

## 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 15-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/assetportfolio/downloads/WalkingFunFacts-2015.pdf>



## Additional Information!

For directions and maps for Carroll County park trails, visit [ccrecpark.org](http://ccrecpark.org).



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

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_



## 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

2500 Cape Horn Rd, Hampstead, MD 21074

Trail Length= 1.05 miles (Paved)

**What color is the play area?**

### 2. Deer Park

637 Deer Park Road, Westminster, MD 21157

Trail Length= 1.2 miles (Paved)

**What color are the dog waste bins?**

### 3. Freedom Park

100 Raincliffe Road, Sykesville, MD 21784

Small Loop Trail = 0.7 miles;  
Large Loop Trail = 1.2 miles (Paved)

**How many pavilions are at Freedom Park?**

### 4. Gillis Falls Recreation Area

2512 Grimville Road, Mt. Airy, MD 21771

Total Length of Trails= 4.0 miles (Natural Surface)

**What recreational center is at the start of this trail?**

### 5. Hashawha & Bear Branch Nature Center

300 John Owings Road, Westminster, MD 21158

Total Length of Trails= 13.5 miles (Natural Surface)

**What is the name of the trail with public parking?**

### 6. Krimgold Park

5355 Woodbine Road, Woodbine, MD 21797

Trail Length= 1.25 miles (Paved)

**What is the name of the playground at the entrance of the park?**

### 7. Leister Park

4134 Black Rock Road, Hampstead, MD 21074

Trail Length= 1.56 miles (Paved)

**What unique game can you play at Leister Park?**

### 8. Bennett Cerf Park

544 Manchester Road, Westminster MD 21157

Trail Length= 0.77 miles (Paved)

**How many swings are at Bennett Cerf Park?**

### 9. Piney Run Park

30 Martz Road, Sykesville, MD 21784

Trail Length= 10 miles (Natural Surface)

**Who was the sculptor of the Great Blue Heron sculpture and when was it installed?**

### 10. Sandymount Park

2250 Old Westminster Pike, Finksburg, MD 21048

Total Trail Length= 1.38 miles (Paved)

**How many pine trees are on the playground?**

### 11. Union Mills Recreation Area

220 John Owings Road, Westminster, MD 21158

Trail Length= 12.5 miles (Natural Surface)

**What can you ride along the trails at Union Mills Recreation Area?**

### 12. Westminster Community Pond

30 College View Boulevard, Westminster, MD 21157

Trail Loop = 0.5 miles;

Trail to Snowfall Way = 0.3 miles (Paved)

**Whose name is on the plaque on the benches located on the pier?**