

Local Politics Matter

# A Walk in the Park

## Finding Yourself

“My walk in the park is not just a [walk in the park](#). Spring is upon us and it’s a time when I transition my exercise regimen to the great outdoors. You may be thinking, so what? Well contrary to popular belief, the change is very liberating. Several years ago, I discovered this wonderful park a short drive from my home. When I was younger I would race along the trails on my bicycle. Now that I’m a sage 61 years, I walk the trails. This sounds boring, but nothing could be further from the truth. There are more than 5 miles of paved jogging, walking, and biking trails. These trails can really give your abdominal, gluteus, quad, and hamstring muscles a good workout if you’re willing to incorporate some of the steeper inclines into your walk.



The glory of it is that the park is so beautiful and tranquil that you find yourself drawn in to it. You keep walking because you want to know what’s around the next bend in the trail. The trails are winding, wooded and mostly shady. There are benches situated about every .2 km along the trail for individuals who need the occasional rest. There are gazebos, foot bridges, fountains, manicured lawns, gardens, a playground, a dog park and picnic areas. There is also a myriad of wildlife, not to mention the fact that the park butts up to a river? There are also boats and bicycles available for rent. This sounds too good to be true doesn’t it? Well it’s not. This park is a great example of our tax dollars at work. I like to park on the outskirts of the park so that I can enjoy every kilometer of it.

During the spring, summer and fall, I walk the park about three times per week. As I enter the park I feel myself relaxing. I begin my walk at a rapid clip, and



take in the changes since my last visit (wildlife, insects, trees, etc). While I challenge my body pushing up and down the hills around the curves, my mind just drifts, taking in the sounds and smells of nature. I work up a sweat walking three miles. Then I take a 10 minute break at a bench near one of the fountains. I hydrate and let my mind drift some more to the sound of the water. If there’s any activity near the fountain, I stay a little longer, enjoying the gardens, people watch or dog watch (the dogs can be quite interesting). I resume my walk, increasing my pace for the next mile. Then I slow down to cool down for the last mile. Here’s the clincher, I get a better workout than if I’d

used a stationary bike or a treadmill, but it just feels like a walk in the park. Find a park near you and freshen up your workout.

[Quite Water Park](#) is located in Anne Arundel County. If you choose to park outside the park, you can enjoy the facility at no charge. If you drive into the park, there’s a \$6.00 daily fee or a \$30 annual fee (\$40 for non county residents).

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