

SUMMER 2021

FREE

PARKWAYS

YOUR GUIDE TO FIVE RIVERS METROPARKS

YOUR SUMMER PASSPORT TO LOCAL NATURE-BASED ADVENTURES!

OUTDOOR VACATION DESTINATIONS

FIVE RIVERS
METROPARKS

LEARN HOW TO PLAY
THE NEW PASSPORT TO
METROPARKS! SEE PAGE 6

BECOME A CITIZEN SCIENTIST,
HELP YOUR METROPARKS
SEE PAGES 8 - 9

HELP KIDS EXPLORE,
DISCOVER NATURE
SEE PAGES 12 - 13

DE-STRESS WITH NEW
MINDFULNESS WALKS
SEE PAGES 16 - 17



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 for a number of reasons. 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 mid-April, Ohio Gov. Mike DeWine, the Ohio Department of Health and the CDC had directives and recommendations in place that related to spending time outdoors: If visiting your MetroParks, face coverings are not required – as long as you're able to consistently maintain at least six feet of social distance from those who are not members of your family and/or household. However, face coverings are still required when indoors, such as at MetroParks' visitor centers.
- 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, 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 numerous 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.

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: facebook.com/fiveriversmetroparks
- Twitter: twitter.com/metroparkstweet
- Instagram: [@metroparks](https://www.instagram.com/metroparks)
- YouTube: youtube.com/FiveRiversMetroParks
- Visit MetroParks' Nature Is Open blog: metroparks.org/natureisopen
- Sign up for Five Rivers MetroParks' email newsletters: metroparks.org/newsletter



COVID-19 Outdoor Guidelines

Help keep your parks & trails OPEN



WEAR FACE COVERINGS INDOORS

Wear outdoors if social distancing isn't possible.



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



AVOID CROWDS

Explore less frequently used parks and trails. Visit solo or in a small group.



PREPARE for drinking water fountains to remain turned off.



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)

DEAR METROPARKS FRIENDS,



Becky Benná
Executive Director

Summer has returned in all its goodness. Your clean and safe parks are open daily from 8 AM until 10 PM and offer the space and fresh air you and your family are likely craving.

Your MetroParks team anticipates many of you will again be spending time in nature to stay active and de-stress during these still-challenging times. Indeed, last year, MetroParks attendance increased by 8% – a trend we hope continues even once the pandemic is long gone. We're grateful so many of you have found solace in your MetroParks and other outdoor spaces.

This issue of *ParkWays* magazine is packed full of activities and ideas for the many ways you and your family can continue to experience the outdoors and connect with nature:

- Learn how you can support MetroParks' conservation efforts by becoming a citizen scientist on page 8.
- Discover ways to improve your recycling game and live more sustainably on page 10.
- Flip to page 12 to read about MetroParks' new family-friendly park adventures, Let's Explore.
- Gardening for food and pollinators is an enriching summertime activity – on page 14, learn how you can support our community by growing produce to donate.
- Research shows time in nature can reduce stress and improve mental health. MetroParks' new Mindfulness Walks, featured on page 16, provide guided activities to help you relax in nature.

- On page 18, learn about new experiences that help you adventure outdoors.

In the following pages, you also can play a fun game, "Passport to MetroParks" that will help you and your family enjoy a vacation's worth of adventure in various outdoor spaces in our community.

Whether you are walking on one of MetroParks' Heart Healthy Trails, participating in the MetroParks Trails Challenge, walking or cycling on the more than 340 miles of paved trails, enjoying paddling on the region's various waterways, experiencing nature on horseback via MetroParks' equestrian trails, or playing with your children at one of our nature play areas, we want to help make your summer memorable.

This issue of *ParkWays* looks different than what you are used to reading, and this summer is still different than pre-pandemic ones. At press time, MetroParks had not yet resumed most in-person events and programs. As we continue following guidance issued by Public Health – Dayton & Montgomery County, the state of Ohio, and the Centers for Disease Control and Prevention, we remain committed to prioritizing the health of our community, volunteers and staff.

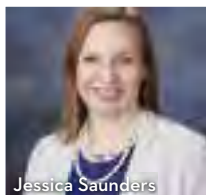
Thank you for helping keep your MetroParks open by enjoying them while wearing a face covering and social distancing in crowded spaces, such as parking lots and trailheads. Together, we can ensure *Nature Is Open* for all to enjoy. Thank you again for your patience and support – We greatly appreciate it!

Best Regards,

METROPARKS COMMISSIONERS



Karen L. Davis



Jessica Saunders



Bear Monita



Five Rivers MetroParks
is a CAPRA-accredited
park agency.

SUMMER 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

OUTDOOR VACATION
DESTINATIONS

This summer, play Passport to MetroParks – your guide to local nature-based adventures.

CONSERVATION • 8

BECOME A CITIZEN SCIENTIST

Collect data to help MetroParks' conservation efforts to protect our region's natural heritage; learn how to recycle right and live more sustainably.

EDUCATION • 12

LET'S EXPLORE

New Let's Explore outings help you spend time outdoors with kids; gardening can help your family and our community.

RECREATION • 16

MINDFULNESS AND MORE

Improve your mental health using new Mindfulness Walks; check out new outdoor recreation experiences and equipment rentals.

VOLUNTEER • 20

FINDING PEACE WHILE
GIVING BACK

Meet volunteer and veteran Jacey Campbell, and learn how you can join her in supporting Five Rivers MetroParks' mission.

PHILANTHROPY • 22

TICKET TO RIDE

MetroParks' Access to Nature financial assistance program helps everyone in our community explore the outdoors.

ON THE COVER

Look for ways to earn Passport to MetroParks stamps throughout this issue of *ParkWays*.



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 may be closed or have limited access due to precautions related to COVID-19. For the most up-to-date information, visit metroparks.org/covid.

PARK HOURS

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

Your Five Rivers MetroParks includes trails for all users:

- 78 miles of hiking trails and a 27-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

