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Ride the Train, Meet & Greet the Easter Bunny, and Have Fun at the Egg Hunt!

**First Train Leaves at 9 a.m., Last Train Leaves at 5 p.m.
Train Leaves Every 45 Minutes**



COST
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ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT. No coupons or discounts will be accepted during this special event. Purchase tickets prior to boarding at the guest services desk in the food court. Tickets are non-refundable and must be used on the date of purchase. **In the event that weather prevents the train from running, Bunny Express participants will walk to the on-site event room to meet & greet the Easter Bunny and the Egg Hunt will be in a special room. Times, dates and availability are subject to change without notice. Limited seating, first-come, first-serve. Not valid for special events.

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First Train Leaves at 11:30 a.m. and the Last Train Leaves at 5 p.m.

Train Leaves Every 1/2 Hour



COST

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FREE – Under 12 mos.

ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT. No coupons or discounts will be accepted during this special event. Purchase tickets prior to boarding at the guest services desk in the food court. Tickets are non-refundable and must be used on the date of purchase. **In the event that weather prevents the train from running, Bunny Express participants will walk to the on-site event room to meet & greet the Easter Bunny. Times, dates and availability are subject to change without notice. Limited seating, first-come, first-serve. Not valid for special events.



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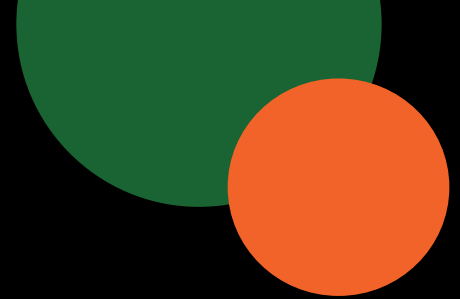
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OUR MISSION Compass Meda, LLC strives to be a leader in Fitness, Health and Recreation information that educates and inspires readers through print, web, mobile, social media and events in Ohio and beyond.

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To participate, please contact:
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HOUSTON



TOP 5

By Christian McCauley

Looking for a city filled with exciting activities for your next vacation? Well then, consider nonstop service from Akron-Canton Airport (CAK) to Houston (IAH) aboard United Airlines. Whether you're looking for an extended weekend getaway or a family-friendly destination, you'll find Houston has something for everyone.

Looking to travel beyond Houston? No problem; explore a quick and convenient one-stop from Akron-Canton Airport (CAK) to Cancun, Austin, New Orleans or San Jose Del Cabo.

1. Space Center Houston

With 250,000 square feet, visitors can explore interactive spaceflight exhibits, learn about space artifacts, tour mission control, and visit the Starship Gallery education complex. Who knows, maybe you can even try one of the spacesuits. Space Center Houston, we have a winner. Plant the flag; you've topped our list.





2. Houston Museum of Natural Science

Want to focus on earth? Try the Houston Museum of Natural Science. Visitors will be surprised by the variety of subjects, ranging from paleontology (dinosaurs), a planetarium, butterfly center, and a gem vault filled with emeralds, rubies, and sapphires. It even has an interactive chemistry hall. Plus, there's always a special exhibit in this nationally-acclaimed museum.

3. Minute Maid Park

Baseball fan? Well then, here's the perfect opportunity to watch Major League Baseball at Minute Maid Park. It's one popular place to be once the season takes swing. The park even has a 19th century replica locomotive that tracks 800 feet when the Astros hit a homer. Not to mention world-class ballpark concessions.

4. Houston Zoo & Houston Downtown Aquarium

Cheetahs, giraffes, otters and bats. There's an animal for everyone at the Houston Zoo. Visitors are surrounded by 6,000 animals, an interactive kid's zone, a hot weather play park water oasis, and a unique 4-D movie experience. It's the second most visited zoo in the United States for good reason. Speaking of water and animals, the Downtown Aquarium is a sprawling spot for sea-life. Visitors can navigate the aquatic ecosystem, view the shark tank, interact with animals in the touch pool, and even grab a bite to eat at the six-acre dining and entertainment complex.

5. The Galleria

Are you a picky shopper, looking for a deal, or searching for upscale brands? The Galleria's got you covered with more than 400 stores spread across 2.4 million square feet. Shop a range of brands and stores, 70 of which are exclusive to Houston. With shopping comes dining. The Galleria has more than 60 dining options on-site and many more nearby.

Bonus Pick! Buffalo Bayou Park

Recreation enthusiasts rejoice. We didn't forget you on this trip to Houston. You'd enjoy Houston's Buffalo Bayou, a 52-mile waterway that serpentine from Houston's River Oaks area all the way to Katy, Texas. It recently underwent a revitalization project (\$58 million) to update the hiking and walking trails. You'll find bike and boat rentals, recreation areas, dog parks, event venues, observation areas, food-trucks, and much more. Travelers and locals say the views of Houston's skyline are amazing from different areas in the park.

About Akron-Canton Airport

What makes Akron-Canton Airport a better way to go? At CAK, we're all about offering our customers a convenient, relaxing and enjoyable experience. Travelers enjoy our big airport amenities and small airport feel. We are proud to offer nonstop service to 11 destinations and one-stop access to the globe aboard exceptional airline partners. Keep up to date on all things CAK at akroncantonairport.com. ✨



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THE LAND OF GIANTS

By Douglas M. Kish, MA

It has always been on my bucket list to visit some of the larger, well-known National Parks in the country such as Yosemite, Yellowstone and Sequoia. In June, 2019 I was able to check one of those off my list. Sequoia National Park, located in Tulare County, California, was established in 1890. The second oldest national park in the United States, it welcomes more than a million visitors each year. It is adjacent to Kings Canyon National Park in the southern Sierra Nevada mountains. Elevations in this area range from 1,370 feet to an astonishing 14,494 feet.

The main attraction of the park is, of course, the Sequoia trees. The Sequoia tree was named after the Cherokee Chief Sequoyia. Chief Sequoyia was a silversmith, a U.S. Army soldier, and the inventor of the Cherokee written language. The giant Sequoia found in Sequoia and Kings Canyon is also called the "Sierra Redwood" and the "Big Tree." It has a column-like trunk with stout branches and reddish-brown bark. Ideal growing conditions of mild, wet winters and dry, warm summers make it one of the fastest-growing trees, reaching 270 feet or more in height. The thick bark of the Sequoia is the tree's main defense against bugs and bacteria, and it is virtually impervious to brush fires. Giant Sequoias grow naturally on the west slope of the Sierra Nevada.

Of the world's 37 largest Sequoia trees, 20 are giant sequoias growing in Sequoia and Kings Canyon. The General Sherman Tree is the world's largest living thing, at over 2,000 years. While there are taller and wider trees in existence, the overall size and volume makes the General Sherman the winner. The Tunnel Log also receives many visitors. It came into existence after a giant sequoia fell across Crescent Meadow Road, a result of natural causes. A tunnel was cut through the fallen log. Visitors can drive through the tunnel log but taller vehicles must take a bypass. Sequoia is also home to Mt. Whitney, the highest mountain in the U.S., outside of Alaska.

It is always recommended that you check the weather conditions before your visit, as mountain weather can change quickly.

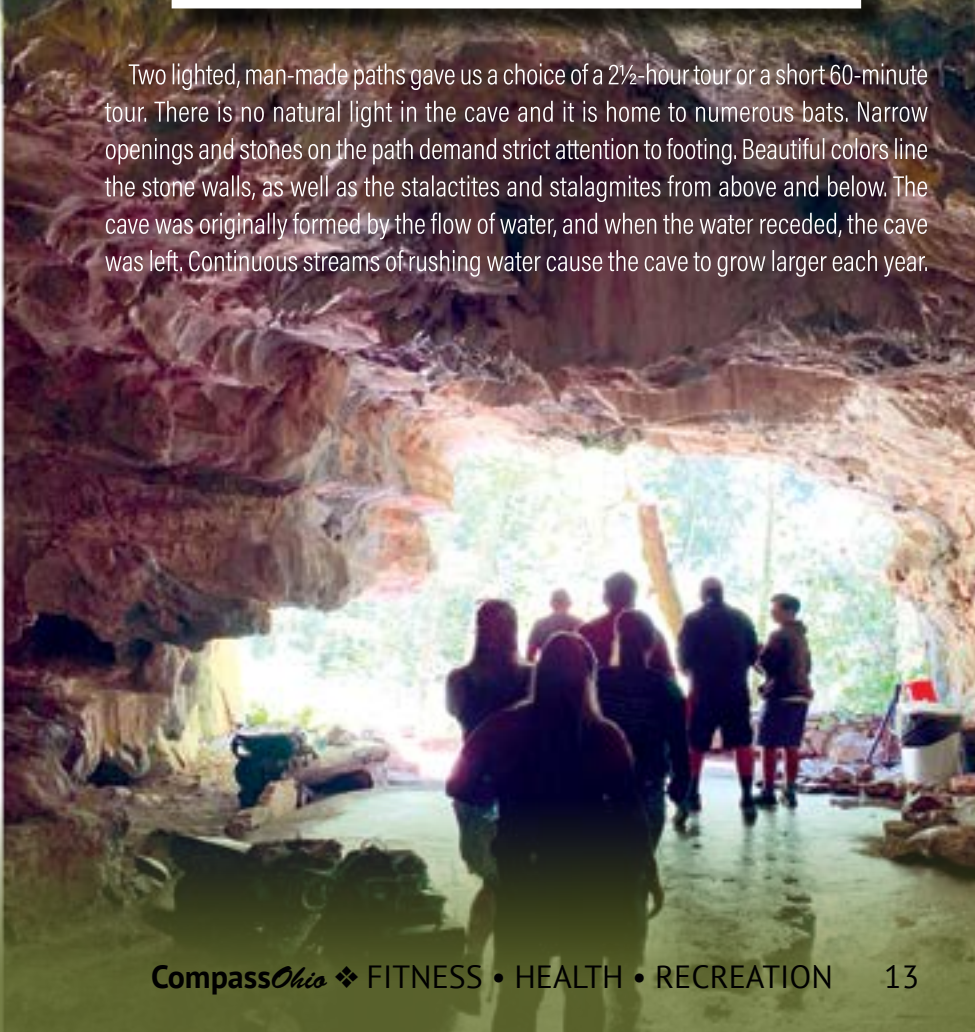
Campgrounds and overnight backpacking are available but wilderness permits are required to stay outside of designated campgrounds. Several trails and campsites offer wheelchair accessibility. General park maps, interactive online maps and regional maps are available so you can virtually plan your entire visit before you arrive.

