



Kids in Parks



A Successful Solution to Get Kids in Parks

Parks and Trails are Underutilized



In 2007 and 2008, the Blue Ridge Parkway conducted a Visitor Use Study and determined that only 7-12% of visitors to the Blue Ridge Parkway brought kids under the age of 15 with them.

Plugged in for 7.5 hours a day!



According to a study done by the Kaiser Family Foundation in 2010, Kids spend an average of 7.65 hours per day plugged-in to electronic media.

Childhood Obesity has Risen



1-in-3 kids in the United States is classified as being Overweight or Obese

Founding Partners



An independent licensee of the Blue Cross and Blue Shield Association

In 2008, the Blue Ridge Parkway (NPS), the Blue Ridge Parkway Foundation, and the Blue Cross and Blue Shield of North Carolina Foundation partnered to form the Kids in Parks program, a program designed to get kids and families to utilize the trails on the Parkway for both their health and the health of our park.

Kids in Parks – TRACK Trails



Kids in Parks provides a network of self-guided, brochure-led hiking trails designed for kids and their families called TRACK Trails.

Self-Guided Adventures



Each TRACK Trail trailhead has 4 different self-guided, brochure-led adventures. Brochures are used because they're cost effective per visitor contact, available 24 hours per day, provide take-home value, and are the most preferred and used form of visitor information.

Network of Trail Opportunities

The screenshot shows the homepage of Kids In Parks. At the top, there is a navigation bar with links for 'About', 'Contact', 'Help', and 'LOG IN'. Below this is a main banner with the text 'Have Fun Outdoors and Win Prizes' and a 'SIGN UP FOR FREE' button. A central section features three numbered steps: 1. SIGN UP & FIND an adventure, 2. GO for an adventure, and 3. TRACK your adventure and GET prizes. Below this is a search bar for 'FIND AN ADVENTURE' with a search button and a list of activity categories including Hiking, Disc Golf, Canoeing, Pediatrician Trails, and Backyard Adventures. The bottom section includes a 'BLOG' with recent posts and an 'ON FACEBOOK' section with a Facebook widget. A footer contains contact information and social media links.

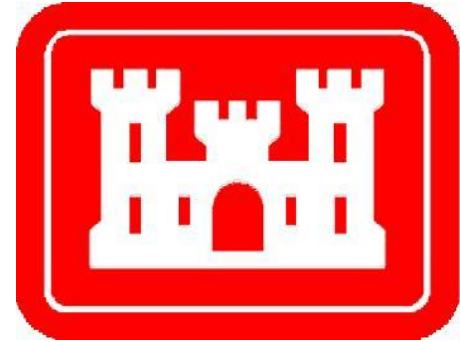
www.KidsInParks.com

This screenshot shows a specific page on the Kids In Parks website titled 'Adventures in North Carolina'. It features a search bar with the example text 'ex. Trails near Asheville, NC' and a 'SEARCH' button. Below the search bar is a map of North Carolina with numerous red location pins indicating trail sites. To the right of the map is a sidebar with a list of 'Adventure Type' (Hiking, Disc Golf, Canoeing), 'Features' (any_feature, Water Feature, Vista Point, Peak), and 'Recreational Features' (Picnic Tables, Birding, Fishing, etc.). Below the map, there are two featured trail entries: 'Blue Ridge Parkway' and 'Chimney Rock State Park', each with a small map and a brief description. The bottom of the page includes social media icons for Facebook, Twitter, and YouTube.



TRACK Trail locations are networked through the Kids in Parks program's website; and various social media outlets are used to connect users with trails and the program.

Linking Public Lands



Kids in Parks has partnered with several different major land management agencies to expand their network of trails across state and agency boundaries.

Connect Community Partners



Kids in Parks has formed partnerships with city/county parks departments, schools, universities, pediatrician offices, hospitals, corporations, foundations, private donors, and more to form their network of trails.

Provides Incentives for Participation



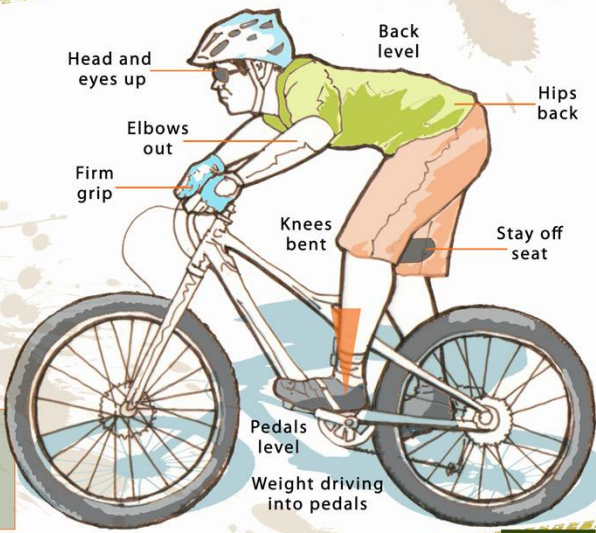
Kids can earn prizes for registering their adventures through the Kids in Parks website. In order to earn their prizes, kids have to answer 12-15 questions about their experience on the trail, which provides assessment about the use of the trails.

Various Types of Trails

BODY POSITIONING

- **Body positioning** is the foundation for all bicycle skills. On the pump track, proper body positioning is going to help you maintain speed, balance and control. Start by standing on your pedals, keeping them level to the ground.
- **Balance** your weight evenly between your feet and your hands. Bend at the waist so that your back is level to the ground, with your knees bent, elbows out and head up.
- **Stay relaxed** as you encounter the obstacles on the track.

Avoid crashing by **NOT** sitting on your seat while riding the pump track



Labels in the illustration: Head and eyes up, Elbows out, Firm grip, Back level, Hips back, Stay off seat, Knees bent, Pedals level, Weight driving into pedals.

KIDS IN PARKS TRACK TRAIL logo, kidsinparcs.com, SCAN QR CODE TO WATCH VIDEO, COMING SOON



Paddling TRACK Trails



Geocache TRACK Trails

Biking TRACK Trails

In an attempt to reach people of varying ages and interests, Kids in Parks has opened several TRACK Trails that utilize alternative forms of outdoor recreation activities, including: disc golf, bike, paddling and geocache trails.

FUN!



Kids aren't going to choose to do anything that is not fun... and if we want them to Become outdoor recreation enthusiasts, we need to make it fun!

Brief History

1st TRACK Trail – August, 2009



The first TRACK Trail opened on the Blue Ridge Parkway at the Asheville Visitor Center on August 29th, 2009.

Gateway Trails



Realizing that novice users to our parks may find a trail in a National Park intimidating, Kids in Parks began installing “Gateway Trails” in communities along the Blue Ridge Parkway, creating a network of trail opportunities in the region.

The first gateway trails were at a North Carolina State Park and a US Forest Service site.

Building The Network of Partners



The Kids in Parks program continued to expand their network of “Gateway Trails” into communities along the Parkway by installing TRACK Trails in City/County Parks, Virginia State Parks, an Army Corps site, and on schools and private property.

Proof of Concept



In 2011, KIP tested the program's "Proof of Concept" to determine if TRACK Trails could be easily replicated in any park in the United States.



TRACK Trail Growth by Year

2009 – 1 TRACK Trail
2010 – 5 TRACK Trails
2011 – 11 TRACK Trails
2012 – 40 TRACK Trails
2013 – 80 TRACK Trails
2014 – 106 TRACK Trails
2015 – 132 TRACK Trails



In 7 States (NC, VA, SD, MD, WV, CA, SC)
and Washington, D.C.

Current TRACK Trails

North Carolina TRACK Trails



There are currently 70 TRACK Trails in North Carolina.

