

HIKING FORM

X	PARK NAME	Date Hiked
	Barnes Preserve	
	Brown's Lake Bog	
	East Union Twp	
	Kinney Field	
	Sippo Valley Trail R2T	
	William J Robertson NP	
	Wooster Memorial Park	
	Hiker's Choice: _____	

Participant/s: _____

Email: _____

HOW IT WORKS:

- Hike 6 out of the 8 parks listed, between January 15th and March 11th 2024.
- Turn in this completed form to Local Roots.
- Receive your \$10 gift card* and a specially designed hiking challenge sticker.

* only one gift card per household



Return this completed form by March 11th 2024 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.

Hike 6 of the 8 parks between January 15th and March 11th, 2024 to receive a \$10 gift card per household, and a specially designed hiking challenge sticker per hiker.

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 Monday, March 11, 2024.

A HUGE thank you to our sponsors:



Flex Yoga Wooster

Curated by: **THROUGH THE WOODS**
www.ThroughTheWoods.net

"A Hiker's Guide to Wayne County" is available at Local Roots and at ThroughTheWoods.net.

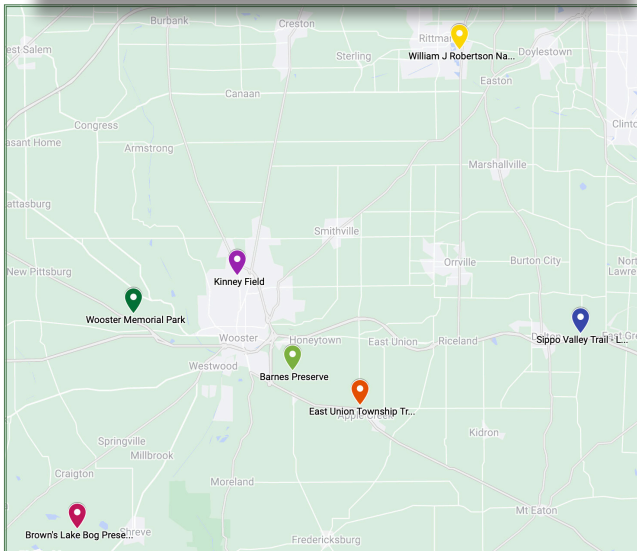
Wayne Winter Hiking Challenge

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

Tag your hikes!
#WAYNEWINTERHIKING



Wayne Co. Map



Barnes Preserve

3396 Sylvan Rd, Wooster, OH



Brown's Lake Bog

(No Pets Permitted)

Brown Rd, Shreve, OH



East Union Twp. Walking Path

3474 S. Apple Creek Rd, Apple Creek, OH



Kinney Field

2534 Burbank Rd, Wooster, OH



Rails to Trails Sippo Valley Trail

Village Green Park, Dalton, OH



William J Robertson Nature Preserve

(No Pets Permitted)

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.	

End of Hiking Challenge Group Hike

Join us **Sunday, March 10th at 1:30pm** as we gather at the **Barnes Preserve Pavilion** (3396 Sylvan Rd. Wooster) and enjoy a group hike together.

This hike will count for both your **Barnes Preserve Trail** and **Bonus Activity - Group Hike!**

All are welcome to join as we celebrate another wonderful winter hiking season.

Office use only

Number of gift cards: _____

Number of Raffle entries: _____

Staff member: _____

