

PARKWAYS

YOUR GUIDE TO FIVE RIVERS METROPARKS



HAPPY
2021
NEW YEAR

Your MetroParks' natural spaces, trails and resources can help you achieve your resolutions and maintain a healthy, active lifestyle.

BAT SURVEY GOOD NEWS
FOR NATURE, WILDLIFE
SEE PAGES 10 - 11

YOUR GUIDE TO
AMPHIBIAN ADVENTURES
SEE PAGES 14 - 15

INFO ABOUT THE 2021
METROPARKS TRAILS
CHALLENGE
SEE PAGES 16 - 18

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.



Some restrooms and
water fountains may
be closed.

**HELP KEEP YOUR
PARKS & TRAILS**

OPEN

EXPLAINING THIS ISSUE OF PARKWAYS

Nearly everything has changed since the pandemic began – 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 all have to do with your safety. For example:

- At the time this magazine was sent to the printer in late December, 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.
- 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 winter and spring, 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. 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, these are challenging times. 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 to learn more.

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.



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



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) 225-HELP (4357)



Becky Benná
Executive Director

DEAR METROPARKS FRIENDS,

Even with the pandemic challenges of 2020, Five Rivers MetroParks continued to keep your parks and trails open to provide safe and healthy outdoor experiences. In 2021, we continue to work on providing access to nature throughout the diverse communities MetroParks serves. As identified in MetroParks' 2016 Comprehensive Master Plan (CMP) initiatives, we're striving to ensure there is something for everyone, regardless of age, race and earning ability. In September 2020, the Board of Park Commissioners passed a resolution "supporting Five Rivers MetroParks' commitment to diversity, equity and inclusion." We're grateful to be recognized by the *Dayton Business Journal* as one of the region's 2020 Diversity Organizational Champions. Below are some additional examples of our initiatives.

The Five Rivers MetroParks Foundation provides philanthropic funding for MetroParks projects, programs and services. The foundation raised approximately \$500,000 to renovate and improve the Adventure Central kitchen facilities. Adventure Central, located in Wesleyan MetroPark, has offered after-school and summer youth development opportunities that serve the west Dayton community since 2000. The kitchen improvements will allow Adventure Central to better serve the 220 youth and their families who participate in the after-school and summer activities.

One of the CMP priorities is to provide trail connections to MetroParks and neighborhoods. Through a partnership with the City of Moraine and funded primarily with grants, a bikeway connector between the Great Miami River Trail and Possum Creek MetroPark opened in 2018. Staff members also are working with community partners to extend and provide connections to the Wolf Creek Bikeway.

In 2020, MetroParks established a Diversity, Equity and Inclusion Employee Council that represents all facets of our work and includes a range of ages, ethnicities and experiences. We are working with The National Conference for Community and Justice of Greater Dayton (NCCJ), a respected community organization, to guide us on a path that is more inclusive and welcoming to everyone MetroParks serves.

Lastly, our Ranger Division continues to keep everyone safe in your MetroParks and the broader community. The Rangers have gone through de-escalation training to help people in crisis, and our community resource officer has been distributing free child car seats to families that need them.

There is more work to be done, more community members to reach. As we strive to live our values such as collaboration, diversity and respect, please know that your MetroParks is committed to doing better *for* you and *with* you.

Best Regards,

Becky Benná

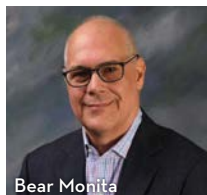
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Bear Monita



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WINTER / SPRING 2021 IN THIS ISSUE

PARK AMENITIES & MAP • 4

A GUIDE TO YOUR FIVE RIVERS METROPARKS

Chart of activities and amenities, park district map, to help you plan an outdoor adventure.

COVER STORY • 6

HAPPY NEW YEAR

Your MetroParks' natural spaces, trails and resources can help you achieve your resolutions and maintain a healthy, active lifestyle.

CONSERVATION • 10

ACOUSTIC BAT SURVEY

Results indicate western Montgomery County has lots of high-quality habitat for wildlife; Healing Nature tree seedling giveaway helps post-tornado reforestation efforts.

EDUCATION • 14

AMPHIBIAN ADVENTURE

A guide to spotting amphibians in your MetroParks as they re-emerge in late winter and early spring.

RECREATION • 16

2021 METROPARKS TRAILS CHALLENGE

Learn how you can stay active and explore new trails by participating in this year's challenge.

VOLUNTEER • 20

GIVING BACK IN THE GREAT OUTDOORS

Meet volunteers Allison Jewell and Fuad Al-Awadhi, and learn how you can join them in supporting Five Rivers MetroParks' mission.

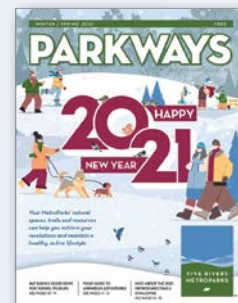
PHILANTHROPY • 22

THANK YOU, SPONSORS

Five Rivers MetroParks is grateful for the individuals, businesses and organizations that supported its mission in 2020.

ON THE COVER

Winter and spring offer many opportunities to connect with nature and explore the outdoors. Designed by Karen Allen.



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 [∞]					•	•													
Fossil Hunting		•	•			•	•		•				•		•	•			•
Ice Rink*												•							
Community Garden Plots										•							•		
Shelters*			•		•	•	•	•	•	•	•		•		•	•	•	•	•
Picnic Areas*		•	•	•		•	•	•	•	•	•	•	•		•	•	•	•	•

+ Visit metroparks.org/fishing to learn where you can fish without an Ohio license.

[∞] Visit metroparks.org/boating for details on rules for boating locations.

* These activities and amenities are closed to the public or have limited access until further notice due to precautions related to COVID-19. For updates and a list of the most current closures, visit metroparks.org/covid.

PARK HOURS

April 1 through Oct. 31:
8 AM to 10 PM

Nov. 1 through March 31:
8 AM to 8 PM

Your Five Rivers MetroParks includes trails for all users:

- 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.

