



FALL / WINTER 2024

INSIDE:

BREATHE WITH US | GUIDED NATURE MEDITATION
ENHANCE YOUR NATURE EXPERIENCE WITH TECHNOLOGY
EVENTS, PROGRAMS & FUNDRAISERS
JUNIOR NATURALIST
20TH ANNUAL HIKE & RUN

ROOKERY

A photograph of a forest path in autumn. The ground is covered in fallen yellow and orange leaves. Several people are seen from behind, walking away on the path. The trees have vibrant autumn foliage. Overlaid on the center of the image is the text "PLUG INTO NATURE" in large, white, outlined, sans-serif capital letters.

PLUG INTO NATURE

THIS FALL, CHALLENGE YOURSELF TO DISCONNECT FROM DEVICES AND IMMERSE YOURSELF IN NATURE.

Feel the crunch of leaves, breathe in the earthy scents of autumn, and listen to the chirp of birds as they prepare to migrate for winter. We hope this issue serves as a gentle reminder to all of us to slow down and use technology in a more mindful way.

LETTER FROM THE PRESIDENT

DEAR FRIENDS,

As we bid farewell to the lush green warmth of our Northeast Ohio Summer season, our team is reflecting on both the beauty of our signature Rose Mallow that filled the marsh as well as the thriving engagement from our members and visitors. The excited faces, laughter, and curiosity of over 300 campers gave life to the Nature Center in every sense of the word. The popular and successful Summer Wednesday's programming infused regional culture, art, music, food, and so much more into our grounds. Visitors from around the region continue to find solace in our small slice of peace and tranquility. With this transition from summer to the cool, stunning landscape that only autumn in Ohio can bring, we look forward to the seasonal bustling of the creative minds as we welcome our Applied Science for Kids! (ASK!) students with Cleveland Metropolitan School District (CMSD) for the 2024-2025 school year.

As a father of two young boys, who happened to be campers at the Nature Center this summer, connection to our environment is integral in both their development and healthy lifestyle. Continuing inquisitive exploration and youthful creativity while giving a level of unstructured play time outside

has fostered an early and deep love of the outdoors. Though this generation has the luxury of entertainment at its fingertips, our commitment to managing their screentime through introduction of other options has both calmed their little minds as well as given them a healthy outlet for expending excess energy throughout the day. If you register for a guided hike or race at our 20th Annual Hike and Run on Sunday, September 15, or you attend our popular Autumn Fest on Friday, October 5, there is a good chance you will run into my family and I. We'd love to see you!

With so many ways to stay connected and interact with the changing seasons at the Nature Center, I hope to see many of you recharging by plugging in to nature this fall.

YOURS IN NATURE,



PETER BODE
President & CEO



MEMBER APPRECIATION WEEK | OCTOBER 7-13

Our members make it possible for us to sustain our ongoing operations and achieve our mission. To show our gratitude, we're celebrating our 4th Annual Member Appreciation Week with special members-only perks, including:

- **25% OFF DISCOUNT** •
AT OUR DUCK POND GIFT SHOP
(excluding consignment and food items)
- **FREE MEMBERS-ONLY RAFFLES** •
TO WIN A B'EARTHDAY PARTY, EVENT ROOM RENTAL, AND MORE!
- **HERON & HOPS ANNUAL RECEPTION** •
FOR HERON SOCIETY MEMBERS
- **AND MORE!** •

Stay tuned for more information and details sent directly to members soon!
Contact Cara Anderson, Development Associate at cara@shakerlakes.org with any questions.

Not a current member?

Review member perks and join today at shakerlakes.org/membership.



Constant connectivity can be distracting and stressful! We aim to find ways to be present in nature to help reset. Here are some techniques to help you practice mindfulness during your outdoor adventures.



ENGAGE YOUR SENSES:

Take a moment to consciously engage with your surroundings. Close your eyes and listen to the sounds of birds chirping, leaves rustling, or water flowing. Notice the textures of tree bark, or rocks under your fingertips. Breathe deeply and take in the scents of leaves, soil, and fresh air. By actively using your senses, you can anchor yourself in the present moment and deepen your connection with nature.

OBSERVE WILDLIFE:

Spend time observing animals in their natural habitats—watch how birds perch on branches, how insects navigate through foliage, or how mammals forage for food. Pay attention to their movements and sounds. This practice encourages mindfulness by focusing your attention on the present.

