

Healthy Parks, Healthy People

Martinak State Park and Tuckahoe State Park

May 2022

Healthy Parks, Healthy People kicks off its sixth season this May with all the favorite programs and exercise incentives from the past. Plus, new programs are added each month to motivate you to get outdoors! The best way to begin exercising is to put one foot in front of the other. If you are new to exercising, start with three fifteen minute walks within a day, three times a week. From there you can focus on improving your speed or maybe you will want to switch to a 30 minute walk 3 to 5 times a week. Come to any of our programs and we will help you get moving!

Be sure to eat healthy as well. We can help with that because the SoGo Mobile will be stopping at Martinak on Thursdays with fresh fruit and vegetables, and healthy snack samples will be available.

Special Events

Martinak Summer Concert: Distilled Grace will perform at the Martinak State Park Amphitheater on Saturday May 28, from 6:00 to 8:00 PM. Distilled Grace plays a variety of music from rock, pop, or country. Bring a picnic dinner and enjoy the views while listening to some of your favorite songs. This is a free event sponsored by the Friends of Martinak and Tuckahoe State Parks.

Shore Gourmet Mobile Unit: The ShoGo will bring fresh fruits and vegetables for purchase to Martinak State Park on Thursday mornings from 10:00 to 10:30 AM. The ShoGo will be located just past the park office on the left. The purpose of this project is to take fresh fruit and vegetables from Clayton Farms to areas where it is not readily available. Bring a cooler or insulated bag, shop, and walk at the park!

Healthy Snacks: While shopping at the ShoGo from 10:00 - 10:30 AM at Martinak State Park, get ideas for a healthy seasonal low cost snack. Free samples and information will be available while it lasts! Then go for a walk!

Strawberry Chase: Registration opens at 6:30 AM 5K race begins at 8:00 AM. Registration check-in and on-site registration located on 4th Street near the skate park in Ridgely, MD. Rain or shine. Note: 200 yd. Strawberry Dash begins at 7:45 AM. Awards and Strawberry Festival activities begin at 10:00 AM. For more information and to download a registration form for this event go to the following link:

<https://www.carolinemd.org/DocumentCenter/View/6968/Strawberry-Chase-flyer-2022?bidId=>

Plants and Animals

Roving Rangers: On Friday evenings from 6:00 to 8:00 PM, during camping season, at Martinak and Tuckahoe State Parks, rangers will be roving with critters to observe and learn about through small group discussions. If you are not camping, come out to walk the camp loops and join in on learning about these incredible creatures.

Aviary Tours: At Tuckahoe State Park on Saturday and Sunday afternoons, Aviary Tours will be held from 3:00 to 4:30 PM. Learn about birds of prey, why they are at the aviary, and how the rangers care for them. Park at the park office.

Native Plant Swap: On Wednesday, May 4, at 6:00-8:00 PM at the Martinak State Park Nature Center bring a few extra native plants from your garden to swap with others. Learn from others about the care of the plant and benefits. Refreshments will be served. For more information and to register for this free program, call 410-924-1529 or email: karen.gianninoto@maryland.gov

Bridges of Hope Community Garden: The YMCA of the Chesapeake is looking for volunteers to start and maintain a community garden at the Memorial Park in Greensboro, MD. Call Angel Perez at 410-479-3060 for more information and an application. You must be a resident of Greensboro. Seeds and tools will be provided.

Walks and Hikes

Senior Walk: Meet at the Martinak State Park Office at 10:30 AM on Tuesdays and Thursdays for a guided walk on a paved trail. Walks are approximately 1.5 miles in length or about 3,000 steps and plenty of benches are available for resting and enjoying nature.

First Saturday Guided Walk: Discover native habitats as you walk at Adkins Arboretum on May 7, at 10:00 AM. Registration is required. Call 410-634-2847.

Explore Your Parks: Meet on Friday May 13, at the Tuckahoe State Park Cherry Lane Parking Area, at 9:00 AM, for a guided hike. The hike will be approximately 3 miles. Explore the plant diversity along the way. It's a great way to get exercise and meet new people! The trail will be flat through the woods and the return will be on the road.

