



STARK PARKS
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Welcomes you to
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CANTON OH



StarkParks.com     

HEALTHY ADVENTURES

Healthy Adventures is three clubs in one!

Hike 100 ● Running Stark ● Lets Ride

Healthy Adventures started as Hike-A-Hundred in 2011 and it continued to grow in popularity. Due to a high interest in running and biking, the Running Stark and Let's Ride groups were started. All three clubs were put under the Healthy Adventures umbrella.

The main goal of these 3 clubs is to get people onto Stark Parks trails, keep them active, and encourage them to meet other people. They each have a set goal for each member.

Hike-A-Hundred: Hike 100 miles in Stark Parks (club goal: 50,000 miles)

Running Stark: Run 150 miles in Stark Parks & encourage individual goals

Let's Ride: Ride 250 miles in Stark Parks

Each group is supported strongly by lead volunteers and these groups are some of the parks strongest advocates.

HEALTHY ADVENTURES

Events & Perks

Each year, the individual groups have a kick-off event, monthly members only events, and a year-end banquet.

We have an online system for participants to enter and track miles into a google document, which we then process into an excel spreadsheet and display in a pivot table. We have a Facebook group where members can coordinate events, send updates on trail conditions, and offer encouragement.

Throughout a year, staff and volunteers will plan pop-up activities (usually promoted through emails and Facebook). Some of our popular themed hikes are: Pi Hike, Souper Hike, Ice Cream Hike, Etc. Running Stark has paired up with, RunningDog Stark County Humane Society, where runners are trained and spend time with the dogs, running and hiking with them. These miles count as Stark Parks miles.

HEALTHY ADVENTURES

Events & Perks

The initial fee (\$15) includes a shirt. Each group has milestone goals where they get small incentives like fobs and magnets. Medals go to all who achieve the individual goals of each club.

Popularity has grown so much that we take orders

For questions: lalderfer@starkparks.com