MEDITATION TECHNIQUES:

Grounding Meditation:

Find a comfortable spot on the Meditation Terrace. Close your eyes and feel the terrace beneath you. Take slow, deep breaths and allow yourself to feel grounded.

Mindful Motion:

Explore the Stearns Woodland Trail or All Peoples' Trail. Focus on each movement you take. Notice the rhythm of your breath. Allow your thoughts to come and go without judgment, returning your attention to the sensations of traveling through in nature.

Breathing with Nature:

Find a quiet spot and make yourself comfortable. Close your eyes and begin to focus on your breath. With each inhalation, visualize yourself drawing in the fresh, revitalizing energy of nature. With each exhalation, release any tension or distractions, letting go of stress and embracing a sense of peace and serenity.

NATURE'S PATTERNS & BEAUTY:

Take time to appreciate the intricate patterns and beauty of nature. Observe the symmetry of flower petals, the fractal patterns of ferns, or the geometric designs in tree bark. Notice light and shadows. By immersing yourself in nature's aesthetics, you can increase your appreciation for the natural world.

DISCONNECT TO RECONNECT:

Challenge yourself to not check your phone for a specific amount of time (maybe try 30 minutes to start!). Notice how many times you feel compelled to check it and consider how that makes you feel. Disconnecting from technology allows you to fully engage with your surroundings and immerse yourself in the present moment without interruptions.

WANT TO TAKE IT A STEP FURTHER?

CHECK OUT THESE READS
from the Shaker Heights or CHUH
Public Library Systems!

HOW TO BREAK UP WITH YOUR PHONE:
The 30-Day Plan to Take Back Your Life by Catherine Price

DIGITAL MINIMALISM:
Choosing a Focused Life in a Noisy World by Cal Newport

FALL PROGRAMS & EVENTS

Birding Programming

FALL BIRD BANDING

Mondays, Wednesdays, Fridays, August 19 through November 1

Meet Julie West at the table near the right side of the driveway to observe migratory birds as they are banded. Generally, the timing is around 30 minutes after sunrise and goes until 12PM.

Weather permitting. Free. All ages and abilities welcome.

GUIDED BIRD WALKS

Ongoing | See website for dates & times



The second walk of each month is fully accessible and includes an ASL interpreter

Join a guided walk through the Shaker Parklands looking and listening for birds. The first walk of each month begins on our ADA-accessible boardwalk and moves to dirt trails throughout the Parklands. The second walk of each month is fully accessible and includes an ASL interpreter. For all hikes, meet in the Nature Center parking lot. Binoculars are available. Rain or shine.

Free. \$5 suggested donation. Registration required: shakerlakes.org/birding-programs/.

THE BIG SIT

Sunday, October 13 | Pre-dawn til dusk | Nature Center

The Big Sit, also known as the ultimate tailgate party for bird watchers, is a 24-hour period of birdwatching! Attending The Big Sit is free, and no registration is required. Pledges and donations are accepted to support bird banding research and bird-related projects here at the Nature Center. Pledges can be made in-person at the Nature Center, on Sunday at the Big Sit or by email to Julie West at jwest@ameritech.net.

CHRISTMAS BIRD COUNT

Saturday, December 21 | Nature Center

The Christmas Bird Count is a long-standing program of the National Audubon Society, with over 100 years of citizen science involvement. Come join us for a bird walk to locate and identify our resident winter birds. Count and tally the number of birds you can see or hear throughout the day.

Sales & Fundraisers

ONLINE FALL PERENNIAL FUNDRAISER

Now until Friday, September 20

Native gardens & perennials delivered to your doorstep just in time for fall planting. Beautify your yard, attract pollinators, and plant low-maintenance pre-designed or build your own garden through our fall online sale for delivery with My Home Park. Choose delivery throughout the month of September—prime fall planting time! Thanks to My Home Park, the Nature Center at Shaker Lakes receives a portion of all proceeds from this sale. Members receive \$5 off! Contact cara@shakerlakes.org for the code. All orders over \$150 ship free.



FALL NATIVE PERENNIAL SALE

Saturday, October 5 | 3-5PM | In Person at Nature Center

Attendees of AutumnFest can look forward to a condensed version of the popular Annual Plant Sale held each spring. The Fall Perennial Sale will offer a limited selection of native Ohio perennial species, featuring perennials suited for fall planting, many of which are not typically available at the annual spring sale. The sale will take place in the pavilion. Attendance is free and plants will be offered for a fee with proceeds benefiting the Nature Center.