After purchasing a vehicle pass, which is good for 1-7 days for all occupants of the vehicle, we traveled up winding roads on the Generals Highway for over an hour to a parking area near the Crystal Cave. Tours of the cave are managed by Sequoia Parks Conservancy. Schedules and ticket information are available on line, and all tours must be scheduled and tickets purchased on line as there are no tickets sold at the cave entrance.

A 15-minute hike to the cave entrance and a park ranger/tour guide reviewed what we should expect. He related that the cave was discovered in the 1950's by a group of people fishing by a stream when they felt cold air blowing on them. They followed the cold air and discovered the cave, which was later determined to be about 70 miles long. Before entering we were instructed to stand on a mat to clean our shoes of debris which could be poisonous to cave life, and not to touch the walls. Although the temperature in the city was 100 degrees, the temperature in the cave was 50 degrees and a light jacket was welcome.



Two lighted, man-made paths gave us a choice of a 2½-hour tour or a short 60-minute tour. There is no natural light in the cave and it is home to numerous bats. Narrow openings and stones on the path demand strict attention to footing. Beautiful colors line the stone walls, as well as the stalactites and stalagmites from above and below. The cave was originally formed by the flow of water, and when the water receded, the cave was left. Continuous streams of rushing water cause the cave to grow larger each year.



THE LAND OF GIANTS

It is not recommended to bring food into the park due to the threat of bears; however, food trucks are available to obtain drinks, snacks and meals. Shuttle buses move throughout the park all day long, stopping at all areas. Once you are on the bus, you can get off at any area to explore and hike one of the many paths. Some of the paths are narrow with a steep dropoff at the edge. For that reason, visitors are advised to only hike the paths if they feel they are physically fit and not afraid of heights.

We took the shuttle to the Big Sequoia area, the home of Sherman, the oldest tree in the region but not the largest. Sherman's bark is a beautiful red color and the girth has been measured by a group of 50 people holding hands to surround the base of the tree.

Boarding the shuttle again, we moved on to Moro Rock, a granite dome formation in the center of the park. We climbed the stairway for about a half hour to reach the top for an exceptional view of snow-capped mountains. The stairway was constructed in the 1930's and ends at an elevation of 6,725 feet. It is very narrow and since it accommodates visitors going both up and down, at times people are required to move to the side to let others pass. After a relaxing rest at the top and enough photos to fill an album, we started our descent.

Every now and then I look back through my photos and remember the smell of the redwood trees in the park.



If you are looking for an escape or to become one with nature, I would definitely suggest exploring Sequoia National Park.

Over the course of the day we had heard that many of the resident bears, especially mothers and cubs, could be found at sundown feeding and playing in an area called Crescent Meadow. So, of course, we boarded the shuttle and that was our next destination. Although the area was beautiful, there were no bears to be seen on the day of our visit. After waiting patiently for about an hour, we had to leave. While the shuttles travel continuously throughout the park during the day, their service ends at dusk. Therefore, missing the last shuttle would have meant about a 4-hour hike back to our vehicle. Although we saw numerous deer and evidence of bear in many areas, we never actually sighted any bears in the park.

Part of the Compass Ohio team, Dale Bonebrake, described his take on our day as follows: "If you are looking for an escape or to become one with nature, I would definitely suggest exploring Sequoia National Park. I was in awe of the beauty and size of the majestic redwood trees. We certainly walked many miles exploring the caves and trails, but it was well worth our tired feet at the end of the day."


Bus tours are available if your choice is to explore the park in comfort. Drivers and guides share information and history as you visit the essential sightseeing areas of Sequoia. You can also explore the park on horseback at your own pace. Besides camping and cabins, there are numerous lodges in the area to extend your stay for several days. Back at the park entrance, there is a gift shop with numerous replicas of the sights to remember your visit.

Every now and then I look back through my photos and remember the smell of the redwood trees in the park. A trip through Sequoia National Park is truly an unforgettable experience, and one I highly recommend.

WEIGHT MANAGEMENT

M A D E S I M P L E

By Josh Sample, BA



Did you start the 2020 year off with a brand-new fitness goal to lose weight? Maybe you're still unsure of what this year's goal will be, or decided not to even make one if you relate to any of these, you're not alone. If you've fallen behind or given up on your fitness goal, then you're definitely not alone. Lots of people begin the year with lofty plans and ambitions, and plenty fall short of accomplishing them. For so many people, weight loss is a never-ending desire they strive to achieve year after year.

Whether you'd like to shed that baby weight, go down a pants size, or just look better for summer, weight loss might feel pretty tricky. Luckily, it's not too late. Fitness is a marathon, not a sprint, and there is plenty of time to change your body before summer arrives. In reality, weight loss isn't tricky at all. The reason we fall short of our goal isn't due to a lack of desire, but a lack of knowledge.

Within the world of health and fitness, there's a flood of nutrition guides to help us get that illustrious 6-pack. So many, that it can be overwhelming. My job today is to simplify the basics of what all these plans have in common: caloric awareness. This means that individuals usually aren't aware of how many calories they consume in a day. Think about it; when was the last time you checked the label to see what was actually in the food you are eating? Most of us can't recall. If our goal is to lose weight, how can we expect to do that if we don't even know how many calories we're consuming?

If you were to search the internet for advice on how many calories you should eat, you're already thinking about your health incorrectly. Unfortunately, there is no universal recommendation for how much we should consume on a daily basis. Each individual is unique and has vastly different nutritional

requirements that are dependent on gender, activity level, age, weight, and medical needs (just to name a few).

There is one simple truth. If your goal is to lose weight, then you need to be in a caloric deficit, meaning you need to be consuming less calories than you burn in a day. On the other hand, if your goal is to gain weight, then you need to be in a caloric surplus and consume more calories than you burn in a day. All that is great news, but how will you know how many calories you burn in a day?

There are quite a few ways to measure how many calories you burn. A viable option is to use an activity tracker, or more commonly an app, that will estimate it for you. Accuracy can vary from device to device. A physical heart rate monitor is arguably one of the best and most accurate ways to measure how many calories you burn. Your heart rate indicates how much effort it takes for you to perform a certain activity, and that effort determines the calories you burn. If a heart rate monitor indicates how many calories you burn, it's likely to be more accurate because it's taking your specific heart rate into account.



Unfortunately, your activity level is only a small piece of the equation. Fitness professionals will often say that you can't outwork a bad diet. While staying active is important for a well-balanced life, you must address your diet if you want to see results. Reducing calories and eating healthy options will help you lose weight and keep it off. You can often use the same apps that track your calorie burn to also record the foods you eat. MyFitnessPal and Noom both give caloric breakdowns to track throughout the day, and make it easy to stay on your diet.

If you don't think you can commit to tracking, simply looking at the nutrient value of the foods on your plate can work if you're new to cutting calories. The average person can lose about a pound a week; anything more than that is likely water weight. For example, to lose one pound a week, you should aim for a caloric deficit of 500 calories a day, through both decreasing the calories you eat and increasing the calories you burn. Cutting just 500 calories a day is 3,500 calories a week, resulting in about a pound of fat.

It is imperative to your health journey that you follow these guidelines; however, fixating on a number can be a double-edged sword. While success does come from being in a caloric deficit, not all calories are created equal. The main types of calories that we need to survive are fats, proteins, and carbohydrates. These are called macronutrients and are required in large amounts for us to function. When you're in a deficit, you need to make sure you are not depriving yourself from any of these 3 areas, otherwise you're depriving the body of the nutrients it needs.

Protein is essential for weight loss as it preserves muscle mass. Not consuming enough protein will help you lose weight, but it will come from muscle tissue and not the fat you're trying to lose. Conversely, eating enough protein helps build lean muscle mass. If you don't focus on the quality of your calories, you won't be losing weight in a healthy way.

If I'm cutting 500 calories out of my diet, won't I be hungry all the time? While cutting those 500 calories, it's important to add more healthy alternatives into your diet. Eating more lean protein, healthy fats, and fibrous carbs will fill you up and keep you satiated longer, preventing any unwanted binges or overeating.