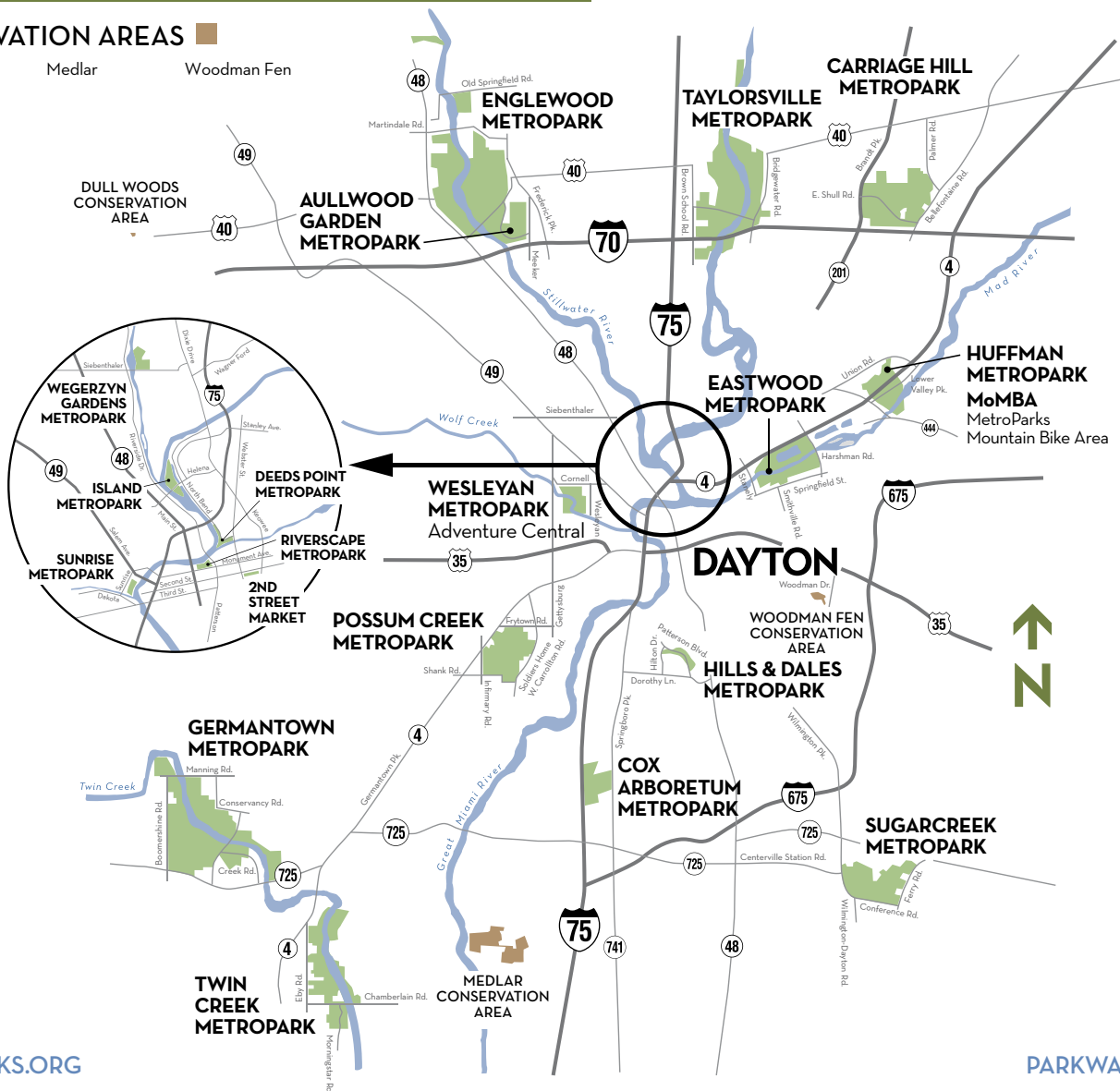
Five Rivers MetroParks

MOBILE APP

APP: **METROPARKS.ORG/MOBILE**

CONSERVATION AREAS

Dull Woods Medlar Woodman Fen





This issue of *ParkWays* magazine is your passport to local nature-based adventures – and a fun game challenging you to collect as many Passport stamps as possible! You might even want to create a friendly challenge with family and friends to see who can collect the most stamps by the end of summer.

Throughout the season, visit metroparks.org/passport for additional outdoor activities. Visit our blog, metroparks.org/natureisopen, for more ideas for exploring the outdoors.

How to Play PASSPORT TO METROPARKS

- You'll find a variety of outdoor activities you can enjoy in a MetroPark, your favorite greenspace or your back yard throughout *ParkWays*.
- Look for the Passport logo to learn how many stamps you can earn for each activity you complete.
- You'll find Passport stamps on the adjacent page and page 25. Cut them out and paste them in this magazine or use recycled materials, such as paper or cardboard, to create a poster where you can paste and display your stamps.
- Take photos as you complete activities and post them to social media with the hashtag **#Passport2MetroParks**. We'll share some of our favorites on MetroParks' social media channels, too!
- Show off all the amazing outdoor spaces in our region that make Dayton the Outdoor Adventure Capital of the Midwest!

FIVE RIVERS METROPARKS

YOUR
PHOTO
HERE



NAME, FIRST _____

NAME, LAST _____

SIGNATURE _____

METROPARKS
ACTIVITY GOALS _____

PLACE
STAMP
HERE

PLACE
STAMP
HERE

PLACE
STAMP
HERE

PLACE
STAMP
HERE

#PASSPORT2METROPARKS <<<<<< METROPARKS.ORG/PASSPORT



BECOME A CITIZEN SCIENTIST

Your Five Rivers MetroParks is a conservation agency with a mission to protect our region's natural heritage. MetroParks manages more than 16,000 acres of land – 90% of that in its natural, undeveloped state.

Now, you can collect data to help MetroParks' conservation efforts.

Five Rivers MetroParks is using the free mobile app iNaturalist to gather observations about the flora and fauna found in parks and along trails. Simply download the app, available for Android and Apple devices, and take photos of the plants and animals you observe while visiting your MetroParks. iNaturalist will analyze the photos and your location to help identify what you're seeing. You also can share your observations with fellow naturalists and discuss findings.

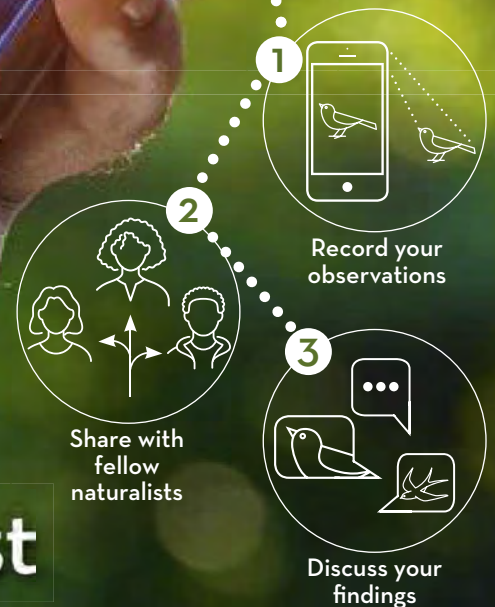
MetroParks staff will use the data to inform future land management efforts, as the info helps monitor biodiversity to see what species are thriving (and

any that are not). For example, if a rare wildflower is discovered via iNaturalist, staff can better protect it by managing surrounding land.

"This tool allows park visitors to use technology to connect with and explore nature in a new way," said Joshua York, MetroParks education supervisor. "iNaturalist can identify many of the plants and animals visitors see so they learn more about the natural world."

Plus, observations collected via iNaturalist help scientists well beyond MetroParks. Researchers use observations to monitor species movements, population dynamics, responses to climate change and much more.

"One thing I really like about this app is that it contributes to a global data collection system that scientists all over the world are using," said Grace Dietsch, MetroParks regional manager of



conservation. “You can help local park districts – and scientists from throughout the world.”

TIPS FOR USING iNATURALIST

- Anyone with a computer or smartphone with Internet access can use iNaturalist to:
 - keep track of your observations while in nature and see what others have observed
 - get help identifying what you observed
 - share your expertise by adding identifications
- To increase the likelihood of your observations being used for research, take a variety of close-up photos that show multiple angles and/or parts of plants and wildlife. *Follow Leave No Trace principles and do not disturb vegetation or wildlife when taking photos.*
- Get help identifying what you observed through ID suggestions from the app, and eventually, other users.
- Children under the age of 18 should use the similar mobile app Seek. iNaturalist developed Seek so it includes the same information, but without the conversation feature.

iNaturalist is a joint initiative by the California Academy of Sciences and the National Geographic Society. It is not affiliated with Five Rivers MetroParks.

iNATURALIST TRIPS

Observations made in any MetroPark or natural area are helpful, but those made at the sites of recent conservation projects are especially helpful! * More information and maps can be found in the articles section of

MetroParks’ mobile app, powered by OuterSpatial. Visit metroparks.org/mobile to download the free app.