ONLINE BIRDSEED SALE FUNDRAISER

October 1-28 | shakerlakes.org

Support the Nature Center at Shaker Lakes and your feathered friends! Visit shakerlakes.org beginning October 1 for available options, prices, and to place your order. Order pick-up will be in the Nature Center parking lot Friday, November 1 and Saturday, November 2 from 11AM-2PM. Thanks to Dave Pretnar, owner of Wild Birds Unlimited in Mayfield Heights, for partnering with us to offer high quality bird seed for your feeders. Members receive \$10 off per order, contact cara@shakerlakes.org for a code.

DUCK POND GIFT SHOP

Stop by this holiday season to put together thoughtful nature themed gifts!

Adult Programming



PAINT THE GRANDEUR OF WINTER

with David Rankin

Friday, September 6-Sunday, September 8 | 10AM-4PM | Nature Center

Join David for a 3-day transparent watercolor workshop where you will paint Fall and Winter images. As the trees still glow with the last remnants of the fall color palette, they make way for stark and dramatic winter colors. The forest, gradually losing its leaves and vegetation, exposes its underlying structure. Its grandeur is made increasingly stark and enchanting with the arrival of snow. David Rankin, a master of transparent watercolor, will share the techniques he uses to capture the grandeur of winter. This hands-on workshop will run from September 6-September 8 from 10AM-4PM each day. \$350/person for this 3-day workshop. Supply list will be sent upon registration.

COMMUNITY SWAP EVENT

with Shaker Heights Public Library

Saturday, September 21 | 1-4PM | Shaker Heights Public Library

Back by popular demand, the Shaker Community Swap Meet returns! This “no-buy” event brings neighbors together to give and receive clothes, appliances, tools, home decor, and more in a sustainable and charitable way! Drop in any time between 1PM and 4PM to browse. If you’re looking to do a little spring cleaning in an earth-friendly way and have items you’d like to give away at the Community Swap Meet, sign up for a table here or learn more.

HISTORY OF THE VAN SWERIGEN BROTHERS:

an author talk with Lauren Pacini

Thursday, October 10 | 6-7:30PM | Nature Center

Join local history author and architectural photographer Lauren Pacini at the Nature Center at Shaker Lakes as he discusses his new book, *Empire Builders: An Illustrated History of the Rise and Fall of Cleveland's Van Swerigen Brothers*. *Empire Builders* tells the story of Cleveland's Oris P. and Mantis J. Van Swerigen, two brothers born near Wooster, Ohio, in the late nineteenth and early twentieth centuries. Although they were born into abject poverty, O. P. was an extraordinary visionary who, with the help of M. J., his devoted younger brother, amassed a vast fortune in real estate and railroad developments. Free. Registration required.

NATURALIST NOTEBOOK:

The Living Mountain & You Are Here:

Poetry in the Natural World

Sunday, November 17 | 1-3PM | Nature Center

We close out our year by reading memoirs and poetry. *The Living Mountain* by Nan Shepherd is a memoir that is more a prose poem to nature. We'll also read the new anthology, *You Are Here: Poetry in the Natural World*, edited by US Poet Laureate, Ada Limón, which complements Shepherd's reflections. Free. Buy your copy from Loganberry Books for 10% off and join the conversation on November 17, from 1-3PM at Loganberry Books to discuss the book.

ART ON VIEW: UP A CREEK

Opening Reception | Thursday, September 13 | 5:30-7PM | Nature Center

A collection of work by current and former students (DeAnne Smith '24, Tamsyn Kuehnert '24, Jamie Brinker '25, and Lilly Ross '25) at the Cleveland Institute of Art that examines the range of complex relationships humans have with the environment. This exhibition will be available for viewing during normal business hours through December 5. No pieces will be for sale. Made possible through the generous support of the Nature Center at Shaker Lakes, the Fenn Educational Fund, and the G.R. Lincoln Family Foundation.



