

## Hike Run and Fun Virtual Videos

Thank you for your participation at Hike, Run & Fun on September 12 and 13! Enjoy the following bonus videos celebrating health, wellness, and time spent outdoors. Thank you for your support and see you at next year's Hike, Run & Fun! Enjoy!

Runners Stretching How-To by Juliet Tonkin, Natural Resources Intern

<https://youtu.be/56UO7V9mp5E>

Snakes and Salamanders with Madi Bacci, Environmental Educator

[https://www.youtube.com/watch?v=4u9Tj\\_t3T8c&feature=youtu.be](https://www.youtube.com/watch?v=4u9Tj_t3T8c&feature=youtu.be)

Kids Yoga by Margaret Stamm

<https://youtu.be/SMvBM0Re99A>

Boat instructions: <https://www.wikihow.com/Make-a-Paper-Boat>

Forest Hills Hike

<https://www.youtube.com/watch?v=MwASwEoXYoA&feature=youtu.be>

Doan Gorge Waterfall and Basic Hiking Safety

<https://www.youtube.com/watch?v=MwASwEoXYoA&feature=youtu.be>

Horseshoe Lake Trails

<https://www.youtube.com/watch?v=ugXD4H3pAHk&feature=youtu.be>

A Hike at Lake Metroparks

<https://www.youtube.com/watch?v=6L3wgLDGnG8&feature=youtu.be>

A “Rockin’” Hike - Learn about the different layers and geologic formations in Northeast Ohio. Chapin Forest.

<https://www.youtube.com/watch?v=PizykgnhAF4&feature=youtu.be>

To view photos from the event, visit [shakerlakes.org/hrf](http://shakerlakes.org/hrf)