

SUMMER - 2020

FREE

# PARKWAYS

YOUR GUIDE TO FIVE RIVERS METROPARKS

## NATURE IS OPEN

DE-STRESS, STAY ACTIVE, AND IMPROVE YOUR MENTAL AND PHYSICAL HEALTH BY CONNECTING WITH NATURE – WHETHER IN YOUR FAVORITE LOCAL GREENSPACE OR YOUR OWN BACK YARD.

COMING SOON! MOBILE APP FOR PARKS AND TRAILS  
SEE PAGE 8

VICTORY GARDENING FOR THE MODERN AGE  
SEE PAGES 14 - 15

NEW METROPARKS TRAILS CHALLENGE  
SEE PAGES 18 - 20

FIVE RIVERS  
METROPARKS



TM

# COVID-19 OUTDOOR GUIDELINES



**WEAR FACE COVERINGS  
IN PUBLIC.**  
Wash your hands and  
bring sanitizer.

**VISIT SOLO OR WITH  
HOUSEHOLD MEMBERS.**  
Explore less frequently  
used parks and trails.



**DO NOT TOUCH  
OR USE COMMUNAL  
SURFACES**



**DO YOUR PART:  
STAY 6 FEET APART**  
Alert others and step  
aside to pass.



**CARRY OUT  
TRASH,  
INCLUDING  
DOG WASTE**



**NOTE:**  
Parking may be limited.



Prepare for closed  
restrooms and water  
fountains.

**HELP KEEP YOUR  
PARKS & TRAILS  
OPEN**

## EXPLAINING THIS ISSUE OF PARKWAYS

Nearly everything about summer 2020 is different than the year before – and the same is true with your *ParkWays* magazine.

The biggest difference is this issue does not include program and event listings. While a 2019 survey showed this is the most-read portion of *ParkWays*, there are a number of reasons why these are not included. Some are internal and logistical, but most have to do with your safety. For example:

- At the time this magazine was sent to the printer in mid-May, Ohio Gov. Mike DeWine, the Ohio Department of Health and the CDC continued to recommend everyone follow social distancing, limit group gatherings and wear face coverings – and indicated such recommendations would remain in place for some time. They also indicated that one of the last things to resume would be large gatherings, such as summer festivals at RiverScape MetroPark. Indeed, many of these events had been canceled before *ParkWays* was sent to the printer.
- Many smaller Five Rivers MetroParks programs also had been canceled prior to the date *ParkWays* was published. Staff and volunteers cannot effectively host many MetroParks programs while maintaining safe social distancing. Many others require the use of shared equipment that is not easily sanitized between uses.

Every decision your Five Rivers MetroParks has made in response to COVID-19 has been made with the health and safety of visitors, volunteers and employees top of mind. With the uncertainty of what will be safe to do this summer and into early fall, it simply didn't make sense to publish a list of programs and events that might end up being canceled.

Yet that doesn't mean there isn't plenty to do in your MetroParks this season. This issue of *ParkWays* provides an overview of the numerous activities and amenities your Five Rivers MetroParks offers – from the trails you can hike and bike, to activities you can do on your own schedule, to hidden gems you may not yet have visited. Ohio has seen a dramatic increase in park visitation since the onset of COVID-19 precautions as more and more people recognize the dramatic ways in which time spent in nature improves mental and physical health.

Yes, this summer is unlike any other. This presents an opportunity to discover a new way to explore the outdoors. It's also been an opportunity for MetroParks staff to find new ways to serve the community by providing virtual resources that help you and your family connect with nature. Follow MetroParks on social media and visit [metroparks.org/natureisopen](https://metroparks.org/natureisopen) to learn more.



Facebook: [facebook.com/fiveriversmetroparks](https://facebook.com/fiveriversmetroparks)  
Twitter: [twitter.com/metroparkstweet](https://twitter.com/metroparkstweet)  
Instagram: [@metroparks](https://instagram.com/metroparks)  
YouTube: [youtube.com/FiveRiversMetroParks](https://youtube.com/FiveRiversMetroParks)



### ALERTS AND CLOSURES

Weather conditions and construction can affect hiking trails, bikeways and access to certain park entrances. All construction information, including detours, and any weather-related notices, are posted online at [metroparks.org/alerts](https://metroparks.org/alerts).



### LOST ITEMS

If you lost something valuable in a MetroPark, contact the Rangers to identify and retrieve your belongings. Contact Alan Starnes at (937) 567-4265 for details.



### HOW TO CONTACT A RANGER

Inform the Montgomery County Sheriff's Office dispatcher you are in a MetroParks facility. A MetroParks law enforcement Ranger will be notified and respond to the situation as soon as possible.

**EMERGENCY CONTACT: 9-1-1**

**NON-EMERGENCY: (937) 535-2580**





**Becky Benná**  
Executive Director

## DEAR METROPARKS FRIENDS,

This year has been unlike any the world has experienced in decades. The COVID-19 virus has affected all of us in various ways. It has challenged us to stay connected while searching for new and creative opportunities to live, work and play in this current "new norm."

While so much remains uncertain, your Five Rivers MetroParks remains a constant by keeping your parks and trails open. Five Rivers MetroParks' mission is to protect the region's natural heritage and provide outdoor experiences that inspire a personal connection to nature. I am so grateful for the community's support in helping MetroParks meet that mission!

I also want to express my sincere appreciation and thanks to all Five Rivers MetroParks employees, volunteers and community partners. Their continued efforts ensure MetroParks can safely keep parks and trails open, while engaging our community in creative new ways.

Day after day, in sunshine and drizzle, on windy mornings and calm evenings, many of you are seeking solace in nature. Whether by yourself or with those in your family (including your furry friends), you are on MetroParks' trails, in your back yards and in your favorite local greenspaces.

In this issue of *ParkWays*, we introduce those of you who've enjoyed your MetroParks for years and those who are discovering them for the first time to everything your parks offer (see pages 6-11). We also share tips and tricks on how to plant your own Victory Garden (see pages 14-15) and highlight the new MetroParks Trails Challenge (see pages 18-20). Five Rivers MetroParks wants you to remember you can de-stress, stay active, and improve your mental and physical health by connecting with nature, whether it is at a MetroPark or in your neighborhood.

When you visit your MetroParks this summer, you'll notice things are a little different. Five Rivers MetroParks is continuing to strive to keep your parks and trails open. Signage has been installed reminding visitors to keep at least six feet apart. Busy trails have been made one-way to reduce congestion points. Regular updates are made to park and trail signage, and frequent posts to social media channels and metroparks.org let you know about changes made to keep us all safe.

Thank you for doing your part to keep your parks a place of refuge, a place to maintain health, a place to spend quality time with family and see the wonder that is summer. This year has taught us two lessons: First, things can quickly change in ways big and small. Second, some things can remain constant. We appreciate your support to help keep your parks and trails open – working together, we hope to keep these amazing resources available for all.

Best Regards,

*Becky Benná*

## OUR MISSION

*Five Rivers MetroParks is dedicated to protecting the region's natural heritage and providing outdoor experiences that inspire a personal connection with nature.*

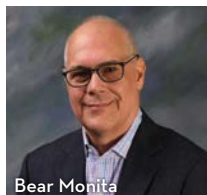
## METROPARKS COMMISSIONERS



Karen L. Davis



Jessica Saunders



Bear Monita



Five Rivers MetroParks is a CAPRA-accredited park agency.