- * **Germantown MetroPark**, 6206 Boomershine Rd. The recently opened brown and purple trails, along with an extension of the orange trail, traverse through woodlands, as well as a prairie and wetland built as part of a conservation project to transition this former farmland into valuable habitat.
- * **Sugarcreek MetroPark**, 4178 Conference Rd. This winter, MetroParks staff completed a habitat restoration project near the yellow trail to protect salamanders that live in the area. While you’re at the park, hike Sugarcreek’s sustainable trails, which were redesigned to reduce their impact on the environment.
- * **Wegerzyn Gardens MetroPark**, 1301 E. Siebenthaler Ave. Hike the Marie Aull Trail to see the impact of the 2019 Memorial Day tornados and the restoration that has taken place since. While there, check on the ash trees located near the formal gardens that were protected from the ravages of the emerald ash borer.
- **Woodman Fen Conservation Area**, 2409 Newcastle Dr. Invasive species have been removed from the fen, a rare groundwater-fed wetland that supports many rare and unusual plants. Visit in early to mid-summer to see Queen of the Prairie blooming and at dusk in July to see a firefly display.
- **Dull Woods Conservation Area**, park at 8199 Cole St. Take the paved Wolf Creek Trail a half-mile southeast to discover a small but high-quality remnant

of the vast swamp forests that once covered northwest Montgomery County.

- * **Carriage Hill MetroPark**, 7891 E. Shull Rd. Take the green or yellow trails around Cedar Lake and through the prairie to see an area where invasive honeysuckle has been removed.
- * **Medlar Conservation Area**, 4558 Medlar Rd. Along the gravel road near the Great-Little Trail’s intersection with Medlar Road, you can see trees planted 10 years ago as part of work to transform this former farmland into a forest.
- * **Huffman Prairie State Natural Landmark**, Wright-Patterson Air Force Base See the most spectacular display of blooming prairie flowers in mid to late July, as well as bees, hummingbirds and other pollinators at this remnant prairie.

iNATURALIST TRIPS FOR KIDS

- Cox Arboretum MetroPark prairie next to where the Butterfly House was located, which kids seeded and planted.
- Sugarcreek MetroPark paved accessible trail in the prairie
- Paved access trail at Englewood MetroPark next to the nature play area
- The nature play and farm areas at Possum Creek MetroPark



RECYCLE

RIGHT

Montgomery County residents have access to residential curbside recycling thanks to the Montgomery County Solid Waste District and Rumpke, a local residential recycling service. Rumpke accepts comingled recycling, meaning you do not have to separate glass, plastic and paper. However, there are a few things to keep in mind when recycling right. For example, plastic shopping bags can't be recycled at home, but can be recycled at most grocery stores.

The graphic below will help you know what to put in your blue bin – and what NOT to include. (Information provided by Rumpke.)

Not sure where to recycle some common household items that can't be picked up curbside? Unless otherwise noted, drop off the following items at the Montgomery County Solid Waste District Waste Transfer Station (WTS), 1001 Encrete Lane, Moraine. Visit mcswd.org for hours.

- Plastic Bags: Many local and big-box grocers accept plastic shopping and produce bags.
- Small appliances/used electronics: Drop off computers, monitors, televisions, VCRs, DVD/CD players, speakers, cell phones/telephones, microwaves, copiers and small countertop appliances at the WTS.
- Yard Waste: Grass clippings, brush/branches, leaves and other organic materials can be dropped off in paper bags for free at the WTS.

METROPARKS PRO TIPS:

- Avoid Styrofoam when possible. Clean Styrofoam containers and packaging can be taken to Eco Development, 123 E Main St., Mason.
- Buy food products in glass, metal or cardboard containers when reusable isn't possible. Plastic containers are the hardest and most costly to recycle. When plastic is unavoidable, choose containers that meet the description of "bottles, jugs and tubs" so they can be recycled in comingled collection.
- Hazardous household waste – such as batteries, paint and liquid cleaners – should be kept out of the landfill and recycling waste whenever possible. These items can be disposed of properly by dropping them off at the WTS from 8 AM to 2 PM on Tuesdays and Saturdays.
- Place recycling loose in curbside bins. Do NOT put recyclables in bags..

Earn one Passport stamp for each item you recycle that you didn't recycle before.



NATURE IS OPEN EXTRAS

Amp your sustainability stats by adopting some of the practices below into your everyday routine. Info is available at MetroParks' blog: metroparks.org/natureisopen.



- Recycle items that can't be included in curbside bins.
- Start composting at home.
- Build a rain barrel.
- Plant a garden for food or pollinators.
- Plant a drought-tolerant landscape.
- Adopt a more energy-efficient lifestyle at home.



PAPER

Cardboard should fit inside blue bin.



GLASS BOTTLES & JARS

Any color. Reattach lid.



PLASTIC BOTTLES, JUGS & TUBS

Reattach lid. Yogurt and fruit cups OK.



CONSERVATION ACTIVITIES

- If you have one, use the dishwasher, which uses less water and energy than doing dishes by hand. If washing by hand, don't leave water running.
- Look for birds at Englewood MetroPark, which the National Audubon Society has designated as an Important Birding Area.
- Fertilize landscaping and gardens with compost instead of chemical fertilizer.
- Keep reusable shopping bags in your vehicle or purse so you always have one to use.
- Visit scistarter.org to discover other fun citizen science projects.
- Set home temperatures to no higher than 68 degrees during heating season and to no lower than 74 degrees during cooling season.
- Don't use straws at restaurants when possible or bring your own reusable straw.
- Plant a native tree, shrub or flower.
- If eating out and you anticipate leftovers, bring a container along.
- Grow something from a seed.
- Opt to shop and eat local.
- Pick up litter you find outside. Wear gloves and recycle appropriate items.
- Try Meatless Monday to reduce your carbon footprint.
- Unplug powered devices that aren't used regularly.
- Swap paper napkins for washable cloth napkins.
- Use beeswax wrap in lieu of tin foil and plastic wrap.
- Visit at least two of the five "rivers" (Mad, Stillwater and Great Miami rivers and Twin and Wolf creeks).
- Swap disposable sandwich and snack bags for reusable ones.
- Only do full loads of laundry to minimize the amount of water used.
- Replace old light bulbs with energy-efficient LED bulbs.
- See how many native plants you can spot in a MetroPark or other greenspace.
- Use certified green cleaners at home or make your own.
- Support local businesses who practice green initiatives, such as restaurants that use compostable take-out containers.
- Set hot water temperatures no higher than 120 degrees and insulate water pipes.
- Use a high diversity of plants in landscapes and gardens, with a focus on native species.
- Become a Five Rivers MetroParks Conservation Kid. (metroparks.org/kids)
- Swap one-use batteries for rechargeable ones.
- Use human-powered transportation to run your errands, such as walking or riding your bike.
- Leave at least some of your property "messy." Leaves, decomposing wood, brush piles, etc. are important habitat for insects and other small wildlife.



.....
Earn one Passport stamp for each activity you complete.



METAL CANS

Non-hazardous, non-flammable material only.



