

# MARTHA RIVERS PARK WALKING TRAILS

*Gaston County eating smart and moving more!*



Parks and Recreation Department

## DISTANCE KEY

Playground Loop (Red) = .32 mile

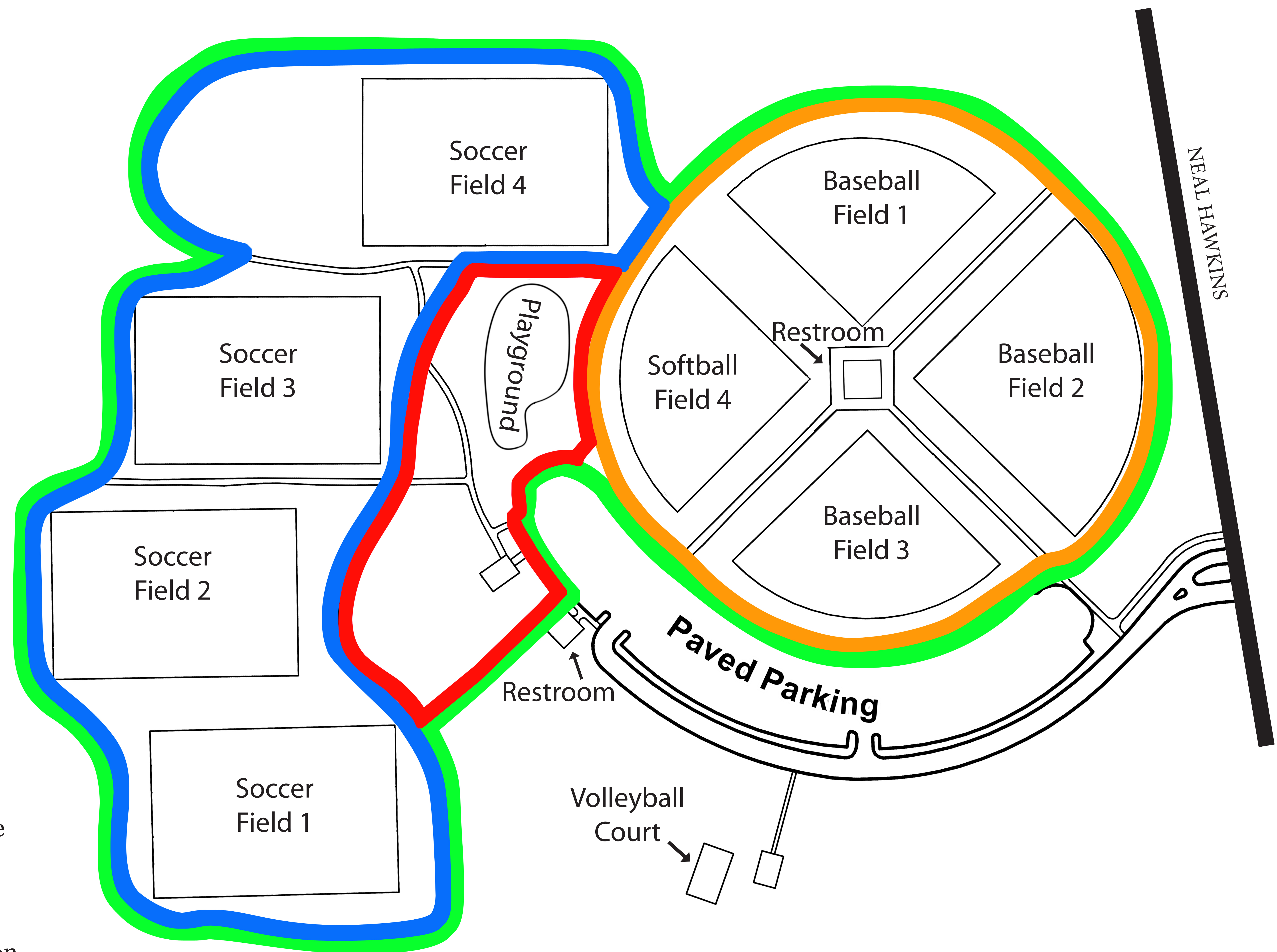
Baseball Loop (Orange) = .45 mile

Soccer Loop (Blue) = .77 mile

Outer Loop (Green) = 1 mile

## PARK RULES

- Open 7AM to dusk (and later when games are being played).
- No trespassing after hours per Section 5-14 and 5-41 of the COG Code of Ordinances.
- Pets must be on a leash not to exceed 8 feet and under the owner's control at all times.
- Please help keep the park clean and safe. Put litter and dog waste in the provided containers.
- Please report any problems to the Recreation Department at 704-866-6839 or Police Department at 704-866-6702.



*Research suggests that physical activity may reduce the risk of many adverse health conditions, such as coronary heart disease, stroke, some cancers, type 2 diabetes, osteoporosis, and depression. In addition, physical activity can help reduce risk factors for conditions such as high blood pressure and blood cholesterol. Researchers believe that some physical activity is better than none, and additional health benefits can be gained by increasing the frequency, intensity, and duration of physical activity.*