Virginia TRACK Trails



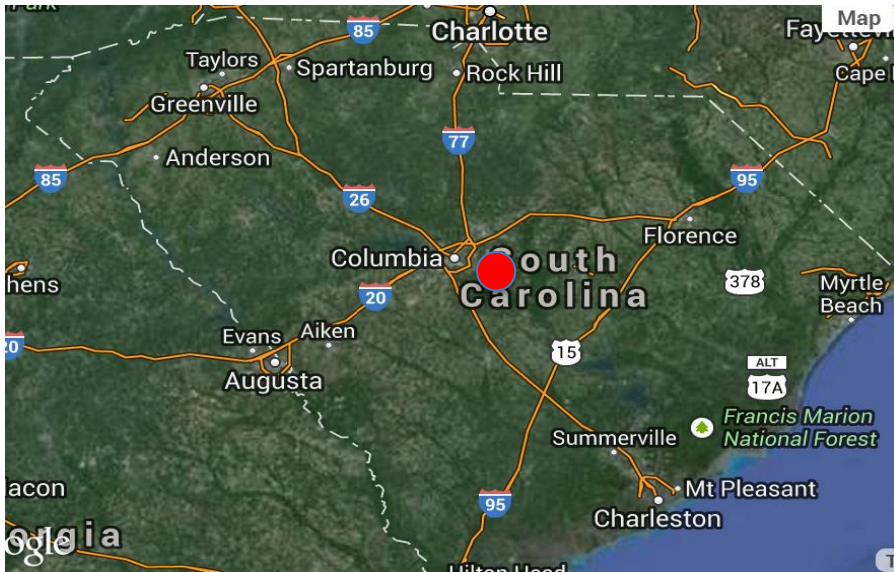
There are currently 16 TRACK Trails in Virginia.

South Dakota TRACK Trails

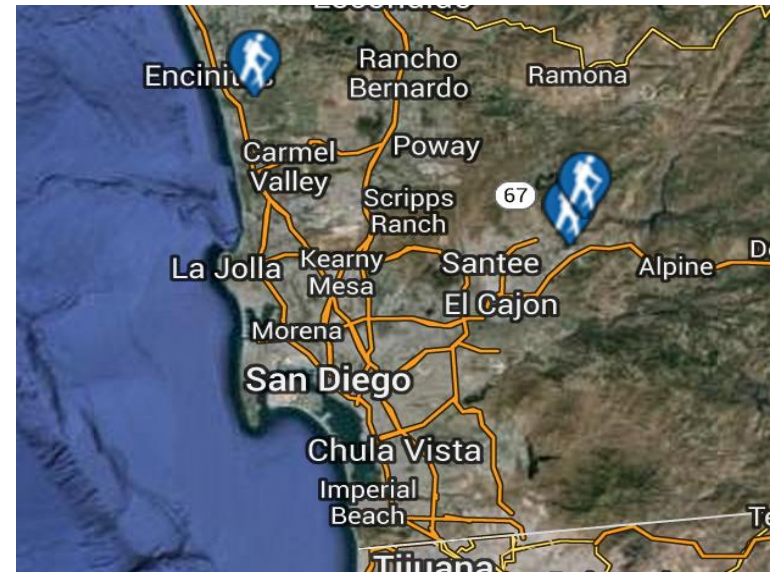


There are currently 29 TRACK Trails in South Dakota... 12 of them are Nature Trail Disc Golf Courses.

South Carolina and California Trails

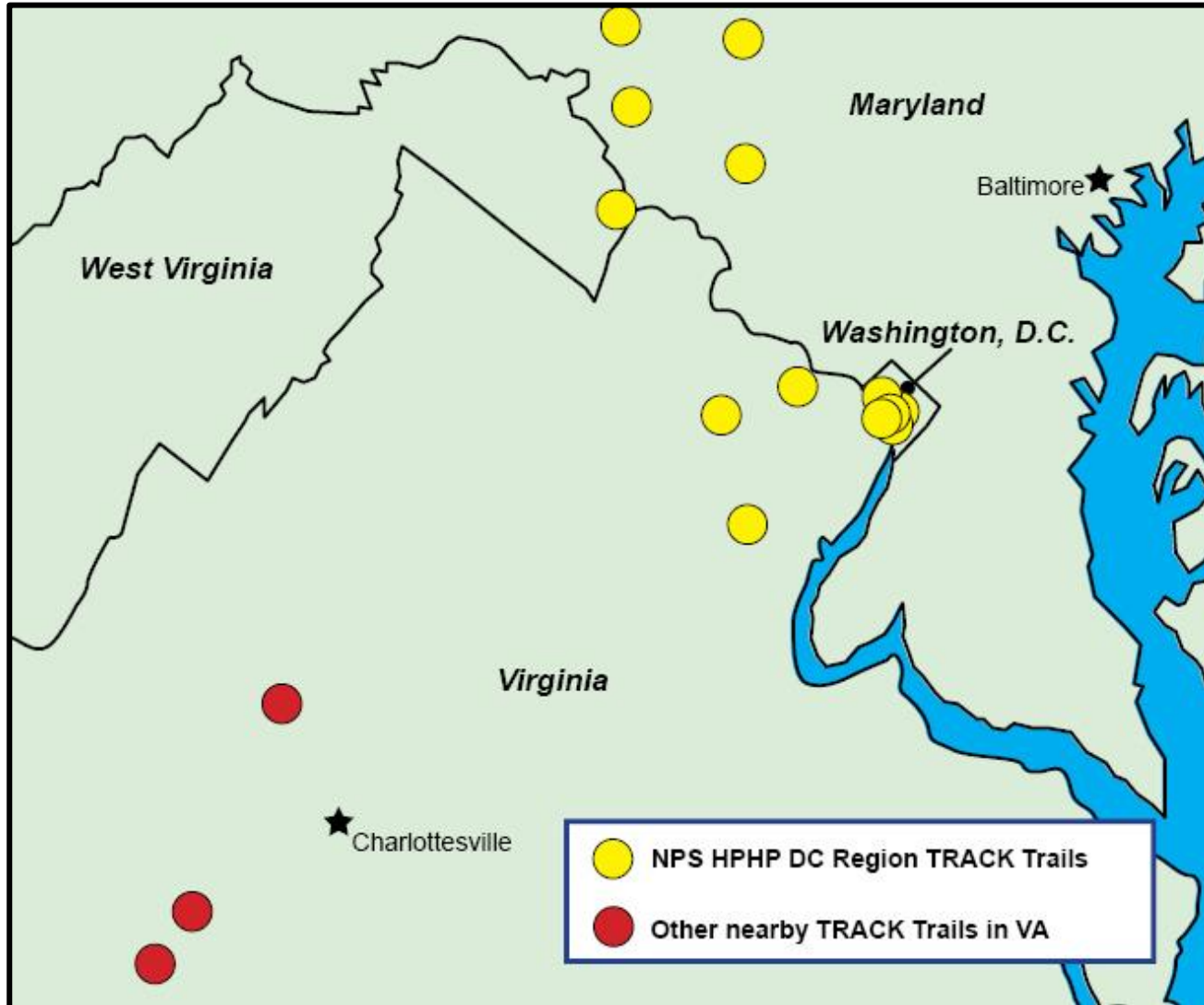


Currently 1 TRACK Trail in South Carolina



Currently 3 TRACK Trails in California

DC Region TRACK Trails



There are 14 TRACK Trails in National Parks in the Washington, D.C. region.

There's a TRACK Trail at the White House!



Results

KIP Hiking TRACK Trail – DATA

As of December 31, 2014:

1,254 Trail TRACKers

2,437 Registered Adventures

90% indicated they would return
(0.005% indicated they would not return)

85% came in “family groups”

2.85 = Average Group Size

7.05 = Average Age

Since January 1, 2015:

337 individuals have registered

650 total adventures on TRACK Trails



Repeat Use / Use of Network

Registered Adventures

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	758	80	29	9	2	1	0	0	0	0	0	0	0	0	0
2		148	37	10	3	5	2	0	0	0	0	0	0	0	0
3			54	6	10	2	1	0	0	0	0	0	0	0	0
4				36	5	0	2	3	0	0	0	2	0	0	0
5					16	6	4	2	0	0	0	0	0	0	0
6						5	1	1	1	0	0	0	0	0	0
7							4	0	1	0	0	1	0	0	0
8								1	1	1	0	0	0	0	0
9									0	0	0	0	0	0	0
10										1	0	0	0	1	0
11											1	0	0	0	0
12												0	0	0	0
13													1	0	0
14														0	1
15															0

499 kids registered more than 1 TRACK Trail Adventure

499/1257 = 40% return rate

378 kids registered more than 1 TRACK Trail Location

378/499 = 75% of returnees went to more than 1 trail location!