CARTONS

No egg or ice cream cartons. Remove caps and straws.



DON'T INCLUDE IN CURBSIDE BINS

- Plastic bags
- Hazardous materials such as batteries
- Tanglers such as clothing, dog leashes & garden hoses
- Scrap metal, including pots & pans

Visit rumpke.com to learn more about your local recycling program.



Spending time outside is good for all of us – but is especially important for children.

Spending time outdoors helps children:

- Develop problem-solving skills, foster cooperation and inspire curiosity.
- Improve physical and mental health.
- Create a connection with nature and develop a long-term appreciation for the natural world.

To make it easier for you to spend time with your kids outdoors and to help build your confidence, Five Rivers MetroParks has launched Let's Explore family adventures. Start at a nature play area, a playground comprised of natural materials. Kids use their imaginations during unstructured outdoor play, building forts, digging in the dirt, balancing on logs and more. Next, hike a nearby trail suitable for children and participate in Let's Explore activities, such as:

- Hike & Seek: How many types of trees, plants, rocks and insects can you find?
- Wildlife Warmup: Can you jump like a frog, balance on one leg and buzz like a bee?
- Wildflower Hunt: How many different colored flowers can you find?



Englewood MetroPark East Park

4361 W. National Rd.

- Start at the nature play area at Patty Shelter.
- Hike the easy 1.5-mile red trail, which takes you by the Old National Road bridge.

Possum Creek MetroPark

4790 Frytown Rd.

- Start at the nature play area next to the education center.
- Hike the 0.3-mile green trail around the Possum Creek Farm and see how many animals you can spot.



Tips for hiking with children

- Start with a short distance and build up to longer hikes. For children 5-7 years old, a half-mile trail is a good distance and should take 30 to 45 minutes with stops.
- Be aware of any severe weather warnings before your hike.
- Dress in layers and wear well-fitting shoes with good traction. Bring a hat and rain gear in case the weather changes.
- Always bring sunscreen, even during colder seasons and on cloudy days.
- Always bring water and snacks.
- Stop for breaks if you or anyone in your family starts to get tired.
- Stay together while hiking. Before your hike, familiarize yourself with the address of the parking lot and color of trail you are hiking. While on your hike, watch for any trail intersection numbers. In case of an emergency, this information will help locate you.
- Practice Leave No Trace: Pack it in, pack it out; respect wildlife by observing at a distance; and take only pictures, leave only footprints. Find out more at www.LNT.org.

- Visit metroparks.org/letsexplore for more Let's Explore activities, suggested hikes and tips for hiking with kids.
- Visit metroparks.org/mobile to download MetroParks' free mobile app, which includes maps, amenities, points of interest, self-guided tours and more.

EDUCATION ACTIVITIES

- Spot a bird's nest.
- Gaze across a prairie in silence for 5 minutes.
- Sail a leaf boat down a creek.
- Hold a cicada in your hand.
- Watch the moon change shapes during the month.
- Crow like a rooster.
- Spot a rainbow.
- Start a nature journal.
- Go stargazing.
- Play "I Spy" outdoors.
- Catch your reflection in a lake.
- Look for shapes in the clouds.
- Start a rock collection.
- Put an apple core outside and see what munches on it.
- Find a four-leaf clover.
- Imitate a bird's call.
- Discover animal tracks in the mud.
- Find a stick that looks like a magic wand.
- Try to catch your shadow.
- Watch fireflies light up.
- Smell flowers in a garden.
- Take a nap in the shade.
- Watch the sunrise and/or sunset.
- Tell spooky stories in your back yard.
- Blow bubbles and see how far they float.
- Watch ants work.
- Listen for nocturnal animals.
- Eat a fresh tomato from a farmers market.

Earn one Passport stamp for each activity you complete.





Gardening for GOOD

This summer, you can support your kitchen, pollinators and the community in your garden.

When people think of multi-use spaces in their homes, they may not consider the impact a simple garden can have on people's health and wellness, as well as the environment. More than a hobby, gardening is a way to be active outdoors, pad your pantry with fresh produce and support pollinators.

PLANTING FOR POLLINATORS

Dress up your greenspace with pretty native plants that also support pollinators, wildlife such as birds, bees and butterflies that help flowering plants reproduce. According to the U.S. Forest Service, pollinators are responsible for more than 80% of the world's plant reproduction, including those that are an important part of humans' diets.

Gardeners can support pollinators' dwindling populations by using native plants that are both colorful and easy to grow.

- **Milkweed:** This perennial is the only plant on which monarchs will lay eggs. Favorite species include swamp (pink blooms, grows up to 4 feet tall), showy (pink-purple, 4-5 feet tall), whorled (white, 3 feet tall), purple (bright pink, 4 feet tall) and butterfly weed (orange, 2 feet tall).
- **Penstemon:** A perennial with purplish leaves and white flowers, this plant provides a see-through effect and offers movement and color when early summer flowers are fading.
- **Spiderwort:** This durable plant flaunts purple, blue or white flowers and deep or yellow-green grass-like foliage.

- **Purple coneflower:** Many varieties of this popular native are available, but the original is the most durable and best at attracting pollinators.
- **Little bluestem:** A clumping grass that grows in mounds, this one to two-foot plant provides color and movement throughout the season. These plants change colors with the season and display tiny blossoms.

Those who do not have space for a pollinator garden can plant these natives in pots, which is still an effective way to support pollinators.

GROWING FRESH FOOD

Growing your own produce is a healthy way to add more fresh food to your table and can help you connect to the outdoors in your back yard.

Start by collecting your gardening gear: a trowel, soil knife, hand pruners, shovel, rake, hose, plant labels, notebook, gloves, hat, sunscreen and more.

Next, think about what you want to plant and where. Most vegetable and herbs need a minimum of eight hours of full sunlight per day. Watch your yard throughout the day to see which areas get the most sun.

Consider the amount of space you have to garden, decide what you want to plant and create your garden accordingly. For example, squashes can take up to 3-by-3 feet per plant, whereas tomato plants may need only 2-by-2 feet per plant.

Those who have limited space can plant in containers or build a raised bed.

If you're unsure where to start, consider staples such as tomatoes, peppers, beans, zucchini, spinach, root vegetables, herbs and lettuce.



According to the U.S. Department of Agriculture, Ohio is in Gardening Zone 6, meaning many plants can be transplanted or planted in early summer and harvested in the late summer.

Plants should receive one inch per week of water or the equivalent in rain. Measure the amount of rainfall with a rain gauge to ensure you don't over-water your plants. Water in the morning when it's cool. Watering during the day or evening when it's hot can create mildew.

Plants also need food to help them thrive. Fertilize regularly with compost or organic fertilizers.

Provide support with stakes and trellises for plants that are likely to climb and produce heavy veggies, such as squash. Remove weeds that rob the soil of nutrients and block the sun. Mulch your garden to reduce weeds and maintain the soil's moisture.

Remember not to get discouraged if you don't see your garden bursting with vegetables right away. Not all vegetables are ready to pick at the same time and often take a lot of care and time to grow.

HEALTHY EATS FOR ALL

The pandemic put the country - and our region - in a food insecurity tailspin. Feeding America projects that 1 in 8 people (1 in 6 children) in the nation may experience food insecurity in 2021. You can help feed your neighbors by donating extra produce from your garden at MetroParks drop-off sites. MetroParks' partner Access to Excess, a local nonprofit helping provide access to fresh food, will distribute your donated produce to those who need it most.