Weight can be an intimidating number. Whether you're trying to gain, maintain, or lose, it's important to know your calories, but there's no need to over-complicate it. If you're trying to gain weight, make sure to be in a surplus. If you're trying to maintain, make sure you're burning as much as you consume. If you're trying to lose weight, be sure you're burning more than you consume.

Remember that the most important part of living a healthy lifestyle is being knowledgeable. Know yourself, the foods you're eating, and the ways you can push yourself to be more active. If you can do that, there's no doubt you'll succeed with those 2020 goals. ✨





Discover MOHICAN *in the Spring*

By Laura Weirick

Spring is upon us, bringing new life and new adventure. The Mohican Area will once again be buzzing with visitors from all over. Whether for kids, couples, friends, sports enthusiasts, animal lovers, or nature admirers, there's a little something for everyone.

Mohican State Park and Forest are home to our many recreational trails, including the only IMBA EPIC mountain biking trail in Ohio. Whether hiking, biking, or by horseback, the Mohican trails are full of scenic views and year-round beauty. Nearby Malabar Farm is one of Ohio's most unique and interesting State Parks. Home of Pulitzer Prize winning author, screenwriter, and conservationist Louis Bromfield, Malabar Farm State Park is a true working farm.

We are proud to be home of the Mohican, a state scenic river, that runs along the Wally Road Scenic Byway. Known to be "Ohio's Largest Recreational Complex," the Wally is the heart of our famous camping and canoeing industry.



Visit downtown historic Loudonville and stop in the unique specialty shops or take a day trip to Amish Country where you can tour an Amish home and farm. Walk the shop-lined main streets and be sure to stop and enjoy some baked goods! Visit our area museums, or take in a movie or a play in Loudonville's historic Ohio Theatre. Listen to live entertainment at one of our many local wineries.

Whether you choose to stay a week or a weekend, Mohican Country is home

to many family-owned and award-winning accommodations. From rustic to royal, there are cabins, cottages, tree-houses, a state park lodge and even a castle ready to welcome you.

It doesn't matter if you are exploring the outdoors at one of our State Parks, sipping our local wines or enjoying the day on the river, each day is another chance to find yourself in a really great place, making memories that last a lifetime.

Join us for some fun events:

April 4, 11, 18, & 25 - "Live Birds of Prey" 7-8 pm, Mohican State Park Lodge and Conference Center, 4700 Goon Road, Perrysville, OH 44864

April 11 - Easter Egg Hunt, 1 pm - Kids 12 and under, Pleasant Hill Lake Park, 3431 State Route 95, Perrysville, OH 44864

April 18 - Ladies Night Out, 3-9 pm, Downtown Loudonville

April 18 - Mohican Forget the PR 50K - 50k will begin at 7:30 am and 25k will begin at 9:00 am. See race website for more race information - 50k buckles, race shirts and a meal with

a hot shower available. www.mohican50k.com. Mohican Adventures Campground and Cabins, 3050 OH-3, Loudonville, OH 44842

April 24-26 - Mohican Wildlife Weekend - Multiple Venues - For more information, call 419-994-2519 or visit mohicanwildlifeweekend.com

April 26 - "Animals that Travel with Jack Hanna" - 2-3 pm, Wolf Creek Grist Mill & Museum, 3190 State Route 3, Loudonville, OH 44842

You can find more events on our website: www.discovermohican.com. ✨

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Preparing **Your Boat** for the Season

The second the cold weather lifts and the sun shines again, you can bet it's time to get your pontoon back out on the water. But just like it's important to winterize your boat for storage, you need to make sure you have everything you need to de-winterize your boat. Whether you're planning to fish or relax out on the lake, follow these tips to get your boat ready.

1. Inspect your engine. You want to make sure your engine is in good shape and ready for boating season. Refer to your engine's owner's manual and check the spark plugs on your boat. If there's any rust present, odds are it'll be in your engine. You also want to be sure to change the fuel filter, inspect the fuel line for cracks, and change the

oil. If it has been more than three years since you had a water pump replaced, it would be a great idea to get it done now before the season starts.

2. Give your battery some love and care. A dead battery is a common problem all boaters face. That said, you want to make sure yours is working properly and that it's fully charged before taking your pontoon anywhere. Consider taking your boat to the marina to check the status of your battery. If you can charge your battery yourself, it's recommended to let it charge overnight.

3. Check the hull for cracks. You want to inspect the hull of your pontoon for dents, cracks, or blisters when you take your boat out of storage. If you notice any cracks, make the necessary

arrangements to have them repaired. Wash the dirt and grime that's built up during the winter months away. Wait for your boat to dry before waxing it.

4. Consider installing new gadgets. Once your boat is ready for the water, think about sprucing things up in your pontoon for the upcoming summer months. New boat accessories, lighting systems, or a grill can be a lot of fun. You can even think about investing in a new pontoon for the new season.

5. Make sure all your safety items work and are up to date. Take the time to make sure your lights, bilge pump and all your safety equipment are clean and up to date. ✦

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GOLFERS' PARADISE

is Closer Than You Think

By Lindsey McGlaughlin



Nestled in the stunning Appalachian foothills just two hours from northeastern Ohio, you'll find Oglebay, West Virginia's most popular golf destination offering affordable golf getaways and a multitude of amenities for golfers of all ages thanks to a Cleveland business tycoon who purchased a stately mansion and farmland in Wheeling, WV more than 90 years ago.

To fully appreciate this hidden gem, it's important to have a little background. The resort's property was gifted to the people of Wheeling by Cleveland industrialist Earl Oglebay,

who willed his beloved 2,000-acre Waddington Farm to the people of Wheeling for public recreation. Oglebay died in 1928 and the rest, as they say, is history, as the property would evolve into a major travel destination in the years to come.

Today, Oglebay offers course layouts for golfers of all abilities, including two exceptional 18-hole championship layouts at The Speidel Golf Club designed by the legendary Robert Trent Jones, Sr. and Arnold Palmer. The Crispin course, the resort's 5,600-yard course dating back to 1930, is perfect for warm-up rounds, seniors and



beginners. Plus, guests can enjoy two driving ranges and a family-friendly par-3 course.

Oglebay also offers multiple restaurants and shops, a lake, hiking trails, manicured gardens, museums, an outdoor amphitheater which plays host to national musicians throughout the summer, a 30-acre zoo, and more.

That's right; guests can observe more than 50 species of animals, 20 of which are rare or endangered, at Oglebay's Good Zoo. It's the only zoo in the

state of West Virginia accredited by the Association of Zoos and Aquariums. So yes, you can play a few rounds of golf and visit rare and endangered animals in the same day at the same place.

The Speidel Golf Club pays homage to two golf legends, Palmer and Jones. The newest course at Oglebay is a par-71 championship layout with six par-3 holes, seven par-4 holes and five par-5 holes designed by Arnold Palmer. It ranges in distance from 6,800 yards from the championship tees up to 4,200 yards from the forward tees, and is designed to accommodate golfers of all skill levels. This new layout takes advantage of the existing terrain and with the addition of strategically placed bunkers, attractive mounding and generous greens, the course's unique character was completed.

Oglebay's Speidel Golf Club also features a spectacular course designed by Robert Trent Jones, Sr. Multiple tee placements allow the course to play from 7,000 yards from the

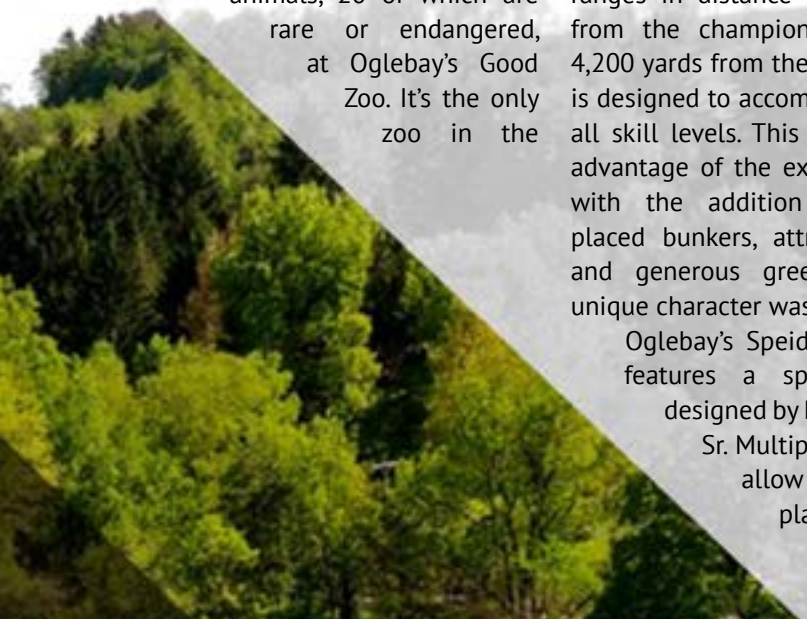
championship tees, to 5,515 yards from the forward tees. Home to the West Virginia LPGA Classic for more than a decade, this course is sure to provoke conversation as well as settle some bets.

Oglebay also features the 18-hole regulation Crispin Course, a nine-hole, par-3 course, and a full-service practice range and short-game area at the Speidel Golf Club.

Overnight accommodations include the inviting Wilson Lodge, recently renovated cottages and spacious estate houses, and a variety of golf packages are available for individuals and groups of all sizes.