PARK AMENITIES & MAP

FIVE RIVERS METROPARKS PARK SYSTEM MAP

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



Interactive map also available in the

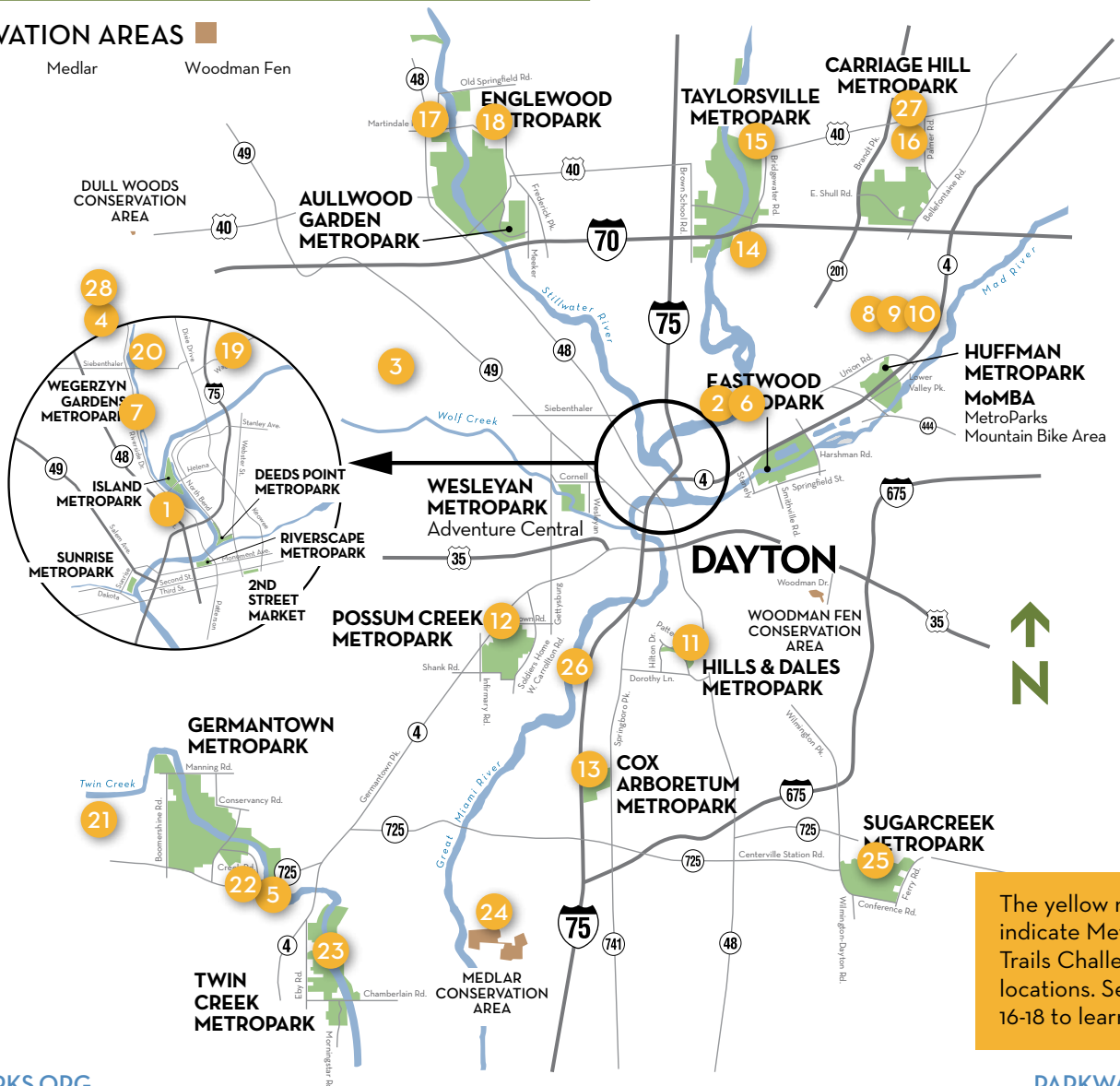
Five Rivers MetroParks

MOBILE APP

APP: METROPARKS.ORG/MOBILE

CONSERVATION AREAS

Dull Woods Medlar Woodman Fen



The yellow numbers indicate MetroParks Trails Challenge locations. See pages 16-18 to learn more.



2021

HAPPY

NEW YEAR

spaces, trails and resources to help you achieve your 2021 goals and maintain a healthy, active lifestyle. Nature is open year-round, and access to your MetroParks is free.

IMPROVE YOUR PHYSICAL HEALTH

Skip the gym crowds by opting outside for all-levels, cost effective, versatile work outs.

★ **Get your body movin':** MetroParks locations are home to 160 miles of paved and natural surface trails. The greater Dayton region is home to more than 340 miles of paved recreation trails – the nation's largest paved trail network – and 270 miles of river corridor to paddle. With so many trails to explore, MetroParks offers plenty of opportunities for you to hike, cycle, run, jog, paddle or walk your way to a healthier you.

Taking your workout outdoors also provides benefits the traditional gym workout does not, including strengthened immunity and better focus. Additionally, exercising outdoors can provide you with better airflow and boost your mood, giving you more energy. Exercising releases endorphins, which boost your mood, and being

Many of us are ready to say farewell to 2020 and enter the New Year with a focus on physical and mental wellness. In fact, the New Year's resolutions that often top people's lists are those related to diet and exercise, healthy habits, and being kinder to ourselves and the environment.

Look no further than your MetroParks' natural



outdoors helps you stock up on vitamin D. Known as the “sunshine vitamin,” it’s critical for your body and mind to function well, and a lack of vitamin D contributes to seasonal affective disorder.

MetroParks Pro Tip: Find a new activity you enjoy – such as hiking, cycling and paddling – to make exercising feel more like a fun outing. Those with more passive hobbies – such as photography, birdwatching and gardening – can still get exercise by spending time outdoors.

★ **Find what works for you:** Starting small with a short walk, hike or run and building your stamina is easy in MetroParks, as its locations offer many trails of varying length. The following independent-use activities will help those new to MetroParks’ trails get started:

- Just 30 to 40 minutes of exercise a few times a week will improve your heart health, according to the American Heart Association. A great place to start a wellness journey is by walking MetroParks’ new Heart Healthy Trails. See page 19 or visit metroparks.org/hearthealthy for more info.

- The second annual MetroParks Trails Challenge features 28 trails of varying terrain, length and difficulty.

Because you explore the trails on your own time and at your own pace, it’s an easy way to set goals and achieve them while maintaining your day-to-day schedule – plus participants have a chance to win cool prizes. See pages 16-18 or visit metroparks.org/trailchallenge for more info.

MetroParks Pro Tip: Sticking to your resolutions is always easier when you have a buddy to hold you accountable. Meet people who share a passion for outdoor adventure and nature by virtually connecting with local outdoor recreation clubs at outdoordayton.com.

