just walk WORCESTER

2025 - 2026
JUST WALK PASSPORT

EAT HEALTHY • BE ACTIVE • LIVE TOBACCO-FREE

Join *Just Walk* Worcester

Earn *Just Walk* prizes
by self-reporting your mileage.
Start earning at
www.justwalkworcester.org

25 miles	Clutch Water Bottle
75 miles	Cooling Headband or Cooling Towel
125 miles	Cell Phone Armband
175 miles	Reflective Vest or Walking Pouch
300 miles	Sweatshirt or T-shirt

Just Walk Maryland Day October 2nd	
Fungi Festival 5K Walk/Run November 1st	
Berlin Fall Glow Walk November 14th	
First Day Walk & Hike Scavenger Hunt January 1st	
29th Tortoise & Hare Dare 5k Walk/Run April 18th	
Just Walk for Men's Health June 6th	

Trails Around Worcester

Assateague Nature Trails:
Life of the Dunes - 1/2 mile loop
Life of the Forest - 1/2 mile loop
Life of the Marsh - 1/2 mile loop

Furnace Town:
Paul Leifer Trail - 1 mile loop

Herring Creek Nature Trail:
Ocean City - 2/3 mile trail

Nassawango Creek:
Francis M. Uhler Nature Trail
- 1/4 mile loop

Northside Park:

- 1 mile loop
- 3/4 mile loop
- 1/2 mile loop

Ocean City Boardwalk:

Inlet to 28th St. - 2 1/2 mile

Ocean Pines Nature Trails:

White Horse Park - 1 mile loop
Bainbridge Park - 1/4 mile loop
Sherwood Forest - 2 1/2 mile trail
Southgate Pond - 1 mile loop
- 2 1/2 mile trail
Swim & Racquet - 1 mile loop

Pocomoke City Nature Trail:

Cypress Park
- 4 mile loop
- 1 1/2 mile loop

Pocomoke State Forest:

Chandler Tract - 6 1/2 mile loop
Pusey Branch Trail - 0.9 mile loop
Trail of Change - 1 mile loop
Milburn Trail - 4 1/4 mile trail
Shad Landing - 1 mile loop

Stephen Decatur Park Trails:

- 0.6 mile loop
- 0.2 mile trail

Worcester Recreation Center:

- 1/2 mile nature loop
- 200 meter indoor track

Walking Safety Tips

1. Make sure someone knows you're walking and where, especially when you're alone.
2. Walk during the day - it's the safest choice.
3. For night walks: buddy up, wear light and reflective clothing, & take a flashlight.
4. Walk in populated places; always stay alert!
5. Face traffic when walking.
6. Use crosswalks.
7. Carry a large stick, a dog whistle, or deterrent spray.
8. Keep the volume on earbuds low so you can hear traffic, horns, and other walkers and bicycle riders.
9. Stop walking and move to a safe spot to use your phone.

SCAN THE QR CODE
SIGN-UP FOR
JUST WALK TODAY!

This passport belongs to:

Name: _____

Address: _____

_____

Phone Number: _____

Email: _____

Visit each event in this passport, record your success next to the event name, and return your completed passport at the June *Just Walk for Men's Health* event to receive your prize! Every completed passport will also be entered in the grand prize drawing.

6040 Public Landing Rd.
Snow Hill MD, 21863
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www.worcesterhealth.org

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