



## Walking Events Community Health Improvement Plan

### Ongoing Walking Programs

DATE/TIME	PROGRAMS	INFO
<b>Tuesdays and Thursdays</b>  <b>@ 8:30 – 10 AM</b>	<b>Your Walking Club</b> 3385 Princeton Road Fairfield Township, OH 45011 # 513-770-0273	Beginning September 4, join 'Your Walking Club' at Bridgewater Falls, behind the WG Kitchen & Bar space. A certified personal trainer from the East Butler County YMCA will be on-site to encourage, teach and motivate walkers. <a href="https://www.shopbridgewaterfalls.com/walking-club/">https://www.shopbridgewaterfalls.com/walking-club/</a>
<b>2nd Wednesday of every month</b>  <b>@ Noon</b>	<b>Walk with a Doc</b> Mercy Fairfield Healthplex 3050 Mack Road Fairfield, OH 45014 Contact: Jennifer Lipke # 513-870-7370	A walking program for everyone interested in taking steps for a healthier lifestyle. Local physicians walk with the group and answer questions along the way. No rules or special gear required, just a pair of comfortable shoes. Walk alone, with friends, a partner, family or bring a group. All abilities welcome. <a href="https://walkwithadoc.org/our-locations/fairfield-oh/">https://walkwithadoc.org/our-locations/fairfield-oh/</a>

### Walking Parks and Trails

PARK/TRAIL	LOCATION	INFO
<b>Bicentennial Commons at a Glance</b>	100 South Carmody Boulevard Middletown, OH 45044	An 11-acre park that overlooks the Great Miami River. Features include a brand new River Center, AK Pavilion, a portion of the Great Miami River Trail, a scenic overlook, and brick paver walkways. <a href="https://www.yourmetroparks.net/experiences/walk-run-bike-trails">https://www.yourmetroparks.net/experiences/walk-run-bike-trails</a>
<b>Elk Creek</b>	5580 Elk Creek Road, Middletown, OH 45042 GPS Coordinates: 39.527586, -84.467233	This beautiful natural setting provides views of the wooded hills and rolling meadows forming the walls of the creek valley. The open lawn areas of the park serve as recreation space with shelters and playgrounds. Hiking trails are routed throughout the woods and along Elk Creek, which runs the length of the park. <a href="https://www.yourmetroparks.net/experiences/walk-run-bike-trails">https://www.yourmetroparks.net/experiences/walk-run-bike-trails</a>



<b>Forest Run MetroPark</b>	1810 New London Road, Hamilton, OH 45013 GPS Coordinates: 39.373802, -84.628957	Located in Ross Township, bordering the City of Hamilton. Consists of 342 acres with three areas for recreation. Includes a variety of natural landscapes and habitats with opportunities for mix of outdoor activities. <a href="https://www.yourmetroparks.net/experiences/walk-run-bike-trails">https://www.yourmetroparks.net/experiences/walk-run-bike-trails</a>
<b>Four Mile Creek MetroPark</b>	2385 Treiber Road Hamilton, OH 45011 GPS Coordinates: 39.449975, -84.537805	Joins Seven Mile Creek and empties into the Great Miami River, just north of Hamilton. Includes one open recreation area with access to trails and fishing. A second recreation area, Sycamore Bluffs, is open for creek access only. <a href="https://www.yourmetroparks.net/experiences/walk-run-bike-trails">https://www.yourmetroparks.net/experiences/walk-run-bike-trails</a>
<b>Indian Creek MetroPark</b>	6500 Springfield Road Oxford, OH 45056 GPS Coordinates: 39.439366, -84.768036  1899 Oxford-Reily Road (SR 732), Oxford, OH 45056 GPS Coordinates: 39.364225, -84.627429	Encompasses four separate recreation areas with five park entrances. Scenic natural banks and historical sites provide opportunities for play, picnics, hiking, and exploring the natural flora of the waterway. <a href="https://www.yourmetroparks.net/experiences/walk-run-bike-trails">https://www.yourmetroparks.net/experiences/walk-run-bike-trails</a>
<b>Chrisholm MetroPark</b>	2070 Woodsdale Road Trenton, OH 45067 GPS Coordinates: 39.444057, -84.461717	Nestled along the north shore of the Great Miami Riverway, in Madison Township. The 135-acre park celebrates elements of the county's agricultural heritage, as well as, the natural areas along the river that facilitate healthy habitats for wildlife. <a href="https://www.yourmetroparks.net/docs/default-source/park-map/chf.jpg?sfvrsn=70204bea_0">https://www.yourmetroparks.net/docs/default-source/park-map/chf.jpg?sfvrsn=70204bea_0</a>
<b>Dudley Woods MetroPark</b>	5591 Hankins Rd Liberty Township, Ohio 45050	A small park with a dirt trail following the Gregory Creek. A short, easy walk that creates a soothing natural environment. The head of the trail is the Gregory family cabin, one of the founding families in Liberty Township. Includes a nice covered shelter. <b>Parking pass required.</b> <a href="https://www.liberty-township.com/616/Dudley-Woods-Park">https://www.liberty-township.com/616/Dudley-Woods-Park</a>



