Walking Fun Facts!

DID YOU KNOW...

- ⇒ Walking is good medicine: It can help you reduce the risk of coronary heart disease.
- ⇒ Dog owners walk significantly more than their non-pooch owning counterparts.
- ⇒ A I5-minute walk can curb chocolate and sugar cravings.
- ⇒ The first Wednesday in April is National Walking Day.
- ⇒ Walking can boost creativity by up to 60 percent.
- ⇒ People who track their steps take an average of 2,500 more steps each day.
- ⇒ A typical pair of athletic shoes will last for approximately 500 miles of walking.

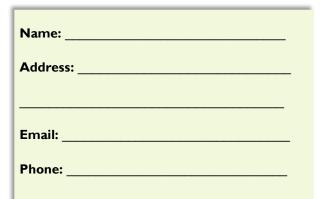
https://acewebcontent.azureedge.net/assetportfoliodow nloads/WalkingFunFacts-2015.pdf



For directions and maps for Carroll County park trails, visit ccrecpark.org.



Please fill out the information below before sending in your passport!





Carroll County Park Trails Passport

Adventure is out there!

Carroll County park trails are open sunrise to sunset and are an excellent way to get fresh air and exercise! Visit the destinations on this passport and submit with answers for a chance to win a prize!







The Adventure Begins...

Take a walk at each of the 12 Carroll County park trails listed, answer the question and check your box off at each site. Once you have completed your passport, mail it in to The Partnership for a Healthier Carroll County at the address below.

All completed passports will be entered into a drawing to win a prize!

All participants will receive a mailed certificate of completion along with a Walk Carroll bracelet and walking resources.

Happy trails to you!



Please mail your completed passport to

The Partnership for a Healthier Carroll County, 295 Stoner Avenue, Suite 306, Westminster, MD 21157

1. Cape Horn Park	7. Leister Park
2500 Cape Horn Rd, Hampstead, MD 21074	4134 Black Rock Road, Hampstead, MD 21074
Trail Length= 1.05 miles (Paved)	Trail Length= 1.56 miles (Paved)
What color is the play area?	What unique game can you play at Leister Park?
2. Deer Park	
637 Deer Park Road, Westminster, MD 21157	8. Bennett Cerf Park 544 Manchester Road, Westminster MD
Trail Length= 1.2 miles (Paved)	21157
What color are the dog waste bins?	Trail Length= 0.77 miles (Paved)
	How many swings are at Bennett Cerf Park?
3. Freedom Park	9. Piney Run Park
100 Raincliffe Road, Sykesville, MD 21784	30 Martz Road, Sykesville, MD 21784
Small Loop Trail = 0.7 miles;	Trail Length= 10 miles (Natural Surface)
Large Loop Trail = 1.2 miles (Paved)	Who was the sculptor of the Great Blue Heron
How many pavilions are at Freedom Park?	sculpture and when was it installed?
4. Gillis Falls Recreation Area 2512 Grimville Road, Mt. Airy, MD 21771	19. Sandymount Park 2250 Old Westminster Pike, Finksburg, MD 21048
Total Length of Trails= 4.0 miles (Natural Surface)	Total Trail Length= 1.38 miles (Paved)
What recreational center is at the start of this trail?	How many pine trees are on the playground?
5. Hashawha & Bear Branch Nature Center	11. Union Mills Recreation Area 220 John Owings Road, Westminster, MD 21158
300 John Owings Road, Westminster, MD 21158	Trail Length= 12.5 miles (Natural Surface)
Total Length of Trails= 13.5 miles (Natural Surface)	What can you ride along the trails at
What is the name of the trail with public parking?	Union Mills Recreation Area?
6. Krimgold Park 5355 Woodbine Road, Woodbine, MD 21797	12. Westminster Community Pond 30 College View Boulevard, Westminster, MD 21157
Trail Length= 1.25 miles (Paved)	Trail to Spourfil Way = 0.3 miles (Payed)
,	Trail to Snowfall Way = 0.3 miles (Paved)
What is the name of the playground at the entrance of the park?	Whose name is on the plaque on the benches located on the pier?