+ 2 others:

24 Adv. @ 21 TTs

26 Adv. @ 22 TTs

Health of Our Parks



52% were first-time visitors to the park

42% intentionally visited the park for the TRACK Trail

13% indicated this was their first time hiking

Health of Our Kids



Approximately **79,000 miles** have been hiked by kids on TRACK Trails. (~ 3 trips around the Earth)

Over **40,000 hours** spent unplugged and outside by kids on TRACK Trails. (~4.5 years)

More than **12,000,000 Calories** have been burned by kids on TRACK Trails.

They Don't Come Alone



With an **average group size of 2.85**, those numbers can be multiplied by a factor of 3 to obtain the program's larger outcomes:

240,000 miles walked...

120,000 hours spent outdoors...

36,000,000 calories burned... by people on TRACK Trails

Program Materials

Trailhead Signs / Kiosks



KIP has several types of trailhead kiosks to meet the various sign standards of the partnering agency.

Self-Guided Brochures

Hide and Seek



Hide and Seek is our most popular brochure and is installed on every TRACK Trail. It was designed as a picture scavenger hunt for younger kids. However, kids of all ages enjoy using this brochure along the trails.

Animal Athletes

Hummingbird Hand-swings

Look for ruby-throated hummingbirds feeding on flowers around woodland edges and fields. Hummingbirds flap their wings over 50 times per second! 50 wing-beats per second equals 1500 wing-beats in 30 seconds.



How many times can you flap your "wings" in 30 seconds?

Ant Strength Training

Ants are very strong insects, able to lift objects much heavier than their own bodies. Can you lift your own body weight? An easy way to find out is by doing push-ups.



Find a clear, safe spot on the trail and see how many push-ups you can do!

White-tailed High Jump

Keep your eyes and ears open for white-tailed deer in the woods and meadows. In order to move quickly through the tall grasses and shrubs, white-tailed deer leap very high —sometimes over 6 feet in the air!



How high can you leap straight up in the air?

Green Frog Hop

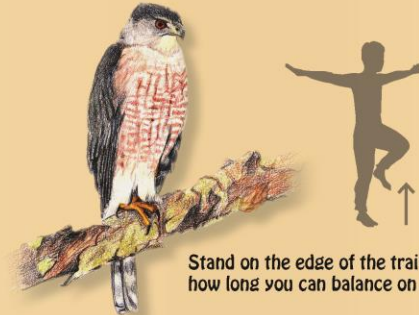
Listen for the "gunk!" sound of the green frog around ponds and streams. Green frogs make a tasty snack for predators such as snakes and herons. To escape quickly, frogs use their strong back legs to hop away.



Pretend you're being chased by a predator and hop like a frog down the trail.

Hawk Stance

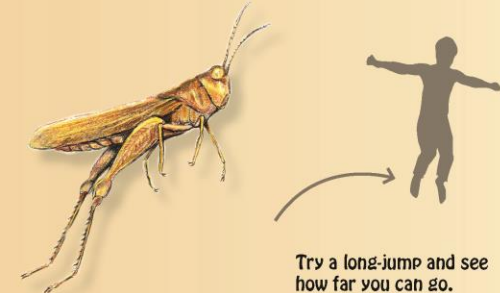
To conserve heat and energy, birds of prey such as sharp-shinned hawks often perch on one leg. Locking tendons in their feet allow birds to balance on one leg for hours at a time.



Stand on the edge of the trail and see how long you can balance on one leg.

Grasshopper Long Jump

You may glimpse grasshoppers in areas with short grass or gravel. Grasshoppers can jump 20 times the length of their own body. If you could do that, you would be able to jump almost 100 feet!



Try a long-jump and see how far you can go.

Animal Athletes is an exercise-based brochure that encourages kids to be physically active along the trail by copying the movements of the region's animals.

Flower Power

Flowers Attract Pollinators

Use the clues in this brochure to see how a flower's size, shape, color and smell have the power to attract unique pollinators.

Nature's Color Palette

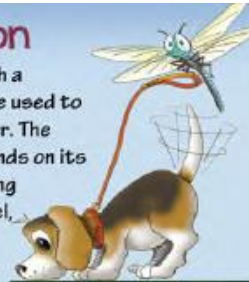
Certain colors attract certain kinds of pollinators. How many colors of flowers can you find?




What flower color are you attracted to? _____

Petal Persuasion

Like a billboard that can catch a person's attention, petals are used to attract pollinators to a flower. The petals' smell and shape depends on its pollinators' feeding and landing preferences. Look for pinwheel, cup, and trumpet shapes.

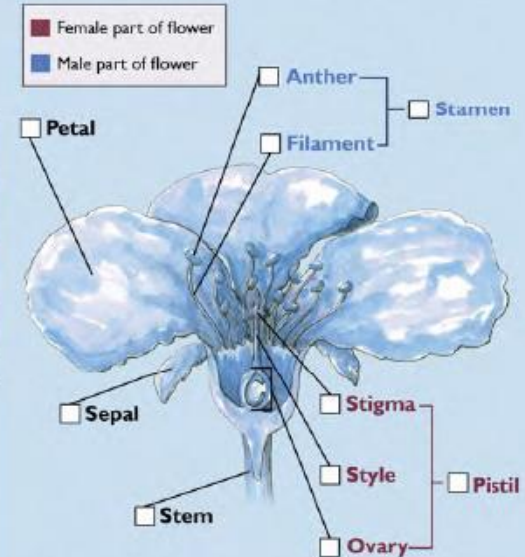


Draw a flower you find.



Parts of a Flower

Flowers come in many different shapes and sizes, but they all have the same basic parts. Look closely at a flower and see how many of its parts you can find.



The Need for Pollinators

Pollinators and the flowering plants that need them are both important to humans. More than 180,000 different plant species need pollinators, including many that produce fruits, vegetables, and nuts. Did you know that one out of every three bites of food you eat is there because of pollinators?



Flower Power helps kids learn about and discover the different types of flowers that can be found along the trail. The brochure also discusses the parts of a flower and pollination.

Music from the Mountains

Songs from the Wood Check the box next to each tree you find on your hike.

the Face (front)

The face of the instrument vibrates and transmits sound like a speaker. For the best sound, a soft wood needs to be used. In the Blue Ridge Mountains, red spruce is the best choice. If red spruce cannot be found, white pine can be used instead.

Red Spruce

Red spruce is an evergreen that grows at higher elevations. Red spruce trees have short needles with sharp points that branch out from all sides of the twig. Look for round cones that are a little larger than an egg.



White Pine

White pine is an evergreen tree with long needles in bundles (fascicles) of five. The cones are long and thin. The tree trunk is straight.



the Sides and Back

When a string is plucked, sound waves travel down inside the instrument. For the best sound, a hard wood is needed to reflect the sound back out through the face of the instrument.



Sugar Maple

Sugar maple has been the favorite hard wood for the back and sides of stringed instruments in the Blue Ridge Mountains for years.

The sugar maple leaf looks like a hand with five fingers. They have winged seeds, called *samaras*, that spin as they fall from the tree.

Mandolin

the Fingerboard

The fingerboard is a thin piece of hard wood that is glued to the front of the neck. Because the metal strings would dig into a softer wood over time, an extremely hardwood, like dogwood, needs to be used.

