



# Kids in Parks



*Engaging kids and families in outdoor recreation activities that foster lifelong wellness and meaningful connections to public lands.*

# Parks and Trails are Underutilized



Kids and families have become increasingly disengaged with nature, spending less time being active in our parks and public lands.

# Kids are Plugged-in



Studies show that on average, kids spend 7.65 hours per day plugged-in to electronic media.

# Disturbing Health Impacts



These trends have created a myriad of mental and physical health ailments: depression, anxiety, obesity, heart disease, and diabetes.

# TRACK Trails



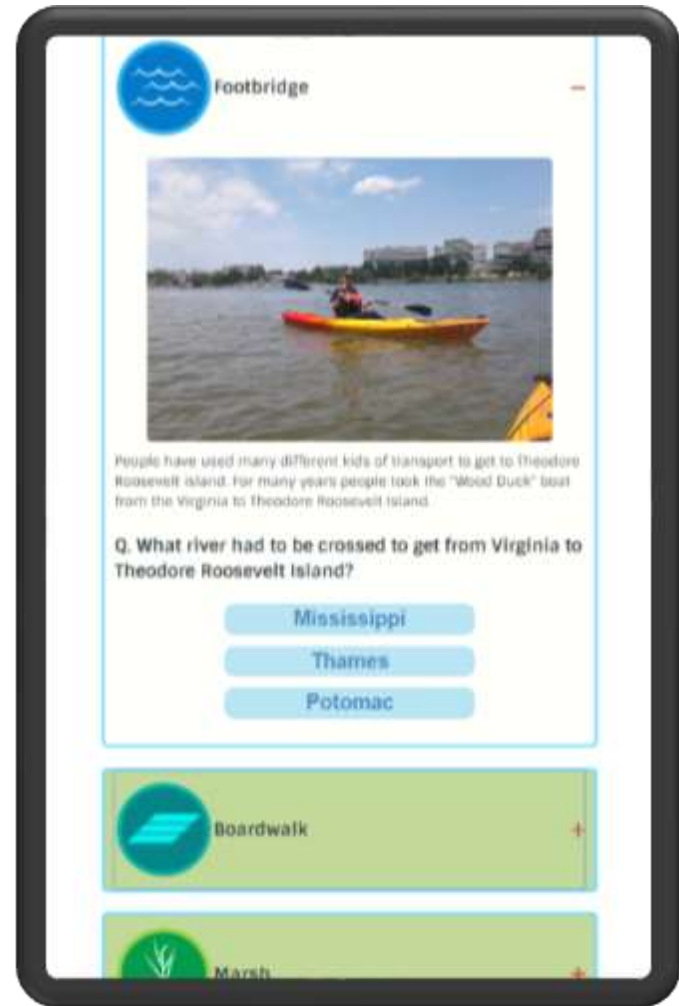
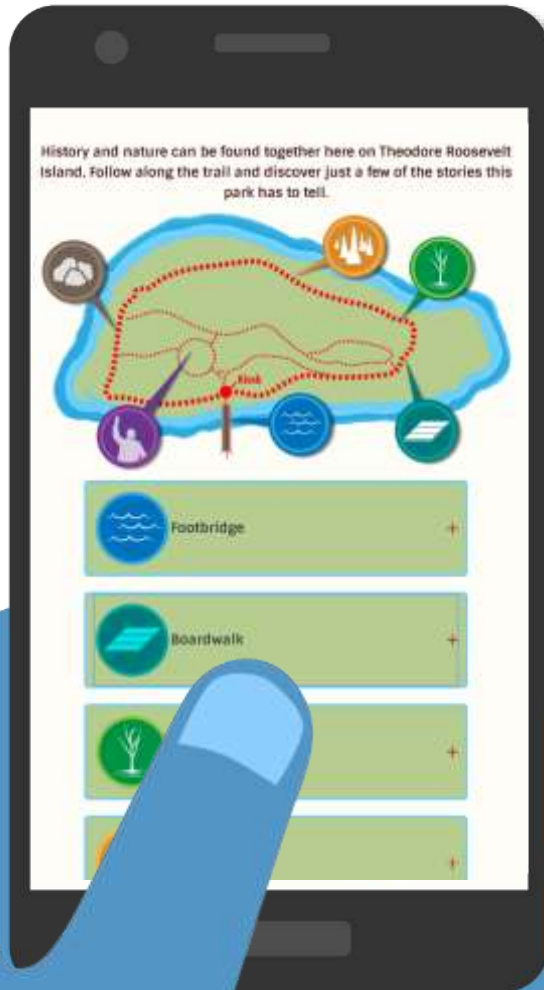
Kids in Parks partners with land management agencies to convert trails into self-guided TRACK Trails that engage families in fun, outdoor activities.

