



HEALTHY PARKS,  
HEALTHY PEOPLE

March 2019



Tuckahoe State Park in Blue

Martinak State Park in Green

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 First Saturday Hike
3 World Wildlife Day	4	5 Yoga Practice Senior Stroll Trashercize	6 Walk 15 Evening Yoga	7 Yoga Practice Senior Stroll Dog Walk	8	9
10	11	12 Yoga Practice Senior Stroll Trashercize	13 Walk 15 Evening Yoga	14 Yoga Practice Senior Stroll	15	16 St. Paddy's Day 5K St. Patrick's Day Rock Hunt
17	18	19	20	21	22	23 Friends of Tuckahoe and Martinak State Park Volunteer Appreciation Lunch
24	25	26 Yoga Practice Senior Stroll Trashercize	27 Walk 15 Evening Yoga	28 Yoga Practice Senior Stroll	29 Martinak Campgrounds Open Tuckahoe Campgrounds Open	30
31						

### SPECIAL EVENTS

**World Wildlife Day:** Celebrate World Wildlife Day at Tuckahoe State Park! Join park staff for a guided 1-mile hike, followed by a behind-the-scenes aviary tour and feeding. Spend the day learning about Maryland's native birds, flora and fauna! Meet at the Tuckahoe park office at 2 p.m.

**St. Patty's Day 5k:** Race registration is on-line via [seashorestriders.com](http://seashorestriders.com) for the event through Thursday, March 14. Race Day Registration is from 7:30-8:50 a.m. The festivities begin at 8:45 AM with the Leprechaun Dash. The 5K/1-Mile Fun Run begins at 9:00 AM. The event is at the General James F. Fretterd Community Center, 104 S. 4th St. Denton, MD. The event will be held rain or shine.

**St. Patrick's Day Rock Hunt:** The cost is \$5.00 per child. Check in begins at noon and the hunt starts at 1:00 PM. Meet at Martinak State Park near the boat ramp. Children will hunt in age-based groups. Prizes will be awarded. This event benefits the Children Exploration Organization.

**Friends of Tuckahoe and Martinak State Parks:** Would you like to help with our special events? Do you have a talent to share? Or, would you like to lead a walk? Come to our volunteer luncheon to learn about our organization. The luncheon is on Saturday, March 23 from noon until 3:00 PM. Call 410-820-1668 to find out more and to RSVP.

### WALKS

**Senior Stroll:** Meet up with others to walk the paved fitness trail on Tuesdays and Thursdays, March 5, 7, 12, 14, 26, and 28, at 9:00 AM at the Martinak State Park Office.

**First Saturdays:** Discover native habitats as you walk at Adkins Arboretum. The cost is \$5.00 for non-members, Free for members and Park Rx holders on March 2 at 10:00 AM.

**Dog Walk:** Meet with fellow dog lovers to walk at the Adkins Arboretum Visitor Center at 9:00 AM, on March 7. The cost is \$5.00 for non-members, free for members and Park RX holders.

**Trashercize:** It's time to get the park and you ready for spring. Join Tony at the Martinak Nature Center on Tuesday March 5, 12, and 26 at 10:00 AM to get in shape while walking and picking up trash!

### YOGA AND DANCE

**Yoga Practice:** Improve your flexibility, core development, and balance on Tuesdays and Thursdays, March 5, 7, 12, 14, 26, and 28, at 8:00 AM at the Martinak State Park Amphitheater. Bring a mat or towel.

**Evening Yoga:** Yoga is perfect for winding down after a busy day. Stretch major muscle groups, become flexible, and feel calm at the Martinak State Park Nature Center on Wednesdays March 6, 13, and 27 at 6:30 PM.

**Walk15 PM:** Join a group aerobic class for every one of all fitness levels. Walk/dance 4,000+ steps to upbeat music in 45 minutes. This is a great aerobic workout for busy people at the Martinak State Park Nature Center on Wednesdays March 6, 13, and 27 at 5:30 PM.

### CAMPING

**Camping:** Campgrounds at Martinak and Tuckahoe State Park open on Friday, March 29. Reserve your site or cabin by calling 1-888-432-CAMP (2267) or go online at <https://parkreservations.maryland.gov>

Check our website for more park activities by clicking on the calendar of events at <http://dnr.maryland.gov/Publiclands/Pages/outdooreduc.aspx> or like us on Facebook at Friends of Tuckahoe and Martinak State Parks