"Our superb packages are just the ticket for long days of golf followed by nightly recharging in our comfortable lodging options," says Rodney Haley, Executive Vice President of Operations. "Few destinations offer as much 'bang for your golfing buck' as we do here at Oglebay."

For additional information about Oglebay's golf packages, visit www.oglebay.com/golf or call 877-436-1797. ✦



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By Leo Jennings

Spring is around the corner and SARTA's coming down the road with a bus load of neat features that make public transit a great way to shake off the winter blues. If you're aching to hit the great outdoors, our affordable fixed routes make traveling to parks, bike trails, jogging paths, baseball diamonds and hundreds of other destinations across Stark County a breeze. And here's a bonus: there's never a charge for bringing your bike along on our bicycle rack-equipped vehicles.

Along with the warm weather, here's something else to be excited about this Spring: PinPoint by MyStop, EZfare, and SARTABuzz, our rider tools that make riding SARTA a walk in the park.

Let's start our stroll with PinPoint by MyStop, our enhanced transit info app. Available as a free download for Apple and Android devices, PinPoint by MyStop places control of your trip in the palm of your hand.

To put the app to work for you, visit www.sartaonline.com/sarta-pinpoint-by-mystop and click on the download links or search for "MyStop" in the App Store or on Google Play. Install the app and then click or swipe to plan trips using enhanced Google Search, see multiple routes and buses on your screen, get directions to the bus stop nearest

you, track your bus in real time, select routes/stops as favorites, set reminders so you don't miss your bus, and receive email or text service alerts.

If you're running an older version of PinPoint or are a new user, don't miss the bus; download the new PinPoint by MyStop and take control of your travel today.

Once you've planned your trip with PinPoint, purchase your ticket or pass with EZfare, the free app that makes paying fares and transferring between transit systems incredibly EZ. To experience the benefits of EZfare, visit sartaonline.com/ez-fare and click on the download links or search EZfare in the App Store or on Google Play. When you open EZfare for the first time you'll be prompted to open an account. Once you do, you're just a few steps away from purchasing your fare online.

1. Choose SARTA or another transit system from the menu.
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3. Enter your payment information, we accept debit and credit cards. Your purchase will be placed in your ticket wallet.
4. When it's time to ride, open your ticket wallet, activate your ticket, and show it to your driver.

That's it, you're on your way.

Finally, don't forget to grab SARTABuzz the perfect companion to PinPoint and EZfare. Log onto sartaonline.com/sarta-buzz or text SARTA Buzz to 31996 to sign up and we'll hit you up with the latest buzz, including rider alerts.

So, no matter where you're going this Spring, SARTA can get you there and PinPoint by My Stop, EZfare, and SARTABuzz make traveling a breeze. Want a ride? ✨

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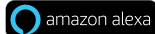


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GET OUT and WORKOUT

By Philip Palmer, BA, CPT, GEI

Spring is in the air, yet in Ohio this might mean there are still some snow flurries along with beautiful chilly days. Even though it isn't shorts and tank top weather, it doesn't mean one has to shy away from doing things outside including workouts and other adventures. There are no perfect days and there are many health benefits to getting outside and doing workouts.

When it comes to working out, research shows numerous health benefits including improvements to cardiovascular health, weight management, an increase of bone strength, reduced stress, and increased sleep quality, just to name a few. These are great reasons to start working out, yet one thing that is rarely discussed is outdoor workouts.

There are many positive benefits to getting outside

as one study showed moving outdoors reduced anger and depression along with improving mood. Exposure to sunlight enhances vitamin D production which might help with the mood enhancement. A 2010 study showed that exercise outdoors near greenery or water boosted self-esteem. Exercising outside doesn't have to be intense or complicated. The same study that showed outdoor exercise improved self-esteem also showed low to moderate physical activity boosted self-esteem the most. Here is a list of simple ways to increase your outdoor activities.



Biking

The Ohio-Erie Towpath Trail, or “towpath” for short, is a hiking and biking trail that follows the path of the former Ohio & Erie canal. It goes from Dover to Cleveland for almost 100 miles of trails. If you don’t have a bike or means to get one to the trail, there are multiple shops along the trail that offer rentals starting from \$6-\$50 depending on the bike and the hours rented. Ernie’s Bike Shop, Brimstone Bicycles, Century Cycles, and Eddy’s Bike Shop offer bike rentals.

If the towpath isn’t your thing or if you don’t want to pay to rent, you can get a free bike rental with your Stark library card. The program called BikeSmart has bikes spread out all over Stark County. Bike rentals are free under 6 hours. Those without a Stark library card can still rent at a cost of \$1 for each 30 minutes. See bike.zagster.com/stark/ for details.

Disk Golf

If you’re feeling competitive, try a game of disk golf. Similar to golf except you use special frisbees as the ball and throw them into metal baskets which are the holes. Disk golf courses tend to involve a lot of walking, cost nothing, and can be found all over the state at

diskgolfscene.com. Some local favorites are Arboretum Spiker Park (Canton), Malone University (Canton), Deis Hill Park (Dover), Hudson Springs Park (Hudson), and Tank’s Run (Massillon).

Hiking

Disk golf courses are usually beautiful places to hike but if you wanted a more traditional hike, check out alltrails.com/us/ohio. Some state favorites include Hocking Hills (Hocking), Cuyahoga Valley National Park (Brecksville), Mohican State Park (Loudonville), Mill Creek (Youngstown), Quail Hollow (Hartville), Slate Run (Canal Winchester), and Brookside Reservation (Cleveland). It might sound morbid but cemeteries usually have paved roads, along with zero mud.

Gardening

According to Urban Farmer, March and April are great times to start planting cool weather vegetables. If you don’t have a garden, joining a community garden can be a great way to meet new people who want to share their knowledge. Also, many of these community gardens offer tools for a small rental fee. You can find all things related to local farming and gardening at localharvest.org.

Bird Watching

If you want to see some of the over 400+ different species of birds, you can find locations all over the state at ohiobirds.org. A few local favorites are Sippo Lake Park (Canton), and Foxfield Preserve (Wilmont).

Dog Walking

When it comes to dog walking, you don’t have to own one. You can get paid to walk dogs on services like Wag and Rover. This could be a great reason to get out and explore new places with a furry friend in tow.

When it comes to getting outside and doing things, I’ve noticed what holds many people back is if they don’t have someone to go with them. Yes, many aspects of life are more fun with someone at your side, yet you never know who you might meet if you’re by yourself. If you don’t want to fly solo, the site MeetUp introduces you to people with similar interests. All the topics I’ve mentioned have local meetups for biking, disk golfing, hiking, gardening, bird watching, to others like pickleball or running. If you have used the excuse that you have no one to go with, that is no longer valid. Have fun and get outside. ✨

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River:

FOLLOW THE

A DRIVE ALONG THE OHIO RIVER SCENIC BYWAY

By Judith Bratten



In 1803, Meriwether Lewis left Pittsburgh with a keelboat filled with supplies and began his journey down the Ohio River to meet William Clark and the crew of the Corps of Discovery, now known as the Lewis & Clark Expedition. The Ohio “Beautiful River” was much shallower then causing the boat to get hung up on “riffles” and requiring Lewis to stop at many of the frontier river towns to get help. Now, over 215 years later, we can much more comfortably follow a similar route by driving the Ohio River Scenic Byway.

Up, down and around the state of Ohio are 27 roads designated as Scenic Byways: scenic routes that have unique historic, recreational, cultural





and natural features. Five have been named National Byways including the Ohio River Scenic Byway that follows the river along the Ohio border and continues into Indiana and Illinois.

From East Liverpool on the eastern edge of the state, the Byway meanders along the Ohio River for 462 miles through 14 counties via St. Rt. 7 south to St. Rt. 52 west to Cincinnati. The Byway offers a road trip experience to please every kind of traveler. Love history? There are museums and historic sites that can be explored including the Museum of Ceramics in East Liverpool, the River Museum in Wellsville, Fort Steuben and the First Federal Land Office in Steubenville, the Great Stone Viaduct in Bellaire, the Ohio River Museum in Marietta, the Southern Ohio Museum (with over 10,000 prehistoric

artifacts) in Portsmouth, the John Rankin House (Underground Railroad site) in Ripley, and the National Underground Railroad Freedom Center in Cincinnati.

Is recreation on your vacation list? Looking to enjoy nature and the great outdoors? The Byway runs through both Wayne National Forest and Shawnee National Forest as well as several state parks, all of which offer trails, biking, water activities, camping, picnicking, and adventure courses. Bikers enjoy the annual Rally on the River in Ironton, while birders can scout out sightings at the Appalachian Birding Trail in Adams County. From Beaver Creek State Park with its national wildlife refuge and nature center, to the rugged splendor of Shawnee State Park in Scioto County, there are numerous natural wonders to

explore just off the Byway. There are also numerous access points along the river for boats and canoes.

Cultural offerings abound with festivals and concerts and art shows throughout the year in the communities along the Byway. In southern Ohio, Portsmouth boasts massive floodwall murals by famed artist Robert Dafford, while further north 25 larger-than-life works of art gave Steubenville the moniker “The City of Murals.” The French Art Colony in Gallipolis presents exhibitions and live performances, while the Fur Peace Ranch in Pomeroy is a pilgrimage site for guitarists. The largest city along the route is Cincinnati which is home to art museums, live music venues and professional theater.

