

Step Up Forsyth! Week 5

October 16 - 22

Weekly challenge— Eat healthy snacks!

Challenge sheet and weekly challenge prize winner list is available at http://www.forsyth.cc/PublicHealth/stepup_forsyth.aspx

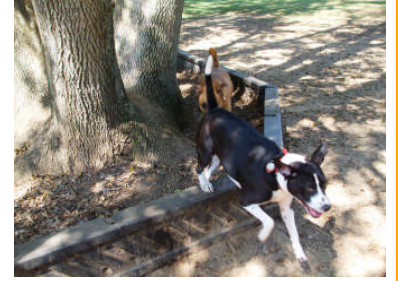
Keep up the good work with the weekly challenges!!

There were 106 submittals for Week 2 Challenge.



Washington Park Dog Park— Bow **WOW!!**

This dog park is busy almost any time of day and is a great place for dogs of any shape and size to play off the leash. The park has a dog wash area just off the dog park entrance so you can wash the dirt off your dog after a day of play!



Washington Park and Salem Creek Greenway- One of the best ways to access Washington Park is from the Salem Creek Greenway. The Western end of the greenway begins at Marketplace Mall (just beyond Hamrick's) and the Eastern end of the greenway is at Salem Lake. Salem Creek Greenway is the oldest greenway in our community and is 5.2 miles in length. You may not know that this greenway has mileage markers embedded in the pavement.



Salem Creek and Salem Creek Greenway run down the middle of the park. To the North of the creek and greenway are three ball fields and the Dog Park. To the South, there is a baseball field, playground, basketball court, two fitness trails, and picnic shelters. The fall colors are beautiful in the park this time of year. Call 311 (CityLink) for fee and reservation information.



Walkertown Community Park— Opened to the public in November of 1985, this 28-acre community park is popular with people of all ages. The one-third mile walking path is a favorite for walkers because it is relatively flat and has good visibility.

This park is a great place for sports, as it is the site for youth softball and soccer, tennis lessons and play. You can also play sand volleyball, horseshoes, or let the kids run around and have fun on the playground.



Tennis, anyone?

Parks are great for family reunions, birthday parties and weddings. Please check with County Parks and Recreation for fees and availability of picnic shelters. You can find complete park reservation information at

https://www.co.forsyth.nc.us/Parks/reservation_info.aspx



Walking path