Produce donation drop offs are June 16 through Sept. 14 (with an option for more dates depending on weather):

- Wegerzyn Gardens MetroPark: Tuesdays from 5 to 6:30 PM.
- Possum Creek MetroPark: Fridays from 10 AM to 3:30 PM.

The first 50 gardeners to donate 30 pounds of produce can receive a T-shirt. Those who donate more than 30 pounds or wish to grow with a group will be entered to win additional prizes at the end of the season.

When dropping off produce, please follow CDC guidelines, especially maintaining social distancing and wearing face coverings. Upon drop off, your name and donation amount will be recorded and kept track of throughout the season.



.....

Earn one Passport stamp for each plant you grow and for each time you donate produce.

.....

For more gardening information, sign up for MetroParks' gardening and community gardening newsletters at metroparks.org. Additionally, follow MetroParks Earth to Table on Facebook at facebook.com/communitygardening.

NATURE IS OPEN EXTRAS

Learn, grow and more this summer with info and fun activities available at MetroParks' blog: metroparks.org/natureisopen.

- Play Back Yard and MetroParks Bingo.
- Explore history in your MetroParks.
- Discover wildflowers and native plants.
- Native tree ID.
- Build a backyard bird feeder using recycled materials.
- Meet MetroParks' Animal Ambassadors.
- Create a fairy garden.



Earn up one Passport stamp for each activity you complete.



MINDFULNESS WALKS

Reducing Stress with Nature

mind-ful-ness /'mɪn(d)f(ə)lnəs/ noun – a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations, used as a therapeutic technique.

Spending time outdoors improves your physical health – and mental wellbeing, too.

To make it easier for you to de-stress and unwind outdoors, Five Rivers MetroParks has established four Mindfulness Walks. Visitors will find signage along these short, easy walks inviting them to stop and engage in a variety of simple breathing and meditation activities. The mindfulness activities – developed with input from Dayton Children's Hospital and Montgomery County Alcohol, Drug & Mental Health Services – can be done in the parks or any outdoor space.

"Mindfulness means putting all of your attention on one thing. It means taking the time to really notice what you are doing in that moment. You are focused in a very relaxed way," said John Duby, a physician with Dayton Children's Hospital and professor and chair of Wright State University's Boonshoft School of Medicine department of pediatrics. "Spending time in nature gives us a great chance to be mindful of all our senses, to focus on our surroundings, and respond to what we see, hear, touch and smell. Practicing mindfulness can help us learn to pay better attention in all of our daily lives. For me, Dogwood Pond at Hills & Dales MetroPark is a great place to relax."

Just 20 minutes a day immersed in nature significantly lowers stress hormone levels. Indeed, the mental health benefits of spending time in nature have been well

documented and include:

- Better sleep
- Enhanced mood and feelings of relaxation
- Lower depression and anxiety
- Enhanced cognitive abilities, such as memory, creativity and problem solving
- Improved self-esteem and relationships
- Strengthened immunity and a reduction in chronic illnesses, such as obesity, heart disease and diabetes

Connecting to your five senses, practicing mindful breathing and listing what brings you gratitude are tools that help build resiliency and wellbeing. Try the sample activity below from MetroParks' Mindfulness Walks and note any changes to your mood afterward.

Celebrate Your Senses

Breathe deeply in and out.

There are no right or wrong answers. Just be present.

Reach out: What are four things you can touch?

Listen: What are three things you hear?

Take a deep breath through your nose:

What are two things you smell?

Take a deep breath through your mouth:

What's one thing you taste?



RECREATION ACTIVITIES

- Ride a bike on a paved trail.
- Splash in a puddle.
- Complete the Bell Children's Maze at Cox Arboretum MetroPark.
- Hike a trail you have never done before.
- Skip a rock on a lake, pond or lagoon.
- Play the Blue Heron Disc Golf course at Englewood MetroPark.
- Build a campfire.
- Dance on the stage at the band shell in Island MetroPark.
- Pitch a tent in your backyard.
- Chase a butterfly.
- Catch and release a fish.
- Dance in the rain.
- Play in dirt and/or mud .
- Do yoga outdoors.
- Hang a hammock and relax in it.
- Watch surfers play in the Great Miami River at RiverScape River Run.
- Fly a kite.
- Discover the old Camp Birch at Twin Creek MetroPark.
- Roll down a hill.
- Have a picnic.
- Climb on a big rock.
- Find the dance floor in the Argonne Forest at Possum Creek MetroPark.
- Use a log as a balance beam.

Earn one Passport stamp for each activity you complete.



Mindfulness Walks Outings

Eastwood MetroPark: 1385 Harshman Rd. (park entrance) or 4349 Springfield St.

- Walk on the natural surface trail along the perimeter of the lagoon.
- Near the Springfield Street entrance, take the stone bridges to the islands in the lagoon.
- While you're at the park, you can also walk the brown trail through the prairie and the blue trail along the Mad River – which is a portion of the Buckeye Trail and North Country National Scenic Trail – as well as the paved Mad River Trail.

Huffman MetroPark, 4439 Lower Valley Pike

- Park near the shelter and take the short natural surface trail toward Huffman Dam.
- Continue across the dam for scenic views and a connection with the paved Mad River Trail.
- If Huffman Lake isn't flooded, you can hike natural surface trails along the lake and Mad River.

Possum Creek MetroPark, 4790 Frytown Rd.

- Park in the Argonne Forest lot, the first right-hand turn after you enter Possum Creek.
- Hike the 1.5-mile pink trail and/or the 1-mile blue trail, both of which can be accessed from the parking lot.
- Possum Creek is home to a robust network of natural surface trails, fishing ponds, horseback riding trails, a small farm, a nature play area and other amenities that allow you to explore the outdoors.

Sunrise MetroPark, 50 N. Edwin C. Moses Blvd.

- This linear park, located along the west bank of the Great Miami River, offers great views of the downtown skyline.
- Look for the mindfulness walk signage near the park benches and along the steps leading down to the river.
- Continue your walk along the paved Great Miami River and Wolf Creek trails.

NEW WAYS TO GET OUT & LIVE THIS SUMMER

MetroParks' outdoor recreation team has created a variety of experiences and equipment rentals to help you and your family enjoy outdoor adventures. Visit metroparks.org to register – and check back throughout the summer, as new opportunities might be available, depending on public health guidelines.



.....
Earn one Passport stamp for each experience and equipment rental.
.....

Access to Nature financial assistance program available! Qualifying individuals and families can receive assistance to help offset the costs of programs and rentals. See pages 22-23 for more info or visit metroparks.org/access.

EXPERIENCES

Try fishing, mountain biking, paddling, camping and backpacking. These opportunities are designed to introduce activities or provide seasoned enthusiasts with new ways to experience nature.

Note: Advanced reservations are required. Availability is subject to weather and trail conditions. All experiences will follow current public health guidelines, including social distancing, wearing face coverings and limiting group size. Equipment will be sanitized between uses.