Most of the Ohio River Scenic Byway runs through Appalachia and travelers can explore the unique foods, wineries, breweries and crafts of the region. Farmers’ markets and farm-to-table events present the agricultural bounty of the area as well.

With the dams and locks and development, the Ohio River has changed in the past 200 years since Meriwether Lewis sailed but the beauty of the river and the delightful discoveries that can be made are still available to us today. For more information visit www.ohioriverscenicbyway.org and to keep up on the events that are offered in communities along the Byway through the year, check out www.facebook.com/OhiosRiverTrail. ✨



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A LOFTY ADVENTURE

AT

**RED
ROCK
STATE
PARK**

By Lindy Anastis





One of my fondest memories as a small child is traveling to my grandparents' house and seeing a hot air balloon in the sky. My dad would follow it and often we would get to see it land. Ever since those initial balloon chases, I have loved hot air balloons. My first hot air balloon ride was on September 24, 1985 in a balloon called Alibi piloted by Maury Sullivan of Canton, Ohio. I loved hot air balloons prior to that ride but even more so after that.

In 1986, the Pro Football Hall of Fame Festival added the Balloon Classic to their list of events. This event seems to get bigger and better each year. In the early years, they used observers to follow the balloons and I served an

observer for several years. My husband, Dan, and I became volunteer crew members in 2001 and have continued to crew every year since then. I have attended every Balloon Classic since its inception, whether it be as a spectator, observer or crew member.

Few people realize there are numerous other balloon events in Ohio each year: Ashland Balloon Festival in Ashland, Ravenna Balloon A-Fair in Ravenna, The All Ohio Balloon Festival in Marysville, Flag City Balloon Fest in Findlay and the Ohio Challenge in Middletown, just to mention a few. I have also attended the Albuquerque International Balloon Fiesta in Albuquerque, New Mexico, several times. Events at this annual gathering

include dawn patrol, mass ascensions, special shape glows, fireworks, and the ability to socialize and trade stories with pilots and crews from numerous locations.

In 2009 my husband and I made our longest balloon adventure excursion to attend the 31st International Balloon Festival in Chateau-d'oex, Switzerland. I have crewed for pilots from all over the United States on private, commercial and specialty-shaped balloons.

My second favorite pastime is photography and what better subject is there to photograph than hot air balloons. I have garnered several awards for my photos and have had some of them published in the Balloon Federation of America (BFA) magazine.



Dan and Lindy Anastis

After attending the 2019 International Balloon Fiesta in October, we were excited to go to the Red Rock Canyon area to fly, crew and have fun. We left Albuquerque at 3:30 am and met our group in Gallup, New Mexico, for a quick breakfast. Then, it was on to Red Rock State Park.

Red Rock State Park is the crown jewel of the Gallup Parks and Recreation System. Cradled by spectacular red cliffs formed over 200 million years ago in the age of the dinosaurs, the park combines a glimpse into past civilizations with modern amenities for residents and guests. With its massive, smooth sandstone bluffs and deep canyons, it is the perfect backdrop for the colorful hot air balloons that usually fly there after attending the Albuquerque International Balloon Fiesta.

Arriving at Red Rock State Park, a quick pilot briefing was completed, and it was time to start inflating the hot air balloons. I counted 22 balloons the day

we were there. Pilot Walt Rudy inflated his balloon, Hour Big Bundle of Joy, and his wife, Deb, and I climbed aboard as passengers. Then we lifted off to explore the red cliffs and canyons. We flew in and out of the five fingers that make up the canyons. After exploring from the air, Rudy was able to land our balloon and I was able to get out to take some unforgettable photos.

Before returning to the air, we switched passengers. While the other crew members flew, Deb and I became the chase crew for the balloon. They continued to fly the area and soon it was time to look for a landing spot. However, the winds were starting to pick up and Mother Nature had other plans for us.

The crew was unable to hold the drop lines due to wind conditions, and Rudy was forced to lift off alone to search for a different place to land. After chasing for a while, we lost sight of him. Luckily, a local person had spotted the balloon and was able to lead us to

his landing spot. We eventually located Pilot Rudy and the balloon deflated on the ground. Then began the task of packing the balloon envelope and loading it, along with the basket and the propane tanks, in the van.

The sport of hot air ballooning is not just floating above the earth for a great view. It requires the assistance of a trained ground crew to chase the balloon to its landing area, as well as to pack up and store the balloon and its equipment correctly for travel and future use.

The Red Rock State Park + Hot Air Balloons = Amazing!!! As I got to fly with Walt & Deb, I watched the other balloons inflate, rise and then glide in and out of the red rock canyons. It was one of the most amazing sights and, despite a few bumps along the journey, a perfect way to end our Albuquerque trip with memories that will not be forgotten. ✨



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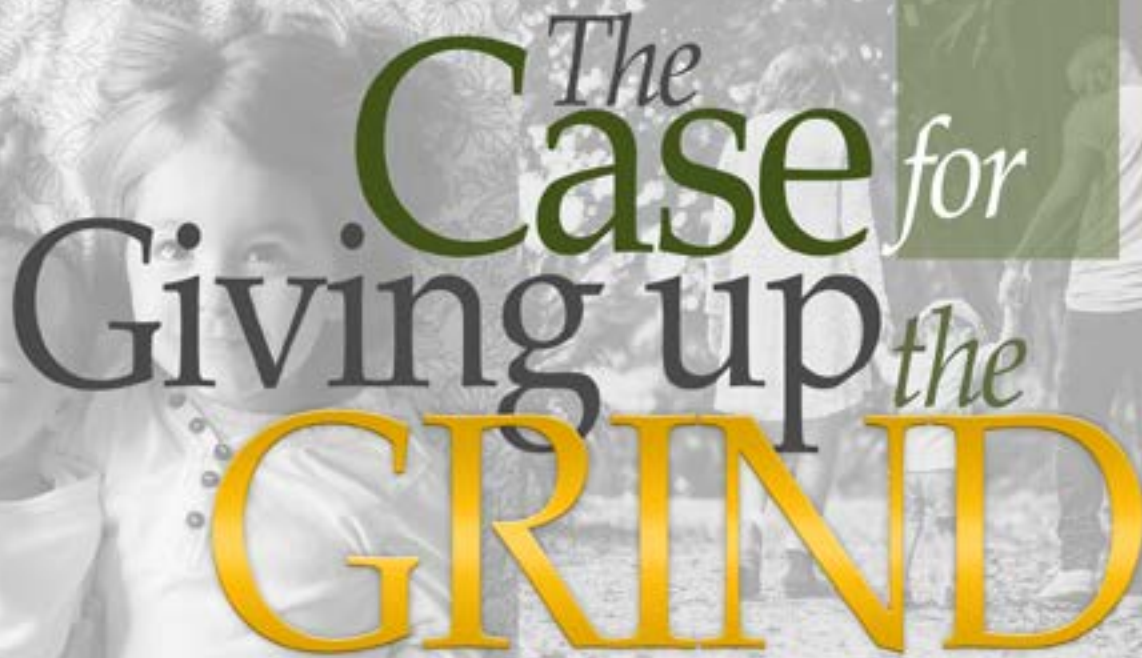
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The Case for Giving up the GRIND

By Rodney Long Jr, LSW, MSSA

Keep grinding. Keep hustling. Sleep when you're dead. We've all heard these trite pithy life mantras about working harder than others. The dream being sold is that if you work hard enough, harder than others, that you too can have it all. There's an idea I've never really understood. Time is a zero-sum game. Every hour spent at work is an hour not spent with your family and vice versa; so, in fact, you literally cannot have it all.

If you choose to make work your priority, that time will not be spent with your family. If you choose to grind for 16 hours a day in hopes that one day it pays off, you might get there. Maybe. But it's much more likely you will not. It's much more likely you will be an average Joe strutting along at his 9-5 and I think accepting that goes a long way. It's not your fault. We're all being sold a dream. A dream that says it's up to you. Just work hard enough and all your dreams will come true. It doesn't usually work that way and I'll share why.

Reason #1 for giving up the grind: You can never really have it all. Life/time is a zero-sum game. Whatever you give in one area of your life, you lose that time in another area of life. I get it. We all want more, want better. Want better houses, better cars, better bodies. Think about that. We're told that if we work hard enough, we can have all that and more. What if it's not true and we're all chasing something we may never get. But let's assume you do get there. That you've hustled for years and it's finally paying off. You have the house and the cars and the perfect body. What now?

What I find is that there are two types of people who want to have it all. People who say they want those things but don't actually have the risk tolerance, patience, or skillset to get there and try anyway. Best case scenario, you place work above everything else for years to chase the dream and it never happens. Worst case scenario, you lose love, friends, and time on your way there.

Here's where all the guys selling you on the dream will tell you that's what it takes to get there. They'll tell you not to worry about what you lose, because if your goal is to be rich, then do what it takes to get there. My point is, the one-percent is the one-percent for a reason. You're probably never going to be in that club.

Reason #2 for giving up the grind: The system isn't designed to let you join that club. Here's where all the rich people come out and say "No, the world is yours for the taking." Just work hard enough and you'll get there. Here's why that's a bunch of crap. Socioeconomic mobility is super difficult. If you're born poor, chances are, you'll remain poor. If you're born rich, there's a good chance you'll remain rich. It's nearly impossible to go from lower-class socioeconomic status to lower-middle-class socioeconomic status, and even more difficult to go from lower-middle-class socioeconomic status to upper-middle-class socioeconomic status, and extremely difficult to move into the upper-class socioeconomic club.



