



Mayfield Heights

TREK



WARS

Parks & Recreation

“Somewhere between the start of the trail and the end is the mystery of why we choose to walk.” - Anon

Intimidated by walking clubs, but like to explore? Like the idea of walking trails but don't know how to get started? Are you an experienced walker and like to take creative pictures? Want a reason to get out of the house all year long? Research shows that walking leads to a healthier life style. Now you can explore new trails, reconnect with old trails, and feel better about yourself while discovering the wonders of nature.

The City of Mayfield Heights Parks and Recreation Department has created a free walking program—Trek Wars—for every level of walker. Our department has worked with the Metro Parks to bring you a list of trails and some untapped landmarks in the area that you can walk at your own leisurely pace.

Would you like more benefits to becoming healthier and seeing some beautiful scenery? With this year long free walking program, you can earn points based on the amount of miles you have logged; how many trails you have completed; and how many pictures you post to our Facebook page. Take the opportunity to adventure out in the Cleveland winter, or log in miles at our indoor track or one of our treadmills at the Wildcat Sport & Fitness. Turn those walks and hours of gazing at nature into another added benefit, incentive based prizes. *(Go to our website or stop in our office for more information on the prizes.)*

Upon signing up for the free walking program, you will be given a journal to log your miles in, a checklist of trails in the Cleveland Metroparks, Lake Metroparks, & Summit Metro Parks, and mileage to certain landmarks that you can “walk” to without ever leaving the state.

To register stop into the Parks and Recreation Department in City Hall. You may also sign up over the phone and receive your start up packet in the mail.

Don't let the mystery fade away. Go out and seek a new mystery all year long, and see why the world chooses to walk.



“Somewhere between the start of the trail and the end is the mystery of why we choose to walk.” - Anon

The beginning of your journey starts with the first step.

You have decided to take the first step. Whether you are an experienced trail walker, or literally taking your first trail walk, you should be commended for your initiative. The Mayfield Heights Parks and Recreation Department wants to commend you as well, and get you off and on your way.

Here is how the Trek Wars program works:

- Pick a trail
- Walk said trail
- Log walk
- Earn points
- Redeem points for prizes

Simple. You have already started your journey, so let us help you. There are 5 ways to earn points:

1. Points per mile logged
2. Checking off a % of each Metro Park Trail Guide
3. Checking off a % of highlighted landmarks
4. Posting pictures of you on or at each trail or landmark to our Facebook page
5. “Walking” to predestined locations.

Mayfield Heights

TREK



WARS

Parks & Recreation

You are not limited to using just the amazing Metro Park systems we have in Ohio. Take this as an opportunity to explore the state of Ohio. Take this as an opportunity to explore as much as you can! Just aspire to explore. We will get you started. In the following pages there will be trails and landmarks to help you map out your destinations. But, back to the points and how to start earning.

1. Mileage

Earn 1 point for every mile you log in

2. Metro Park Trail Guide

Earn 10 points for completing 80% of each Metro Park Trail Guide

Ex./ Complete 80% of Cleveland Metro Park Trails = 10 Points

Complete 80% of Summit Metro Park Trails = 10 Points

3. Highlighted Landmark

Earn 10 points for completing 80% of Landmark Guide

4. Post a picture to Facebook

Earn 1 point for every picture you post to our Facebook page using the #TrekWars

Like our page (City of Mayfield Heights Parks & Recreation) to post

5. Become a Renowned Traveler

Earn 5 points for completing each of the walking distinctions on your way to being a World renowned traveler.