MOUNTAIN BIKE RENTALS

Designed for those who don't own a mountain bike but want to ride the single-track trails at MoMBA (MetroParks Mountain Biking Area) at Huffman MetroPark. Includes a mountain bike, helmet and short orientation. Age: toddler to adult. Fee: \$10 per person

FAMILY FISHING

POSSUM CREEK METROPARK, 4790 Frytown Rd.
Designed for those who don't own equipment; ideal for a caregiver and child to make memories casting a line together. Includes fishing poles, bait and short orientation. All ages. Fee: \$10 per family of four, \$2.50 each additional person

FLATWATER FLOAT

POSSUM CREEK METROPARK, 4790 Frytown Rd.
EASTWOOD METROPARK, Lake Entrance, 1401 Harshman Rd.
Designed for those who want to try paddling or a relaxing opportunity to explore a MetroPark lake from the seat of a boat. Includes kayak, paddle, life jacket and short orientation. All ages. Fee: \$10 per person

CAMPING PACKAGE

GERMANTOWN METROPARK, 7101 Conservancy Rd.
Designed for those new to camping. Includes a reserved frontcountry campsite (vehicle accessible) for a Saturday night in the scenic Twin Valley, six-person tent, sleeping bags and pads, and camp stove. All equipment will be set up and torn down for you. All ages. Fee: \$75

BACKPACKING PACKAGE

GERMANTOWN METROPARK, 7101 Conservancy Rd.
Designed for those new to backpacking. Includes a reserved backcountry campsite (accessible by foot) for one or two nights in the scenic Twin Valley, along the Twin Valley Backpacking Trail. Also includes two-person tent, backpack, sleeping bags and pads, and camp stove. Choose a video, virtual or in-person orientation to the equipment, trail route options and camping experience. All ages. Fee: \$30 for one night, \$50 for two nights for one person, add \$15 for second person



EQUIPMENT RENTALS

Pick up some gear for your next backyard campout, backpacking adventure or to tune up your bike for its next roll at MoMBA or on the nation's largest paved trail network. Rentals are designed to support independent activities when equipment, rather than knowledge or comfort, has been your challenge. Visit metroparks.org/equipment.

Pick up equipment after noon on a Friday and return it before noon on a Monday. Pick up is at the Twin Valley Welcome Center, 6910 Boomershine Rd., at Germantown MetroPark.

Note: Advanced reservations are required. Equipment will be sanitized between uses.

CAMPING GEAR: FULL SET

Includes a six-person tent and up to six sleeping bags and pads. All ages. Fee: \$50

CAMPING GEAR: TENT ONLY

Includes a six-person tent. All ages. Fee: \$30

BACKPACKING GEAR: FULL SET

Includes a backpack, two-person tent, two sleeping bags and pads, and camp stove. All ages. Fee: \$40

BACKPACKING GEAR: PARTIAL SET

Includes a backpack and sleeping bag and pad. All ages. Fee: \$25

BACKPACKING GEAR: TENT ONLY

Includes a two-person tent. All ages. Fee: \$15

BICYCLE MAINTENANCE TOOLS

Includes the basic tools to perform common bicycle maintenance and repairs, such as shifting and braking adjustments, chain replacement and some component replacement, as well as a repair stand, floor pump and bicycle-specific tools. All ages. Fee: \$25

NATURE IS OPEN EXTRAS

Learn pro tips and discover more ways to be active outdoors. Info is available at MetroParks' blog: metroparks.org/natureisopen.

- Bike routes to ride this summer.
- Camp set-up basics.
- How to perform the ABC bike check.
- Exploring the outdoors with kids.
- Places to fish in your MetroParks.
- Leave No Trace principles.
- Ideas for summer outdoor adventures.



WIN COOL PRIZES

New this summer: Follow the clues and find the Subaru for a chance to win prizes!

This summer and fall, enjoy the new hide-and-seek game Subaru Sunday Adventures. Follow Get Out & Live on Facebook and use the clues posted on that page to figure out which MetroPark, and where in that MetroPark, you can find the MetroParks Subaru. Take a selfie and post to social media using the hashtag #subarusundayadventure, and you'll be entered to win that week's adventure package.

Subaru Sunday Adventure dates:

- June 13
- July 11
- Aug. 8
- Sept. 12
- Oct. 17

Directions:

1. Follow Get Out & Live on Facebook
2. Watch for clues
3. Find the MetroParks Subaru
4. Take a selfie
5. Post with #SubaruSundayAdventures
6. Be entered to win an adventure package



Subaru Sunday Adventures are part of MetroParks' outdoor recreation program, supported by a 10-year green partnership with Subaru of America. "We are thankful for our partnership with Subaru because of its status in the outdoor industry, environmental practices and commitment to promoting active lifestyles," said Brent Anslinger, MetroParks outdoor recreation program manager.

Wagner Subaru and Subaru of America are committed to providing outdoor recreation experiences to people in the Montgomery County region and to protecting our environment.



SUBARU

Outdoor recreation programming is supported by Subaru of America.

Local veteran continues to serve – and finds peace while doing so

Dayton resident and veteran Jacey Campbell is no stranger to different terrain. From the mountains of Colorado to the dry, hot landscapes of Somalia, she grew up experiencing the outdoors in different ways. Eventually, her commitment to serve her country took her overseas.

Campbell's service didn't end when she left the military. After moving back to her hometown of Dayton from Boise, Idaho, she's continued to serve the community as a Five Rivers MetroParks volunteer. This role enables her to connect with people and find respite in the natural world.

Like many veterans who have spent time overseas, Campbell struggles with post-traumatic stress disorder (PTSD), a mental health condition triggered either by experiencing or witnessing a traumatic event. Symptoms often include flashbacks, nightmares and severe anxiety.

Additionally, Campbell suffered the loss of her brother, who was on active duty in Afghanistan.

While Campbell is addressing her PTSD by regularly seeing a counselor, she also finds disconnecting from the world to spend time in nature is an effective way to quell her anxiety.

"Everyone has their triggers. For me, it's loud, violent interaction," Campbell said. "When I get stressed, it's so hard to cope with."

She finds that heading to her favorite parks with her family to backcountry camp, paddle and picnic are great ways to get grounded after a long work week. A "Jill-of-all-trades," Campbell is always on the run doing skill-based work. She's also playing the role of supportive parent-teacher to her son, who is taking classes virtually due to the pandemic.

"Just being out there and away from everything lets all that stress just flow away," Campbell said. "When you return to daily life, that stress of last week isn't there anymore. It's hitting that refresh during the weekend."

An excellent opportunity for quality time, Campbell also retreats to nature with her family: children, Mica, 15; Zachary, 11; girlfriend, Alex Aguirre; and mom, Lori

Pierce. In fact, after a peaceful paddling moment with Zachary during the Wagner Subaru Outdoor Experience in 2015, Campbell decided that volunteering was a great way to

give back, de-stress and spend more time outdoors with her loved ones.

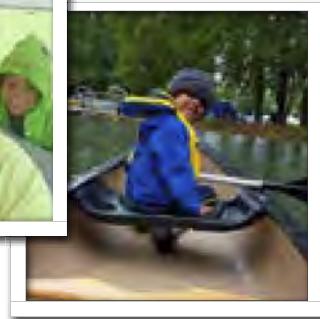
With a love for the tranquility of being on the water, Campbell enjoys volunteering to help MetroParks with paddling-related activities. Of course, her entire family enjoys the excitement of volunteering during the Wagner Subaru Outdoor Experience, a weekend filled with activities, music and demos that highlight Dayton as the Outdoor Adventure Capital of the Midwest.