Here's why. Most people are late to the party anyway. If you didn't start saving, investing, and building a crazy work ethic as a teen, chances are that you're not just going to be able to flip on the hustler switch somehow at 35. Now that's not to say it can't happen. Anecdotally, everyone knows someone who has struck it rich later in life because sometimes it works out. And that's the dream. That it will work out. But the system isn't meant to work out in your favor.

Car dealerships make more money on financing deals than they do from actual car loans. If you have poor credit for some reason, no one will loan you \$2,000 for a car, but you'll certainly find lenders out there willing to loan you \$20,000 with a \$400 per month car payment. Why don't rent payments count in your credit score? Why aren't student loans dischargeable in bankruptcy? If you're broke, you'll likely remain in that spot instead of ever moving into the one-percent because you're playing a game that's rigged for

you to lose. Again, that's not to say it can't happen, but do you want to spend your life chasing something you may never get.

Reason #3 to give up the grind: Acceptance goes a long way. We're always on. Always hustling. Always grinding. And for what. The hope that we can have it all. The hope that we move up the ladder. I'm wondering when it's time to stop grinding. Stop chasing. Because what if we did? What if we accepted that the life we have in front of us is the best life we'll ever have? I'm not saying don't try to be better. I think that's something we should all strive for. I certainly hope that I make more money, lose some weight, and have nicer things. But there's a difference between wanting to be better, lose weight, make more money, and have nicer things and obsessing over it. All I'm saying is, what does life look like if you learn to accept the life you have as the best version as opposed to chasing one you may never get.

I don't want anyone to read this and think that I'm saying they shouldn't get better. Be better if you want to be better but no one should feel bad about being happy with what they've got if it works for them. What if the life you have right now is the best version of your life and all that needs to change is your outlook on it? When we stop grinding, we can learn to focus on what we have instead of what we don't.

I think life looks a lot different when we focus on the positives in our life instead of the negatives. The life you have is very likely to be the life you have in the future. There's nothing wrong with accepting who you are and what you have. You don't have to feel bad about the fact that you'll probably never be a one-percenter no matter how hard you work. The sooner you accept that, the sooner you can get to living the life you are meant to have instead of the one you're busy chasing. ✨



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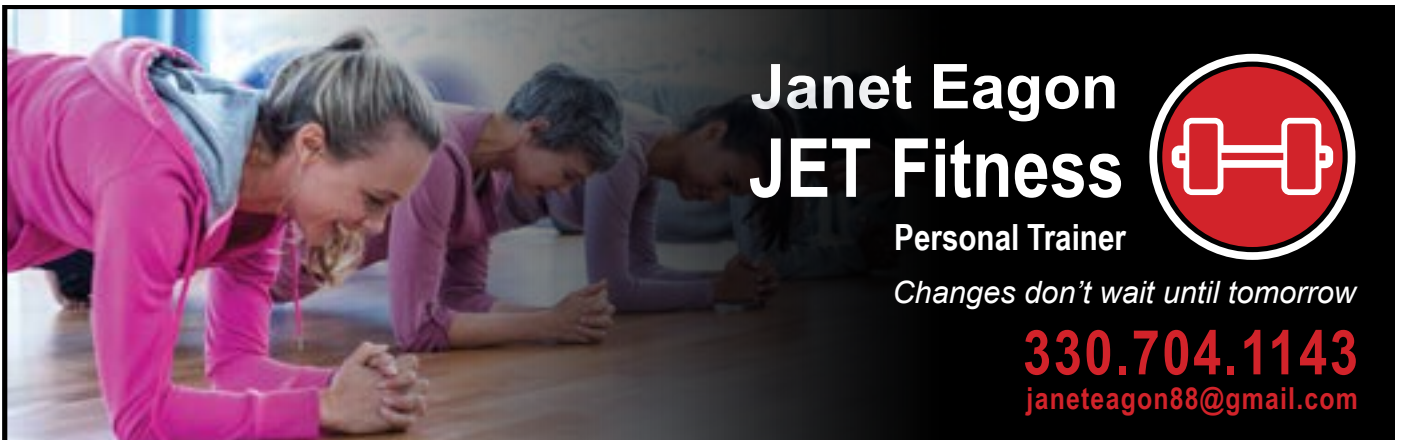



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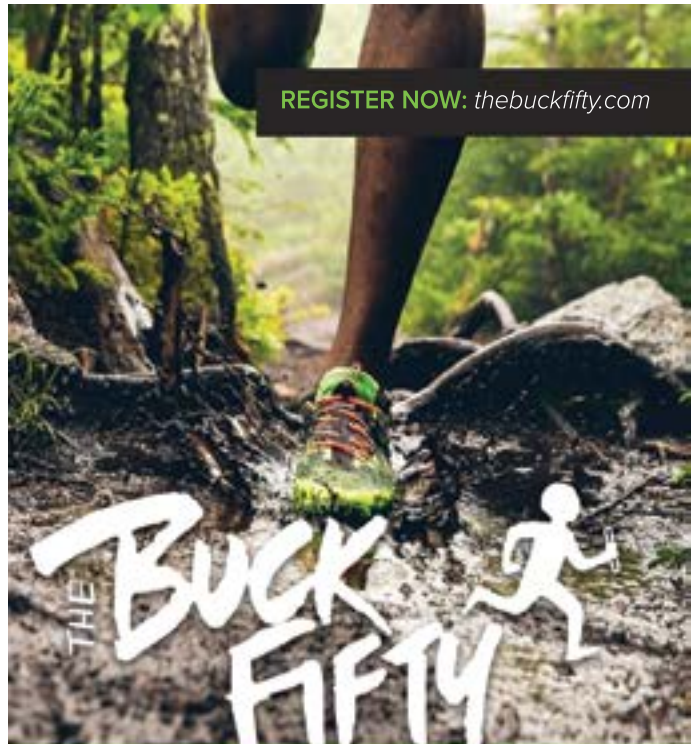
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SMALL TOWN

LONG LEGACY

Because Kidron was never officially incorporated, it doesn't really exist. But don't tell that to the three dozen businesses that are part of the Kidron Merchants Group. From leather work, to building materials, from a museum to the iconic Lehman's, Kidron has a long history of providing services to locals and visitors alike.

The Kidron Merchants meet monthly to highlight activities in the area, and they host Kidron Days June 12 and 13, Made in Ohio Day on Saturday, July 18 as well as a 5K fundraiser in the fall.



PHOTO CREDIT:
JON ZELTMAN

The first ever Kidron 5k

The tiny village of Kidron is home to an outdoor flea market held Thursdays and Saturdays, weather permitting, and, a livestock auction every Thursday – the longest continuously operating livestock auction in the state.



Kidron Auction Grounds

Operating since 1929, Kidron Town and Country offers a full-service grocery, meat counter, produce, restaurant work boots and apparel and bulk foods.

Kidron attracts many of its visitors for its diverse tool shops, especially Lehman's old-time general store, which sell non-electric goods and serves a wide range of customers from local Amish to tourists from around the world who are seeking a simpler lifestyle.



A public museum is located in Kidron at the Kidron Sonnenberg Heritage Center - which includes a genealogy research center.

In addition to operating the museum, the Kidron Community Historical Society is developing a cultural heritage project named Sonnenberg Village, that will demonstrate Mennonite life and culture in the 19th century.

This bustling little town is busy with locals, Amish and tourists, but very quiet on Sunday, when all the businesses are closed.

Family owned and operated business make up the mainstay of Kidron – Gerber Lumber has been in business for over 100 years, Town and Country over 90 years, Lehman's 65 years. That's a lot of history for a tiny little village.

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Breakfast with the Easter Bunny

The Legends of Massillon

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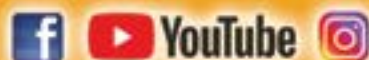


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TIME FOR AN ADVENTURE RIDE

It's that time of year. Everyone is desperate for sunshine and a change of scenery. Playing in the snow and sitting by a fire have lost their charm. Spring weather will be warm and wonderful. Families will be preparing for their first vacation of summer, and Little League practice and soccer leagues will be in full swing.

If you are like me, when you realize you have a weekend or a couple days ahead and there is nothing on your calendar or to-do list, you have a hankering for an adventure. You say to the person close to you, "Let's go somewhere and have an adventure!"

If you haven't planned ahead, and you don't have money to fly to a beautiful beach, can adventures be found in northeastern Ohio? Is there a place to go for a change of scenery? A place with a different pace? An alternate rhythm of life? Yes. I can tell you with confidence, my small hometown is just the place for all of those things.

In the past fifty years, the Village of Walnut Creek, Ohio has changed dramatically and yet, it hasn't changed at all. Neighbors still know their neighbors. The hills are covered with a patchwork of crops and pasture, trees and livestock. Driving along township roads you see early spring flowers and eager gardeners planting potatoes, onions, lettuce and radishes. As soon as possible the farmers



are plowing and preparing for sowing crops. There is excitement in the air as another year of growth breaks open.