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SUPPORT PARKS & TRAILS

Five Rivers MetroParks offers a variety of options for supporting its mission and programs.

### ON THE COVER

Purple coneflower (*Echinacea purpurea*) is a native prairie wildflower that blooms locally from mid-summer through early fall, and



the Northern Cardinal is Ohio's state bird.

# IN THESE UNCERTAIN TIMES, NATURE IS OPEN

De-stress, stay active, and improve your mental and physical health by connecting with nature – whether in your favorite greenspace, park or back yard.

Visit Five Rivers MetroParks' Nature Is Open blog to:

- learn how you can stay safe and have fun while you explore the outdoors
- find places where you can connect with nature
- watch videos by MetroParks' staff experts on a variety of topics

Many resources will help inspire young people to spend time outdoors – such as this fun, easy game of Back Yard Bingo!

Follow Five Rivers MetroParks on social media for even more information and inspiration!

#natureisopen



**How To Play:** Use the Bingo card below, download and print your Bingo card, or transfer it to paper or another surface if you don't have a printer. Check off boxes while in your back yard, neighborhood greenspace or park. Once you can create a horizontal, vertical or diagonal line by checking boxes, you win! BONUS: See who can check off all the boxes on their card!

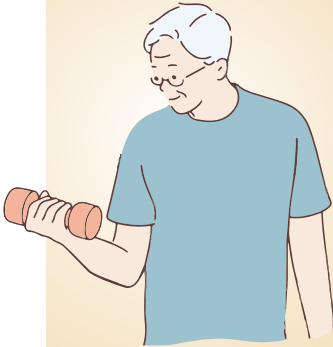
*Always follow the CDC's recommendations, particularly for social distancing and wearing face coverings, when spending time outdoors.*

Five Rivers MetroParks

## BACK YARD BINGO

Find a tree with giant leaves	Watch the sunrise	Search for animal tracks in the mud	Spot a colorful bird	Look for shapes in the clouds
Walk barefoot in the grass	Catch a fish or frog	Try to catch your shadow	Hold a daddy long legs or roly-poly	Build a fort outside
Imitate a bird's call	Roll down a hill	<b>FREE SPACE</b>	Read a book under a tree	Follow a trail from beginning to end
Watch the moon change shapes during the month	Crow like a rooster	Catch your reflection in a lake or pond	Find a smooth rock	Create a pretty picture with sidewalk chalk
Eat lunch outdoors	Play "I spy" outside	Run through a sprinkler	Make a mud pie	Roll a log

### STRENGTHENS IMMUNITY



Your immune system fights infections and diseases, and nature gives it a boost.

- Sun provides vitamin D, essential for bone and muscle health. (Remember sunscreen!)
- Breathing phytoncides, airborne chemicals produced by plants, increases white blood cell count.
- Growing up in nature helps children develop more balanced immune systems.

### BETTER SLEEP

Regular, quality sleep is linked to better concentration, healthier weight, and reduced risk of heart disease and stroke.

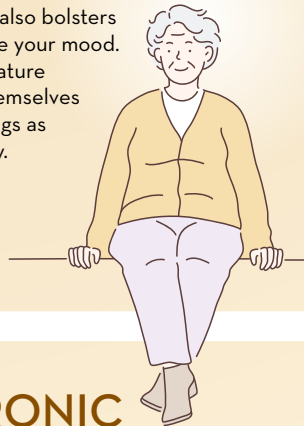
- Being active outdoors leads to more productive workouts and a better, longer night's sleep.
- Your eyes need enough daylight to regulate your internal clock, which keeps your sleep cycle regular.
- Being in nature is a mood-booster, which quiets negative thoughts that distract us from falling asleep.



### ENHANCES MOOD

Physical and mental health are directly linked, and nature improves both.

- Time outdoors can lower depression and anxiety.
- Time outdoors — especially in winter months when there's less daylight — also bolsters vitamin D, which can improve your mood.
- People who spend time in nature tend to feel better about themselves and place value on such things as relationships and community.



### BETTER FOCUS

People's attention spans are decreasing due to many factors — especially excessive screen time.

- Taking a break in nature enhances cognitive abilities, such as memory and problem solving.
- Studies show children with ADHD concentrate better on a task after time spent in a natural setting.
- Spending time outdoors helps overcome mental blocks and boosts creativity.



### REDUCE CHRONIC ILLNESS



Time in nature reduces your risk of obesity, heart disease, diabetes and other chronic conditions.

- It's easy to engage in physical activity outdoors, which helps maintain a healthy BMI.
- Regular exposure to nature can reduce the risk of type II diabetes and heart disease.
- Just 30 minutes a day outdoors can help lower blood pressure.

### STRESS REDUCTION

Stress affects mental health and contributes to inflammation, weight gain and other factors that lead to chronic illness.

- Stopping to smell natural aromas can make you feel more relaxed.
- Just 20 minutes a day immersed in nature significantly lowers stress hormone levels.
- Research shows being active outdoors is more impactful than exercising in a gym.



For references, visit [metroparks.org/natureisopen](https://metroparks.org/natureisopen).



## Your **Five Rivers** MetroParks

For more than 50 years, Five Rivers MetroParks has been protecting the region's natural heritage and providing outdoor experiences that inspire a personal connection with nature. Your Five Rivers MetroParks is a nationally accredited park system that protects, preserves and maintains local greenspace and waterways.

Regardless of your age or ability, MetroParks provides an abundance of outdoor experiences. Year-round, free access allows visitors to enjoy the parks independently, based on what they appreciate about the natural world, from relaxing to working out. Indeed, as long as you can get from point A to point B, there is something for you to do in a MetroPark.

Plus, the ability to explore MetroParks in your own way and on your own time makes it easy to do so safely while following the CDC's recommendations to slow the spread of COVID-19.

Five Rivers MetroParks manages 30 locations:

- 18 clean, safe parks
- the 2nd Street Market
- 11 conservation areas

Your Five Rivers MetroParks also provides year-round recreation, education and conservation opportunities. It serves as the Dayton area's conservation leader, making it easy for you to explore nature – and making Montgomery County a better place to live, work and play.

### CONSERVATION

Five Rivers MetroParks protects more than 16,000 acres of land – 90 percent of it maintained in its natural state, protected from development. Conservation efforts focus on river corridors and areas surrounding parks, as well as connecting significant tracts of land. This strategy preserves habitat on the largest scale possible, so flora and fauna have great places to thrive.

### EDUCATION

Many MetroParks include displays that help you learn about Earth-friendly gardening practices, native plants, local farming, heritage and history, sustainable living and more. MetroParks offers resources for educators and parents to help children appreciate nature.

### RECREATION

Whether you enjoy horseback riding or hiking, Five Rivers MetroParks offers numerous outdoor recreation opportunities. Enjoy an active, healthy lifestyle at your own pace at MetroParks' outdoor recreation park features.

### DID YOU KNOW?

Five Rivers MetroParks is actually named for three rivers and two creeks: the Great Miami, Mad and Stillwater rivers and the Wolf and Twin creeks.

### METROPARKS IS ON GOOGLE MAPS!



















You can virtually access hundreds of miles of local trails, including those in your MetroParks, in Google Maps.

### PLANNING IS KEY DURING COVID-19

Prepare for your MetroParks visit so you're ready for any restrictions that might be in effect, such as closed restrooms, drinking fountains, indoor facilities, playgrounds and more, along with limited parking and seating. To stay up-to-date on closures, cancellations and MetroParks' response to COVID-19, visit [metroparks.org/covid](https://metroparks.org/covid), call 937-275-PARK (7275) and follow Five Rivers MetroParks on Facebook, Instagram and Twitter.

