

GO!

GET ACTIVE

Local hikers share their favorite trails and forest treks

By **Debbie Juniewicz**
Contributing Writer

Fresh air, fun and fitness – hiking checks all the boxes.

From stress relief to weight loss, the benefits of hiking are numerous. And there is no better time to take in the great outdoors than this weekend as Sunday is national Take a Hike Day.

So, where to begin your hiking adventure? Local outdoor enthusiasts weighed in on their favorite parks and trails. Many of the Five Rivers MetroParks got a shout out, as did Bill Yeck Park, Charleston Falls, Clifton Gorge, Caesar Creek Lake, Glen Helen, Grant Park and Sweet Arrow Reserve.

For those wanting to add a little history to their hike, Woodland Cemetery gets high marks. Woodland hosts group walks throughout the year and also has maps of the grounds if you'd prefer to create your own trek. The Centerville-Washington Park District will even celebrate the day with a group hike at Grant Park, 501 Nor-

mandy Ridge Road, from 9:30-11 a.m. on Sunday.

Whether it's a short hike with family or friends or a multi-mile solo trip, the Miami Valley has a wealth of trails to explore.

Local hikers share hiking hot spots

■ **Rosemary D'Aloia (Dayton Hikers)** – I have come to love Caesar Creek, hiking the blue/yellow trail from the visitor center on Clarksville Road to Hopewell Lodge and back – five miles round trip, serene views of the lake, some hills and just a great hike.

■ **Kathleen Young Andersen (Dayton Hikers)** – I have to say it is Twin Creek MetroPark. The reason for this is that it is the least groomed of the local parks and generally the least traveled. The perimeter trail provides about 6.5 miles of hike with the ability to either shorten to a small 1.5-miler or extend it all the way to Germantown MetroPark. This could potentially keep you trekking more than 22 miles. The trails are varied with areas of different spe-

cies of trees and there are sections that are a bit steep as well.

■ **Connie Strait Gilhooly (Adventure Chicks)** – Englewood MetroPark – there are marked trails of different distances. Trails are well taken care of; forest and lake scenery at the park. There is an interesting play area for children and restrooms are available.

■ **Michael Gutmann (Dayton Hikers)** – Stillwater Reserve, in the Miami County Park District, west of Piqua, is beautiful at all times of the year. It runs along the Stillwater River, has two ponds, a vernal wetland and some really nice prairies for birdwatching.

■ **Kristy Schooler Matheson (Adventure Chicks)** – I like the Germantown MetroPark visitor center on Boomershine Road for various reasons. The first is that it offers many options for hiking. There is everything from 0.5 to 7 miles. I'm recently recovering from surgery, so having the option of shorter, very scenic hike has been a gift. There is also a facility open

to the public to warm-up, use nice bathrooms or fill up your water. This is open during operating hours, and, at different times, they have exhibits in there as well. Germantown Metro Park is very quiet, peaceful and you fill like you've traveled to another place when you hike there.

■ **Andy "Captain Blue" Niekamp (Dayton Hikers)** – My favorite is Grant Park, which is part of the Centerville Washington Park District. Hike the brown and yellow trails. Along the way, you will discover dense forests with mature trees, open meadows, a prairie, two ponds, a stream, wildlife and the remains of old homesteads and farmsteads. Where else can you see so much in just 2.5 miles of trail? This hike is for everyone including experienced hikers, beginning hikers and families. You can easily hike both trails in an hour but slow down and enjoy the scenery.

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HEALTH BENEFITS OF HIKING

Heart Disease: The results of 43 separate studies by The Centers for Disease Control showed that by exercising, individuals significantly reduce their chances for heart problems, while those who do not exercise are twice as likely to have coronary heart disease.

Hypertension: Nearly one third of American adults have high blood pressure. Physical activity such as hiking lowers blood pressure 4-10 points and regaining a normal body weight can lower it 5-20 points.

Diabetes: For a person who has Type I (insulin-dependent) diabetes, walking can reduce the amount of insulin the person needs. A person with Type II (non-insulin dependent) diabetes can actually reverse the course of the disease through diet, exercise and weight loss.

Obesity: Like all forms

of exercise, hiking is one of the best ways to lose weight and is a method of stabilizing cholesterol levels. On average, you burn 100 calories for every mile you walk.

Anxiety: Walking releases adrenaline. Results showed immediate decreases in tension and anxiety after walking, regardless of how fast or slow the participants walked. Endorphins released by your body during a walking workout can lift your spirits and keep them there throughout the day or night – keeping your brain as healthy as your body.

Osteoporosis: Hiking and walking help reverse the negative effects of osteoporosis by increasing the bone density and slowing the rate of calcium loss, thus strengthening the bones and decreasing their susceptibility to break.

SOURCE: AMERICAN HIKING SOCIETY

EVENT

Brewery to release first bottled brew as part of anniversary party



Star City Brewing Company will continue its six-year anniversary celebration Friday and Saturday, Nov. 15-16. CONTRIBUTED

Staff report

Star City Brewing Company is celebrating six years of local brews this weekend.

The celebration that began Thursday will continue through Saturday and will feature specialty tapings, mead and melomel corksings, live music, and the release of Star City's

first bottled beer.

"We've had a lot of fun crafting new beers and getting to know our neighbors over the last six years," Star City Owner Justin Kohnen said in a news release. "This anniversary is a celebration of that time, the friendships we've formed, and our entire brewing community."

FRIDAY: Presentations

from the Mound War Discovery Center on Apollo 12's anniversary and Miamisburg's role in the mission plus a tapping of Star City's Moon Pi Imperial Porter happen on Friday.

SATURDAY: Saturday's plans include a performance from Age Nowhere's Paul Monin and the bottle release of their new Imperial Twisted Mill Coffee

Stout, Star City's first bottled beer.

Admission is free on all nights. "Star City is so grateful for the home we've found in Miamisburg," Kohnen said. "We hope that this celebration is as much fun for our attendees as we've had over the past six years of building this company. Here's to six more!"

HOW TO GO

What: Star City Brewing Co's Six-Year Anniversary Celebration
When: Continues through Nov. 16th
Where: 319 S. 2nd St. in Miamisburg
Cost: Free admission
More info: Star City Brewing Facebook page