Health & Wellness

QIGONG: MOVEMENT & MINDFULNESS

Tuesdays, August 27 through October 1 | 10-11AM | Nature Center

Qigong is an ancient Chinese practice that combines gentle, slow, and powerful movements with breath, self-massage, and meditation to bring multiple benefits at physical and emotional levels. Qigong moves and works with internal energy to facilitate health, wellness, and calm. Instructed by AnaMaria Carrillo, who has personally practiced Qigong and Tai Chi for many years and is certified to teach both. The emphasis of the class at the Shaker Nature Center will be on Qigong and will be suited for people of all ages and skill levels. **Register for individual classes, or for the entire six-week series (recommended).**

TREKKING TOGETHER: Hike with GirlTrek Cleveland

Select Sundays: September 29, October 27, November 24 | 4-5PM | Nature Center

Join Jo Rattliff of GirlTrek Cleveland for our monthly Sunday evening hikes as we enjoy the changing of the seasons while trekking the beautiful trails of Shaker Parklands and the surrounding neighborhood. Enjoy the crisp air, leaves turning, sounds of flowing water, evening bird calls, and much more, all while moving your body. The trail will be of natural surfaces (paved and dirt trails) and sidewalk. Come rain or shine. All are welcome to join us for a fun-filled evening in nature. **Registration required. Free. Donations welcome. Learn more about GirlTrek here: girltrek.org.**

INTRO TO YOGA WORKSHOP

Saturdays, September 21 & September 28 | 10:30AM-12:00PM | Nature Center

If you have ever thought about starting a mindfulness practice like yoga but don't know where to start, this beginner's workshop series is for you! This workshop is for those new to yoga and interested in starting a regular practice or for those who have been away from their yoga practice and want to begin again. You will learn the basics of yoga to cultivate a fun, safe and rewarding yoga practice. You'll leave this workshop series with the confidence to take classes in any setting. We will explore both the mental and physical aspects of meditation, breathing techniques, and foundational yoga poses. You will receive personalized attention and receive customized yoga pose variations to make you feel comfortable in the shape. **Registration required.**

Junior Naturalist & Family Friendly

DOAN BROOK WATERSHED PARTNERSHIP'S Family Fishing Day

Saturday, September 14 | 9AM-2PM | Rockefeller Lagoon

ALL ABOUT THE ANIMALS: Frogs (Oct-TOAD-ber!)

Saturday, October 19 | 11AM-12PM | Nature Center

Have you ever wondered what it takes to keep our animal ambassadors here at the nature center happy and healthy? Join us the second Saturday of every month for a "behind the scenes" look at our animal care program. Each month will highlight a different species. Children 4 & up will be given the opportunity to interact with animal ambassadors. Children 3 & under will be asked to sit with their grown-ups. All presentations will conclude with a feeding demonstration for that species. **Registration required. \$7 for children 4 and up; no charge for adults and children ages 3 and under. Donations welcome. Children audience members will be seated on the floor on mats. Adult audience members (and children under 3) will be seated behind them on benches.**

MOMMY* & ME ART CLASS: with Brenna Rudary

Saturday, November 16 | 11AM - 12:30PM | Nature Center

Spend an artsy Saturday at the Nature Center with talented Brenna Rudary as she leads a special hands-on fall craft! \$13 per ticket includes all materials. Just bring yourself and be prepared to get a little messy. **All caregivers welcome.*

Featured Events

SHAKER LAKES HIKE & RUN

SEE PAGE 8 FOR DETAILS

AUTUMNFEST Fairy Tales in the Forest

powered by PNC

SATURDAY, OCTOBER 5 | 3-7PM | NATURE CENTER

Join us for a magical evening in the forest celebrating the beauty of nature this fall season! This FREE magical evening in the forest will be held, rain or shine. Activities for all ages and abilities. Food trucks, libation stations, and vendors will have items available for purchase. Costumes welcomed and encouraged! Decorate a magic pumpkin, climb the enchanted beanstalk (tree climbing), take a spooktacular evening hike, join the Shaker Library for story time and wand making, concoct s'mores at the fire breathing dragon pit, make a fairy or gnome home, feast on fairy food at food trucks or grab witches brew at libation stations.

Winter Solstice LUMINARY WALK & HOLIDAY MARKET

Friday, December 13 | 5:30-8:30PM | Nature Center

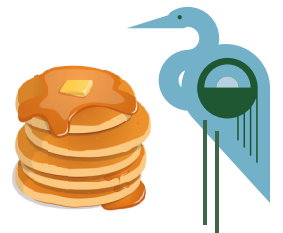
Celebrate nature and the beginning of winter!