Dogwood

Dogwood bark looks like a worn checkerboard with crooked squares. In spring, dogwoods have yellow flowers with four white modified leaves, called bracts.



the Neck

The strings on an instrument need to be strung very tightly. Because of this, a sturdy wood is used for the neck. Wild cherry has been used because of its strength and rich color.

Wild Cherry

A young cherry tree has smooth dark bark, with horizontal stripes called *lenticels*. A lot of trees have thick cracked bark when older.



Mountain Banjo



Music for the Mountains teaches kids about the types of trees that can be found along the trail, and how the wood from those trees was used to make different parts of traditional Appalachian Mountain musical instruments.

Site-Specific Brochures

National Mall

Discover treasures in Constitution Gardens

History and nature can be found together here in Constitution Gardens. Follow along the trail and discover just a few of the stories this park has to tell.



Vietnam Women's Memorial

To the north of the trail through the trees you can see a bronze statue of three nurses caring for a wounded soldier. This memorial honors the thousands of women who served their country during the Vietnam War. Eight yellowwood trees are planted around the memorial to recognize the eight women who died during the war. Can you count all eight trees?

American Yellowwood



The American yellowwood is a small tree native to parts of Tennessee, Kentucky, and Arkansas. It has smooth, grey bark and **compound leaves** (many leaflets on one stem). In late spring, yellowwood trees bloom with fragrant white and pink flowers.



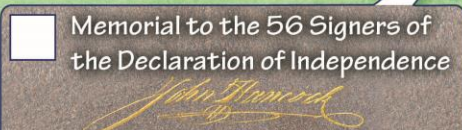
Weeping Willow

Originally from China, weeping willow trees grow near water and can reach heights of 50 feet. The skinny leaves that hang down on branches look like tears falling, giving the tree its name. Stand by a weeping willow, close your eyes and listen to the tree. Describe what you hear.



Mallard Duck

To attract a mate, the male mallard has a shiny green head and neck. The female is camouflaged to protect her nest from predators. She can raise up to a dozen chicks at one time! How many mallards do you see swimming in the pond? _____



Memorial to the 56 Signers of the Declaration of Independence

In the summer of 1776, fifty-six people came together to unite our country and move towards a new beginning by signing the Declaration of Independence. Read part of the Declaration below and sign your "John Hancock".

"...We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness..."

sign here _____



Lock Keeper's House

Boats used to travel up and down a canal that followed the same path as Constitution Avenue. The Lock Keeper's House operated similar to a modern day traffic light, controlling the movement of boats along the canal. What year does the plaque on the house say it was built? _____

Designed and illustrated by Elise A. Kahl

The National Mall Scavenger Hunt brochure leads kids to various monuments along the Mall, adding educational information at each stop. The trail starts at the Lincoln Monument and leads toward the Washington Memorial.

Limberlost Trail

Explore Your Senses
Make your way through the forest relying on your senses of sight, smell, hearing, and touch to learn what life is like for the animals who live here. Discover how animals use their senses to find food, avoid predators, and navigate through the woods. The activities can be done anywhere on the trail except the two that are labeled on the map.

Life On A Rock

Rock surfaces can be mini-worlds unto themselves! Check out the rock outcrop at the trail intersection near the bridge. How many living things do you see? Look for colors, shapes, forms, and growth patterns to help identify the differences. Gently touch the lichens and feel the mosses. Circle the words that describe how the rock habitat feels.

warm cool dry moist soft hard

Describe what it would be like to be a small insect that lives on this rock. _____

Box Turtle View

Imagine what it would be like to live an inch off the ground! Box turtles are omnivorous, meaning they will eat just about anything – from fruits to mushrooms to bugs. Get down on all fours, and with your chin almost touching the ground, look around. List three things that you see, smell, or feel that you didn't notice before.

1. _____

2. _____

3. _____

Bear's Nose

Black bears have a strong sense of smell. A bear's sense of smell is seven times better than a dog's. What can you smell around you?

Smell the air

Smell a leaf

Smell a tree trunk

If you were a bear, what would you use your sense of smell to do? _____

A Changing Forest

Nature is constantly changing. Decades ago this forest was shady, moist, and cool year-round because it was filled with giant eastern hemlock trees. An insect, called the woolly adelgid, was accidentally brought to North America and has killed most of the old hemlocks in Shenandoah. Look for snags and stumps of dead hemlock trees along the trail. There are still some young hemlocks growing, so one day the hemlock forest might return. Can you find a young hemlock tree?

Eastern Hemlock

Look for rounded needles and cones the size of nickels.

Squirrel Climb

With small sharp claws, squirrels are excellent at climbing trees. Find a tree you can walk up to without trampling any plants on the ground. Look at the tree – its bark, limbs, leaves, and color. Touch the tree and circle the words that describe its trunk.

Note: Poison ivy can climb up the trunks of trees... so if you see a hairy vine, don't hug that tree!

soft slick smooth

hard coarse rough

Find a second tree that looks completely different. As a squirrel, which tree would be easier to climb to escape a predator? Why? _____

Shenandoah National Park's Limberlost Trail has a custom brochure that leads kids to specific areas around the trail to make discoveries using their senses.

Bilingual Brochures

El Juego del Escondite en la Naturaleza



Kids in Parks translated it's Hide and Seek brochure into a bilingual brochure containing both English and Spanish. Now, speakers of either language can use the brochure, and learn the words to the "scavenger hunt" items in a second language.

Animales Atletas

Hummingbird Wing-flaps Los Aleteos del Colibrí

Hummingbirds flap their wings over 50 times per second, or 1500 times every 30 seconds.

Los colibríes mueven sus alas alrededor de 50 veces por segundo, es decir, 1500 veces en 30 segundos.



How many wing-flaps can you do in 30 seconds?
¿Cuántas veces eres capaz de mover tus brazos como si fueran alas durante 30 segundos?

Ant Strength Training La Fuerza de una Hormiga

Ants can lift objects much heavier than their own bodies. Can you lift your own body weight?

Las hormigas son capaces de levantar objetos mucho más pesados que sus propios cuerpos. ¿Puedes levantar el peso de tu propio cuerpo?



Find a safe spot and see how many push-ups you can do!
¡Busca un lugar seguro y comprueba cuántas flexiones puedes hacer!

Deer High-jump El Salto de Altura del Ciervo

In order to move quickly through tall grass and shrubs, deer leap very high. They can jump up to 6 feet in the air!

Para moverse rápidamente en la maleza y entre los arbustos, los ciervos pegan brincos muy altos, a veces hasta 6 pies de altura.



How high can you jump?
¿Qué altura puedes alcanzar dando un salto?

Frog Hop El Salto de la Rana

Frogs use their strong back legs to hop away from predators such as snakes and herons.

Las ranas utilizan sus fuertes ancas traseras para saltar y escaparse de depredadores como las serpientes o las garzas.

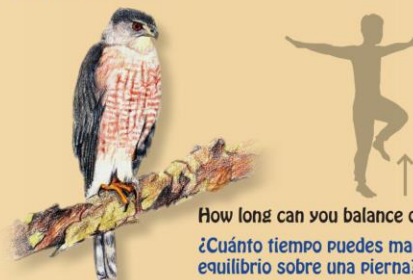


Hop like a frog down the trail to escape a predator!
¡Salta como una rana a lo largo del camino para escaparte de un depredador!

Hawk Stance La Postura del Gavián

To conserve heat and energy, hawks sometimes perch on one leg for hours at a time.

Para conservar el calor y la energía, los gavilanes a menudo se posan sobre una pata durante horas.



How long can you balance on one leg?
¿Cuánto tiempo puedes mantenerte en equilibrio sobre una pierna?

Grasshopper Long-jump El Salto de Longitud del Saltamontes

Grasshoppers can jump 20 times the length of their own body. If you could do that, you'd be able to jump 100 feet!

Los saltamontes pueden saltar 20 veces la longitud de su propio cuerpo. ¡Si tú pudieras hacer esto, podrías saltar una distancia de 100 pies!