Walnut Creek is bursting with adventure. No, it's not the latest movie or the newest electronic game but it just might be the adventure or change of pace you need. My favorite moments of spring? Hearing the spring peepers singing at dusk with the smells of spring everywhere and the greenest green you will see all year. It's the perfect time for an adventure in Walnut Creek.

When people from out of town ask me where they can go to see Amish people and experience our area, I tell them to pick up one of the many maps available and just start driving. No need to worry about ending up in a bad part of town and you'll find the back roads hold all sorts of surprises in cottage industry shops.

My daughter and I have always loved these drives that we long-ago dubbed "Adventure Rides." Sunday afternoon we simply started out and

let the meandering township roads take us wherever they might twist and turn. Those rides never failed to lift my spirits.

If you are suffering from cabin fever or Seasonal Affective Disorder (SAD), come to Walnut Creek and take your own Adventure Ride. If you really need a retreat and a night away is what you're craving, Walnut Creek has hotels, inns, and B&B's offering warm hospitality and a place to regroup. Gather round the table at one of our restaurants or cafes for great food and fellowship. I guarantee you will leave our area in a better frame of mind, ready to take on the last battles between winter and spring.

During my childhood, Walnut Creek was a sleepy little town. Now, it's a bustling village. We love to share everything we have become. You'll find an extensive list of restaurants, inns, shops, and experiences at www.cometowalnutcreekohio.com. What was once a crossroads with a doctor's office, gas station, church, and grocery store,

now has an amazing array of shops and industries, large and small; but it's still my hometown and still just a village.

I've lived in Walnut Creek since I was born. For years I failed to appreciate the blessing of life in this area. It was a friend from Chicago who made me realize how fortunate I am to live in a place enjoyed each year by millions of visitors. It's a little town, but it is full of adventures. Come visit and be sure to go on your own Adventure Ride. ✨

About the author: Vicki VanNatta is employed by Dutchman Hospitality Group. For more information about Walnut Creek, visit the website www.cometowalnutcreekohio.com or e-mail Vicki directly at vickiv@dhgroup.com.

Photos courtesy of Beth Miller, Amy Yoder and Dutchman Hospitality Group.

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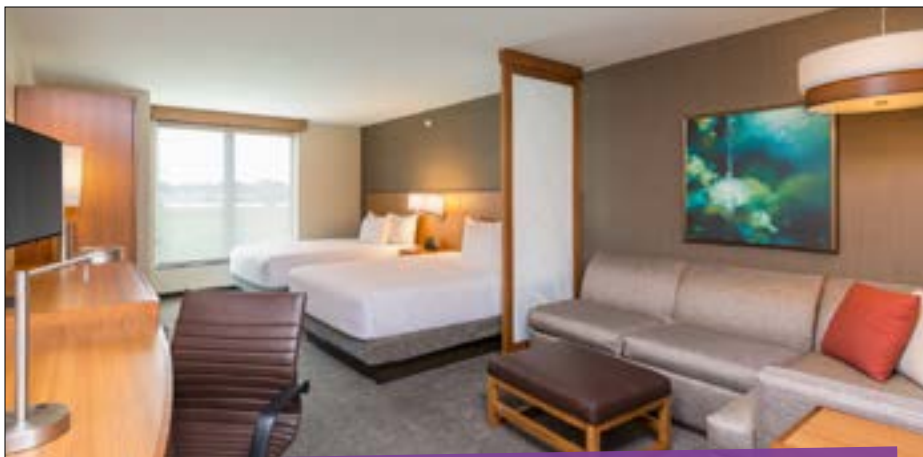
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The Ohio Light Opera

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The Ohio Light Opera is just part of the fun. You might already be aware that Wayne County, Ohio is part of the world's largest Amish settlement and home to Lehman's Hardware, The J.M. Smucker Company Store and Café, Everything Rubbermaid, and P. Graham Dunn. But did you know that the Ohio Light Opera, summer resident opera company of the College of Wooster, also calls Wayne County their home?

Great musicals and operettas are part of the summer lineup. The 2020 Light Opera festival season, which runs June 13 through August 8, opens with the American classic musical "Carousel" by Rodgers and Hammerstein. Also

included in this summer's lineup will be Gershwin's "Let 'Em Eat Cake," Adler & Ross' "Damn Yankees," Gilbert and Sullivan's "The Gondoliers," and "Patience." Rounding out the summer schedule are "Voyage to the Moon" and "The Mock Marriage."

Wayne County has so much to offer. Over 20,000 patrons from across the country and around the world, come to Wooster for the Ohio Light Opera performances in the intimate confines of Freedlander Theater each summer. Theatre-goers find the matinee performances fit in well with local restaurants that offer upscale dining and still leave time for sightseeing

and shopping. Evening performances can be followed by wine pairings or decadent desserts and coffee. Hotels, Inns and Bed and Breakfasts offer special packages that include show tickets, gourmet breakfasts, lunches and dinners.

Discover our charming villages. While visiting our area we invite you to discover our many shopping areas such as the charming Main Street Wooster, or the popular shops of Amish Country in Kidron, Shreve and Fredericksburg. Spend the afternoon in the quaint village of Smithville or Orrville, the home of those famous Smucker's jams and jellies.

Summer events to experience while visiting us:

June 13-14	Quailcrest Farm Spring Garden Fair	Wooster
June 18-20	John Deere Eastern National Expo	Wooster
June 20	Troutman Vineyards Summer Solstice	Wooster
June 27	Lehman's Country Living Workshop	Kidron
July 16-18	Texas Longhorn Cattle Show	Wooster
July 23	Taste of Downtown	Wooster
July 23-25	North East Ohio Quilt Show	Wooster
July 31-Aug 1	Ohio Mennonite Relief Sale	Wooster
Aug 13-15	Lincoln Highway "Buyway" Yard Sales	Lincoln Highway
Aug 14-15	Lions Rib & Music Fest	Orrville
Aug 14-15	Celtic Festival	Wooster

We invite you to visit us this summer and find out what makes Wayne County so special. Additional information about the Ohio Light Opera is available by phone 330-263-2345 or online at ohiolightopera.org or by contacting the Wayne County Convention & Visitors Bureau at 800-362-6474 or online at wccvb.com. ✨

Article courtesy of Wayne County Convention and Visitors Bureau.



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TEN
GREAT

RACES



IN OHIO

By Breanne Bakan

Living in the great state of Ohio, we are fortunate to have hundreds of races to participate in. Whether you are a road runner or trail runner, run longer or shorter distances, Ohio has a race for you. Most months out of the year are packed full of races, often boasting prize money or participant awards, and frequently benefitting a local cause. This can make choosing a race a little overwhelming, so we picked out our ten favorite ones. See how many of them you can check off this year.

Pro Football Hall of Fame

April 25 & 26, 2020 - Canton

Come and celebrate the 100th anniversary of the National Football League by participating in the marathon, half marathon, team relay, or 5k. This race is family friendly, benefits the community at large, and focuses on a local charity. Check out the Pro Football Hall of Fame while you're here and show off your ring-shaped finishers medal.

Cincinnati Flying Pig Marathon

May 3, 2020 - Cincinnati

This race isn't just a race, it's the largest weekend party in Cincinnati. The party starts on Friday and goes all the way until Saturday. With options ranging from a 5k, 10k, half marathon, full marathon, relay races, and kids' races, this event truly has something for every distance runner.

The Big Run

June 3, 2020 - Lewis Center, Upper Arlington, Worthington

This race is unique because it's not just taking place in Ohio -- it's a nationwide event. June 3 is Global Running Day, so Fleet Feet partnered with Brooks and Nuun to celebrate and host 5ks across the country. All results from the certified races will funnel into a national leaderboard to determine the fastest runners and age groupers in the country with some pretty exciting cash prizes. Ohio features Lewis Center, Upper Arlington, and Worthington as its own race locations.

Van Wert 4 Mile

July 11, 2020 - Van Wert

This race kicks off in beautiful downtown Van Wert and boasts a flat and fast course. Featuring the traditional 4 miler, a "border battle" between teams, as well as kids' races, this popular event attracts athletes from all over Ohio and nearby states. Stick around after the race for a post-race party that features duck races, live music, beer tent, food, and fun.



**Guardian Mile
August, 2020 - Cleveland**

If longer distances aren't for you, look no further than the Cleveland Guardian Mile. This race takes place across the iconic Hope Memorial Bridge, flanked by the Guardians of Transportation. The Guardian Mile features an elite section with professional runners from all over the world as well as an exciting post-race party. If you are looking to test your speed or push yourself in a unique race, then this race is for you.

**Cleveland Beer 5k
September 5, 2020 - Cleveland**

The Beer 5K is an event that celebrates everything local. Local running, local drinking, and local charities. This event brings together area microbreweries and the running community to enjoy a fun, athletic event with a relaxing beer tasting after party.

**Youngstown Peace Race 10k
October 11, 2020 - Youngstown**

Founded in 1975 by Youngstownian runner and activist Jack Cessna, this race was created in an effort to bring athletes together for a day of friendship, understanding, and competition. It has hosted renowned athletes from all over the world and still accomplishes Cessna's vision today. The race winds through scenic Mill Creek Park at the height of its fall foliage before ending in downtown Youngstown.

**Allstate Hot Chocolate 15k/5k
November 22, 2020 - Columbus**

Did someone say chocolate?? This course features "sweet stations" -- that means you don't have to wait until the finish to enjoy some hot chocolate or other tasty goodies. Along with a finishers medal, all participants get a hot chocolate goodie bag. This race can't get any sweeter.