IMPROVE YOUR MENTAL HEALTH

According to Montgomery County Alcohol, Drug Addiction & Mental Health Services, nearly a quarter of the U.S. population is experiencing symptoms of depression amid the pandemic. Getting a daily dose of nature is an easy, free way to boost your mood and can be as simple as heading to your favorite park, greenspace – or even your back yard. Introduce a few of the activities below into your weekly routine to help alleviate stress.

★ **Take a breathing break:** Meditation is a powerful tool people use to manage stress since breathing and clearing the mind are scientifically proven to help control anxiety

and reduce stress. The same is true with forest bathing, a concept started in Japan called “shinrin-yoku.” Forest bathing is simply spending a peaceful moment in nature with your senses engaged to boost both physical and mental wellbeing.

Head outdoors and spend 10 minutes focusing on your breathing and engage your senses. Focus on your feet, hands, ears, eyes and nose for two minutes each. Note what you’re experiencing during these sensory moments and relax. Engaging your senses also can help you relax and be grounded in the present moment. While breathing deeply, note what you can see, touch, hear, smell and taste. Consider writing your observations in a nature journal afterward.



MetroParks Pro Tip: While getting outside offers maximum benefits, bringing nature indoors is a great option for a calming effect. MetroParks posts a weekly nature break on its social media channels so those at home can enjoy the sights and sounds of nature. Follow Five Rivers MetroParks on Facebook, Twitter, Instagram and YouTube for MetroParks’ moments in nature.

★ **Sit or walk by the water:** Tap into your “blue mind.” The term refers to the mildly meditative state people fall into when near water, according to marine biologist Wallace J. Nichols. Research has proven that spending time near water helps elevate happiness. *Note: Swimming is not permitted at any MetroParks location.*

MetroParks is home to expansive lakes, ponds, streams and rivers. Just a few examples include:

- Eastwood MetroPark: lagoon, lake and Mad River
- Possum Creek MetroPark: Argonne Lake and fishing ponds
- Aullwood Gardens MetroPark: Stillwater River
- RiverScape MetroPark: Great Miami River and whitewater feature, RiverScape River Run

MetroParks Pro Tip: Download OuterSpatial to access MetroParks’ mobile app, your digital field guide to MetroParks’ parks and trails, at metroparks.org/mobile.

Need help right now?

While nature is a valuable tool to alleviate feelings of anxiety and depression, it is not a replacement for speaking with a mental health professional. If you need to talk, call:

- The Miami Valley Warmline: 937-528-7777
- The Suicide Prevention Lifeline: 800-273-TALK (8255)

HEALTHY SURROUNDINGS

Creating a healthy environment – in your house and your favorite natural spaces – supports your physical and mental health. Making more sustainable choices at home and on the trails protects the environment and can help your wallet – both in the top 10 of Americans’ 2020 New Year’s resolutions, according to Statista.

In your home

People are spending more time at home due to the pandemic, which can lead to using more energy and creating more waste. Get the entire family involved in these sustainable practices to be a little greener.

★ **Recycle right, waste not:** Curbside recycling in the Miami Valley is easy and helps keep waste out of the landfill. Avoid mixing your recyclables with items that can’t be recycled through traditional curbside pickup, such as plastic shopping bags, which can be dropped off at many supermarkets.



Composting is easy and takes care of nearly all organic waste generated in the average household. Composted materials also can be used to make your garden thrive.

MetroParks Pro Tip: Recycling and composting can effectively address around 70% of the waste generated in the average household. You can also do the following to step up your sustainability:

- Use washable dining ware and cutlery instead of paper or plastic.
- Clean with cloth towels and rags you can reuse instead of paper towels.
- Keep reusable shopping bags in your vehicle(s) so you always have one handy while shopping.

Find more ways to live green on metroparks.org/natureisopen.

In natural spaces

Nature has become a safe, fun place to spend time with the people in your household during the pandemic. Yet humans share natural spaces with important plants and wildlife that are critical to the health and balance of our environment. Be mindful to always follow Leave No Trace while in MetroParks.

★ **Plan ahead and prepare:** This may include bringing a bag to carry out trash or dog waste or bringing a picnic blanket so you don't drop food on the ground that would attract wildlife from their natural habitats and diminish their natural instincts to avoid humans.

★ **Leave no waste:** Disposing of waste properly is paramount and not just to keep natural spaces beautiful. Common items left behind, such as plastic bags and aluminum cans, take up to 100 years to decompose. Picking up dog waste is also important since it can contain bacteria, viruses, and pharmaceuticals that pollute soil and water.

★ **Social distance sustainably:** To keep MetroParks' staff and fellow parkgoers safe in the parks, always follow the CDC guidelines as it pertains to face coverings and social distancing while in MetroParks. Sticking to established trails helps protect natural areas by limiting trampling vegetation and disturbing habitats. Trail users may have to step off a trail to let others pass at a safe social distance. When doing so, remember to step on to a durable surface, such as grass or gravel. Learn more about Leave No Trace principles at [Int.org](https://www.lnt.org).



GOING BAT-SOUND CRAZY



COVID-19 nixed the bat blitz, but MetroParks was still able to study these winged mammals this past summer — and the results indicate western Montgomery County has lots of high-quality habitat for wildlife.

WHY STUDY BATS?

MetroParks wanted to study bats because their population has been declining for years due to habitat loss and other human influences, said Megan Rude, MetroParks conservation technician. That decline was especially drastic in Ohio starting 10 years ago due to white nose syndrome, a fungal disease that affects hibernating bats.

“We wanted to be able to monitor bat populations to see how and if they’re recovering from this decline,” Rude said. “It’s important to locate both summer and winter bat habitats to monitor changes in population.”

Initially, MetroParks wildlife biologist Grace Dietsch was working with partners, such as the Ohio Department of Natural Resources (ODNR) and the U.S. Fish and Wildlife Service (FWS), to conduct a bat blitz. This involves setting up nets that are typically 24 feet tall to capture as many

bats as possible, then weighing and identifying them — tasks that require people to work closely together and handle bats.

Enter COVID-19.

However, Rude and bat biologists were able to do an acoustic bat survey this summer in the Twin Valley, which includes Germantown and Twin Creek MetroParks and the Upper Twin Conservation Area. Together, these natural areas include more than 3,000 acres of land.

HOW WAS THE RESEARCH CONDUCTED?

When bats forage for insects, they use ultrasonic echolocation calls to locate food and navigate their surroundings — and each bat species' call sounds different. The acoustic bat survey collects and analyzes those various calls.

