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**LET'S MOVE SUMMIT COUNTY BIKE & HIKE RETURNS FOR 3<sup>RD</sup> YEAR  
SATURDAY, MAY 20<sup>TH</sup> AT SUMMIT LAKE TOWPATH TRAIL**

*On Saturday, May 20, 2023, from 7:30 a.m. to 2 p.m.*, Summit County Council President Veronica Sims (District 5) will host the 3<sup>rd</sup> Annual Let's Move Summit County Bike & Hike at Summit Lake Community Center on the Ohio & Erie Canalway Towpath Trail.

"We're looking forward to another healthy, fun and family friendly bike ride and walk for everyone," said Councilwoman Sims. "Springtime at Summit Lake on the Towpath is relaxing, peaceful 'getaway' in our community and everyone who participates enjoys it. Our route will be a little different this year, and it will offer our walkers some additional views of the Towpath that they may have never experienced before."

Bike riders and walkers will leave in groups of 20-25 every 15 minutes to allow for safe social distancing. Bikers will kick off the event at 8 a.m. following a 6-mile loop route that begins at the Summit Lake Community Center, goes out to the Nesmith Lake trailhead at Manchester Road on the Towpath Trail and returns to Summit Lake. For those without bikes, a limited number of bikes and helmets will be available to rent for the course with an ID security deposit. All cyclists participating in this event are advised to wear a helmet.

Walkers will begin their hike on the Towpath at 11:00 a.m. They will follow a 1.5 or 3-mile route around that begins at the Summit Lake Community Center heads north towards downtown Akron and stops at Park East on Bartges St. where there will be a refreshment/break station. Participants can head back to Summit Lake from there (1.5 miles) or proceed to Canal Park at Lock 2 downtown before turning around (3 miles).

All pre-registered participants will receive a t-shirt, sport-pack bag and a light boxed lunch upon their completion of the route. Pre-registered participants are asked to check in no later than 15 minutes prior to their designated start times.

Pre-register on-line at  
<https://www.eventbrite.com/e/lets-move-summit-county-bike-hike-2023-tickets-591419490617>  
or call 330-643-2074 for assistance.

**The pre-registration deadline is Friday, May 5, 2023.**

The idea behind "Let's Move, Summit County!" stemmed from former First Lady Michelle Obama's "Let's Move!" campaign which aimed to curb childhood obesity in the United States. Locally, since 2010, the initiative has been a collaborative effort between the Summit County Council, County Executive Ilene Shapiro and several community partners. The group has hosted family fitness hikes, First Night Akron fitness activities, a Community Block Walk, Annual Health Walks at the Akron Zoo and Infant Mortality Health Events at the Buchtel Community Learning Center in past years.

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**The 2023 Bike and Hike Event is sponsored and supported by:**

- **Summit County Council**
- **County of Summit, Ilene Shapiro Executive**
- **Ohio & Erie Canalway Coalition**
- **City of Akron, Dan Horrigan Mayor**
- **Summit County Fiscal Office, Kristin Scalise CPA, CFE**
- **CareSource**
- **Alpha Phi Alpha Homes**
- **Acme Fresh Market**
- **South Street Ministries**
- **Summit Metro Parks**
- **METRO RTA**
- **Cleveland Clinic Akron General**
- **Summit County Public Health**
- **Community Action Akron Summit**
- **Akron Metropolitan Housing Authority**
- **AxessPointe Community Health Centers**
- **Sandra Kurt, Summit County Clerk of Courts**
- **Key Bank**
- **ADM Board**
- **Summit DD**
- **Oriana House**
- **GOJO**
- **Akron Children's Hospital**
- **Akron Area YMCA**
- **Stewart & Calhoun Funeral Home**
- **Molina Health Care**
- **Akron Children's Museum**
- **Akron Urban League**

As District 5 County Council Member, Veronica Sims represents parts of Akron, Copley Township, parts of Bath Township and the City of Fairlawn.

**For more information, contact the County Council Office at 330-643-2725.**

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