## FIVE RIVERS METROPARKS

# ACTIVITIES & AMENITIES BY PARK

	Aullwood Garden	Carriage Hill	Cox Arboretum	Deeds Point	Eastwood	Englewood	Germantown	Hills & Dales	Huffman	Possum Creek	Island	RiverScape	Sugarcreek	Sunrise	Taylorville	Twin Creek	Wegerzyn Gardens	Wesleyan
Hiking/Walking 	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Cycling 				•	•	•		•		•	•		•	•		•	•	
Mountain Biking 								•										
Paddling 	•	•		•	•	•	•	•	•	•	•		•	•	•	•		
Whitewater 				•							•							
Horseback Riding 		•			•			•				•				•		
Disc Golf 					•													
Fishing* 	•	•		•	•	•	•	•	•	•	•		•	•	•	•	•	•
Nature Play* 			•		•		•	•				•				•		
Playground* 				•			•			•								•
Camping* 					•	•		•								•		
Sledding 					•	•								•				
Boating <sup>∞</sup> 				•	•													
Fossil Hunting 	•	•			•	•		•				•		•	•	•		•
Ice Rink 											•							
Community Garden Plots 								•								•		
Shelters* 		•		•	•	•	•	•	•	•		•		•	•	•	•	•
Picnic Areas* 	•	•	•		•	•	•	•	•	•	•	•		•	•	•	•	•

+ An Ohio fishing license is not needed at the following MetroParks locations:

- Carriage Hill MetroPark: Cedar Lake and North Woods Pond
- Possum Creek MetroPark: Argonne Lake and Fishing Pond
- Germantown MetroPark: Sunfish Pond
- Eastwood MetroPark: Lagoon and Blue Lake
- Twin Creek MetroPark: Lake George

• Eastwood MetroPark Lake:

∞ Power boats are permitted on even-numbered days. Sailboats, personal watercraft (jet skis) and fishing boats at idle speeds are permitted on odd-numbered days. Kayaks and canoes are permitted every day.

• Englewood North Park: electric motors only.

\* These amenities and activities were closed to the public through at least June 7, 2020, due to precautions related to COVID-19. For updates and a list of the most current closures, visit [metroparks.org/covid](https://metroparks.org/covid).

### TRAILS FOR ALL USERS

Your Five Rivers MetroParks includes:

- 78 miles of hiking trails and a 22-mile backpacking trail
- 25 miles of equestrian trails
- 9-plus miles of mountain biking trails
- trails accessible to those with mobility challenges

The Dayton region also is home to 270 miles of water trails and the nation's largest paved trail network, where you can experience more than 340 miles of connected trails.



Coming this summer!

..... A NEW & FREE .....

# Five Rivers MetroParks Mobile App!



Five Rivers MetroParks will launch a mobile app soon that will be your official mobile field guide to your parks and trails.

.....

The app will provide you with easily accessible information to help plan your visits and make them better once you arrive. It will be an invaluable one-stop tool for accurate, up-to-date info on trails and other outdoor recreation amenities available in your MetroParks.

THE APP ALSO USES OFFLINE MAPPING AND NAVIGATION – SO YOU CAN STILL USE IT EVEN WITHOUT A CELL PHONE SIGNAL!

USE THE APP TO:

- Discover new places
- Navigate while on the trail
- Make the most of your park visit
- Connect with nature and others who love to explore the outdoors

THE APP ALSO WILL ALLOW YOU TO:

- Locate parking, restrooms, drinking water, picnic areas and other amenities
- Access information to help spot and learn about unique ecological, geological and historical points of interest
- Receive notifications about hazards, closures and other timely information
- Follow outings hand-selected by MetroParks' staff
- Share experiences through social media and photo galleries
- Tell MetroParks' staff about maintenance and other issues that need addressed



The app is based on the OuterSpatial platform, used by such organizations as the National Park Service, U.S. Forest Service and California State Parks. It will be available for both iPhone and Android devices.

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Sign up to be notified when the app is released at  
[metroparks.org/mobile](http://metroparks.org/mobile)



# FIVE RIVERS METROPARKS PARK SYSTEM MAP

## METROPARKS.ORG/MAP

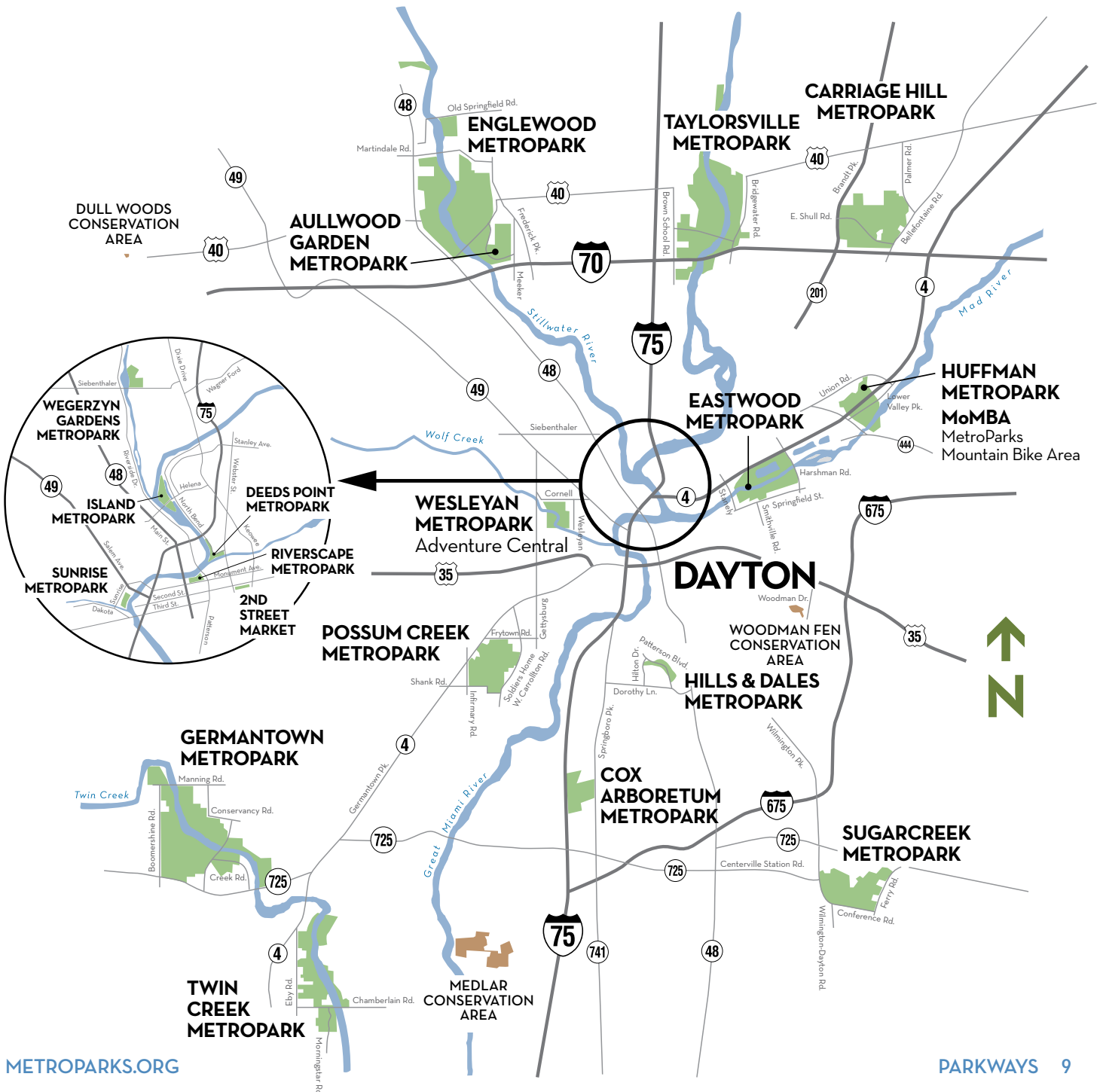
Five Rivers MetroParks operates 30 locations. Founded in 1963 to serve the greater Dayton area, MetroParks protects more than 16,000 acres of open space and provides year-round recreation, education and conservation opportunities. Facilities are available to the public free of charge – made possible by Montgomery County citizen support of a property tax levy.