# Brochure-Led Discoveries



Each TRACK Trail provides families with self-guided activities that convert an ordinary hike into a fun-filled, discovery-packed adventure.

# e-Adventures



The new web-app has allowed the program to enhance e-Adventure functionality. The new e-Adventures utilize more smartphone features, and allow the program to collect data related to use of each e-Adventure topic.

# Provide Incentives for Participation



Kids can register their outdoor adventures through the program's website and earn a series of prizes designed to encourage repeat participation.



# Linking Public Lands



The Kids in Parks program has been unique in its ability to cross state and agency boundaries, linking public land management agencies together through a common mission. In 2022, the program added the U.S. Fish and Wildlife Service, North Carolina Forest Service, and Oregon Parks Forever to its list of agency partners.

# National Network of Trails



Since 2009, Kids in Parks has established more than 290 TRACK Trail locations in 18 states and Washington, D.C.

# Hiking TRACK Trails

# Hide and Seek

Many things in nature go unseen. Their size, color, and location can make them hard to find. On your hike today, seek out these things hiding in nature.

Remember that all things in nature have a special place. Be sure to leave them here, so others can find them too!

- Bird
- Spider
- Sapling (young tree)
- Lichen
- Wildflower
- Water
- Feather
- Pollinator
- Animal Tracks
- Rough Bark
- Rock with 2 colors
- Something Human-made

Encourages kids to keep their eyes open during their hike as they search for items commonly hiding in plain sight.

# Salamander Safari

## SALAMANDER SEARCH

Search for salamanders under leaves, rocks, or logs on the forest floor. You can also look on or under rocks in a creek. Most of the salamanders that you see on the trail are called lungless salamanders. They don't have gills or lungs, and breathe through their skin!

Remember to be extra careful when moving rocks and logs to avoid harming any animals that may live under them. Please help the habitat by putting things back the way you found them.



Northern dusky salamander  
*Desmognathus fusces*



White-spotted slimy salamander  
*Plethodon cylindricus*



Southern two-lined salamander  
*Eurycea cirrigata*



Northern red salamander  
*Pseudotriton ruber ruber*

## SALAMANDER LIFE CYCLE

Like all amphibians, salamanders spend their lives near water where they lay their eggs. When the eggs hatch, the newborn salamanders, or larvae, breathe with gills and swim. As they grow up, the larvae develop lungs, or other organs, for breathing air when they go on land.



What's another animal that has a similar life cycle to a salamander?

## SALAMANDER OR NEWT?

Similar to how a toad is a type of frog, a newt is a type of salamander! Unlike most salamanders, newts have rough, bumpy skin. They also have an extra stage in their life cycle. As juveniles, they live on land before returning to live in water as adults.



Juvenile red-spotted newt  
known as a red eft



Adult red-spotted newt  
*Pseudotriton striatellus*

## SALAMANDER SNACKS

Most salamanders hide and sleep during the day, and then come out at night to hunt. Salamanders are carnivores and eat mostly insects. Can you find some of their favorite foods on your hike today?



CENTIPEDES



FLIES



MAGGOTS



TERMITES



SNAILS



WORMS



SPIDERS



SLUGS



CRICKETS

## SALAMANDER SQUIRM

Salamanders have short legs, making their bellies drag the ground as they walk! Drop low like you're doing a push-up and try crawling. Pretend a predator is chasing you. How fast can you do the Salamander Squirm?



## DID YOU KNOW

the world's third largest salamander lives in the Blue Ridge Mountains?

The eastern hellbender can grow to be more than 2 feet long! Hellbenders, also called "mad puppies" or "spot otters," like to hide under rocks in swift-moving water. Hellbenders can help tell us if a stream habitat is healthy, as they need clean water to breathe through their skin.

Provides kids with educational information to use and activities to complete during their salamander safari.

# Quest for Dragons

## Dazzling Dragonflies

There are over 300 species of dragonflies in the United States. They can be found soaring and swooping over ponds, rivers, and swamps across the country.