All are invited to stroll around the illuminated All Peoples' Trail boardwalk, which is ADA-accessible. Keep warm at a bonfire, in the heated pavilion where there will be warm alcoholic and nonalcoholic beverages for sale, or inside at our nature-inspired Holiday Market and Duck Pond Gift Shop. **Donations welcome. Market items, food, and beverage available for purchase.**

PANCAKE BREAKFAST WITH THE BIRDS

Saturday, February 22, 2025
8AM-12PM | Nature Center

Join the Nature Center and the Rotary Club of Shaker Heights for a homemade pancake breakfast with the birds! Learn about the habits and habitats of birds, enjoy a craft at the front desk, take a guided nature hike and meet live birds.



• SAVE THE DATES •

HISTORIC HOMES TOUR
APRIL 6

Watch for ticket information in February



NATURE AT NIGHT
ANNUAL BENEFIT

MAY 31
Watch for tickets in April



VOLUNTEER NEWS

“

Without volunteers, the Nature Center at Shaker Lakes would not be able to fulfill its mission to conserve, connect and inspire. Volunteers make it possible to host incredible events, maintain our beautiful trails, educate youth and adults, and create a place for folks to experience nature and find peace. This summer has shown me just how vital volunteer service is to the center. My hope is that I can be of service to our volunteers and provide them with new ways to give back and connect to one another.

- MEGAN MILLISOR, Volunteer Manager

”

• NATIONAL PUBLIC LANDS DAY •

SATURDAY, SEPTEMBER 28 | 10AM-1PM

The Nature Center at Shaker Lakes is teaming up with the Sustainability Committee of the City of Shaker Heights and Doan Brook Watershed Partnership in sponsoring a native planting and invasive plant control event at our Grow not Mow Site #2 on the corner of South Park Boulevard and Lee Road in honor of National Public Lands Day. This parcel is located in the floodplain of the Doan Brook, and we are working to restore and enhance biodiversity in this area to make it a better habitat for pollinators, wildlife, and people. Our plantings will also help to absorb and filter stormwater runoff and prevent soil erosion.

Please bring gloves, and sturdy footwear for planting trees/pulling invasives and dress for the weather, rain or shine. Tools will be provided. Team leaders will show volunteers how to plant our native species of trees and shrubs as well as how to remove invasives.

All ages welcome!

Sponsored by:



• HIKE & RUN •

SUNDAY, SEPTEMBER 15

Join us for the 20th Anniversary of Hike & Run!

Volunteer opportunities include route monitors, water stations, wayfinders, hike sweeps, packet pickup, greeting and registration.

• AUTUMNFEST •

SATURDAY, OCTOBER 5

Volunteers are needed to help with hikes, games, crafts, pumpkin painting, campfire smores, tree climbing, and more!

• PROJECT FEEDERWATCH •

BEGINS NOVEMBER 1

(SELECT WEEKDAYS & WEEKENDS THROUGH WINTER)

We're looking for volunteers interested in counting birds for science at the Nature Center as part of the Cornell Lab of Ornithology's Project FeederWatch. All birding abilities welcome!

• LUMINARY WALK •

FRIDAY, DECEMBER 13

Assist with our Winter Solstice Luminary Walk and Holiday Market by volunteering to help with set-up, activities, or clean-up.

VOLUNTEERS ARE ESSENTIAL TO OUR SPECIAL EVENTS AND DAILY OPERATIONS AT THE NATURE CENTER

Sign up to volunteer or view the Volunteer Calendar at shakerlakes.org/volunteer.

For more information, contact Megan Millisor, Volunteer Manager, at 216.321.5935, ext. 237 or millisor@shakerlakes.org.

MEET THE STAFF



• KIMBERLEE JONES •

WHEN DID YOU START WITH NCSL?

Recently! June 2024. It has been a very welcoming environment.

WHAT DO YOU LOVE ABOUT YOUR JOB?

Fundraising! My favorite part of my career is the relationships with my donors. Getting to know them and discovering what is important to them builds a connection that surpasses a gift to the organization. It has established the foundation for life-long friendships.

WHAT IS YOUR EDUCATIONAL BACKGROUND?

