

THE SUMMIT HIKING CHALLENGE PARTICIPATION FORM



ILENE SHAPIRO
COUNTY EXECUTIVE

Summit
Metro Parks

Instructions

Complete the County of Summit Employee hiking challenge in the Summit Metro Parks by June 30, 2025. Hike five of the seven trails listed, along with completing the form in its entirety to receive your first-year lanyard and commemorative pin. You will also receive extra Personify Health Points. Please return the completed form to the [Wellness Team](#) via email or drop it off at our office (listed below) by noon on July 11, 2025.

Employee Information and Activity Details

Employee Name		Employee ID (6-digits)	
E-mail		Phone	
Office		Department/Agency	

MAIN TRAILS

Gorge

Gorge Trail, 1.8 Miles, Level 3

Firestone

Redwing Trail, 1.1 Miles, Level 2

Liberty Park

Buttonbush Trail, 1.6 Miles, Level 1

Silver Creek

Chippewa Trail, 2.0 Miles, Level 1

Sand Run

Dogwood Trail, 1.9 Miles, Level 3

Goodyear Heights

Piney Woods Trail, 2.0 Miles, Level 2

Nature Realm

Seneca Trail, 1.4 Miles, Level 2

ACTIVITY DATE

ALTERNATIVE TRAILS*

Cascade Valley:

Overlook Trail, 0.5 Miles, Level 1, Paved

Furnace Run:

Rock Creek Trail, 1.3 Miles, Level 1, Dirt

Liberty Park:

Coyote Run Trail, 1.2 Miles, Level 1, Paved

Silver Creek:

Miner's Trail, 2.2 Miles, Level 1, Paved

Sand Run: Jogging Trail/Old Portage Area, 1 Mile, Limestone

Goodyear Heights:

Alder Trail, 1.4 Miles, Level 1, Dirt

Nature Realm: Rock & Herb Garden, 1/8 Mile, Level 1, Paved

**An alternate trail is available for those who are unable to utilize the main trail. Circle the trail you hiked. Level 1=Easy, Level 3=Hard*

Signature

Signature of Participating Employee Submitting this Form

Date of

Signature

