



2008 SPRING HIKING EVENT

| | | | | |
|--|--------------|------------------|--------------|------------|
| Last name _____ | | First name _____ | | M.I. _____ |
| Address _____ | | City _____ | State _____ | Zip _____ |
| Age _____ | Gender _____ | Phone _____ | E-mail _____ | |
| I am a: <input type="checkbox"/> First-Year Hiker or <input type="checkbox"/> Veteran Hiker — I have already earned my lanyard | | | | |
| <input type="checkbox"/> Summit County Resident or <input type="checkbox"/> Out-of-County Resident | | | | |

Moved since last year? No Yes
 Please provide previous address.

| PARK / LOCATION | TRAIL OR TRAILHEAD | DATES (Volunteers may be available to date your form) |
|---|----------------------------------|---|
| Ohio & Erie Canal Towpath Trail | Ira Trailhead | |
| Ohio & Erie Canal Towpath Trail | Big Bend Area | |
| Ohio & Erie Canal Towpath Trail | Mustill Store | |
| Ohio & Erie Canal Towpath Trail | Memorial Parkway Trailhead | |
| Ohio & Erie Canal Towpath Trail | Franklin Trailhead | |
| Ohio & Erie Canal Towpath Trail | Clinton Trailhead | |
| Cascade Valley Metro Park | Overlook Trail | |
| Cuyahoga Valley National Park (1/8 mile round trip, only) | Everett Road Covered Bridge | |
| Cuyahoga Valley National Park (1/2 mile round trip, only) | Horseshoe Pond | |
| F.A. Seiberling Nature Realm (No pets permitted) | Arboretum & Herb Garden | |
| Furnace Run Metro Park (1/8 mile round trip, only) | Brushwood Area | |
| Goodyear Heights Metro Park (1/2 mile round trip, only) | Alder Trail | |
| Gorge Metro Park (1/2 mile round trip, only) Grade is approximately five percent. | Gorge Trail | |
| Sand Run Metro Park | Old Portage Area (Jogging Trail) | |
| Metro Parks Bike & Hike Trail | Barlow Road Lot | |
| Summa Center at Green (1/2 mile round trip, only) | Building Perimeter | |
| Summa Center at White Pond (5 laps equal 1 mile) | Walking Path/Building Perimeter | |

 Signature of Hiker
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.

THIS FORM MAY BE REPRODUCED.



Metro Parks Spree For All 2008

TO PARTICIPATE

Complete **FIVE** hikes between **May 1 and June 30** – on five different trails, the same trail or any combination of trails – to qualify for a **Spree For All** award. Starting point at each trailhead is the information kiosk, which has a legend with the following turnaround-point 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 for completing the hike.**

First-year hikers earn a neck lanyard and commemorative pin. Veteran hikers earn the commemorative pin. Hikes are **FREE** for all participants. Out-of-county residents pay to receive their awards (\$10 for first-year hikers, \$5 for veteran hikers).

TO RECEIVE AN AWARD

Turn in your completed forms at **F.A. Seiberling Nature Realm** daily between **noon and 5 p.m.**

Forms cannot be redeemed after **August 15, 2008.**

PARK AND TRAILHEAD LOCATIONS

OHIO & ERIE CANAL TOWPATH TRAIL

📍 Ira Trailhead
3881 Riverview Rd.
Akron 44313

📍 Big Bend Area
1337 Merriman Rd.
Akron 44313

📍 Memorial Parkway
499 Memorial Pkwy.
Akron 44313

📍 Mustill Store
248 Ferndale St.
Akron 44304

📍 Franklin Trailhead
2328 Center Rd.
New Franklin 44216

📍 Clinton Trailhead
2749 North St.
Clinton 44216

📍 CASCADE VALLEY
Overlook Trail
354 Sackett Ave.
Akron 44313

📍 CVNP / EVERETT RD.
COVERED BRIDGE
2370 Everett Rd.
Peninsula 44264

📍 CVNP / HORSESHOE
POND
2075 Major Rd.
Peninsula 44264

📍 F.A. SEIBERLING
NATURE REALM
1828 Smith Rd.
Akron 44313

📍 FURNACE RUN
Brushwood Area
4955 Townsend Rd.
Richfield 44286

📍 GOODYEAR HEIGHTS
Alder Trail
550 Frazier Ave.
Akron 44305

📍 GORGE
Gorge Trail
1160 Front St.
Cuyahoga Falls 44221

📍 SAND RUN
Old Portage Area
1300 Sand Run Pkwy.
Akron 44313

📍 BIKE & HIKE TRAIL
Barlow Road Lot
331 Barlow Rd.
Hudson 44236

SUMMA HEALTH SYSTEM TRAILS

📍 Summa Center
at Green
3838 Massillon Rd.
Uniontown 44685

📍 Summa Center
at White Pond
One Park West Blvd.
Akron 44320

Park maps, directions, large-print hiking forms and detailed descriptions of the trail surfaces are available at www.summitmetroparks.org and by calling **330-867-5511** or **1-800-23-SUMMA**.