

# HIKING FORM

X	PARK NAME	Date Hiked
	Johnson Woods SNP	
	Kidron Community Park	
	Oak Hill Park	
	Rails To Trails (~1 mi of trail)	
	The Wilderness Center	
	William J Robertson NP South	
	Wooster Memorial Park	
	Hiker's Choice _____	

Participant/s: \_\_\_\_\_

Email: \_\_\_\_\_

## HOW IT WORKS:

- Hike 6 out of the 8 parks listed, between January 16th and March 13th 2023.
- Turn in this completed form to Local Roots.
- Receive your goodie bag containing healthy snacks & discounts to partnering organizations.



Return this completed form to:  
**Local Roots Market & Cafe**  
 140 S. Walnut St.  
 Wooster, OH 44691

# About

**The Wayne Winter Hiking Challenge is a great way to get rewarded for staying healthy and active during the cold winter months.**

Each year we put together a brochure listing eight different parks in or near Wayne County.

Hike 6 of the 8 parks between January 16th and March 13th, 2023 to receive a goodie bag featuring healthy snacks and prizes from local businesses.

This year we are offering an additional reward.

### The Healthy Living Raffle!

By completing the hiking series you are automatically entered into the drawing.

On the back of the Hiking form you will find bonus activities, each bonus activity you complete adds an additional entry to the raffle.

*Forms must be turned in at Local Roots, in person, by Sunday, March 13, 2023.*



"A Hiker's Guide to Wayne County"  
 now available at Local Roots.

# Wayne Winter Hiking Challenge

Get rewarded for staying healthy and active during the cold winter months.

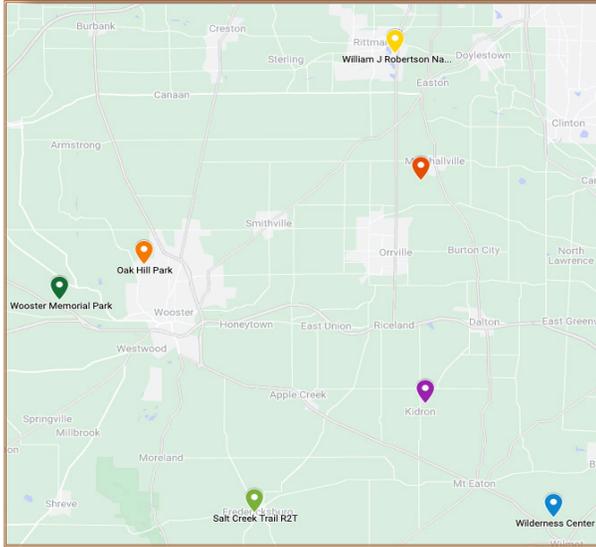
Tag your hikes!

#WAYNEWINTERHIKING

Sponsored by



# Wayne Co. Map



**Johnson Woods** (No Pets Allowed)  
13240 Fox Lake Rd, Marshallville, OH

**Kidron Community Park**  
4434 Kidron Rd, Kidron, OH

**Oak Hill Park**  
Oldman Rd, Wooster, OH

**Rails to Trails - Salt Creek Trail**  
Fredericksburg, OH

**The Wilderness Center**  
9877 Alabama Ave SW, Wilmot, OH

**William J Robertson Nature Preserve**  
South Trail (No Pets Allowed)  
85 Morning Star Dr, Rittman, OH

**Wooster Memorial Park**  
5197 Silver Rd, Wooster, OH

**Hiker's Choice**

# WINTER HIKING TIPS

- 1. Dress for the weather.**  
Wear layers to add or remove while you hike to stay warm and also prevent overheating. Sturdy, waterproof, boots with plenty of traction will make snowy slopes easy to navigate.
- 2. Hike with a friend.**  
A good way to catch up with friends and stay safe on snowy icy trails. In case you fall, you have someone there to help.
- 3. Prepare**  
Knowing where you're going and what trail you're taking in advance allows you to prepare for any obstacles. If the trail has steep hills you know to bring hiking sticks, if it has icy conditions you might bring ice cleats. Preparing now makes the hike later much more enjoyable.
- 4. Hiking Sticks**  
When going up or down snowy hills a hiking stick (or a pair of hiking sticks) can provide stability and added safety to the trails. They are also great for crossing icy creeks.
- 5. Check the weather before leaving**  
Before heading out, check the weather first, if it looks like a snowstorm is heading your way, reschedule your hike to another day.
- 6. Stay hydrated**  
Traversing through snow is more challenging than walking on a clear path. Drink extra water to stay hydrated.
- 7. Have Fun**  
Winter only comes once a year. Get out and have fun!

# Bonus

X	BONUS ACTIVITIES	Date
	Take a bag & pick up trash.	
	Hike in the snow, take a photo and tag us.	
	Join a group hike.	
	Sled down the hill at Oak Hill (when conditions allow).	
	Take a photo and tag us when you complete each hike.	
	Try a yoga class.	
	Go on a bike ride.	
	Join a group run.	

*These bonus activities are not required, they're just fun extra ways to be a good steward to the earth, stay healthy, learn something new, and enjoy winter in Wayne County, Ohio. Each activity completed will act as an additional entry into the Healthy Living Raffle.*

- Join a group hike**  
Area parks organizations have many fun opportunities to hike with a group. Check with Friends of Wooster Memorial Park, The Wilderness Center, and the City of Wooster's Recreation department to find available opportunities.

