

2023 FYI HIKING ADVENTURES

EXPLORE TUSCARAWAS COUNTY TRAILS WHILE YOU KEEP FIT!
TAKE A SELFIE AT ANY OF THE FOLLOWING TUSCARAWAS COUNTY TRAILS. SHOW THE SELFIE TO OUR PARTNER SITE AND RECEIVE A SPECIAL TOE TOKEN.

Tuscora Park: 161 Tuscora Ave NW, New Philadelphia
Newphilaoh.com/tuscora_park

Camp Tuscazoar: 6066 Boy Scout Rd NE, Dover Tuscazoar.org

Zoar Wetland Arboretum: From SR 212, turn west on 5th St (becomes Lake St) and continue to end of street. zoarwetland.org

The Towpath Trail-Canal Lands Park: 8645 Dover Rd NE, Dover
ohioeriecanal.org

The Towpath Trail-Fort Laurens Trailhead: 11067 Fort Laurens Rd NW, Bolivar
ohioeriecanal.org

The Towpath Trail-McDonnell Trailhead: 791 SR 212, Bolivar. Take SR 212 west through Bolivar, past the ballfields and under the low clearance RR bridge; the trail entrance is on the right. ohioeriecanal.org

Dover City Park: 2421 N Wooster Ave, Dover doverohio.com/city-parks

Panhandle Passage: McCluskey Park, 14 Spring St, Dennison. From N 2nd St, turn west on North St, then North on Hanna Street to the Uhrichsville Park

Buckhorn Creek Trail - Newcomerstown Trailhead: Just north of SR 36 on Stonecreek Rd, Newcomerstown ohioeriecanal.org

Buckhorn Creek Trail-Bethel Station Trailhead: Wolf Road SW, Near 9425 Stonecreek Rd, Newcomerstown (across from Bethel Hill Road) ohioeriecanal.org

Norma Johnson Center: Yellow Barn Trail 3976 SR 39, Dover, Conservation Drive Trail follow drive to picnic shelter normajohnsoncenter.com

Beach City Wildlife Area - Dundee Falls: 8525 Dundee Wilmot Rd NW, Dundee

Schoenbrunn Village-Lower Trails: Delaware Dr, New Philadelphia (just south of the main village)

The Wilderness Center: 9877 Alabama Ave SW, Wilmot wildernesscenter.org

VISIT US AT: GO.OSU.EDU/TUSSUMMERWALKINGPROGRAM

For more information contact:

Chris Kendle, FCS Educator at kendle.4@osu.edu

Michelle Moon, 4-H/FCS Program Assistant at moon.317@osu.edu
OSU Extension, Tuscarawas County

419 16th St, SW, New Philadelphia, OH 44663 Phone: 330.339.2337



THE OHIO STATE UNIVERSITY

EXTENSION

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit caesdiversity.osu.edu

2023 COMMUNITY SUMMER WALKING CHALLENGE

MAY 15 THROUGH AUGUST 31



IT ALL BEGINS . . .



. . . WITH ONE STEP

RECORDING- CHECK OR FILL IN 1 BLOCK FOR EVERY 15 MINUTES that you walk above your usual daily activity. You will earn one "Toe Token" for every 3 hours you walk. Check in WITH YOUR TRACKER at any Summer Walking Program partner location to pick up the tokens you have earned.

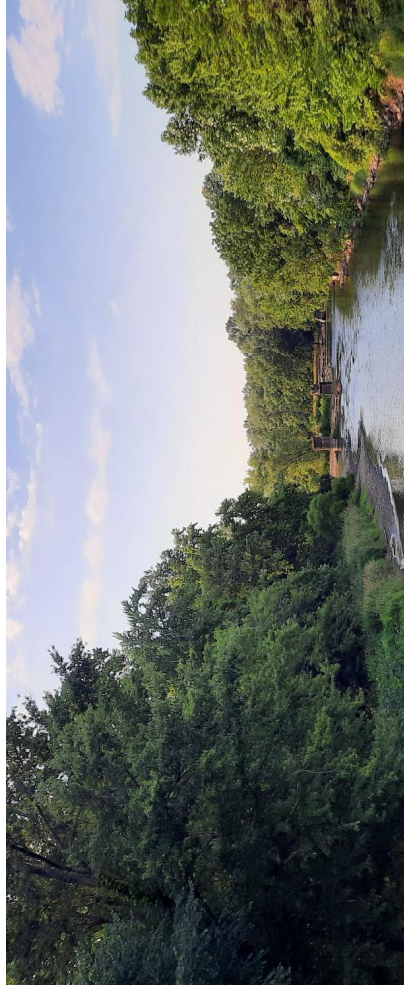
TURNING IN - At the end of the program (NO LATER THAN AUGUST 18) drop off your tracker portion of your passport at any participating Tuscarawas County Library, YMCA Location or mail to OSU Extension (MUST BE RECEIVED BY SEPTEMBER 5, 2023).

PICKING UP T-SHIRT - If you walked at least 30 hours by August 31 and returned your tracker by the deadline, you will have earned a t-shirt. Shirts will be ready for pick up at the Tuscarawas County Clover Cafe during the Tuscarawas Valley Family Farm Market Days on Wednesday, September 27 from 3 - 6pm

Hiking Adventures - Complete local hikes for additional fun.

(see details on the back). Earn a special toe token for every hike!

Please note - if you have health related concerns be sure to check with your physician first for their recommendations before starting a walking program.



Organized by Tuscarawas County's office of OSU Extension in 2003, "Fit Youth Initiative" (FYI) is a community collaboration made of educators, health and fitness professionals and other concerned community members. FYI's mission is to improve the health of children and their families through the promotion of healthy weight & fitness.



CIRCLE A SHIRT SIZE

Youth - Sm Med Large **Adult** - Sm Med Large XL XXL XXXL
Check here if you do not wish to receive a shirt.

Record walking time in chart below.

Once you have completed 30 hours, return your completed tracker to a Walking Challenge Site or mail to OSU Extension NO LATER THAN SEPTEMBER 5, 2023 to reserve your free t-shirt!
T-shirts may be picked up at the Tuscarawas County Fairgrounds (Clover Cafe) on September 27 from 3-6pm

Sign Up Location _____

Name _____ Phone _____

Email _____

	Each block checked = 15 minutes of walking above usual daily activity										OFFICE USE ONLY	
											Initials	Date
1												
2												
3												
4												
5												
6												
7												
8												
9												
*10												
11												
12												
13												
14												
15												

*After completing all blocks through line 10, you have met the 30 hour walking goal!

CONGRATULATIONS! YOU HAVE ESTABLISHED A HEALTHY WALKING HABIT.

Keep up the good work and continue walking in your quest for fitness!