Adkins Arboretum Stroll: On Tuesdays Beginning at 11:00 AM in May go for a guided stroll! Take a walk at your own pace along our easily navigable paths while enjoying conversation with fellow nature enthusiasts. Call 410-634-2847 for more information and to register. Adkins Arboretum admission is free for Caroline County residents, thanks to a grant from the Caroline Foundation!

Art and Crafts

Yarning at the Arboretum: Bring your yarn projects for an afternoon of camaraderie and encouragement on Wednesday, May 18 at 2:00 PM. Beginners are welcome. Experienced knitters and crocheters will help you learn the ropes. Please bring your own chair. Fiber artists will meet on the patio. In case of inclement weather, plan on meeting in the Visitor's Center gallery. Call 410-634-2847 to register.

Guided Sculpture Walk: Whenever they are in the Arboretum's forest, environmental artists Howard and Mary McCoy are on the lookout for places that might inspire them to make art. For more than 20 years, these artists have been making art in the woods, using the materials they find there. Inspired by nature's own creativity, they alter or augment the trees, vines or fallen branches they find there, creating sculptures that are so close to nature that they will make you do a double take. Join the McCoy's on a guided sculpture walk in on Saturday, May 14, from 2- 4 PM at Adkins Arboretum.

Yoga, Dance and Exercise

Morning Stretch: Meet at Martinak State Park Amphitheater on Tuesday Mornings starting on May 17, and Thursday mornings starting on May 5, at 8:00 AM to improve your flexibility, core development, and balance through exercises and yoga. Please bring a yoga mat or towel. Inclement weather, meet in the nature center.

Sunset Stretch: Meet at Martinak State Park Amphitheater on Wednesday May 18 and 25, at 7:00 PM to improve your flexibility through stretching exercises, yoga, and meditation. Please bring a yoga mat or towel. Inclement weather, meet in the nature center.

Cardio Fusion: On Thursdays at 9:00 AM get in shape with a low-impact cardio workout that combines body weight exercise and simple dance movements to upbeat music. If you like to walk and move to music, this class will get your heart pumping.

Martinak Steps to Fitness: On Tuesday, May 17 and 31 meet at the Martinak State Park Amphitheater on Tuesday at 5:00 PM for a 2 mile brisk walk that includes body weight exercises and resistance band exercises. Guaranteed to shape arms and legs!

Tuckahoe Steps to Fitness: On Tuesday, May 24 meet at the Tuckahoe State Park Lake Fitness Trail on Tuesday at 5:00 PM for a 2 mile brisk walk that includes body weight exercises and resistance band exercises.

Cycling and Paddling

Caroline Cycles: This route on scenic, low traffic roads of Caroline County will start at the Smokey Cat Lavender Farm, 5090 Long Swamp Rd, Federalsburg, MD on Saturday, May 21 at 9:00 AM. Riders must have a helmet. Lights, water, spare tube, and tools are also suggested. For more information and to register, call 410-924-7402.

Easy Breezy Ride: Borrow bikes from the Martinak State Park Nature Center on Wednesdays May 18 and 25, at 6:00 PM and Thursdays in May at 11:30 AM for an easy guided ride through the park and nearby low traffic roads.

Pedal Power: Cycle 10 miles on country roads near the parks. Meet at the Martinak State Park Office on Tuesday May 17 and 31, at 6:00 PM and on Tuesday May 24, at the Tuckahoe State Park Lake Parking Lot at 6:00 PM. Helmet required. Lights, water, spare tube, and tools are also suggested. Ride speed is approximately 10 mph, and there will be a leader in the front and a sweeper in the back. This is a good ride for those new to road cycling or those who enjoy a slower paced ride.

Guided Paddle: A guided kayak and canoe trip will be offered on Memorial Day weekend at the Tuckahoe State Park lake beach on Sunday, May 29, at 10:00 AM. Please call the park office at 410-820-1668 for more information and to register.

Check our website for more park activities by clicking on the calendar of events <https://go.activecalendar.com/doit-md/?&q=y&search=y> For more information call 410-820-1668 or email karen.gianninoto@maryland.gov.