Dietsch helped identify six locations in the field where stationary acoustic monitors and microphones were placed. In summer, bats have specific habitat needs as females raise their young and forage to build up fat for the winter. During this time, bats need undisturbed forested areas, nearby water sources and plenty of places where they can roost during the day, such as in dead, standing trees. This habitat is found in abundance in the study area, which includes mature forests, the Twin Creek and other water sources.

The four-week survey began on July 30, with bat calls collected 30 minutes before sunset until 30 minutes after sunrise. Approximately 30 to 45 gigabits of data was collected — which is a LOT of bat calls. An ODNR bat biologist analyzed that data with the help of bat acoustic analyzing software, sort of like a version of the popular song-identifying Shazam app for bat calls.

WHAT WERE THE RESULTS?

The bat survey found 10 of the 11 species of bats who live in the Montgomery County area — including federally threatened species Indiana bat as well as 11 species of northern long eared bats.

“The fact that we captured nearly every native bat species shows this area has healthy habitat that can support a very robust community of bats and other wildlife species,” Rude said. “This also shows that by protecting the Twin Valley’s natural heritage, which includes significant forest and riparian corridors, MetroParks also supports a rich, diverse wildlife community, including threatened and endangered species.”

It’s also important because bats are an indicator species: Since bats are very sensitive to changes in habitat, a healthy bat community means the habitat is good for other wildlife, too.



That includes humans: The acoustic bat survey results show the Twin Valley area is a great place for people to connect with nature and have outdoor adventures.

“Bats are super important to humans and human life,” Rude said. “They’re important for pollination and seed dispersal. Bats also help with pest control: If you don’t want a lot of mosquitos, you want a lot of bats.” According to FWS, bats save approximately \$3 billion per year in pest-control costs, she added.

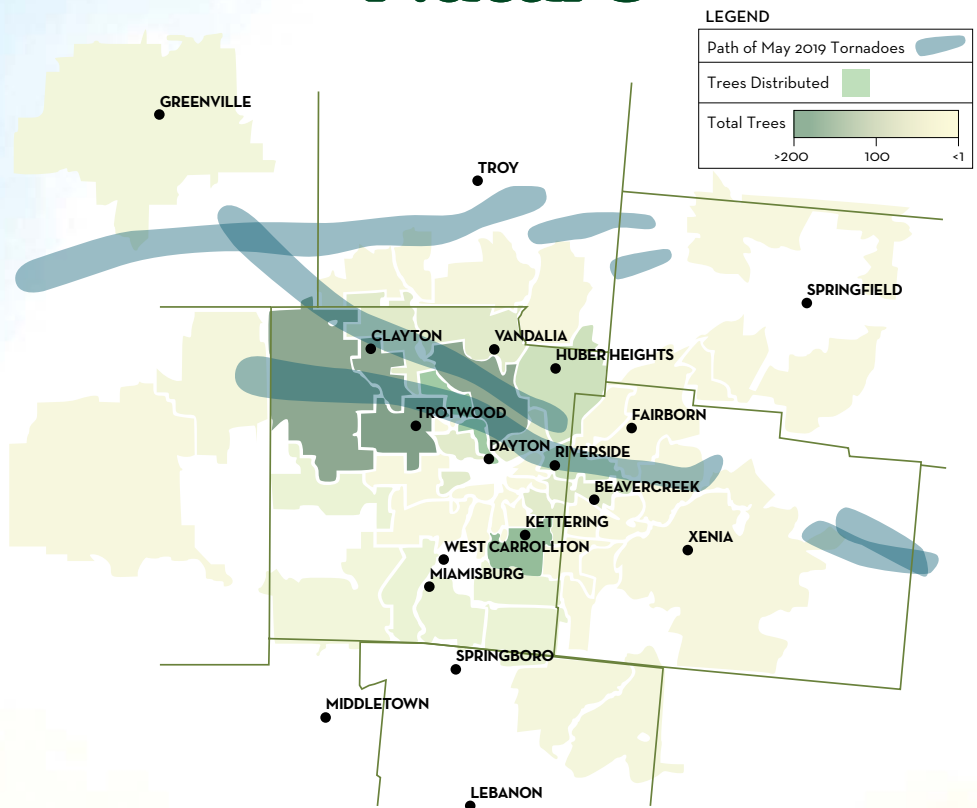
The hope is to bring back the bat blitz once conditions allow. The acoustic bat survey is important groundwork for the blitz, which will allow researchers to estimate the size of the local bat population.

In fall 2020, Five Rivers MetroParks gave away 2,781 native tree seedlings at Wegerzyn Gardens MetroPark and the 2nd Street Market as part of MetroParks' reforestation initiative, Healing Nature. The initiative is designed to assist property owners and communities in Montgomery County that were impacted by the 2019 Memorial Day tornadoes.

"Five Rivers MetroParks has a specific long-term role to play in efforts to recover from the tornadoes, which is restoring lost habitat," said Becky Benná, Five Rivers MetroParks' executive director. "An untold number of trees, shrubs and other plants critical to our region's wildlife and natural heritage were lost during the storms. It's important we replant in the areas where so many were lost to tornado damage."

The trees given away were propagated by MetroParks staff and volunteers at the Barbara Cox Center for Sustainable Horticulture.

The map illustrates the ZIP codes of the people and communities who picked up trees, and where these locations are in proximity to the paths of the 2019 Memorial Day tornadoes.



HOW TO SUPPORT THE HEALING NATURE REFORESTATION EFFORT

Thank you to Steven Brown of Irongate Realtors and other individuals throughout the community who donated to Five Rivers MetroParks' Healing Nature initiative, making the tree seedling giveaway possible.

Healing Nature is an ongoing effort, as it will take decades to restore the habitat lost during the 2019 tornadoes. Donations supporting Healing Nature can be made to the Five Rivers

MetroParks Foundation. Funds will be used for reforestation efforts in tornado-damaged areas, including Wegerzyn Gardens MetroPark.

To make a donation, visit metroparks.org/foundations or contact Beth Redden, chief of philanthropy, at 937-275-PARK or beth.redden@metroparks.org.

DOWNLOAD OUTERSPATIAL

to access the

Five Rivers MetroParks MOBILE APP



MetroParks visitors now have a new, easy way to access information about parks and trails from their mobile devices. Using the OuterSpatial platform, MetroParks' new mobile application is free and available for both iPhone and Android devices. The app includes offline mapping and navigation – and access continues even without a cell phone signal.

