



Portage Park District

March 2019 Newsletter

In the parks

Pollinators Facts - Did you know?

- Nearly 90% of all plant species on Earth rely on animal pollinators to produce seed and fruit.
- About 200,000 animal species act as pollinators globally. Of these 199,000 are invertebrates, including: flies, beetles, butterflies, moths and bees.
- It is estimated that pollinators are responsible for one out of every three bites of food we eat.
- Butterflies, moths and hummingbirds may be the most attractive pollinators, but their work is far exceeded by that of bees and wasps.



The 2019 Wild Hikes Challenge theme is the Year of the Pollinators. Start your [Wild Hikes Challenge](#) today.

Park Rx

Park Rx program kickoff on April 2

Start your journey to better health with Park Rx, your prescription for parks.

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Volunteer needs

Now recruiting 2019 volunteers.

Complete an application and attend an orientation to get started.

[Volunteer application](#)

Wednesday, March 13
5:30-6:30 p.m.

Saturday, March 16
10-11 a.m.

Confirm your attendance by emailing [Andrea](#).

Headwaters
Adventure Race

Park Rx Kickoff - April 2, 5:30-7 p.m.

University Hospitals, Portage Medical Center
Medical Arts Building, Rm 150
6847 N. Chestnut St.
Ravenna, OH 44266

[REGISTER HERE](#)

Kicking off our 13-week journey, our partner, University Hospitals, Portage Medical Center will help to evaluate your current health levels.



Open house setting. Presentation at 6:15 p.m. Free screenings for blood pressure, running, and blood sugar levels. Partner tables with information about healthy living and a short presentation by Portage Park District.

Any and all fitness and health levels are welcome to take the Park Rx journey. Check out all programs on our website. Programs include group hikes, fitness hikes, yoga, healthy eating tips and more. **[Upcoming programs.](#)**

Foundation news

Environmental Conservation Awards Dinner

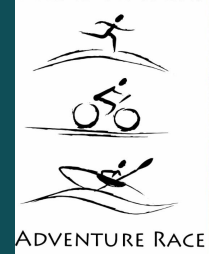
Nominate an Environmental Hero!

The Portage County Environmental Conservation Awards Dinner steering committee is seeking nominations, due by March 7, for awardees to be honored at the event. Nominations for this year's awards will be considered based on their contributions to Portage County's environment through education, green business, green building/development, stewardship or environmental activism.

[Nomination form can be found here.](#)



HEADWATERS



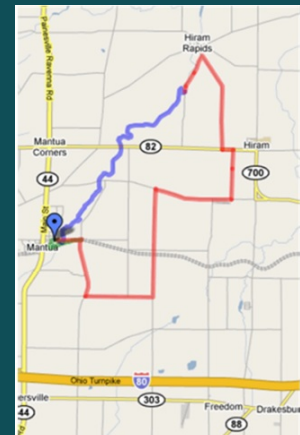
Saturday, July 13
Buchert Park, Mantua
[Learn more](#)

Run **2 miles** on the Headwaters Trail

Bike **10 miles** on rural roads past scenic landscapes

Paddle **5 miles** on the Upper Cuyahoga Scenic River

Participants can race SOLO or on a TEAM.



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Wild Hikes Challenge 2019 - Year of the Pollinators

This year, we celebrate pollinators for the essential role they play in supporting life, and recognize the need to promote pollinator health across the landscape.

To participate, just walk, hike, skip, jog, run or stroll on 8 of the following trails before December 31st to earn a hiking staff (1st year) and/or a 2019 Wild Hikes medallion. Forms can be downloaded **[here.](#)**



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Visit our website | portageparkdistrict.org

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