My education relates to my profession as I knew I wanted to work and give-back to the nonprofit sector in some capacity. I have a Bachelor of Arts dual degrees in Women's Studies and Nonprofit Management. I have a Master of Arts in Nonprofit Administration, as well as the Certified Nonprofit Professional credential.

WHERE IS YOUR FAVORITE PLACE TO VISIT AT THE NATURE CENTER?

I love the All Peoples' Trail. Coming from a background of serving children that are blind or visually impaired, as well as those deaf and hard of hearing, I love that we have a trail that is all encompassing. It warms my heart to see caretakers utilizing our wheelchair onsite and enjoying a leisurely stroll.

DO YOU HAVE A FAVORITE PET OR ANIMAL?

I grew up with an English Bulldog and later had one of my own—his name was Bosley. Once you love a bulldog, they will always have a special place in your heart.

FUN FACT?

I am a native of Southern California. I moved to Cleveland Heights three years ago, and I love it!

junior NATURALIST



5 WAYS *Plugging into Nature Benefits Teens*

1

Mental Health Benefits:

Spending time in nature helps reduce stress, anxiety, and depression among teens. The natural environment provides a calming effect and promotes relaxation, which contrasts with the overstimulation often caused by too much time spent with screens.

2

Improved Cognitive Function:

Research suggests that exposure to nature can enhance cognitive abilities such as attention span, problem-solving skills, and creativity in adolescents. This break in nature allows the brain to rest and reset, leading to improved concentration when they return to academic tasks.

3

Physical Health:

Outdoor activities encourage physical exercise, which is crucial for teens' health and development. Activities such as hiking, biking, or walking in nature can improve cardiovascular fitness and reduce the sedentary behavior associated with prolonged time on devices.

4

Social Development:

Nature is a great way for teens to engage with peers and family members. This social aspect helps improve communication skills, build relationships, and foster a sense of community among adolescents.

5

Environmental Awareness:

Exposure to nature increases teens' awareness and appreciation of the environment. This heightened awareness may lead to greater environmental stewardship and a desire to protect natural spaces.

Schedule time to reconnect with your teen at the Nature Center!

CREATURE FEATURE: FOX

- RED FOX (*Vulpes vulpes*) and the GRAY FOX (*Urocyon cinereoargenteus*) are native to Ohio.
- While RED FOXES are known for their agility, GRAY FOXES have a unique ability among canines—they can climb trees!
- FOXES have a complex communication system that includes a wide range of vocalizations such as barks, screams, and howls. They also use body language and scent marking to convey messages.



Red Fox



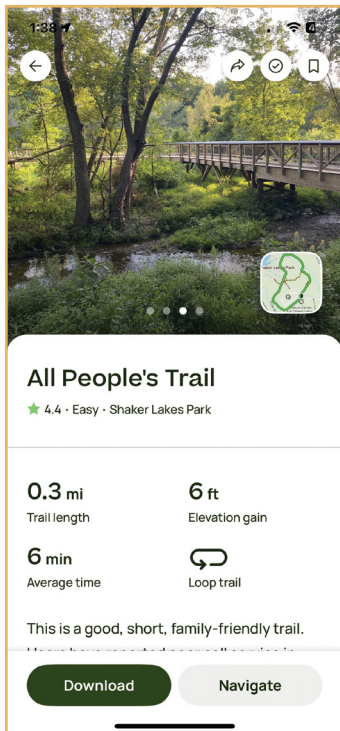
Gray Fox

ENHANCE YOUR NATURE EXPERIENCE WITH TECHNOLOGY

While we encourage you to spend time being present and taking a break from devices, there are some great ways you can use apps to enhance your experience outside!

HERE ARE A FEW FREE APPS WE'D RECOMMEND TRYING OUT

ALLTRAILS



AllTrails is a great starting point for anyone looking to spend more time outside. This app provides detailed trail maps, reviews, and difficulty ratings for hiking, biking, and running trails. Whether you're planning a family outing or a challenging hike, AllTrails helps you find the right trail that matches your preferences, ability, and skill level.

SKYVIEW

SkyView is perfect for stargazers and astronomy enthusiasts. This app uses augmented reality to overlay constellations, stars, and planets on your phone's screen, allowing you to easily identify celestial objects overhead.