- Discover new places
- Navigate on the trails
- Locate park amenities



Learn more and download here:

METROPARKS.ORG/MOBILE

Nature Is Open

Visit Five Rivers MetroParks' blog for articles, ideas and resources that will help you and your family safely explore the outdoors.
metroparks.org/natureisopen

Subscribe to MetroParks' YouTube channel for videos about nature-based crafts, outdoor recreation, activities and more.
youtube.com/fiveriversmetroparks





Amph Adve

Late winter and spring are great times of year to spot

Amphibian (noun)
[am-fib-ee-uhn]

: an amphibious
organism

Cold-blooded
vertebrates (such as
frogs and salamanders)
that live in water and
on land and have
moist, smooth skin and
webbed feet.

Ohio is home to about 40 species of amphibians, including 15 frogs and 25 salamanders. The United States is home to more than 150 species of salamanders, making it the salamander capital of the world.

Amphibians play an important role in nature.

- They eat insects, including mosquitos, which benefits agriculture and helps minimize the spread of disease.
- Their moist, permeable skin means amphibians are easily impacted by drought and toxins; the presence of amphibians means the ecosystem is healthy, too.
- Amphibians are an important part of the food chain, providing food for numerous animals from snakes to raptors.
- Plus, the chorus of frogs is to the night

what birds' songs are to the day.

Beginning in February, MetroParks' wetter areas begin to wake up at night as frogs reanimate and sing. The spring show begins during the first spring rains when temperatures are above 50 degrees.

Nocturnal mole salamanders emerge from the ground and begin their journey to temporary woodland pools, where they will mate in large numbers. The spotted salamander, one of the more rare amphibians found in your MetroParks, also emerge in February-March.

ADVENTURE TIPS: Spotted and other mole salamanders can be seen on rainy nights. They mate in

Amphibian Environments

amphibians in your MetroParks. Here's your guide for doing so.



temporary pools, sharing them with other small amphibians. You can find these trail-side pools in many of MetroParks' forested areas. Be sure to watch your step, as you may see the salamanders traveling in numbers if your visit is well-timed.

At nearly the same time, the small tree frogs known as spring peepers begin to sing at night. You may be surprised to find their incredibly loud chorus comes from a creature not much bigger than a quarter. Although hundreds sing around you, spring peepers can be difficult to see since their size and camouflage make them nearly invisible.

Beginning in April, male bullfrogs begin defending their territories around the perimeter of MetroParks' fishing ponds

and lakes.

ADVENTURE TIPS: One of the most popular spots to see these bullfrogs is at the front ponds of Cox Arboretum MetroPark, close to the parking lot, and along the park's walkways, which become the frogs' domain at night. They're easy to catch after dark if you have a bright light. Just be sure to get your hands wet before trying so you don't remove as much of their protective slime. These frogs will remain active until temperatures drop in late fall. (See page 4 for park hours.)

Later in April, you may notice a low musical trill in MetroParks and your neighborhood as American toads venture out of gardens in search of puddles where they can mate. Shortly

afterward, you'll see long strands of eggs; tadpoles will hatch a week later and become small toads in about three weeks.

As spring is in full force in May, it becomes easier to find redback salamanders. These forest dwellers live in the leaf litter during the day and eat other small creatures. Roll over a log to find them, just be sure to roll the log back after looking, making sure not to crush any animals beneath.

Your MetroParks are also home to some more rare species of amphibians – indicating a happy, healthy environment.





POPULAR METROPARKS TRAILS CHALLENGE RETURNS

Explore a variety of trails – on your own schedule – for a chance to win prizes.

Jessica Turpin introduced her twin sister, Jennifer Turpin Stanfield, to the 2020 MetroParks Trails Challenge. Both found the challenge a great way to safely visit with family and discover new parks while maintaining their physical and mental wellness.

“We had spots we already visited, like Sugarcreek and RiverScape MetroParks,” Turpin Stanfield said. “But we hadn’t really explored some of the other parks.”

Because the sisters were quarantining together so they could care for each other’s families, staying active together was important, too. What started with walks in their neighborhood turned into more creative ways to be active

outdoors – including tackling the MetroParks Trails Challenge.

They weren’t alone: More than 900 people signed up for the inaugural year of the Trails Challenge as a fun way to get outdoors and stay active.

The MetroParks Trails Challenge is back – with new trails and more time in which to complete them. The 2021 challenge starts Feb. 1 and runs through Oct. 31, with 28 trails for hiking, walking, cycling, paddling, running, mountain biking and even horseback riding. Your MetroParks are home to 160 miles of paved and natural surface trails, and the Dayton region is home to more than 340 miles of paved trails – the nation’s largest paved trail network – and 270 miles of river corridor. The Trails Challenge is a great way to explore them.

The MetroParks Trails Challenge is a way to stay active outdoors on your own

time and at your own pace. Additionally, the trails selected allow participants to customize their adventures and work up to more challenging trails. Because trails vary in length, from 0.71 to 6 miles, there are many opportunities to invite family – including younger ones – on your outings.

Turpin Stanfield’s daughter, Brooklyn, and nephews joined in on the fun last year, completing trails at Cox Arboretum, Carriage Hill and Possum Creek MetroParks. Turpin Stanfield’s husband, James, enjoyed the paved trails at Eastwood and RiverScape MetroParks as well.

Turpin Stanfield is a fitness presenter and instructor, as well as a teacher at Central State University’s health and human performance department. She recommends the Trails Challenge as a way to get outside and get moving – even for those who may not be as active.

“I always tell people to check with their physician before they start a new physical activity,” Turpin Stanfield said. “Start with a goal that feels good, and look at the trail type to make sure you can tackle it.”

Turpin Stanfield also found MetroParks’ mobile app, powered by OuterSpatial, a helpful tool while participating in the Trails Challenge. She gauged such things as trail elevation, length and more before hitting the trails. Download MetroParks’ mobile app, powered by OuterSpatial, at metroparks.org/mobile.

To learn more about Turpin Stanfield’s Trails Challenge experience, visit metroparks.org/natureisopen.

Pictured to the left: Jessica Turpin and Jennifer Turpin Stanfield.

NOTE: The sisters quarantined together. However, it’s important to always have a face covering with you when using your parks and trails so you can use it whenever you encounter someone who is not part of your household. Learn more about current best practices for COVID-19 and how you can stay safe while outdoors at metroparks.org/covid.



HOW TO COMPLETE THE METROPARKS TRAILS CHALLENGE

- Hike, bike, ride 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. 31 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 28 trails and get 28 chances to win!
- **New for 2021!** Youth ages 14 and under who complete just one trail will be entered to win a Kids Adventure Pack, which includes cool outdoor gear. Youth will receive one entry for each trail they complete. Complete all 28 trails and get 28 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. 31.