Try a long-jump and see how far you can go!
¡Salta hacia delante y comprueba la distancia que alcanzas!

Designed and illustrated by Tony Geiger

The Animal Athletes brochure was also translated into a bilingual brochure containing English and Spanish, with the English text being black and the Spanish text being blue for ease of use.

Need For Trees – Cherokee Syllabary

□ Tulip Poplar ᵇᵇᵇ



Growing straight and tall with light gray bark and a large broad leaf that looks like the tip has been bitten off, the tulip poplar is easy to find. The flowers of the tulip poplar are an important source of nectar for honeybees. Due to their large size, tulip poplar logs were often used by the Cherokees to make canoes. The Cherokee also used tulip poplar to heal wounds and cure digestive problems.

□ Sourwood ᵇᵇᵇᵇᵇᵇ



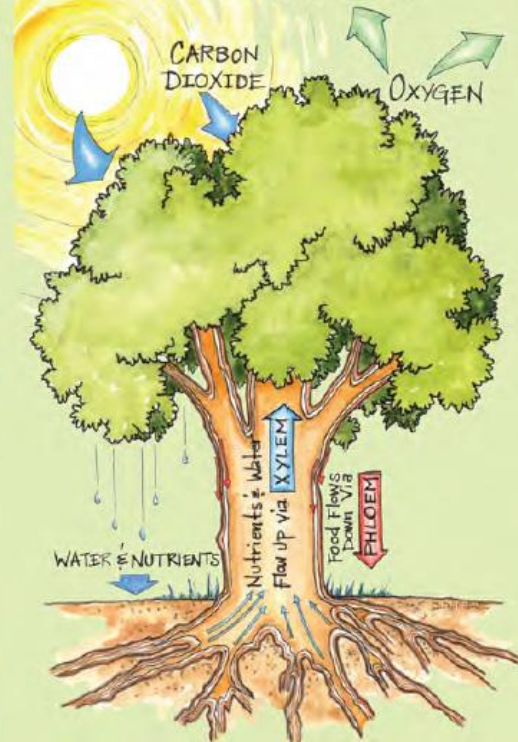
The sourwood tree has chunky bark and clusters of tiny white flowers in the spring. Sourwood bark was used by the Cherokee to treat diarrhea, and the straight twigs were used to make arrows. In one Cherokee legend, the daughter of the Sun was killed by a magic rattlesnake, and seven men retrieved her from the underworld by touching her with sourwood twigs and bringing her back to life.

□ Rhododendron ᵇᵇᵇ ᵇᵇᵇᵇ



Rhododendron is a small evergreen tree that grows well in the shade. The dark green leaves are long and skinny with a smooth, leathery feel. In the summer, rhododendrons blossom with beautiful pink or white flowers. To treat joint pains, the Cherokee would scratch a patient's skin and then apply a tea made from rhododendron and similar plants.

The Need to Know How Trees Grow



Plants and trees have the ability to make their own food in a process known as photosynthesis. They do this by sucking water and nutrients from the soil up through their xylem and into their leaves. The water and nutrients are combined with carbon dioxide and sunlight to make a sugary food called glucose. This food then travels down through the phloem to the rest of the tree, so it can grow.

(Illustration by David Williams, Winger's Works)

□ Cherry Birch ᵇᵇ ᵇᵇᵇᵇᵇᵇ



Cherry birch got its name because the bark of young trees looks like the bark of a cherry tree, with horizontal stripes called lenticels. The leaves have serrated (saw-toothed) edges, and the shoots have a wintergreen scent. The Cherokee used birch to make a pleasant tasting tea that they drank for enjoyment and to settle the stomach.

□ Sassafras ᵇᵇᵇᵇᵇᵇ



The sassafras is a small tree that can be identified by its three distinct leaf shapes (entire, mittened and three-lobed). The fruits of the sassafras are eaten by many different birds. Sassafras tea was a favorite beverage of the Cherokee due to its great taste and the belief that it cleansed the blood. The bark and leaves were chewed and the spit produced was rubbed on spider bites.

□ Red Maple ᵇᵇᵇ ᵇᵇᵇᵇᵇᵇ ᵇᵇᵇᵇᵇᵇ



Able to grow in almost any soil condition, the red maple is one of the most abundant and widespread trees in eastern North America. With red twigs, buds, flowers and seeds, it's easy to see how the red maple got its name. In the fall, the leaves also turn a brilliant red color. The Cherokee boiled the bark of the red maple and used it to treat eye problems.

The Eastern Band of Cherokee Indians was the only Native American tribe with its own written language. Kids in Parks worked with the tribe to provide Cherokee Syllabary (their alphabet) to the naming of the particular species in the brochures.


Technology-Based Brochures

GPS / Geocache Brochures

Geocaching on the Emily B. Taylor Greenway

Are you ready for a geocache scavenger hunt? Plug in coordinates and discover just a few of the stories the greenway has to tell. Check each box when you find the cache and make an "x" on the map at your approximate location.

Toast of the Town


 **N 36° 30.433, W 080° 37.190**
Hint: Near the fence, 2 plus or minus a quarter

In the late 1950's, Proctor Electric Company built what was then the largest toaster factory in the country! While digging the land for the building, a Native American burial ground was uncovered. Unlike today, there weren't any regulations for protecting Native American grave sites so treasure seekers collected everything from pottery to beads. Since the artifacts were from about 1400 AD, how old are they now?

$$\begin{array}{r} 20___ \text{ (current year)} \\ - 1400 \\ \hline = \end{array}$$




Look for the historic toaster factory across the river. It is the white building with blue letters!

Chair Rail

 **N 36° 29.701, W 080° 37.161**
Hint: Don't get TIREd of searching.


Because the railroad made it easier to transport goods, the areas lumber and woodworking industry evolved into several large furniture factories. Chairs, tables, pie safes and much more were built here. Look for sugar maple on the greenway, a tree that is used to make furniture because of its durable and fine-grained wood.

Sugar Maple

Look for the historic train depot across the creek!


Veterans Memorial Park

 **N 36° 30.861, W 080° 36.971**
Hint: Don't forget to SIGN the log

In 1946, the American Legion and the Veterans of Foreign Wars purchased the 36 acre Taylor Farm to create Veterans Memorial Park. For over 65 years the annual county fair continues to be held here. What are your favorite things to do at a fair?

If you wander a little farther away from the geocache, you can find an army tank. What was the tank's nickname? _____

All Aboard!

 **N 36° 29.887 W 080° 37.052**
Hint: Have you seen the Thomas the Tank Engine MOVIE?

Mount Airy was a small town of about 300-400 people until the railroad came in 1888. The railroad made shipping goods a lot easier. Within a year, cotton factories, woolen mills, tobacco factories and much more were built here.

There was even a passenger train which made the train depot one of the most important buildings in town. Today, a different train track is used through town to transport various goods. Passenger train service ended when automobiles (cars) became popular. What is your favorite way to travel? _____

The GPS / Geocache brochure uses color coded regions of the trail to coordinate each cache location with the educational content. This allows people without GPS units or smart phones to utilize the brochure, too.

GPS / Geocache Brochures

Geocaching on the Rockfish Valley TRACK Trail

Are you ready for a geocache scavenger hunt? Plug in the coordinates and discover just a few of the stories this trail has to tell. Check each box when you find the cache and make an "x" on the map at your approximate location. Then, use the information in each cache to answer the questions. **BONUS: Cache #5 has a take-home prize!**



1. Early Settlers
N 37° 52.778, W 78° 54.502
Hint: This cache is near (the trailhead sign?)
One of the first known settlers of this area was Samuel Reid, for whom Reid's Creek is named. In 1805, Samuel sold the land to Hawes Coleman. Six generations of Hawe's families lived and farmed on this land for over 100 years.
Imagine it is 1805 and you just bought all the land you see around you. Where would you build your house?

What crops would you grow?


