

WHY WALK WITH US?

1. Walking helps reduce the risk of heart disease
2. Group walking helps keep you accountable
3. No need to count your steps, we plan a 2-3 mile walk for you
4. Muscle strength and endurance
5. Keeps you mentally and physically fit
6. Helps regulate a variety of health conditions
7. Stronger bones and improved balance
8. Increased pulmonary and cardiovascular fitness
9. Community Involvement

MIND OVER MILES

WALKING PROGRAM

**Mondays at 7pm
May 20th–August
5th**

No registration is required!
Everyone is welcome,
even pets!



MIND
over

MILES

2024 Summer Walking Program



Van Wert Parks &
Recreation Department
137 Gleason Ave.
Van Wert, Ohio 45891
419-238-9121

Mind Over Miles 2024 Walking Schedule

Mondays at 7pm

LOCATION

MILAGE

DATE

MEETING LOCATION

Park District Trail East

1.50

May 20th

Rotary Ath. Complex

MEMORIAL DAY

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MAY 27TH

NO WALK

Van Wert Schools

1.75

June 3rd

High School Track

Jubilee Park

1.8

June 10th

Stone Lot off of Brooks Ave.

Eggerss/ Fountain Park

1.9

June 17th

Fountain Park Pavilion

Fairgrounds

2.15

June 24th

Front Gate off of 127

South Reservoir

2.22

July 1st

Boat Ramp

Smiley Park/Cemetary

2.8

July 8th

Pavilion 4

Franklin Park/Central Ins

3.15

July 15th

Central Ins Parking Lot off of S.
Washinton

Park District Trail West

2.93

July 22nd

Trail Head on Richey Rd

North Reservoir

3.00

July 29th

Dog Park off of 127