REGISTER FOR UPDATES AND MORE INFO

- To receive tips, MetroParks Trails Challenge spotlights and more:

Register online at metroparks.org/trailchallenge

Sign up for Five Rivers MetroParks' outdoor recreation email at metroparks.org

Follow Get Out & Live on Facebook at facebook.com/metroparksrecreation

- Registration is free and, while not required, you'll receive emails with Trails Challenge tips and more information on how to Get Out & Live in your MetroParks.

OPTIONS FOR SUBMITTING YOUR TRAILS LOG & ENTRY FORM

- Scan and email your log to outdoors@metroparks.org.
- Fill out the trails log online at metroparks.org/trailchallenge.
- Mail the log to:
Five Rivers MetroParks
ATTN: Outdoor Recreation
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: _____








SUBARU

Outdoor recreation programming is supported by Subaru of America.


Visit metroparks.org/active-outdoors for current offerings. Follow MetroParks on YouTube and Get Out & Live on Facebook for virtual content.

METROPARKS TRAILS CHALLENGE TRAIL LOG

See page 5 for a map of the MetroParks Trails Challenge locations.

LOG NO.	TRAIL	START	END	TRAIL TYPE	MILES	CHECK OFF
1	GREAT MIAMI RIVER TRAIL	RIVERSCAPE METROPARK (237 E. MONUMENT AVE.)	ISLAND METROPARK (101 E. HELENA ST.)	HIKE/BIKE (PAVED)	1.6*	<input type="radio"/>
2	MAD RIVER	EASTWOOD METROPARK (1385 HARSHMAN RD.)	RIVERSCAPE METROPARK (237 E. MONUMENT AVE.)	PADDLE	4*	<input type="radio"/>
 3	WOLF CREEK TRAIL	OLDE TOWN STATION (2 E. MAIN ST., TROTWOOD)	SNYDER ROAD	HIKE/BIKE (PAVED)	1*	<input type="radio"/>
4	STILLWATER RIVER TRAIL	WEGERZYN GARDENS METROPARKS (1301 E. SIEBENTHALER AVE.)	RIVERSIDE DRIVE	HIKE/BIKE (PAVED)	1.6*	<input type="radio"/>
5	TWIN CREEK TRAIL	KERCHER PARK (7416 ASTORIA RD., GERMANTOWN)	CHERRY STREET BRIDGE (398 S. MAIN ST.)	HIKE/BIKE (PAVED)	1*	<input type="radio"/>
6	MAD RIVER TRAIL	EASTWOOD METROPARK (1385 HARSHMAN RD.)	HUFFMAN DAM	HIKE/BIKE (PAVED)	3.3*	<input type="radio"/>
 7	ISLAND METROPARK	ISLAND METROPARK (101 E. HELENA ST.)	ISLAND METROPARK (LOOP TRAIL)	HIKE/BIKE (PAVED)	.5	<input type="radio"/>
8	HILLTOP FLOW	METROPARKS MOUNTAIN BIKING AREA, MOMBA (4485 UNION RD.)	MOMBA (LOOP TRAIL)	MOUNTAIN BIKE	.71	<input type="radio"/>
9	MR. ZIG ZAG	METROPARKS MOUNTAIN BIKING AREA, MOMBA (4485 UNION RD.)	MOMBA (LOOP TRAIL)	MOUNTAIN BIKE	.94	<input type="radio"/>
10	TWISTED	METROPARKS MOUNTAIN BIKING AREA, MOMBA (4485 UNION RD.)	MOMBA (LOOP TRAIL)	MOUNTAIN BIKE	.47	<input type="radio"/>
11	ADIRONDACK TRAIL	HILLS & DALES METROPARK (2606 HILTON DR., KETTERING)	HILLS & DALES METROPARK (OAK KNOLL DRIVE)	HIKE	1.5*	<input type="radio"/>
12	ORANGE TRAIL	POSSUM CREEK METROPARK (4790 FRY TOWN RD.)	POSSUM CREEK METROPARK (LOOP TRAIL)	HIKE	3.5	<input type="radio"/>
13	BLUE TRAIL	COX ARBORETUM METROPARK (6733 SPRINGBORO PIKE)	COX ARBORETUM METROPARK (LOOP TRAIL)	HIKE	1.1	<input type="radio"/>
14	GREAT MIAMI RIVER TRAIL	FISHBURG ROAD PARKING LOT (5949 RIP RAP RD.)	TAYLORSVILLE DAM (2005 U.S. 40, VANDALIA)	HIKE/BIKE (PAVED)	3*	<input type="radio"/>
15	YELLOW TRAIL	TAYLORSVILLE METROPARK (2101 U.S. 40, VANDALIA)	TAYLORSVILLE METROPARK (LOOP TRAIL)	HIKE	1.2	<input type="radio"/>
16	GREEN TRAIL	CARRIAGE HILL METROPARK (7821 E. SHULL RD.)	CARRIAGE HILL METROPARK (LOOP TRAIL)	HIKE	1.5	<input type="radio"/>
17	STILLWATER RIVER TRAIL	ENGLEWOOD METROPARK (100 E. NATIONAL RD.)	JAKE GROSSNICKLE PARK (137 HEATHCLIFF RD.)	HIKE/BIKE (PAVED)	3*	<input type="radio"/>
 18	RED TRAIL	ENGLEWOOD METROPARK (4361 W. NATIONAL RD., VANDALIA)	ENGLEWOOD METROPARK (LOOP TRAIL)	HIKE	1.2	<input type="radio"/>
19	GREAT MIAMI RIVER	EINTRACHT RIVER LAUNCH PARK (2707 OLD TROY PIKE)	ISLAND METROPARK (101 E. HELENA ST.)	PADDLE	2.5	<input type="radio"/>
20	GREAT MIAMI RIVER TRAIL	ISLAND METROPARK (101 E. HELENA ST.)	CHUCK WAGNER LANE	HIKE/BIKE (PAVED)	3*	<input type="radio"/>
 21	GERMANTOWN METROPARK	GERMANTOWN METROPARK (GRAVEL LOT JUST SOUTH OF 6206)	GERMANTOWN METROPARK (LOOP TRAIL)	HIKE	1.7	<input type="radio"/>
22	TWIN CREEK RIVER	GERMANTOWN METROPARK (7481 CREEK RD., GERMANTOWN)	CHERRY STREET BRIDGE (398 S. MAIN ST.)	PADDLE	2.8*	<input type="radio"/>
23	ORANGE TRAIL	TWIN CREEK METROPARK (9688 EBY RD., GERMANTOWN)	TWIN CREEK METROPARK (LOOP TRAIL)	HIKE	6	<input type="radio"/>
24	GREAT-LITTLE TRAIL	MEDLAR CONSERVATION AREA (4558 MEDLAR RD., MIAMISBURG)	THE PARK AT AUSTIN LANDING (10400 INNOVATION DRIVE, MIAMISBURG)	HIKE/BIKE (PAVED)	2.1*	<input type="radio"/>
25	GREEN TRAIL	SUGARCREEK METROPARK (4178 CONFERENCE RD., BELLBROOK)	SUGARCREEK METROPARK (LOOP TRAIL)	HIKE	3.1	<input type="radio"/>
26	GREAT MIAMI RIVER TRAIL	MIAMI & ERIE CANAL PARK (5457 MARINA DR., WEST CARROLLTON)	FRIEND PARK (155 SQUIRE ST., WEST CARROLLTON)	HIKE/BIKE (PAVED)	2.3*	<input type="radio"/>
27	YELLOW TRAIL	CARRIAGE HILL METROPARK (8111 E. SHULL RD.)	CARRIAGE HILL METROPARK (LOOP TRAIL)	HORSE- BACK	2.3	<input type="radio"/>
 28	MARIE AULL TRAIL	WEGERZYN GARDENS METROPARK (1301 E. SIEBENTHALER AVE.)	WEGERZYN GARDENS METROPARK (LOOP TRAIL)	HIKE	1	<input type="radio"/>