## METROPARKS

2nd Street Market	Germantown	Sunrise
Aullwood Garden	Hills & Dales	Taylorville
Carriage Hill	Huffman	Twin Creek
Cox Arboretum	Island	Wegerzyn Gardens
Deeds Point	Possum Creek	Wesleyan
Eastwood	RiverScape	
Englewood	Sugarcreek	

## CONSERVATION AREAS

Dull Woods	Medlar	Woodman Fen
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# YOUR FIVE RIVERS METROPARKS AND CONSERVATION AREAS



## 2nd Street Market

600 E. Second St., Dayton

- Shop at a variety of small, locally owned businesses in a charming restored freight house in downtown Dayton.
- Vendors sell a variety of fresh food, including produce, bread, meat, eggs, kitchen staples and prepared foods as well as fresh flowers and artisan wares.
- Many food vendors accept SNAP/EBT and Produce Perks thanks to a partnership with Homefull.
- *Note: The 2nd Street Market is open in a limited capacity on Saturdays from 10 a.m. to 2 p.m. For more information, see page 16 and visit [metroparks.org/localfood](http://metroparks.org/localfood).*



## Aullwood Garden MetroPark

955 Aullwood Rd., Englewood

- A mile-long nature trail lined with trees and wildflowers
- Diverse habitats, including gardens, a prairie and forest



## Carriage Hill MetroPark

7800 E. Shull Rd., Huber Heights

- Birdwatching and fishing opportunities
- Historical 1880s farm featuring period demonstrations\*
- Horseback riding and lessons at the Carriage Hill Riding Center\*



## Cox Arboretum MetroPark

6733 Springboro Pike, Dayton

- 2.5-mile trail loop through a prairie and woodlands
- Diverse array of blooms, trees and shrubs, along with a variety of specialty gardens
- 65-foot-tall Tree Tower with sweeping views of the Miami Valley\*



## Deeds Point MetroPark

510 Webster St., Dayton

- Beautiful views of downtown Dayton at the confluence of the Great Miami and Mad rivers
- Legacy Plaza features history of aviation in Dayton, including statues of Orville and Wilbur Wright



## Eastwood MetroPark

1385 Harshman Rd., Dayton

- 185-acre Eastwood Lake, Eastwood Lagoon and Blue Lake

provide fishing, paddling and boating opportunities

- Mad River Run whitewater paddling feature
- Connect to the Buckeye and North Country National Scenic hiking trails, Mad River Water Trail, and Mad River and Creekside paved trails



## Englewood MetroPark

4361 W. National Rd., Englewood

- Four park areas offer extensive recreation opportunities
- Seven hiking trail loops and Stillwater River paved trail
- Martindale, Patty and Oaks waterfalls
- Fishing ponds and birdwatching
- Blue Heron Disc Golf Course
- *Note: Englewood East Park will be closed in late summer for a road repaving project. Check [metroparks.org/alerts](http://metroparks.org/alerts) for the most recent news on closures.*



## Germantown MetroPark

7101 Conservancy Rd., Germantown

- 2,665-acre park offers remote nature experience
- Largest tract of mature woodland in Montgomery County
- Eight trail loops on more rugged terrain and the 22-mile Twin Valley Backpacking Trail
- Fishing ponds and Twin Creek



## Hills & Dales MetroPark

2740 S. Patterson Blvd., Oakwood-Kettering

- Historical points of interest, such as the Patterson Monument and Stone Tower
- 1.46-mile Adirondack Trail and 0.4-mile Inspiration Trail
- Adirondack-style shelters and Dogwood pond



## Huffman MetroPark

4095 Lower Valley Pike, Dayton

- Fish, paddle and spot wildlife at Huffman Lake and Mad River
- Nine-plus miles of trails for all levels of riders at MetroParks Mountain Biking Area (MoMBA)
- Buckeye and North Country National Scenic hiking trails, Mad River Water Trail, and Mad River and Creekside paved trails

# GET OUT &

# EXPLORE

# YOUR METROPARKS



## Island MetroPark

101 E. Helena St., Dayton

- Great Miami River and Stillwater River paved trails
- Historical bandshell installed in 1940
- Playground and sprayground\*



## Possum Creek MetroPark

4790 Frytown Rd., Dayton

- Seven hiking trail loops and horseback trails
- Paddle and fish at Argonne Lake and in ponds
- Hike through remnants of 1930s Argonne Forest Amusement Park
- Possum Creek Farm features demonstration garden and animals\*



## RiverScape MetroPark

237 E. Monument Ave., downtown Dayton's riverfront

- Attend community festivals and events\*
- Fountains, food concessions, bike rentals\*
- The nexus of the nation's largest paved trail network
- RiverScape River Run whitewater features



## Sugarcreek MetroPark

4178 Conference Rd., Bellbrook

- Five trail loops through numerous habitats
- Natural points of interest, such as the Three Sisters, Beech Woods, Sycamore Ridge and Osage Orange Tree Tunnel



## Sunrise MetroPark

50 N. Edwin C. Moses Blvd., Dayton

- Expansive views of downtown Dayton along the Great Miami River
- Connect to the Great Miami River and Wolf Creek paved trails
- Friendship Park pays homage to Dayton's Sister Cities



## Taylorville MetroPark

2101 U.S. 40, Vandalia

- Numerous park areas offer extensive recreation opportunities
- Six hiking trail loops and Great Miami River paved trail
- Remnants of the Village of Tadmor and Miami-Erie Canal
- Fish in ponds and Great Miami River



## Twin Creek MetroPark

9688 Eby Rd., Germantown

- 1,000-acre park offers remote nature experience
- Nine trail loops on more rugged terrain and the 22-mile Twin Valley Backpacking Trail
- Historical features, such as Camp Hook and Hopewell Earthwork
- Twin Creek, Lake George and Dogwood Pond



## Wegerzyn Gardens MetroPark

1301 E. Siebenthaler Ave., Dayton

- Variety of formal gardens
- Marie Aull Nature Trail and Stillwater River paved trail
- Children's Discovery Garden\*



## Wesleyan MetroPark

1441 Wesleyan Rd., Dayton

- Trail loops and Wolf Creek paved trail
- Adventure Central\*



## Dull Woods Conservation Area

8199 Cole St., Brookville

- Accessible from the Wolf Creek paved trail, approximately one mile from parking lot
- Boardwalk winds through swamp forest remnant and past a massive Shumard Oak



## Medlar Conservation Area

4558 Medlar Rd., Miamisburg

- 2.25-mile Great-Little paved trail
- Diverse habitats, including mature woods and wetlands



## Woodman Fen Conservation Area

2409 Newcastle Dr., Dayton

- 1,800-foot boardwalk runs through area's only fen
- Access to the 7-mile Iron Horse paved trail

\* These park features were closed to the public through at least June 7, 2020, due to precautions related to COVID-19. For updates and a list of the most current closures, visit [metroparks.org/covid](https://metroparks.org/covid).