2. The Rockfish River
N 37° 52.790, W 78° 54.475
Hint: This cache is near (where the birds live ?)
If you were a drop of water that fell into this river, you could travel 25 miles to the James River, drain into the Chesapeake Bay and eventually end up in the Atlantic Ocean. The gravel in this river makes that same trip, eroding along the way to form the sand at Virginia Beach!
Pick up a piece of gravel. Can you name one of the minerals in this rock that will form the sand at Virginia Beach?


3. Basswood
N 37° 52.785, W 78° 54.318
Hint: This cache is near the (basswood trees ?)
Can you spot the basswood trees here? They have heart-shaped leaves and gray bark with furrows and flat ridges. In the spring, these trees bloom with beautiful and fragrant clusters of yellow-white flowers. *What are some things that humans use basswood trees for?*


4. Sassafras
N 37° 52.793, W 78° 54.185
Hint: This cache is near the (sassafras trees? picnic table?)
Look for sassafras trees along the trail. Sassafras trees are easy to identify because they have 3 different leaf shapes: entire, mittened, and three-lobed.

What are some things that humans use sassafras trees for?

5. Lay of the Land
Use clues from the previous geocaches to reveal these coordinates!

This bottomland was originally used for growing tobacco. Around 1880 the area was turned into an apple orchard containing over 10,000 apple trees. After that, it was a cattle farm and a vineyard. Now the land is used as pasture for various livestock, and as a place for people like you to visit, hike and make discoveries! *What was your favorite discovery today?*


In the Rockfish Valley GPS brochure, kids have to collect GPS coordinates at the first four caches in order to find the fifth cache—the cache with the prizes!

Cell Phone Brochure

The Nature of Stone Bridge Trail

Are you ready for a nature adventure?
As you walk the loop, call in at each cell-phone stop and listen carefully for clues that will help you with the following activities.

17 Neighborhood Mammals

Thanks to the abundance of food and shelter here, many animals call Manassas National Battlefield home. Look for white-tailed deer browsing near the forest edge, and look for gray squirrels gathering seeds and nuts in the trees.

What do deer and squirrels do when they're scared?



15 Creepy Crawly Vines

Look for vines climbing up the trees near the wooden bridge. Three vines that grow here at Manassas are (1) wild grape, (2) virginia creeper, and (3) poison ivy. Can you number them in the pictures here?



13 Your Watershed Address

You may know your street name, city and state, but do you know what watershed you live in? A **watershed** is an area of land that drains to a common point. If you were a raindrop that fell on this trail, you could drain into Bull Run, travel southeast into the Chesapeake Bay, and eventually end up in the Atlantic Ocean!



What is the name of the watershed you're standing in right now?

23 A Great Place for Frogs

Do you notice anything different about this part of the trail? The elevation is lower, the plants and animals are different, and visitors have to walk on a boardwalk. This is because the area around you is a **Piedmont Swamp Forest** and contains many vernal pools! A vernal pool is a pond that is only full of water for part of the year. Since there isn't a year-round source of water, fish cannot live here, but amphibians can. Frogs and salamanders thrive in this temporary water habitat. **What is the name of the small noisy frogs found here in the spring time?**



11 Where Dinosaurs Roamed

Did you know there used to be dinosaurs here? During certain times in the Earth's history, this whole area was under water, and an alligator-like dinosaur called **Tanytrachelos** lived here. In another period of the Earth's history, this area was a tropical forest, home to a dinosaur similar to the t-rex called **Kayentapus**.



Draw what a dinosaur would look like on the Stone Bridge:

19 flip to back

The Cell Phone brochure works in partnership with a preexisting cell phone trail established at Manassas National Park. At each stop, visitors call a 1-800 number and listen to a recording... then they complete the activity in the brochure.

Paddling Trails

Price Lake Canoe Trail

Discover Treasures on Price Lake

Paddle around the perimeter of Price Lake and visit these colored zones to discover just a few of the stories the lake has to tell.

Wild Waters

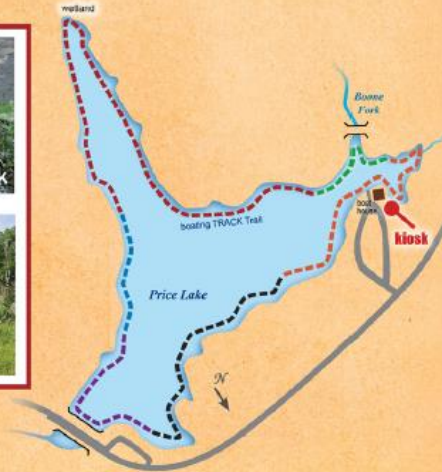
Rain and snow from the surrounding peaks flow into Boone Fork and other small creeks that drain into Price Lake. The flowing water from these streams brings valuable nutrients and oxygen to the lake, making these areas abundant with aquatic wildlife. Carefully paddle around the mouth of Boone Fork and the other creeks. Look for insects on the surface of the water and schools of fish swimming below. What was the coolest thing you found?

Boone Fork Creek



Active Beavers

Beavers here at the lake are always busy gnawing and cutting down trees. The wetland on the south end of the lake was created by beavers. They used logs and mud to block the stream to raise the water level so they could build their dome-like homes, called lodges, in the water. Can you find any signs of beavers?

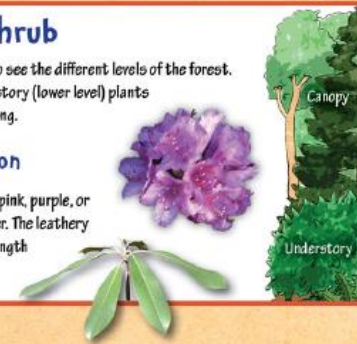


Evergreen Shrub

From a boat, you are able to see the different levels of the forest. Rhododendron is an understory (lower level) plants that stays green all year long.

Rhododendron

Rhododendron have bright pink, purple, or white flowers in the summer. The leathery oval leaves are about the length of an adult hand.



A Young Grandfather

Grandfather Mountain

While paddling along the lake's eastern shore, you get a unique view of Grandfather Mountain. Long ago, massive bodies of rock folded and compressed to form the Blue Ridge Mountains. In this area, older rock was actually pushed over younger rock. Over time, the older rocks on top eroded away, revealing the younger rocks beneath that form the distinct profile of Grandfather Mountain.

The Man behind the Park

Julian Price Dam

Julian Price was a nationally known insurance executive and civic leader. He originally bought this land (now called Julian Price Memorial Park) so that his employees would have a place to vacation. After Price's death in 1946, the estate was given to the National Park Service with an agreement that a lake would be made. Years later, the dam was built which created the 47-acre lake. From your boat you can get an excellent view of the dam at the northern end of the lake. What road goes over the dam?



Who's Swimming Underneath?

Fish

The lake is stocked with fish including all three trout species - brook, rainbow and brown. Brook trout is a large fish native to North Carolina. Brook trout only live in cool water and are powerful predators.



Fish Food

Fish in Price Lake eat algae, zooplankton (microscopic creatures), insects and... other fish! The most common fish in the lake are golden shiners. These small fish were introduced to the lake to provide food for the bigger fish.



Similar to the GPS / Geocache brochure, the paddling brochure uses colored zones to connect content with specific regions around the lake. Laminated brochures are available at the canoe rental shop.

Nature Trail Disc Golf Courses

What's a NTDGC?



Disc golf is essentially a “hike with a frisbee” ... and in an attempt to reach the teenage/young-adult population, Kids in Parks created Nature Trail Disc Golf Courses. NTDGCs provide interpretive information on the tee-signs and scorecards, allowing players to learn about nature while they make their way through the course.

Fort Hamby NTDGC



Kids in Parks partnered with the ACOE on the NTDGC at Fort Hamby Park at W. Kerr Scott Lake Dam and Reservoir. The course opened in May, 2015.