Campbell, a trans woman, also appreciates natural spaces as a venue to simply be herself. "Nature doesn't care. It just doesn't," Campbell said. "It's a really nice place where you can be yourself."

She also appreciates MetroParks' staff for being open, accepting and fun to work with.

"We appreciate our many volunteers who are veterans. Nature is open for everyone, regardless of your socioeconomic status, level of education, body shape, race, gender identity, ethnicity, or the state of your physical and mental wellbeing," said Jenny Hymans, human resources and volunteer services manager. "Our volunteers are a reflection of that, and we work hard to encourage the public to make the outdoors an inclusive space where everyone can enjoy the beauty of the natural world."

Because nature is a safe space to exist as you are and decompress, Campbell encourages veterans and others to visit the parks.



Here are Campbell's MetroParks picks for those who live near Wright-Patterson Air Force Base and beyond:

- **Eastwood MetroPark:** Campbell recommends this park for myriad reasons, from paddling and picnicking to fishing. Although she notes the park doesn't have as many natural surface trails as some others, it does have ample opportunity to ride or walk the paved trails, which connect to the nation's largest paved trail network. Eastwood MetroPark also has plenty of wildlife to appreciate, including families of deer.
- **Possum Creek MetroPark:** A go-to fishing destination for Campbell, her family also has plenty to do, including visiting the farm and hiking the trails.
- **Island MetroPark:** Campbell enjoys cycling at Island MetroPark. While you can stick to the paved trail within the park, you can also make your way to Wegerzyn Gardens MetroPark, downtown to River-Scape MetroPark or toward north Dayton on the Great Miami River Trail.
- **Twin Valley Trail (Germantown/Twin Creek MetroParks):** A huge fan of backcountry camping, the Campbells hike, set up camp and enjoy fishing, hiking and cooking. The Twin Valley Trail provides nearly 30 miles of backpacking trails, perfect for a weekend backpacking adventure.

Learn more about how nature can support your mental health and discover outdoor resources for veterans, the LGBTQIA+ community, people of color and others at metroparks.org/natureisopen.

Earn one Passport stamp for each of Jacey Campbell's MetroParks picks you visit.



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

FIVE RIVERS METROPARKS *Appreciates Its Volunteers*



BECOME A METROPARKS VOLUNTEER

As of April 2021, 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, 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)

Earn one Passport stamp for inquiring about becoming a MetroParks volunteer and two Passport stamps for signing up to volunteer.



[METROPARKS.ORG/VOLUNTEER](https://metroparks.org/volunteer)

JULIE'S TICKET TO RIDE

The Duncan family are no strangers to Five Rivers MetroParks – or horseback riding. Huber Heights resident Bob Duncan grew up riding horses at Carriage Hill MetroPark, an activity his entire family enjoys, especially his daughter Julie.

The Duncan's eldest daughter attended riding camps at Carriage Hill MetroPark's Riding Center when she was young and went on to work at a horse farm. Following in her older sister's footsteps, Julie, 10, decided to start horse camps at the Riding Center a few summers ago.

Julie's parents took advantage of the **Access to Nature financial assistance program** to help alleviate the cost associated with the camps.

"The financial assistance helped out," Bob Duncan said. "Katherine [Riding Center manager] is fantastic. We called, and she went through the process with us, answering any questions we had."

Five Rivers MetroParks offers the Access to Nature financial assistance program in conjunction with the Five Rivers MetroParks Foundation. Qualifying Montgomery County residents can receive up to a 75% discount based on financial need. Families can qualify for up to \$500 per calendar year to help remove financial barriers of participating in programs, as well as campsite and shelter rentals.

Julie's experiences during horse camps have given her both confidence and a new-found respect for larger animals. Her dad appreciates the opportunities being in the parks and around horses provide in fostering a life-long love of the natural world.

"Kids play video games all day," Bob Duncan said. "We try to teach our children to be outside, be more social, get exercise – something educational is very important to us."

Indeed, access to nature – for both children and adults – is essential. According to Common Sense Media, a nonprofit that tracks children's tech usage, American youth spend 4 to 7 hours using screens each day – not including school and homework. Adults often overuse screens as well, with 20% of smartphone users spending more than 4.5 hours on their phones during weekdays.

Swapping screen time for sunshine and fresh air can have positive impacts on both physical and mental health. Moving your body outdoors can help reduce stress, improve heart health and increase vitamin D. These benefits apply to both children and adults, which is just one reason why the Access to Nature financial assistance program can be enjoyed by the entire family.

Additionally, the outdoors is the perfect venue to spend quality time as a family, find new hobbies and even make new friends.

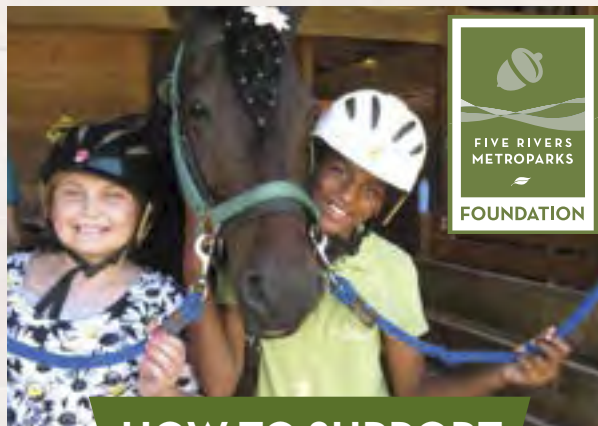
The Duncan family has stopped by the Riding Center to watch the horses graze in the fields while programs have been temporarily suspended due to the pandemic. Hank is Julie's favorite horse, but the family agrees each of the horses has its own unique personality.

Now that Julie has built the confidence to care for a horse as large as Hank, she's off to tackle bigger challenges this summer: space. The fourth grader is headed to infinity and beyond for space camp in Alabama, but Carriage Hill MetroPark and the Riding Center will remain one of her family's favorite outdoor destinations.

-
- Earn up to three Passport stamps for:
- checking out the Access to Nature financial assistance program
 - passing along info about financial assistance to a family who might apply
 - applying for the Access to Nature financial assistance program



For more information on the Access to Nature financial assistance program, visit metroparks.org/access. Follow the Riding Center on Facebook at facebook.com/ridingcenter. Lessons camps and other activities will resume when it is safe to do so. Check metroparks.org and follow MetroParks on Facebook, Instagram and Twitter for updates.



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.

The Five Rivers MetroParks Foundation secures philanthropic funding for special projects and programming, as well as an endowment. Charitable contributions can support all MetroParks or one specific park. Donations also can be directed to support MetroParks' educational and recreational services, as well as conservation initiatives.

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://www.fiveriversmetroparks.org/donate)



Earn up to three Passport stamps for Philanthropy.

Earn one Passport stamp for checking out any of the above giving options and two Passport stamps for a donation in any amount.

— GET IN SHAPE ON —

HEART HEALTHY TRAILS



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

Explore all of MetroParks' Heart Healthy Trails

- **New this summer:** Carriage Hill MetroPark Yellow Trail Loop
Begin this 1.8-mile natural surface trail by walking around Cedar Lake. This family-friendly trail is great for all skill levels and traverses a number of habitats, including young and mature woodlands, the serene North Woods Pond, meadows, and a native tall-grass prairie, with part of the trail on a boardwalk that extends through a wetland.
- Wegerzyn Gardens MetroPark
- Englewood MetroPark
- Germantown MetroPark
- Wolf Creek Trail
- Island MetroPark



Heart Healthy Trails in MetroParks Mobile App

These trails are featured outings in Five Rivers MetroParks' mobile app, powered by OuterSpatial. See page 26 or visit metroparks.org/mobile for more info about the app.