# STATELY SYCAMORES

**THESE ENORMOUS, EASILY  
IDENTIFIED TREES CAN BE  
SPOTTED IN ALMOST EVERY  
METROPARKS LOCATION.**

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The sycamore (*Platanus occidentalis*) is perhaps one of the most impressive native trees in Ohio. Its skyscraping, white-barked limbs cast a stark contrast against blue skies and green foliage. Sometimes growing to be more than 100 feet tall and more than five feet in diameter, sycamores typically grow along streams and in rich bottomland forests.

The sycamore's colorful bark is its most recognizable feature. Unlike the bark of most trees, sycamores' bark doesn't stretch as it grows. Instead, plate-like scales along its trunk fall off as the tree grows and leave behind pale yellow, white, grey or green patches on the trunk.

The sycamore's large leaves make this an excellent shade tree. Finding the largest sycamore leaf on the ground is a great activity for kids. Green leaves are munched on by the caterpillar of tiger swallowtail butterflies, as well as about 37 other species of moths and butterflies, which in turn are excellent food sources for birds — making sycamores an important part of the food chain.

Sycamore trees tend to become hollow over time, which is caused by a fungus that rarely results in serious damage to the tree. Rather, wildlife often use these hollow trees for shelter. This is just one more reason sycamores are an important part of a healthy forest in Montgomery County!

**Sycamore Trees in Your MetroParks:**

- Find a shady sycamore tree to sit under and read a book: Eastwood MetroPark by the lagoon
- Find the largest sycamores: Germantown MetroPark, orange trail, old forest
- Find wildlife in a sycamore: Woodman Fen Conservation Area, boardwalk trail



## GO ONLINE TO GET OUTDOORS

Visit MetroParks' new Nature Is Open blog for stories and videos about other native flora and fauna you can find in your MetroParks, neighborhood and back yard. You'll also find activities you and your family can safely do while you explore the outdoors and connect with nature this summer. Read more about the topics below at [metroparks.org/natureisopen](http://metroparks.org/natureisopen).

## MILKWEED AND MONARCHS: THE IMPORTANCE OF PRAIRIES

Prairies were once common in Ohio but have been lost to development through the years. However, Five Rivers MetroParks has restored numerous prairies, often with volunteers and area partners. MetroParks now manages more than 800 acres of this important habitat, where you can see the amazing relationships between plants and pollinators. For example, milkweed is the only plant monarch caterpillars will eat because its milky sap keeps predators from eating them. And monarch butterfly populations have drastically declined, but they are an important pollinator to the food supply for wildlife – and humans. The Huffman Prairie State Natural Landmark is one of the largest prairie remnants in Ohio, home to several rare plants, birds and insects. It's also adjacent to the field where the Wright brothers once tested their planes, making a visit to this hidden gem an educational adventure about our region's natural and cultural history.

## FRIENDLY INSECT FRIENDS

Funny-faced, cute and harmless, jumping spiders are common and can be found near flowers. If you find one of these spiders and put a mirror in front of it, sometimes it will see itself and dance. Land crawdads use two pinchers to roll mud into little balls. They arrange these into a castle of mud balls around the top of their holes in the ground, where they live during the day. Fireflies are yet another common insect you can easily discover. Fireflies are actually beetles, and more than 20 kinds of fireflies live in Ohio. Each has its own pattern of flashing and lights that are more green or more yellow in color. Patty's Shelter at Englewood MetroPark, the Woodman Fen Conservation Area and the Morning Glory Shelter at Germantown MetroPark are famous for their firefly shows.

## WHY DANDELIONS ARE NOT WEEDS

Look closely at a dandelion's leaves to discover why these super-useful plants are called "tooth of the lion." These yellow beauties do not deserve their bad rap. Rather, the plants' long roots feed grasses with nutrients from deep within soil, and pollinators use their flowers for food. Dandelions also have numerous medicinal qualities. You can even eat these plants and use them to make a plant bubble pipe!

## ASHZILLA, BIG SISTER & OTHER GIGANTIC TREES

Many of the trees in the 16,000-plus acres of land Five Rivers MetroParks protects have been around much longer than the state of Ohio. And a mature, leafy tree produces as much oxygen in a season as 10 people inhale in a year. Trees also improve air quality by reducing heat and absorbing such pollutants as carbon monoxide, sulfur dioxide and nitrogen dioxide. Learn about some of MetroParks' biggest trees and where you can find them at [metroparks.org/natureisopen](http://metroparks.org/natureisopen).

# Victory Gardening for the MODERN AGE



This summer, gardening may be more than a hobby. It may also be a way to pad pantries out of necessity. Indeed, Americans have been advised to garden during challenging times for nearly 80 years.

During World War II, home gardening was promoted as a way to preserve food, and citizens were encouraged to plant “Liberty Gardens.” Once it seemed the United States and its allies would win the war, these were then referred to as “Victory Gardens.” By the end of World War II, 40% of the country’s produce came from backyard gardens.

“Growing produce goes beyond being resourceful and ensuring your family has nutrient-dense food,” said Kaitlyn Lowry, MetroParks’ community gardening coordinator. “Gardening gets you moving, relieves stress and gives you a great sense of accomplishment.”





# Get Growing with a Victory Garden

1. Find a location for your garden. Most plants need at least eight hours of sunlight per day.
2. Decide if you want to use a garden plot, raised bed, containers or combination of these.
3. Grow what you enjoy eating.
4. Determine how much space those plants need.
5. Make sure you have enough space in your garden to accommodate them.

## Gardening Tips

- Ohio is in Gardening Zone 6 which determines when and what to plant.
- Water your plants in the morning when it's cool.
- Measure rainfall with a rain gauge to ensure you don't over-water; gardens need one inch of water per week.
- Feed plants regularly with compost or organic fertilizers.
- Support climbing plants with stakes and trellises.
- Remove weeds.
- Monitor for pests such as insects or rabbits.
- Mulch to maintain the soil's moisture.

## Five Rivers MetroParks: Your Gardening Go-To Resource

**Inspiration:** MetroParks staff and volunteers maintain food-bearing gardens in multiple parks. Head to Possum Creek MetroPark to see numerous plants in the demonstration garden. The Edible Landscape Garden at Cox Arboretum MetroPark shows how produce can be incorporated into traditional landscapes. The garden at the historical farm at Carriage Hill MetroPark features heirloom vegetables that would grow in an 1880s garden.

**Earth to table:** MetroParks staff experts can build your gardening skills from beginner to advanced. MetroParks teaches other time-honored skills — such as canning, composting, beekeeping, cooking and more — that help you live more sustainably today.

**Community gardening:** MetroParks provides expertise, resources and other support to more than 90 community gardens maintained and owned by neighborhood residents and organizations throughout Montgomery County.

## Learn More

While many in-person gardening, Earth-to-table and sustainable living programs have been cancelled due to COVID-19 precautions, MetroParks staff are offering virtual resources this summer, including blogs, videos and other content to guide you through the growing and harvesting seasons.

sign up

for MetroParks' gardening and community gardening emails for even more info!