Interpretive Tee-Signs

Fort Hamby Nature Trail Disc Golf Course

1

BLUE
PAR 3
A – 290'
B – 350'
Road and Beyond – OB

Out of Bounds

Hole 2

WARNING:
Do not throw until cars and pedestrians are clear!

Tulip Poplar

Also known as yellow poplar, **Tulip Poplars** (*Liriodendron tulipifera*) are some of the largest and fastest-growing trees in the region. They grow straight and tall with a light gray bark and a large broad leaf that looks like the tip has been bitten off.

Tulip poplars are important trees for honey production. In the spring, honeybees collect pollen and nectar from their abundant tulip-shaped flowers.


Due to their large size and straight growth, tulip poplar trees are also important in the timber industry. The sturdy wood is used to make clapboard siding, furniture, pianos, organs and many other things.

PRO TIP: OVERHAND THROW


Overhand throws are primarily used to get out of trouble, but they can also be used from the middle of the fairway or off the tee-pad. To throw an overhand, grip the disc with your thumb on the inside rim ("thumber"), or with a sidearm grip ("tomahawk"). Throw the disc like you would a baseball or football, releasing the disc at 1:00-1:30 with the "thumber" grip, or at 10:30-11:00 with the "tomahawk" grip. The flight path of an overhand is like a corkscrew, twisting toward the direction of the top of the disc. With practice, overhands can be extremely accurate, allowing players to precisely spike their discs in particular locations.

KIPs NTDGC tee-signs include standard hole information (hole number, distance, par, special restrictions, and a diagram); PLUS, interpretive information about the resources that can be found on the hole, and a pro-tip designed to teach specific skillsets.

Field Guides / Scorecards



Fort Hamby Nature Trail Disc Golf Course



US Army Corps of Engineers®

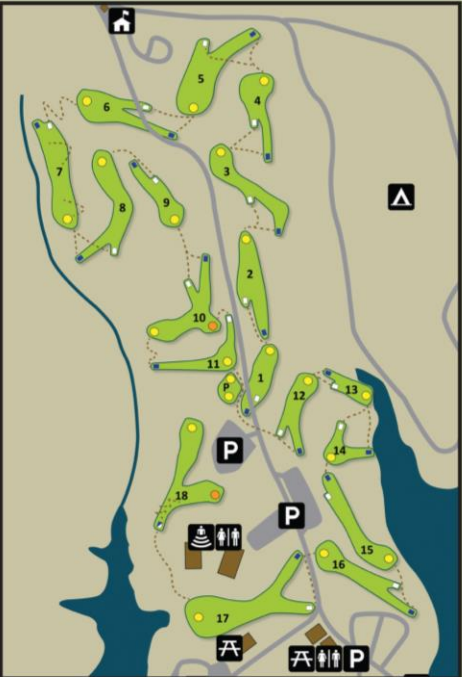
Hole		1	2	3	4	5	6	7	8	9	OUT	10	11	12	13	14	15	16	17	18	IN	TOTAL
Length	am	189'	240'	192'	211'	252'	216'	288'	300'	196'	2084'	246'	252'	224'	115'	102'	256'	178'	276'	302'	1951'	4035'
	pro	291'	333'	355'	356'	402'	295'	306'	389'	252'	2977'	385'	232'	262'	157'	154'	316'	270'	389'	377'	2542'	5519'
Par	am	3	3	3	3	3	3	3	4	3	28	3	3	4	3	3	3	3	3	4	29	57
	pro	3	3	4	4	4	3	3	4	3	31	4	3	4	3	3	3	3	3	4	30	61

Welcome to the Fort Hamby Nature Trail Disc Golf Course...
where the flight of your disc is the trail and the tee-signs and scorecards act as your nature guides.

Disc Golf is a hike with a frisbee... so, as you hike around playing your round of disc golf, use the tee-signs and scorecards to learn about and connect with some of the natural resources found in and around Fort Hamby. Who would have thought that playing in and learning about nature could be so much fun?

Rules: Complete each hole in the fewest number of throws by starting at the tee-pad and finishing with your disc in the basket. Each consecutive shot must be taken from where your previous shot landed. If your disc lands in the lake, or on the parking lot or road, you're OB (Out-of-Bounds). Penalize yourself one stroke, and throw from where your disc was last in-bounds. Have Fun!

Safety: Disc golf discs can cause serious damage to people and property. You are responsible for any damages caused by your disc. Be aware of your surroundings and be patient of others. Do not stand in front of other players who are throwing, and don't throw when other players are in front of you!



Fort Hamby - Course Map

On one side of our NTDGC scorecards, players can keep score, read the rules, and find a course map to aide in wayfinding. On the reverse side of the scorecard, players can learn about the common birds and trees that live on and around the course:

Field Guides / Scorecards

"Birdies"

Whether in good scores or in actual birds, it's always fun to see as many "birdies" as you can during a round of disc golf. While playing your round today, use the pictures on this scorecard to identify a few of the more common birds found here at the Fort Hamby Nature Trail Disc Golf Course. Soon, identifying these birds will be as easy as making a five foot putt. Good luck and have fun!



Register your Round... Earn a Prize!

The mission of the Blue Ridge Parkway Foundation's Kids in Parks program is to get kids and their families "un-plugged", outdoors and reconnected to nature. Since disc golf is a great way to do that, we want to give you some disc golf gear to ensure you are able to enjoy future rounds. All you have to do is register your rounds at: www.kidsinparks.com.



TREE Love

When disc golfers hit a tree with their disc and get a favorable bounce they call it "Tree Love". Use the pictures on this scorecard to identify a few of the trees found here at Fort Hamby. Every time you hit a tree with your frisbee, take a second to try to identify it. Look at its bark, leaf shape and other identifying features. Soon, identifying trees will be as easy as making a five foot putt. Good luck and have fun!

Eastern White Pine



Tulip Poplar



American Beech



Virginia Pine



White Oak



Sourwood



American Holly



Register your Round... Earn a Prize!

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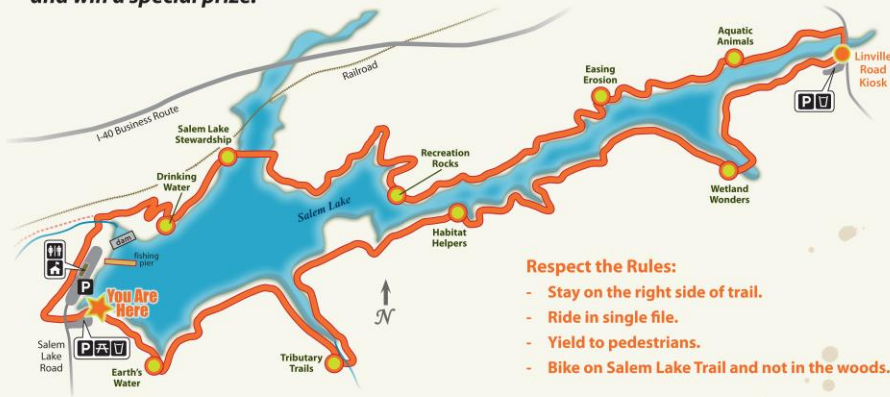


Bike Trails

Salem Lake Greenway

WELCOME TO THE SALEM LAKE BIKE TRACK TRAIL

The Salem Lake Bike TRACK Trail features nine stations around the seven mile lake loop. Each station has a sign with interpretive information about the plants and animals that make Salem Lake their home, as well as some information about the value of the lake and why it's important to keep it clean. You will also find tips to improve your biking skills. In addition, each sign contains a secret code letter at the bottom right corner. Kids can register their rides on the trail at kidsinparks.com to earn free bicycle gear. Remember the code letters and un-scramble them to enter the code word on the website and win a special prize!



- Respect the Rules:**
- Stay on the right side of trail.
 - Ride in single file.
 - Yield to pedestrians.
 - Bike on Salem Lake Trail and not in the woods.