<b>Gilmore MetroPark</b>	7950 Gilmore Road Hamilton, OH 45011	Designated a “Watchable Wildlife” by the Ohio Dept. of Natural Resources, and as an “Important Birding Area” by Audubon Ohio. Not far from the airport, the head of the trail is plastic decking that goes through the water, giving a great view. An easy walk and a memorable place to visit. <a href="https://www.yourmetroparks.net/parks/gilmore-metropark">https://www.yourmetroparks.net/parks/gilmore-metropark</a>
<b>Governor Bebb MetroPark</b>	1979 Bebb Park Lane Okeana OH 45053	Includes a Pioneer Village that has the cabin where the Governor Bebb, the 19th Governor of Ohio, was born. Explore the several trails in wooded areas and valleys. <a href="https://www.yourmetroparks.net/parks/governor-bebb-metropark">https://www.yourmetroparks.net/parks/governor-bebb-metropark</a>
<b>Hueston Woods State Park</b>	5201 Lodge Road College Corner, OH 45003	A stroll along Acton Lake will take your breath away. Explore the limestone and shale bedrock the park, where ancient marine life fossils can often be found. <a href="http://parks.ohiodnr.gov/huestonwoods">http://parks.ohiodnr.gov/huestonwoods</a>
<b>Rentschler Forest MetroPark</b>	5701 Reigart Road Fairfield Twp, OH 45011	Contains a beautiful trail that follows along the Great Miami River. The paths take you through prairie land and forest. The Wetland loop features a great view of the river. <a href="https://www.yourmetroparks.net/parks/rentschler-forest-metropark">https://www.yourmetroparks.net/parks/rentschler-forest-metropark</a>
<b>Voice of America MetroPark</b>	7850 VOA Park Dr. West Chester OH 45069	This 435-acre park features a 35-acre lake with nine miles of combined paved and natural trails. <b>Park permit required.</b> <a href="https://www.yourmetroparks.net/parks/voice-of-america-metropark">https://www.yourmetroparks.net/parks/voice-of-america-metropark</a>
<b>Woodsdale Regional Park</b>	1917 Woodsdale Road Trenton, OH 45067	A short trail in the Butler County Parks system with stunning forest views. Recreation available includes geocaching, hiking options from easy to difficult and lot of opportunities for bird watching. <a href="https://www.yourmetroparks.net/parks/chrisholm-metropark/woodsdale-regional-park">https://www.yourmetroparks.net/parks/chrisholm-metropark/woodsdale-regional-park</a>
<b>Wetlands Park</b>	East: 6950 LeSourdsville West Chester Road West: 6906 Van Gorden Road	Natural beauty abounds along the paved and chipped trails of this park - perfect for jogging, biking or just an afternoon stroll. Four unique ponds offer a variety of habitats for wildlife, including wetlands. <b>An Ohio Fishing License is required for all persons over 16 years of age.</b> <a href="http://www.liberty-township.com/Facilities/Facility/Details/Wetlands-Park-10">http://www.liberty-township.com/Facilities/Facility/Details/Wetlands-Park-10</a>



### Walk/Run Races

DATE	RACE	INFO
Jan 20 <sup>th</sup> , 2019	<b>Winter Wonderland Run</b> Fernbank Park 50 Thornton Road Cincinnati, OH US 45233	Located across from Saylor Park. Registration opens at Noon and race is at 1:00 PM. <a href="https://localraces.com/events/cincinnati-oh/winter-wonderland-run">https://localraces.com/events/cincinnati-oh/winter-wonderland-run</a>
Feb 16, 2019	<b>OhioRuns.com Cocoa Classic 5K</b> 7850 VOA Park Dr. West Voice of America Metro Park Cincinnati, OH US 45069	Everyone gets a rice crispy treat, chocolate covered pretzel & of course hot chocolate at the finish line! <a href="https://localraces.com/events/west-chester-oh/cc-ohioruns-com-cocoa-classic-cincinnati-5k">https://localraces.com/events/west-chester-oh/cc-ohioruns-com-cocoa-classic-cincinnati-5k</a>
Feb 17 <sup>th</sup> , 2019	<b>Middletown Street Striders Sweetheart Shuffle</b> Atrium YMCA 5750 Innovation Dr Franklin, OH US 45005	Celebrate Valentine's Day with a 5k Race Celebrating. Individual and Two-Some Results. <a href="https://localraces.com/events/franklin-oh/middletown-street-striders-sweetheart-shuffle">https://localraces.com/events/franklin-oh/middletown-street-striders-sweetheart-shuffle</a>
March 9 <sup>th</sup> , 2019	<b>The Shamrock Shuffle</b> 9363 Centre Pointe Dr West Chester, OH US 45069	A 5k/10k Race and Community Block Party, hosting more than 5,000 attendees on The Square at Union Centre. Proceeds support the Community Foundation's Community Grants Fund and ongoing operations. Nonprofits who register a team through the Shuffle Gives Back Program will also receive proceeds. <a href="https://localraces.com/events/west-chester-oh/the-shamrock-shuffle-2019">https://localraces.com/events/west-chester-oh/the-shamrock-shuffle-2019</a>
March 9 <sup>th</sup> , 2019	<b>Wyoming Fun Run</b> 420 Springfield Pike, Suite K Wyoming, OH US 45215	A family-friendly event with distances for everyone. Families can run or walk together. Proceeds support the Wyoming School Foundation. <a href="https://localraces.com/events/cincinnati-oh/wyoming-fun-run">https://localraces.com/events/cincinnati-oh/wyoming-fun-run</a>
March 23 <sup>rd</sup> , 2019	<b>Fairfield Food Pantry 5k Run/Walk</b> 5133 Groh Lane Fairfield, OH US 45014	Meet the growing needs of our community and fight hunger in Fairfield. Proceeds Benefit Fairfield Food Pantry, serving local residents since 1997. Canned good donations will be accepted on day of race. <a href="https://localraces.com/events/fairfield-oh/fairfield-food-pantry-5k-run-walk">https://localraces.com/events/fairfield-oh/fairfield-food-pantry-5k-run-walk</a>



**Public Health**  
Prevent. Promote. Protect.  
**Butler County**  
General Health District