**METROPARKS.ORG/NEWSLETTERS**



# SHOP FRESH & LOCAL

## IN A NEW WAY

AT THE

# 2ND STREET MARKET

600 E. Second St., downtown Dayton

**OPEN SATURDAYS • 10 AM TO 2 PM • OUTDOOR FARMERS MARKET • RAIN OR SHINE**

The 2nd Street Market has reopened outdoors on a smaller scale so you can buy fresh produce, meat and dairy from local farmers. This is the first of a phased reopening of the Market.

Visitors should plan ahead for a shopping experience that's very different from that of previous summers at the Market:

- **A limited number of people will be allowed inside the shopping area at a time.**
- The outdoor-only Market can accommodate less than 20 fresh food vendors.
- Most vendors are set up on the south side of the Market building.
- The dairy and meat vendors are set up on the northwest side of the Market building.
- All shoppers must enter at the east end of the building and exit at the west end.
- Signage is in place and volunteers are available to help guide shoppers.
- Social distancing must be maintained.
- **Shoppers are required to wear face coverings.**
- Shoppers are asked to purchase their items and move along so that others may do the same.
- Please, only one shopper per household.
- **Shoppers cannot use their own bags.**
- Dogs are not permitted other than service animals.
- Restrooms and water fountains are not available.
- As of May 30, prepared food and artisan vendors had not yet reopened.

For more information and updates about shopping at the 2nd Street Market — as well as information about how to buy online from Market vendors:

- Follow [facebook.com/2ndStreetMarket](https://facebook.com/2ndStreetMarket)
- Sign up for 2nd Street Market emails at [metroparks.org/newsletters](https://metroparks.org/newsletters)

## METROPARKS.ORG/LOCALFOOD

*\* These changes have been made to protect the health and safety of shoppers, vendors, staff and volunteers during the COVID-19 public health emergency. Five Rivers MetroParks thanks the community for everyone's cooperation, patience and understanding.*



Learn more about how your food is grown, connect with local farmers and shop for fresh produce by visiting the Market during National Farmer's Market Week, celebrated from Sunday, Aug. 2, through Saturday, Aug. 10.



## THE BENEFITS OF LOCAL FOOD

Perhaps one of the easiest, most effective ways to have a positive impact in the community is to shop from locally owned small businesses — especially local growers.

“Buying locally grown produce and prepared food from restaurants that source their ingredients locally pays off in spades,” said 2nd Street Market Manager Lynda Suda. “You’re getting fresh food that is easier on the environment and your hard-earned dollars are staying in our local economy.”

Five Rivers MetroParks’ 2nd Street Market is home to more than 25 vendors who sell local produce, meat, dairy, eggs and other kitchen staples. While the Market has asked visitors to change how they shop due to precautions related to COVID-19, what hasn’t changed is the ever-growing need to provide equitable access to fresh, local produce.

“We are one of only a few locations where people can shop for fresh food in the downtown area,” said Suda. “Additionally, there are

food deserts just a short distance away, so we have to take food equity and accessibility very seriously.”

Shopping locally for food also reduces your carbon footprint. The mileage it takes for your food to get from a local farm to your plate is significantly less than items that are shipped long distances. Shopping local also cuts down on resources required to ship, pack and refrigerate food for long periods of time.

Another perk of shopping from local food producers is having a better understanding of how your food is grown.

“See how your local farmers grow, and buy from those who are using organic methods,” said MetroParks sustainability coordinator, Tim Pritchard. Becoming USDA Certified Organic is cost-prohibitive for many small farmers, he added.

“Food is really a foundation of community,” Suda said. “When people shop local, they do their part to keep our community vibrant.”





**A FUN WAY TO  
HIKE, WALK, BIKE  
OR PADDLE**

**25 TRAILS THAT RANGE  
IN MILEAGE AND DIFFICULTY**



# **NEW METROPARKS TRAILS CHALLENGE**

**COMPLETE AS MANY OF THE TRAILS  
AS YOU'D LIKE — ON YOUR OWN  
SCHEDULE.**

Your Five Rivers MetroParks locations are home to 160 miles of paved and natural surface trails for hiking, biking, mountain biking and horseback riding. The greater Dayton region is home to more than 340 miles of connected paved trails — the nation's largest paved trails network — and 270 miles of river corridor.

The new MetroParks Trails Challenge is a fun way to explore them. Some of the trails in the challenge are segments of larger trails. Many are loops, so you will start and end at the same point. For paddling



adventures on the water trails, you can shuttle or bike back.

You can participate by completing just one trail. And because you explore the trails on your own time and in your own way, it's easy to practice safe social

distancing while participating in the challenge. Indeed, the new MetroParks Trails Challenge is a convenient way to improve your physical and mental health while connecting with nature and enjoying an active lifestyle.

## HOW TO COMPLETE THE METROPARKS TRAILS CHALLENGE

- Hike, bike or paddle the designated trails – in any order and at your convenience.
- Track your progress on the trails log, available online and on the next page.
- Everyone in your family – including kids – can participate.
- Submit your trails log and entry form no later than Oct. 4 to be eligible to receive a prize.

## TRACK PROGRESS & SUBMIT YOUR TRAILS LOG TO WIN PRIZES

- Complete just one trail in the challenge, and you'll be entered to win a \$100 gift card to a local outdoor gear or bike shop of your choosing! You'll receive one entry for each trail you complete. Complete all 25 trails and get 25 chances to win!
- Everyone who completes at least 18 trails will receive a MetroParks Trails Challenge sticker. Also, 100 people completing at least 18 trails will be selected at random to receive a MetroParks Trails Challenge T-shirt.
- You'll be notified by e-mail or phone if you are a prize winner. Prizes will be distributed after Oct. 4.

## REGISTER FOR EVEN MORE CHALLENGES – AND CHANCES TO WIN!

- To receive emails about pop up challenges and the chance to win additional prizes, register online at [metroparks.org/trailchallenge](http://metroparks.org/trailchallenge) or sign up for Five Rivers MetroParks' monthly outdoor recreation email at [metroparks.org](http://metroparks.org).
- Registration is free and, while not required, it will give you more chances to win a prize!



## OPTIONS FOR SUBMITTING YOUR TRAILS LOG & ENTRY FORM

- Scan and email your log to [outdoors@metroparks.org](mailto:outdoors@metroparks.org).
- Mail the log to:  
Five Rivers MetroParks  
ATTN: Randy Ryberg  
409 E. Monument Ave., Third Floor  
Dayton, OH 45402

## ENTRY FORM

All contact information below must be complete to be eligible to receive a prize.

NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

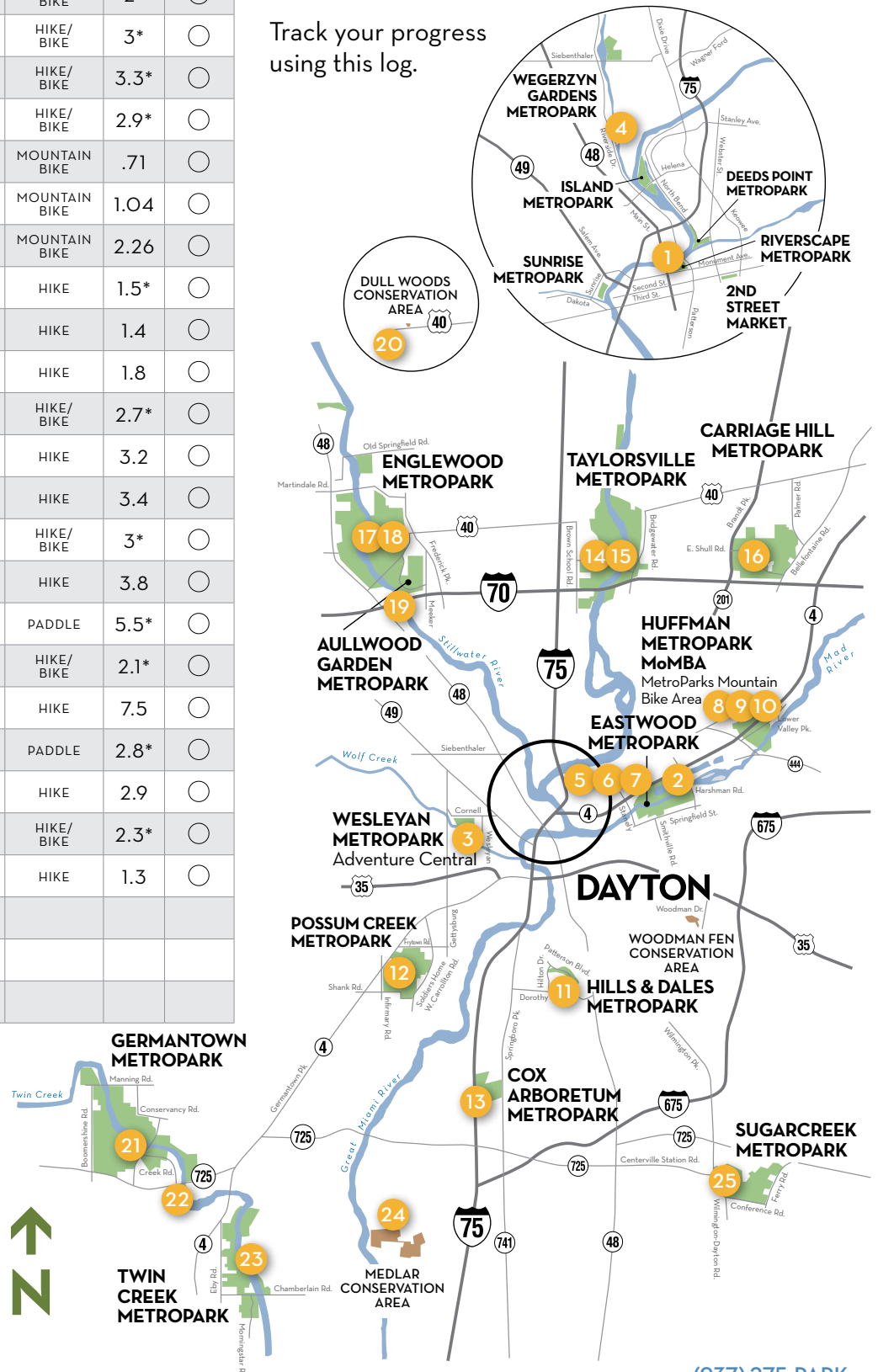
# METROPARKS TRAILS CHALLENGE

# TRAIL LOG

Track your progress using this log.

LOG NO.	TRAIL	TRAIL TYPE	MILES	CHECK OFF
1	GREAT MIAMI RIVER TRAIL	HIKE/BIKE	1.6*	<input type="radio"/>
2	MAD RIVER (HARSHMAN RD.)	PADDLE	4*	<input type="radio"/>
3	WOLF CREEK TRAIL	HIKE/BIKE	2.6*	<input type="radio"/>
4	STILLWATER RIVER TRAIL	HIKE/BIKE	2*	<input type="radio"/>
5	MAD RIVER TRAIL	HIKE/BIKE	3*	<input type="radio"/>
6	MAD RIVER TRAIL	HIKE/BIKE	3.3*	<input type="radio"/>
7	CREEKSIDE TRAIL	HIKE/BIKE	2.9*	<input type="radio"/>
8	HILLTOP FLOW	MOUNTAIN BIKE	.71	<input type="radio"/>
9	UPPER STEALTH	MOUNTAIN BIKE	1.04	<input type="radio"/>
10	CREEKSIDE	MOUNTAIN BIKE	2.26	<input type="radio"/>
11	ADIRONDACK TRAIL	HIKE	1.5*	<input type="radio"/>
12	PURPLE TRAIL	HIKE	1.4	<input type="radio"/>
13	YELLOW TRAIL	HIKE	1.8	<input type="radio"/>
14	GREAT MIAMI RIVER TRAIL	HIKE/BIKE	2.7*	<input type="radio"/>
15	ORANGE TRAIL	HIKE	3.2	<input type="radio"/>
16	ORANGE TRAIL	HIKE	3.4	<input type="radio"/>
17	STILLWATER RIVER TRAIL	HIKE/BIKE	3*	<input type="radio"/>
18	GREEN TRAIL	HIKE	3.8	<input type="radio"/>
19	STILLWATER RIVER	PADDLE	5.5*	<input type="radio"/>
20	WOLF CREEK TRAIL	HIKE/BIKE	2.1*	<input type="radio"/>
21	ORANGE TRAIL	HIKE	7.5	<input type="radio"/>
22	TWIN CREEK	PADDLE	2.8*	<input type="radio"/>
23	YELLOW TRAIL	HIKE	2.9	<input type="radio"/>
24	GREAT-LITTLE TRAIL	HIKE/BIKE	2.3*	<input type="radio"/>
25	ORANGE TRAIL	HIKE	1.3	<input type="radio"/>
POP UP CHALLENGE				
POP UP CHALLENGE				
POP UP CHALLENGE				

\* These are just segments of a longer trail, meaning you may have to hike or bike back to your starting point or shuttle back. Mileage listed above is one-way. Other trails are loops, so you will start and end at the same point.





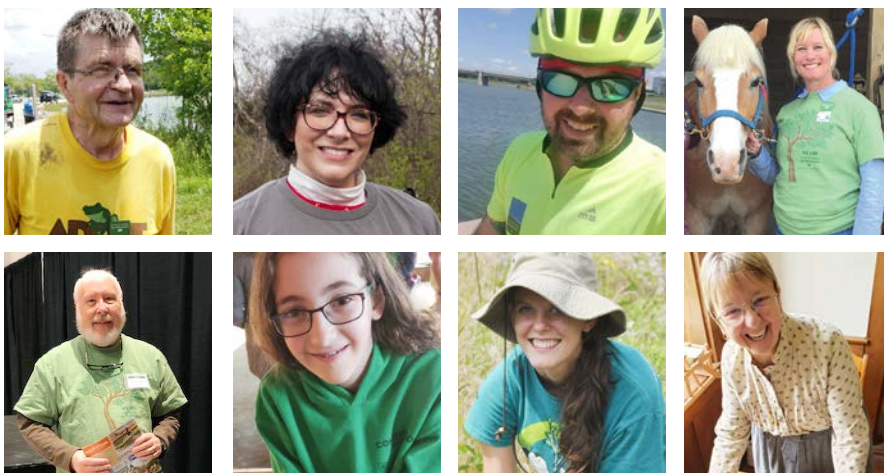


# Become a MetroParks Volunteer

Learn new skills, care for the environment and make new friends – while providing an important community service.