METROPARKS.ORG/HEART-HEALTHY



Earn up one Passport stamp for each Heart Healthy Trail you complete.



TAKE THE METROPARKS TRAILS CHALLENGE

The 2021 MetroParks Trails Challenge is a fun way to explore our region's trails — on your own time and at your own pace.

Trails for hiking, walking, cycling, paddling, running, mountain biking and even horseback riding are included. Finish one or all 28 trails for your chance to win prizes. Youth ages 14 and younger who complete just one trail will be entered to win a Kids Adventure Pack, which includes cool outdoor gear.

The MetroParks Trails Challenge runs through Oct. 31. Learn more and get started:

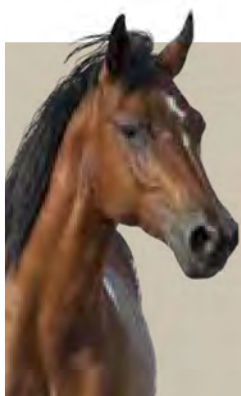
METROPARKS.ORG/TRAILS CHALLENGE

FIVE RIVERS METROPARKS



Earn up one passport stamp for each MetroParks Trails Challenge Trail you complete.

See page 6 for details on how to play Passport To MetroParks



CARRIAGE HILL RIDING CENTER

Lessons, camps and other activities may resume in 2021. Please go to [**metroparks.org/ridingcenter**](https://metroparks.org/ridingcenter) for dates and scheduling.

VIRTUAL SMALL FARM & FOOD FEST

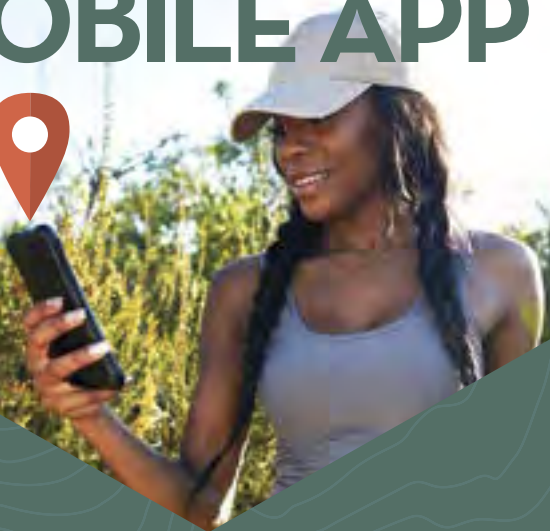
Saturday, July 24
10 AM to 1 PM
Learn how to live
more sustainably:
metroparks.org/farmfest



DOWNLOAD OUTERSPATIAL

to access the

Five Rivers MetroParks MOBILE APP



MetroParks visitors have a easy way to access information about parks and trails from their mobile devices. Using the OuterSpatial platform, MetroParks' 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



TUNE IN FOR decodingnature

New series will show the past, present and future of your Five Rivers MetroParks.

Decoding Nature is a new 7-episode series produced by Indigo Life Media, the company that created the show Decoding Dayton. Following in the vein of that show by telling unknown stories, Decoding Nature will focus on Five Rivers MetroParks and the role access to nature has played in Dayton's development.

Episodes will be 12-18 minutes long and will be online at nearutv.com.

- Episode 1: June 25
1913 flood, Arthur Morgan's open space vision, the Miami Conservancy District's role and why your MetroParks are where they are
- Episode 2: July 30
The birth of Five Rivers MetroParks and its conservation mission
- Episode 3: Aug. 27
How your MetroParks have evolved to meet community needs
- Episode 4: Sept. 24
How the public appreciates and uses trails

Episodes 5-7 will air October-December.

THANK YOU to sponsors:
Five Rivers MetroParks Foundation
The James M. Cox, Jr. Foundation
Wegerzyn Gardens Foundation
Wagner Subaru



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





SHOP FRESH & LOCAL

OUTDOORS ONLY

2ND STREET MARKET

600 E. Second St., downtown Dayton

Market open outdoors only
9 AM TO 1 PM Saturdays

The 2nd Street Market is open outdoors, rain or shine, so you can buy fresh produce, meat and dairy from local farmers, as well as other locally produced products.

For more information and updates – as well as information about how to buy online from Market vendors:

- Follow facebook.com/2ndStreetMarket
- Sign up for 2nd Street Market emails at metroparks.org/newsletters

Visit the website to plan ahead for restrictions related to the pandemic.

METROPARKS.ORG/LOCALFOOD
(937) 228-2088
marketinfo@metroparks.org



NEW THIS YEAR: Terraced seating has been added at RiverScape River Run, creating a great place to relax along the riverfront and watch people surf the park's whitewater feature. The next phase of this project, scheduled to be completed in early fall, includes the addition of sunshades, a mural, tables and kayak storage. This project was funded by private donations and the Ohio Department of Natural Resources' Paddling Enhancement Grant.

STAY UP-TO-DATE ON RIVERSCAPE METROPARK'S PROGRAMS, EVENTS AND ACTIVITIES by following RiverScape MetroPark on Facebook, visiting metroparks.org/riverscape or calling 937-275-7275 (PARK).

STAY ACTIVE THIS SUMMER

AT RIVERSCAPE
METROPARK



SUMMER MUSIC SERIES

Follow RiverScape MetroPark on Facebook and check metroparks.org for updates regarding these free concerts.

BIKE RENTALS



Rent a variety of bikes, including tandems, and child accessories from RiverScape Rentals, open Memorial Day through Labor Day weekends. Bikes and equipment will be sanitized between uses.

- Monday-Friday, 9 AM to 5 PM:
Call 937-275-7275 (PARK) to make reservations for groups of four or more.
- Saturday & Sunday, 9 AM to 2 PM:
walk-up rentals available

FITNESS IN THE PARK

Presented by



These free classes will be held in person and virtually this summer. To participate in virtual classes, follow RiverScape MetroPark on Facebook for info about the live stream. Space is limited for in-person classes so advance registration is recommended via metroparks.org.

All classes are on Saturdays from 10 to 11 AM

YOGA

- May 8 & 22
- June 12
- July 17 & 24
- Aug. 7

ZUMBA

- May 15
- June 5 & 26
- July 10
- Aug. 21 & 28



LUNCHTIME ALONG THE RIVERFRONT

Enjoy live music by local performers under the RiverScape Pavilion from June through August and grab lunch from the RiverScape Café. Music@Lunch will be held Tuesday through Friday from 11:30 AM to 1:30 PM.



Five Rivers MetroParks
409 East Monument Avenue, Third Floor
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.



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



WEAR FACE
COVERINGS INDOORS.
WEAR OUTDOORS
IF SOCIAL DISTANCING
ISN'T POSSIBLE.



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

AVOID CROWDS: EXPLORE
LESS FREQUENTLY USED PARKS
AND TRAILS. VISIT SOLO OR
IN A SMALL GROUP.



PREPARE FOR DRINKING
WATER FOUNTAINS TO
REMAIN TURNED OFF



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

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