bluebird | | 0.6 | C | 1 | | |
| MUNROE FALLS | Meadow | | 2.0 | C | 1 | | |
| NATURE REALM (no pets) | Seneca | | 1.4 | C | 2 | | |
| O'NEIL WOODS | Deer Run | | 1.8 | C | 3 | | |
| SILVER CREEK | Chippewa | | 2.0 | C | 1 | | |
| SPRINGFIELD BOG | Prairie | | 1.6 | C | 1 | | |
| WOOD HOLLOW | Downy Loop | | 1.2 | C | 1 | | |
| Hiker's Choice (Metro Park ONLY) _____ | | <input type="checkbox"/> | | | | | |

Rating: 1=Easy 2=Moderate 3=Strenuous
Class: A=Multipurpose B=Accessible C=Basic D=Primitive
Visit our website for rating and class definitions



All trail mileage reflects **round-trip** hikes

THIS FORM MAY BE REPRODUCED.

2020 Fall Hiking Event

FALL HIKING SPREE

TO PARTICIPATE

Hike at least eight of the designated trails.

After completing each hike, date your form. Hikes must be completed September 1 through November 30. Parks are open daily, 6 a.m. to 11 p.m., unless otherwise noted.

First-year hikers earn a hiking staff and shield. Veteran hikers earn the hiking shield. 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).

HOW TO GET YOUR REWARDS

The safety of our visitors and employees remains our top priority. Please visit summitmetroparks.org for the latest information on spree rewards pick up.

TO RECEIVE YOUR REWARD BY MAIL

Veteran hikers may mail their *completed forms along with a self-addressed, stamped envelope to:*

Summit Metro Parks
Administrative Offices
975 Treaty Line Rd., Akron Ohio 44313


Shields are mailed flat.

Rewards are not available after March 31, 2021.

TOWPATH Trail

 Clinton Trailhead
2749 North St., Clinton 44216


FIRESTONE Metro Park

 Redwing Trail / Tuscarawas Area
2620 Harrington Rd., Akron 44319


FURNACE RUN Metro Park

 Rock Creek Trail / Brushwood Area
4955 Townsend Rd., Richfield 44286


GOODYEAR HEIGHTS Metro Park

 Piney Woods Trail / Pioneer Area
550 Frazier Ave., Akron 44305

HAMPTON HILLS Metro Park

 Spring Hollow Trail / Main Entrance
2925 Akron-Peninsula Rd., Akron 44313


LIBERTY PARK

 Bluebird Trail / Twinsburg Ledges Area
9999 Liberty Rd., Twinsburg 44087


MUNROE FALLS Metro Park

 Meadow Trail / Tallmadge Meadows Area
1088 North Ave., Tallmadge 44278


F.A. Seiberling NATURE REALM

 Seneca Trail
1828 Smith Rd., Akron 44313

O'NEIL WOODS Metro Park

 Deer Run Trail
2550 Martin Rd., Akron 44333


SILVER CREEK Metro Park

 Chippewa Trail / Pheasant Run Area
5000 Hametown Rd., Norton 44203

SPRINGFIELD BOG Metro Park

 Prairie Trail
1400 Portage Line Rd., Springfield Twp. 44312

WOOD HOLLOW Metro Park

 Downy Loop Trail
2121 Barlow Rd., Hudson 44236

Hiker's Choice

Hike any **ONE** of your favorite **METRO PARKS** trails.



2020 Commemorative Hiking Shield

From

FIELD TO FOREST

The theme for Fall Hiking Spree '20 is "FIELD to FOREST." This year's selected trails highlight our agricultural past and recognize some of the land donations that made the park district possible.



For park maps and directions: hikingspree.summitmetroparks.org, 330-865-8065.

Additional forms are available online.

Summit Metro Parks





Go Take A Hike!



Hiking is Good For You!

- Lowers risk of heart disease
- Improves blood pressure and blood sugar levels
- Boosts bone density (walking is a weight bearing exercise)
- Strengthens your core
- Improves balance
- Helps control your weight
- Boosts Your Mood!
 - Research shows that hiking has a positive impact on combating stress and anxiety...

Gregory Miller, PhD
Pres/American Hiking Society



Go Take A Hike!



Step Up your Hiking Workout!

- **Start slow**
 - A short, local hike is best for beginners
- **Use poles**
 - Use upper body muscles for a stronger cardio workout
- **Head for the hills**
 - Even small hills intensify heart rate and calorie burn
- **Weigh yourself down**
 - Stock your pack with water. Boost calorie burn and strengthen lower back muscles



Go Take A Hike!

**FALL
HIKING
SPREE**

Safe Hiking Tips

- Bring a buddy
- Know before you go
 - Trail Map/Weather/Proper Footwear
- Stay home if you're sick
- Face coverings not required
 - If you maintain 6ft distance
- Most trails are One-Way!
- Bring Water (drinking fountains closed)
- Most restrooms are Open





Go Take A Hike!



Wellness Challenge Directions

- Go to SummitMetroParks.org to sign up and download form
- Complete 8 out of 12 Hikes
- Scan and email form to Sally by 11/18 meeting
 - SummitCountySafetyCouncil@gmail.com
- Random drawing of winners/Announced in December meeting

#SMPspree

Share Your Accomplishments



**Summit
Metro Parks**

We're Your Back Yard

Have Fun!

hikingspree.summitmetroparks.org