* These are 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.

 These trails are a part of MetroParks' Heart Healthy Trails initiative. Learn more at metroparks.org/heart-healthy.

GET IN SHAPE ON **HEART** HEALTHY TRAILS



Exercising outdoors provides benefits the traditional gym workout does not – and just 30 to 40 minutes of exercise a few times a week will improve your heart health.

To make it easy for you to exercise outdoors, Five Rivers MetroParks' new Heart Healthy Trails are easy, entry-level trails on paved or flat surfaces without a lot of elevation change. Signage on the trails helps you track your pace and start walking outdoors as a part of a heart-healthy lifestyle.

Explore all five of MetroParks' Heart Healthy Trails:

- New in 2021: Wegerzyn Gardens and Englewood MetroParks
 - Wolf Creek Trail
 - Island MetroPark
- Germantown MetroPark

METROPARKS.ORG/HEART-HEALTHY

Benefits of Exercising Outdoors

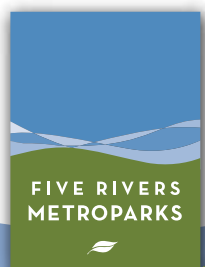
- **A DOSE OF VITAMIN D:** Also known as the “sunshine vitamin,” vitamin D is essential for immune functions, bone strength and enhanced mood.
- **MORE BODY BENEFITS:** Exercising outdoors can improve focus and boost your mood, giving you more energy.
- **MENTAL WELLNESS:** Time spent in nature can reduce depression, stress and anxiety. These benefits can improve your physical health, such as reduced blood pressure, better sleep and lower cortisol levels.
- **BUDGET FRIENDLY:** Being active outdoors is free. To start walking on the Heart Healthy Trails, you just need a sturdy pair of sneakers, water and sunscreen.

Before starting any exercise program, be sure to check with your doctor.



Heart Healthy Trails in MetroParks Mobile App

These trails are featured outings in Five Rivers MetroParks' mobile app, powered by OuterSpatial. See page 13 for more info about the app.



HIKING BOOTS *on the* GROUND



Volunteer Profile: Fuad Al-Awadhi and Allison Jewell



Washington Township residents and avid hikers, Allison Jewell and Fuad Al-Awadhi, regularly hike in national and state parks – but MetroParks’ trails are where they give back to the community and help protect the region’s natural heritage.

The couple have served on the MetroParks Volunteer Patrol (MVP) team for five years, monitoring the trails and helping parkgoers at Sugarcreek MetroPark. MVPs are trained to patrol and assist people on portions of the paved and natural surface trails that MetroParks manages. You may see MVPs, recognizable by their badges and volunteer shirts, cycling the bikeways, hiking the trails or elsewhere in MetroParks.

“We monitor the trails together about half the time and the other half we do separately,” Jewell said. “We enjoy working together as a team when we’re monitoring because we like walking together as we observe trees and plants and look for wildlife along the way.”

While the world slowed down in spring 2020 due to COVID-19, park visitation did not. In fact, MetroParks saw an average increase of more than 30%. For the safety of MetroParks’ staff, volunteers and the public, many volunteers had to pause their service. Others, such as MVPs who could work autonomously, had the option to continue volunteering as long as they observed CDC guidelines while in the parks and on the trails.

Jewell and Al-Awadhi were two volunteers who chose to continue their service.

“We believe it’s crucial to keep the parks open for people,” Jewell said. “In the first few months, Sugarcreek was overflowing with park patrons, and we would monitor on a daily basis – sometimes more than once a day. We were there to answer patrons’ questions, we kept the park picked up, and we chatted with several people who’d never been to the park before and told them about the other MetroParks and what they have to offer. In general, this was not a change for us because we’ve hiked at Sugarcreek for many years for exercise and relaxation.”

Indeed, MetroParks’ MVPs are the boots on the ground, supporting MetroParks Rangers and park staff by passing along important information and ensuring parkgoers have safe, fun outdoor experiences.

“We’re passionate about the parks because not only do they protect natural habitats and wildlife, parks also provide a space for people to reconnect with nature and relax,” Jewell said. “We like giving back to the community and feel it’s important to preserve and protect the parks.”

Pictured to the left: MetroParks Volunteer Patrol members Allison Jewell and Fuad Al-Awadhi take a break from assisting visitors and helping monitor Five Rivers MetroParks’ parks and trails.

NOTE: Jewell and Al-Awadhi live in the same household. However, it’s important to always have a face covering with you when using your parks and trails so you can use it whenever you encounter someone who is not part of your household. Learn more about current best practices for COVID-19 and how you can stay safe while outdoors at metroparks.org/covid.

FIVE RIVERS METROPARKS APPRECIATES ITS VOLUNTEERS



Animal ambassador Laura Benedict cares for MetroParks’ Eastern Screech Owl, River.

Five Rivers MetroParks volunteers extend the agency’s resources and help MetroParks accomplish its mission.