Working side-by-side with staff, Five Rivers MetroParks volunteers extend the agency's resources and help MetroParks accomplish its mission. Volunteers educate park visitors about the region's natural and cultural heritage and support conservation efforts that protect that heritage. They share their passion for nature with future generations, promote sustainable living efforts, assist trail users – and much, much more.

While volunteer activities have been impacted due to precautions related to COVID-19, it's always a good time to learn more about volunteering at your MetroParks.



## No Experience Required

Whether you have a year, a month, a week or even a few hours to give – there's a place for people of all ages and abilities to become a MetroParks volunteer. All you need is enthusiasm for our region's natural or cultural history, a willingness to learn and a desire to share with others. MetroParks has a wide variety of volunteer opportunities so everyone can find something that meets their passion – and schedule.

## Fun & Rewarding

Volunteers enjoy the following benefits:

- The opportunity to use an array of skills and learn new ones
- A chance to share your interests with people of all ages
- The ability to make a difference in the lives of Montgomery County residents
- Professional training on a variety of topics
- The chance to learn more about the natural world
- New friendships made while connecting with nature
- Interaction with park visitors
- Exercise and improved mental and physical health

## Easy to Get Started

Start your journey to become a MetroParks volunteer by contacting volunteer services about the areas that interest you and asking about upcoming volunteer orientations.

### EMAIL

[volunteer.services@metroparks.org](mailto:volunteer.services@metroparks.org)

### CALL

937-275-PARK (7275)

## PHILANTHROPY

# THANK YOU, SPONSORS!

## SUPPORT

### FIVE RIVERS METROPARKS

Learn more about giving to the Five Rivers MetroParks Foundation; The James M. Cox, Jr. Arboretum Foundation; Wegerzyn Gardens Foundation; and Friends of Carriage Hill. Visit [metroparks.org/donate](https://metroparks.org/donate).



Five Rivers MetroParks appreciates its sponsors, which support MetroParks' mission, programs, events and services while demonstrating positive corporate citizenship.

Even with precautions related to COVID-19, which led to the cancellation of programs and events to protect the health and safety of our community and MetroParks' staff and volunteers, many sponsors continued their generous support of Five Rivers MetroParks. A special thank you to: Subaru of America, Wagner Subaru and PNC.



## HOW TO SUPPORT YOUR FIVE RIVERS METROPARKS

When you support the Five Rivers MetroParks Foundation, you support MetroParks' mission to protect our region's natural heritage and provide outdoor experiences that inspire a personal connection with nature. With so many ways to give, supporting the Five Rivers MetroParks Foundation has never been easier.

- **Champions Program:** The easiest way to contribute is by making a monthly recurring gift.
- **Tribute Program:** Honor a special person with a named bench, tree and more at their favorite MetroPark.
- **Individual Giving:** Donations can be made securely online in any amount.
- **Planned Giving:** Leave a lasting legacy with a planned gift in your will or estate plan to ensure future generations enjoy great parks.
- **Shop for a Cause:** Support MetroParks via Amazon Smile and at Kroger and Dorothy Lane Market.

[METROPARKS.ORG/DONATE](https://metroparks.org/donate)



# Stay Active This Summer at RiverScape MetroPark

STAY UP-TO-DATE ON RIVERSCAPE METROPARK'S PROGRAMS, EVENTS AND ACTIVITIES BY FOLLOWING **FACEBOOK.COM/RIVERSCAPEMETROPARK**.

RiverScape MetroPark is the Dayton community's front porch. While that is still true, the ways our community gathers in summer 2020 will look and feel very different as we work together to slow the spread of COVID-19.

Five Rivers MetroParks is looking at ways to safely bring people together in downtown Dayton's riverfront park. At the time ParkWays magazine was printed in mid-May, some programs were being held virtually. Options for others were being examined. Unfortunately, some festival favorites – including the City of Dayton Lights in Flight Fireworks Festival and the United Irish of Dayton Celtic Festival – are canceled this year.

Still, you can stay active and connect with nature in the heart of the Dayton region in numerous ways at RiverScape MetroPark – in your own way and on your own time:

- Walk, run or ride miles of riverfront trails starting at RiverScape, located at the junction of the Great Miami River and Mad River paved trails on the nation's largest paved trail network.
- Fish or paddle the RiverScape River Run whitewater feature, or just relax along the Great Miami River.
- Visit the seven stations in the Dayton Inventors River Walk, located along Monument Avenue and Patterson Boulevard.
- Enjoy urban gardens that include hanging baskets and beds filled with perennials and ornamental trees.

Always maintain a safe social distance of at least six feet with people who are not members of your household and wear a face covering when spending time outdoors. Plan ahead by visiting [metroparks.org/riverscape](https://metroparks.org/riverscape) or calling 937-275-7275 (PARK) to prepare for amenities that might be closed, such as restrooms and drinking fountains.

## FITNESS IN THE PARK

Presented by



These free classes currently are being held virtually. Classes might return to RiverScape MetroPark if they can be safely held in person while following guidelines from the Ohio Department of Health and CDC related to COVID-19.

### BOOT CAMP IN THE PARK

TUESDAYS, 5:45 TO 6:30 PM

- June 9, 16, 23 & 30
- July 7, 14, 21 & 28
- Aug. 4, 11, 18 & 25

### YOGA IN THE PARK

SATURDAYS, 9:30 TO 10:30 AM

- June 13 & 20
- July 11
- Aug. 1

### CARDIO DANCE IN THE PARK

SATURDAYS, 10 TO 11 AM

- June 27
- July 18
- Aug. 8 & 22



## LUNCHTIME ALONG THE RIVERFRONT

Look for some of your favorite food trucks at RiverScape MetroPark throughout the week from 11:30 AM to 1:30 PM.

## SUMMER MUSIC SERIES

Follow RiverScape MetroPark on Facebook for the status of the Bluegrass, R&B and Big Band concerts that are part of this free series.

The Summer Music Series is presented by the Eichelberger Foundation with support from AARP.







Five Rivers MetroParks  
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Dayton, Ohio 45402-1260

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## HOLD ON TO YOUR PARKWAYS!

This issue does not include program listings due to COVID-19 precautions. See page 2 for more information. View this *ParkWays* publication online at [metroparks.org/parkways](https://metroparks.org/parkways).



PLEASE RECYCLE

## COVID-19 OUTDOOR GUIDELINES

FIVE RIVERS  
METROPARKS

## HELP KEEP YOUR PARKS & TRAILS OPEN

De-stress, stay active, and improve your mental and physical health by connecting with nature – whether in your favorite green space or back yard. Here's your guide for safely using your MetroParks' outdoor spaces. [#natureisopen](https://metroparks.org/natureisopen)

CARRY OUT  
TRASH, INCLUDING  
DOG WASTE

DO NOT TOUCH  
OR USE COMMUNAL  
SURFACES

PARKING  
MAY BE  
LIMITED

WEAR FACE COVERINGS IN  
PUBLIC. WASH YOUR HANDS  
AND BRING HAND SANITIZER

DO YOUR PART: STAY 6 FEET APART  
ALERT OTHERS AND STEP ASIDE TO PASS

EXPLORE LESS FREQUENTLY  
USED PARKS AND TRAILS.  
VISIT SOLO OR WITH  
HOUSEHOLD MEMBERS

PREPARE FOR CLOSED  
RESTROOMS AND  
WATER FOUNTAINS

[METROPARKS.ORG/NATUREISOPEN](https://metroparks.org/natureisopen)

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