



City of Mayfield Heights Parks and Recreation **Trek Wars**



- **Mayfield Heights Parks and Recreation**
- **Type:**
 - Health & fitness
 - Nature
- **Individual Walking Program designed for participants to utilize Metro Parks systems and to exercise year long**
- **Year Started: 2016**





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- **Participants:** 75-100
- **Staff & volunteers:** No Staff or Volunteers. Individual based program
- **Location:** Use of the Metro Park Systems – Cleveland, Lake and Summit. Not limited to those. Any trail will do.
- **Program frequency:** Any time the participant can get onto a trail





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- **Unique:** Free program for participants. No set schedule or group leader. Individual based program,
- **Benefits, Goals and Results:** Log miles, hit trails and landmarks, post pictures to earn points to receive items