People of all ages and abilities are MetroParks volunteers. 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 AND REWARDING

Volunteers enjoy the following benefits:

- Using your skills and learning new ones
- Sharing your interests with people of all ages
- Improving the quality of life for Montgomery County residents
- Professional training on a variety of topics
- Learning more about the natural world
- Making new friendships while connecting with nature
- Interacting with park visitors
- Exercise and improved mental and physical health

EASY TO GET STARTED

To learn more and be in the know when volunteers can be re-engaged, contact:

- volunteer.services@metroparks.org
- 937-275-PARK (7275)

ADOPT-A-PARK 2021

MetroParks hopes to offer its annual spring clean-up event in a safe format this April. metroparks.org/adopt

BECOME A METROPARKS VOLUNTEER

As of December 2020, most volunteer activities and volunteer recruitment had been paused due to precautions related to COVID-19. However, it’s always a good time to learn more about volunteering at your MetroParks! Five Rivers MetroParks is following a phased approach for volunteer re-engagement based on the state of Ohio’s Public Health Advisory System, using the degree of virus spread in Montgomery County to determine the level of re-engagement.

NO EXPERIENCE REQUIRED

Learn new skills, care for the environment and make new friends – while providing an important community service. Working side-by-side with staff,

PHILANTHROPY

SUPPORT

FIVE RIVERS METROPARKS

Learn more about giving to the Five Rivers MetroParks Foundation, The James M. Cox Jr. Arboretum Foundation and the Wegerzyn Gardens Foundation: [METROPARKS.ORG/DONATE](https://www.fiveriversmetroparks.org/donate)



With Gratitude

Thank you for making a difference – especially during these challenging times!

Partnerships, sponsorships and philanthropic gifts to the Five Rivers MetroParks Foundation and partner foundations help protect the region's natural heritage and provide outdoor experiences that inspire a personal connection with nature.

MetroParks thanks all Montgomery County residents for their support of a property tax levy, individuals and businesses that provide donations to support MetroParks' mission, and volunteers who give their time and expertise.

Join us in thanking Five Rivers MetroParks' lead, individual, corporate and foundation partners for 2020:

- AARP
- Anthem
- BBB Seed
- Botanical Interests
- Burpee
- CareSource
- Charles S. Allyn Jr. Foundation Fund of The Dayton Foundation
- City BBQ
- City of Dayton Water Department
- CODE Credit Union
- Cohen Recycling
- College Hill Garden Club
- Ed Smith Flowers
- Fedco Seeds
- Five Rivers MetroParks Foundation
- Garden Club of Dayton
- Horan and Associates
- Huff
- The Jack W. and Sally D. Eichelberger Foundation
- The James M. Cox, Jr. Arboretum Foundation
- Julian G. Lange Family Foundation
- Keep Montgomery County Beautiful
- Kettering Health Network
- Kroger
- LexisNexis
- LJB Inc.
- Lowe's of Troy
- Mechanical Systems of Dayton (MSD)
- Miami Valley Regional Planning Commission
- Ohio Bicycle Federation
- Ohio Ecological Food and Farm Association
- Ohio Parks & Recreation Association Foundation
- Old Scratch Pizza
- PNC Bank
- PNC Foundation
- Premier Health Partners
- QEI Engineers Inc.
- Renee's Garden Seeds & Cornucopia
- Reynolds & Reynolds Associate Foundation
- Runners Plus (Soccer Plus)
- Saunders Seed Co.
- Sinclair Broadcast Group
- Sisters of the Precious Blood
- Subaru of America
- Tour De Gem
- USI Midwest LLC
- Vectren Foundation
- Wagner Subaru
- Wegerzyn Gardens Foundation
- Whole Foods Market



Go Online

TO LEARN HOW YOU CAN

Get Outdoors

When this publication was sent to the printer, much remained unknown about when it would be safe to resume in-person programs and events. Below is your guide to finding the most current info about your favorite Five Rivers MetroParks locations, events and programs.

RIVERSCAPE METROPARK

The MetroParks Ice Rink was not able to open this season due to precautions related to COVID-19. Stay tuned, as MetroParks hopes to offer some of your favorite programs in a safe format starting in May. metroparks.org/riverscape



2ND STREET MARKET

The Market temporarily closed for the season in late December, but plans are in the works to re-open the outdoor farmers market in April. Many vendors offer online sales year-round. metroparks.org/localfood



CARRIAGE HILL RIDING CENTER

Lessons, camps and other activities will resume when it's safe to do so. metroparks.org/ridingcenter



ADVENTURE SPEAKER SERIES

The Adventure Speaker Series goes virtual with exciting presenters, including Dale Sanders, world record holder for the oldest person to hike the Grand Canyon rim to rim to rim. theadventuresummit.com



NATIONAL BIKE MONTH AND BIKE TO WORK DAY

MetroParks' celebration of cycling will take place in a safe format in May 2021. metroparks.org/bikemonth



ADOPT-A-PARK

MetroParks hopes to offer its annual spring clean-up event in a safe format this April. metroparks.org/adopt



This photo was taken in 2019 and does not reflect current best practices for COVID-19.

MORE WAYS TO BE IN THE KNOW

Learn about updates as they're announced, access virtual programs and discover resources that help you connect with nature.

- Follow MetroParks on social media:
facebook.com/fiveriversmetroparks
twitter.com/metroparkstweet
Instagram: @metroparks
youtube.com/FiveRiversMetroParks
- Visit MetroParks' Nature Is Open blog:
metroparks.org/natureisopen
- Sign up for Five Rivers MetroParks' emails:
metroparks.org/newsletter



YOUR PARKS AND TRAILS ARE OPEN

Five Rivers MetroParks continues to follow the directives from Gov. Mike DeWine, the Ohio Department of Health, Public Health - Dayton & Montgomery County and CDC - responding to COVID-19 with the health and safety of its community, volunteers and employees top of mind. Please follow CDC guidelines, particularly for social distancing and wearing face coverings, when visiting your MetroParks.

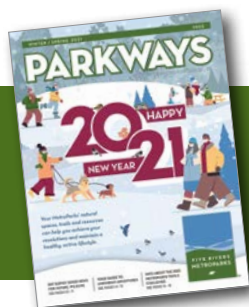


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HOLD ON TO YOUR PARKWAYS!

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.



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

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)

ParkWays is mailed to every resident of Montgomery County. Due to delivery specifications, we are unable to remove individual recipients from our mailing list at this time. If you are not interested in this publication, please pass it along to a friend or recycle the magazine.