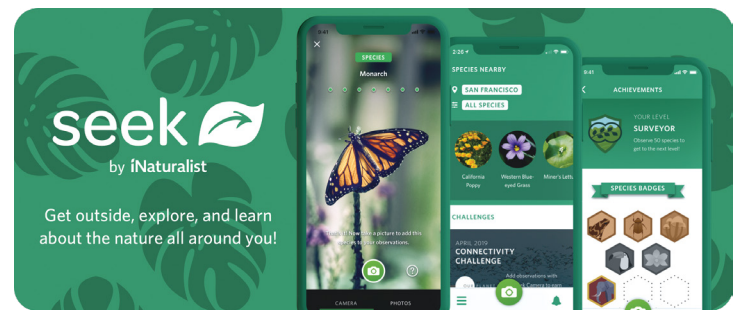
MERLIN BIRD ID

Merlin Bird ID is a must-have for birdwatchers of all levels. Developed by the Cornell Lab of Ornithology, this app helps identify birds based on photos, sounds, or descriptions. Merlin Bird ID offers birding tips, bird songs and calls, and a wealth of information about bird behavior and habitat preferences.

iNATURALIST

iNaturalist takes nature exploration to the next level by allowing users to identify plants and animals they encounter. This citizen science platform uses image recognition technology to help you identify species from photos you capture. Additionally, iNaturalist connects you with a community of naturalists and scientists who can verify your identifications and provide valuable insights into local biodiversity.

SEEK BY iNATURALIST



Seek by iNaturalist is another gem for nature enthusiasts, especially families with children. This app encourages curiosity through interactive challenges: simply point your phone's camera at any plant or animal, and Seek identifies it in real-time. Seek also provides educational information about species and their habitats, fostering a deeper understanding of the natural world.

THE CAMERA APP

The Camera App may seem obvious but your phone camera can be a great tool capture moments, animals, and plants you observe. Take it one step further and print photos to journal and record things you've learned.

This photo was captured by NCSL camper, Maggie!





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FPO

ADDRESS SERVICE REQUESTED



#SHAKERLAKES

*Conserving a natural area, connecting people with nature,
and inspiring environmental stewardship*

SHAKERLAKES.ORG

216.321.5935 · naturecenter@shakerlakes.org

20TH ANNUAL SHAKER LAKES

HIKE & RUN

SUNDAY SEPTEMBER 15

**7AM
REGISTRATION
OPENS***

Registration (Now through September 14)

\$25 1-Mile Fun Run & family hike
\$30 5K & all other hikes
\$35 10K

Day-Of Registration (September 15)

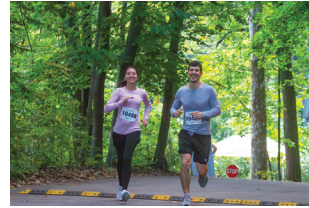
\$30 1-Mile Fun Run & family hike
\$35 5K & all other hikes
\$40 10K

**REGISTER EARLY AND
SAVE!**

**8:30AM
5K & 10K DEPART**



**8:35AM
1-MILE FUN RUN
DEPARTS**



**8:45AM
GUIDED HIKES
DEPART**

1-2 Mile: Easy

Pet-friendly family hike
through Nature Center &
Southerly Park with GirlTrek

1-2 Mile: Easy

Shaker Parklands Hike:
Explore the trails & wildlife
east of the Nature Center

4 Mile: Moderate

Rim of the Gorge Hike with
the Cleveland Hiking Club

5 Mile: Moderate

Four Lakes Historical Hike with
the Cleveland Hiking Club

6 Mile: Strenuous

Doan Brook Gorge Hike

All children ages 3-12 may register for any race, any distance throughout the registration period for \$20.

Visit shakerlakes.org/hikerun for registration, packet pick-up, course map, parking and other important race and race-day info.

*Ages 0-2 free. Pre-registration includes a t-shirt and all participants receive post-race refreshments. Members receive a \$5 discount off any registration.

Contact cara@shakerlakes.org to become a member or to request your discount code.

THANK YOU TO OUR SPONSORS

BakerHostetler



STUDIO
CHARTREUSE
since 2010



Thank you to our partners City of Cleveland Water, Cleveland Hiking Club, Luna Bakery & Cafe, Morgan Litho, Shaker Heights Community Emergency Response Team, & The Wine Spot

The annual Shaker Lakes Hike & Run benefits environmental education and promotes health and wellness while celebrating the Shaker Parklands. Partial proceeds also support the **Jenny Goldman Memorial Nature Outreach Fund**.