**Western & Southern
Thanksgiving Day Race
November 26, 2020 - Cincinnati**

Celebrating its 110th anniversary last Thanksgiving, this race claims the title of oldest road race in the Midwest. If you're looking to shake up your turkey trot, join the over 8,000 competitors this year in Cincinnati.

**Jingle Bell 5k Run/Walk
December, 2020 - Cleveland**

Just because it's winter, doesn't mean you can't have fun outside. Join the Arthritis Foundation in Cleveland in your favorite holiday costume and run (or walk) for a cure. This race is a great way to have some fun while doing good -- 100% of registration proceeds go to a great cause. ✨





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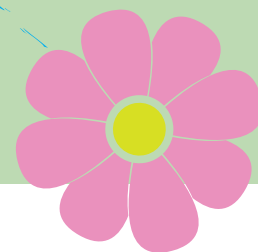
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Spring INTO ACTION



WITH
Cleveland Metroparks

By Jessica M. White

Spring in Cleveland Metroparks Emerald Necklace brings warmer weather, the return of golf season and the blooming of spring wildflowers. This spring there's so much to experience across the Park District including unique indoor and outdoor programming, a celebration to mark 50 years of conservation and the opening of the Daniel Maltz Rhino Reserve at Cleveland Metroparks Zoo.

What's New at Cleveland Metroparks Zoo

Cleveland Metroparks Zoo is hosting a conservation celebration on April 18 to mark 50 years of Earth Day and positive action to protect our planet. Party for the Planet offers guests a chance to meet animal keepers, view animal enrichment demonstrations, enjoy a dance party and experience hands-on activities to help connect with the natural world. Come and celebrate

Earth Day and conservation on April 18 from 10 am to 2 pm.

In late Spring, the significant expansion of the Zoo's Eastern black rhinoceros' habitat will open. The Daniel Maltz Rhino Reserve will be twice the size of the previous rhino habitat.

The expansion will consist of an additional indoor rhino barn, as well as several new complexities within the habitat for the rhinos including overhead shade and misting areas, a mud wallow, vegetation and rubbing posts. The expansion also includes a new and significantly larger and fully accessible viewing deck for guests.

Earlier this year, Cleveland Metroparks Zoo and Cleveland Zoological Society announced that in honor of Daniel Maltz's gift, the Reserve will be named after him. Equally generous support from The Walter E. and Jean C. Kalberer Foundation will fund the project's Walter Kalberer Bull Barn and Jean Kalberer Rhino Yard.

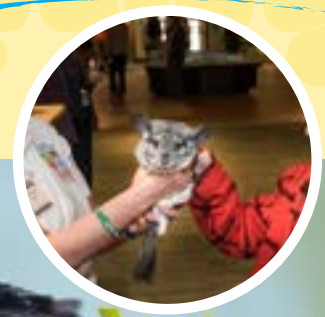
Spring is also a perfect time to visit other highlights in the Zoo's African Savanna destination. The Ben Gogolick Giraffe Encounter offers guests a chance to handfeed Masai giraffe. Guests can also see the Zoo's lion pride and much more.

Spring Bird Walk Series

Each spring Cleveland Metroparks celebrate the oldest Greater Cleveland Area citizen science tradition, Spring Bird Walk. Watch migratory birds return or travel through the area towards their summer breeding grounds during the 87th Annual Series of Spring Bird Walks.

Walks are led by experienced birders and will be held on Sundays, April 12, 2020, through May 17, 2020, from 7:30-10:30 am. Sightings from this series contribute to the understanding of local bird populations. Bird species are counted and recorded, and the data is stored both on eBird, an online database of bird observations, and at the Cleveland Museum of Natural History.

This is a great way to improve your birding skills as the walks are led by experienced birders and designed to accommodate participants from beginners to advanced. These walks are held in 17 locations throughout the Greater Cleveland area.



World Water Celebration Day

On Saturday, March 21, grab your passport and head to Watershed Stewardship Center to learn how clean water is impacted by climate change worldwide. From noon until 4 pm, try traditional crafts, listen to folk music, and enjoy ethnic food tastings. Free wagon rides and parking shuttle provided. In partnership with Northeast Ohio Regional Sewer District and West Creek Conservancy.

Experience Maple Sugaring

Maple sugaring season is a sweet sign that spring is on the way. On weekend days at Maple Grove Picnic Area, (Rocky River Reservation) March 1 - March 15, guests can walk through time to see the sap-collecting methods and syrup-making processes used by the American People, settlers and modern sugar farmers. Watch

sap boil into maple syrup and then sample it atop a mini pancake. Guided hikes start at 10 am and leave the sugarhouse every 30 minutes with the last hike at 2:30 pm.

Groups may be accommodated on weekdays by appointment only, call 440-734-6660 for information.

Book Your Tee Time

The golf season is officially in “full swing”. Cleveland Metroparks offers the perfect opportunity for golfers of all ages and skill levels with its eight courses located conveniently throughout Cuyahoga County. The courses offer golfers a series combination of 144 holes of recreational opportunities from championship layouts at Manakiki and Sleepy Hollow to the sporty par 29 tracts at Washington to Seneca with its 27 scenic holes courses.

In addition to the varied courses across Northeast Ohio, Cleveland Metroparks also offers golf lessons for golfers of all ages and skill levels. Cleveland Metroparks 2020 Academy of Golf program includes a variety of lessons for both adults and juniors including clinics on short games, putting, bunkers and more. Academy of Golf Programs for the 2020 season will begin in April and continue to October.

For all opportunities to explore spring in Cleveland Metroparks visit clevelandmetroparks.com. ✨



Celebrate 50 years of conservation with the opening of the Daniel Maltz **Rhino Reserve** at Cleveland Metroparks Zoo.

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WEST COAST TRAIL



The new year is all about making resolutions, so why not go for something really big this year? We've put together a 2020 hiking bucket list with some of the most incredible hikes in the world. Since these hikes span different continents, you may realistically only be able to plan one of these trips this year. But these are some of our favorites and should give you a great place to start on planning this year's adventures.

CAMINO de SANTIAGO

Camino de Santiago, or the “Way of Saint James,” is a series of Catholic pilgrimages leading to a shrine of Saint James that dates back to Medieval Europe. This hike is not for the faint of heart or those looking for a casual hike. This is something to really plan for and turn into the trip of a lifetime.

MOUNT RAINIER

Mount Rainier is a Washington icon that ascends to 14,410 feet above sea level. It is an active volcano and is considered one of the most dangerous volcanoes in the world. Mount Rainier is also the most glaciated peak in the contiguous United States.

GRAND CANYON RIM TO RIM

Maybe you’ve already been to the Grand Canyon, but this is the ultimate Grand Canyon hiking experience going from one rim of the canyon to the other. The rim to rim hike is nearly 24 miles long and takes you below the level of the rim and across the Colorado River.

FITZ ROY

The hike to Fitz Roy is the most popular choice for hikers visiting Patagonia. The hike to the base of Fitz Roy is very long but easy, and the ascent to the lagoon is very challenging. There’s something for all levels of hiking ability around Fitz Roy.

OVERLAND TRACK

The Overland Track is an Australian bushwalking track that spans Cradle Mountain-Lake St. Clair National Park and the Tasmanian Wilderness World Heritage Area. It’s a 40-mile hike from Cradle Mountain to Lake St. Clair that attracts over 9,000 people each year. Australia has so many great hiking spots to explore, and the country could use your help protecting their beautiful land from the raging bushfires. Please consider donating to WWF’s Australian Wildlife and Nature Recovery Fund.

SIERRA HIGH ROUTE

If just seeing the Sierra Nevada isn’t enough for you, you can actually hike through it and soak in all the sights along the way. This 195-mile cross-country trekking route is a big undertaking, especially because most of the High Route is off-trail.

DRAGON’S BACK

Dragon’s Back is a ridge in southeastern Hong Kong Island, which is also the last leg of the Hong Kong Trail. This trail was selected as one of the world’s 23 best trails by CNN in 2019, so that should tell you that this is a must-see.

TAHOE RIM TRAIL

This 165-mile long distance hiking trail forms a loop around the Lake

Tahoe Basin, which covers areas in both California and Nevada. Although the trail is open year-round, the ideal hiking season is July through September to avoid the harsh winter storms.

WEST COAST TRAIL

The West Coast Trail is a 47-mile backpacking trail that follows the southwestern edge of Vancouver Island in British Columbia, Canada. The trail was built in 1907 in an effort to help rescue shipwrecked survivors along the coast. People typically take five to seven days to backpack along this route that spans rainforests, beaches, steep ladders, heavy mud, and whatever else the West Coast has to throw at you.

TOUR du MONT BLANC

The Tour du Mont Blanc is one of the most popular hikes in Europe, and one of the best in the world. This hike spans France, Italy, and Switzerland, and takes several days to complete. You can choose to camp along the way, or there are also plenty of accommodations to choose from so you can carry a lighter pack. ✨

Article courtesy of Appalachian Outfitters.

CAMINO DE SANTIAGO

TOUR DU MONT BLANC



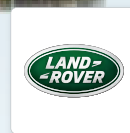
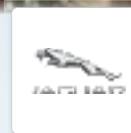
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