Salem Lake and the surrounding lands and streams draining into the lake are part of the Salem Lake Watershed. This watershed provides habitat for wildlife, recreation opportunities for people, and a water supply for the city of Winston-Salem.



kidsinparks.com

Cycling Tips: Pre-flight Check

Doing a quick equipment check before every ride can help save you time and injury. Be sure to check yourself, your gear and your bike to make sure you're ready to ride the trail.

HELMET

Be Smart. Protect your brain by wearing a properly fitted helmet. NC state law requires cyclists under age 16 to wear a helmet.

BRIGHT COLORS

Wearing bright clothing will make you more visible to others using the trail.

PADS AND GLOVES

Spills and crashes are a part of biking. Pads and gloves can help save your skin.

BRAKES AND BARS

Make sure your handlebars and headset are tight and that your brakes work!

APPROPRIATE FOOTWEAR

Wear sturdy shoes that cover your toes.

WHEELS AND TIRES

Make sure your wheels are bolted on tight and that your tires are properly inflated (within the inflation range shown on the tire).



Illustration by David Williams, Visual 8 Works

The Salem Lake Bike TRACK Trail was made possible through partnerships formed between the Winston-Salem Recreation and Parks Department, the Blue Ridge Parkway Foundation's Kids in Parks program, and the generous support of the following private donors and businesses:

Kids in Parks founding partners



The Tessien Family
Ken's Bike Shop
Mock Orange Bikes



Look for code letters HERE

KIP is installing a bike trail on a 7-mile long greenway with 9 educational stops that teach visitors about why it's important to protect the water supply at Salem Lake.

Interpretive Stops

TRIBUTARY TRAILS

A **tributary** is a small river or stream flowing into a larger river or lake. This stream is one of nine tributaries that drain into Salem Lake. Try to find them all as you ride around the trail!



A TRAIL TO THE OCEAN

Did you know the water flowing over the dam at Salem Lake could eventually wash up on the beaches of South Carolina? Here's how:

Salem Lake drains into Salem Creek (A), which is a tributary of the Yadkin River (B). The Yadkin River flows into the Pee Dee River in Uwharrie National Forest (C). The Pee Dee River flows into the Great Pee Dee River in South Carolina (D), which drains into the Atlantic Ocean about 30 miles South of Myrtle Beach (E).

If you were a drop of water flowing over the dam at Salem Lake, you could travel 18 miles along Salem Creek, 82 miles along the Yadkin River, 30 miles along the Pee Dee River, and 140 miles along The Great Pee Dee River to reach the ocean. How many total river miles would it be to the ocean?*

$$18 + 82 + 30 + 140 = \underline{\quad\quad} \text{ total river miles.}$$

*numbers are approximate



kidsinparks.com

Cycling Tips: Ups and Downs



RIDING UPHILL

When approaching an uphill section of trail, gear down and pedal hard to pick up speed. Keep your back straight and elbows bent. Try to avoid lifting yourself off of the seat or changing gear while riding uphill.



RIDING DOWNHILL

When approaching a downhill section of trail, move back on the seat, keep your elbows bent and your body low. Your legs should be relaxed and ready to absorb bumps. Use only the rear brake on downhills until you are comfortable enough with your balance to apply front and rear brakes evenly.

Illustrations by David Williams, Wiggle It Works



Code Letter T

Since Salem Lake is the water supply for the City of Winston-Salem, each stop contains information about “water”, and a “Cycling Tip” designed to increase the rider’s skill and enjoyment on the trail.

Interpretive Stops

WETLAND WONDERS

A **wetland** is an area of land that is saturated with water permanently or seasonally. There are many wetlands around Salem Lake. Notice the different grasses and plants growing in the wetlands. These plants and their roots help to absorb and filter water as it drains into Salem Lake. Wetlands also provide important habitat for animals such as dragonflies, frogs, and birds.

How many of the following animals and plants can you find in the wetlands around the lake?



The **blue dasher** is a common dragonfly that catches smaller insects flying in the wetlands.



Cattails provide a hiding place for animals and their roots help clean pollutants from the water.



The **green frog** lays its eggs in wetlands. Green frogs are eaten by fish, herons, and water snakes.



Water snakes are not venomous. They hunt for frogs and small fish in the wetlands.



Wood ducks are very shy and like to hide in wetlands. They dabble in the water for algae to eat.

Cycling Tips: Straight and Narrow

Don't end up in the water! Your bike will tend to go in the direction you are looking, so on narrow sections of trail it is important to look straight ahead and stay to the center if possible. When approaching a section of trail with obstacles such as rocks or logs, slow down and make sure you can see a clear path before proceeding. Mountain bikers call this "finding your line."



Illustrations by Derid Williams, Wings & Words



kidsinparks.com

Code Letter W

Each station also includes a "code letter" that the rider can collect along the way. If the person can unscramble the letters and find the "code word", they can win a bonus prize through the KIP website.

Pump TRACKS

Rocky Knob Pump TRACK Trail



A Pump Track is a specialized mountain bike course where riders try to get all the way around the track without pedaling. They are great places to learn bike handling skills.



The pump track at Rocky Knob Bike Park in Boone, NC has educational signs designed to teach the fundamentals needed to be successful on the track: pumping, cornering, manoulling, wheel lifts and more.

Skills Signs

PUMPING

"PUMPING" is the essential skill for making your bike travel through the entire course without pedaling. Pumping is the act of shifting your body weight and absorbing forces to increase your momentum.

Good body position is essential to "pumping."

1. Drive into the base of the roller by weighting your pedals.

2. Unweight your front wheel as you ride up the face of the roller.

3. As you cross over the top of the roller, unweight your entire bike.

4. Then quickly weight your bike and push down as you ride down the back of the roller.

5. Get ready for the next obstacle!



kidsinparks.com

SCAN QR CODE
TO WATCH VIDEO

COMING
SOON

Each sign includes text and illustrations designed to teach specific skills needed to be successful on the track.

Skills Signs

MANUAL A ROLLER

"MANUALLING A ROLLER" is a technique used to create forward motion over rollers without pedaling and gain forward momentum.

1. Drive into the base of the roller by weighting your pedals.
2. Approach front of roller in good riding position. Unweight front wheel at top of roller.
3. Extend legs and lean back at the top of the roller with back tire on ground.
4. Continue through the roller in a wheelie position.
5. Place your front tire on the downside of the second roller. Use your legs to soak up the top of the roller with your rear wheel.



ROLLER



kidsinparks.com

SCAN QR CODE
TO WATCH VIDEO

COMING
SOON

The signs also have a QR code that links to a YouTube video with a professional rider teaching about that particular skill. (in development)

Park Rx

Park Rx – Pediatrician Displays

The Kids in Parks TRACK Trails program provides a network of trails designed for kids and families. Each TRACK Trail has a series of self-guided brochures that turn your hike into a fun-filled adventure.

Kids can earn **PRIZES** for each TRACK Trail adventure they register at kidsinparks.com

Hi, I'm **TRACK!**

I'm **KIP!**

We're trail guides for the Kids in Parks program. **Grab a rack card** to find an outdoor adventure near you!

Kids in Parks TRACK Trails

Let's play outside!

The Kids in Parks TRACK Trails program provides a network of kid-friendly trails. Children can earn free prizes by going on the trails and tracking them on our website. kidsinparks.com

Facebook.com/kidsinparks

Kids in Parks

State of North Carolina

kidsinparks.com

Kids in Parks has installed “pediatrician office trailheads” in the lobbies of hospitals and doctor offices as part of the Park Prescriptions (Park Rx) movement.

Park Rx – Prescription Pads

R_x *Outdoor Activity in Nature*

Patient's name: _____

Today's Date: _____ Recommended Dosage: _____

go for a hike on a TRACK Trail (log your adventure at kidsinparks.com) or a trail in a green space near you

go for a run or ride a bike

play a sport or other game with friends outside

Unlimited refills!

Health professional's signature: _____

Parent/child signature: _____



KIP has also developed a prescription pad doctors can use to “prescribe” TRACK Trails.

Questions?



Contact Us



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