### A Closer Look

- Eyes**  
Can quickly scan 360 degrees for prey.
- Antennae**  
Work like anemometers, measuring wind speed and direction.
- Jaws**  
Strong jaws and sharp teeth secure and cut through prey.
- Cool Fact!**  
Dragonflies belong to the order Odonata, from the Greek word for "tooth".

### Flight Path

Unique wings allow dragonflies to fly in any direction at any time. Focus on one dragonfly and draw its flight path below.

### Prehistoric Pilots

Dragonflies have existed for about 300 million years. That's before the dinosaurs! Fossils show dragonflies with wingspans of over two feet. What is the biggest dragonfly you can find? Use this ruler to estimate the size.

size in inches

### Many Shapes and Colors

Dragonflies come in many shapes, sizes, and colors. Color is one of the best ways to identify a dragonfly. Can you find these colored dragonflies?

- yellow: *Calico pennant*
- green: *Eastern pondhawk*
- orange: *Common pondskimmer*
- blue: *Blue damselfly*
- red: *Carolina saddlewing*
- purple: *Trout spinner*

### Perfect Predators

A dragonfly's eyes, wings, and brain work together to make it one of the best hunters in the animal world. Dragonflies catch 95% of the prey they chase. A lion only catches about 15% of the prey they chase. Can you find some of the dragonfly's favorite snacks?

mosquito    butterfly    moth    fly

### Insect Anatomy

Like all insects, dragonflies have three main body parts. Find these parts on a dragonfly. Use the illustration above as a guide.

- Head**  
Eyes, antennae, mouth, and brain.
- Thorax**  
Powerful muscles control wings and legs.
- Abdomen**  
Has 10 segments on all dragonflies.

Provides educational information and activities for kids to use during their quest to find dragonflies.

# Birds of the Region

## What kind of bird is that...

When trying to identify a bird, the first things to look for are location and behavior. Is the bird up high making noise, or on the ground digging in leaves? Next, think about size and shape. Is it big like a crow, or small like a sparrow? Does it have pointy wings, or a long tail? Finally, you can use field marks to identify birds— flip to the back panel to discover how.

**Circle the birds you find on your hike today!**

### in the trees?

Almost all the birds of the Piedmont use trees and shrubs for food, shelter, or nesting. Woodpeckers and chickadees make their nests in the cavities of trees and pick insects from the bark. Trees can provide seeds and berries for birds such as waxwings and goldfinches to eat. **Look into the trees. How many different birds can you find? \_\_\_\_\_ What parts of the tree are the birds using? \_\_\_\_\_**



**Downy Woodpecker**  
*Picoides pubescens*  
"Pik...pik...pik"

**Carolina Chickadee**  
*Parus carolinensis*  
"chickadeedeede"

**Cedar Waxwing**  
*Bombycilla cedrorum*  
high-pitched trill, "bzeeee"

**American Goldfinch**  
*Carduelis tristis*  
"per-chik-o-ry"  
in flight

### on the ground?

Birds that feed on the ground usually specialize in catching bugs or finding seeds. American Robins use their beaks to pull earthworms from the ground. Towhees and cardinals scratch through leaves to uncover fallen seeds and berries. Mourning doves peck insects and seeds from gravelly areas. **Check the ground near trail, stream and field edges. How many different birds can you find? \_\_\_\_\_ Can you tell what they are eating? \_\_\_\_\_**



**American Robin**  
*Turdus migratorius*  
"plurri, kiki,  
plurri, kiki"

**Eastern Towhee**  
*Pipilo erythrophthalmus*  
"drink your teeeee"

**Northern Cardinal**  
*Cardinalis cardinalis*  
whistles "woit woit  
chew chew chew"

**Mourning Dove**  
*Zenaidura macroura*  
mournful "ooOH  
coo coo coo"

**Carolina Wren**  
*Thryothorus ludovicianus*  
varied "pidaro pidaro pidaro"

**Northern Mockingbird**  
*Mimus polyglottos*  
varied phrases "krrDEE krrDEE  
krrDEE, wkwkwkwik"

### in the air?

Birds that spend a lot of time in the air use their strong eyesight to find food. Hawks, crows and vultures can usually be found perched or circling up high as they search for their next meal. **Scan the sky over fields and through openings in the trees. Are there any large birds flying overhead? \_\_\_\_\_ Are they flapping or gliding? \_\_\_\_\_**



**Turkey Vulture**  
*Cathartes aura*  
warning "hsssss"

**Red-tailed Hawk**  
*Buteo jamaicensis*  
"keeee-arr" raspy scream

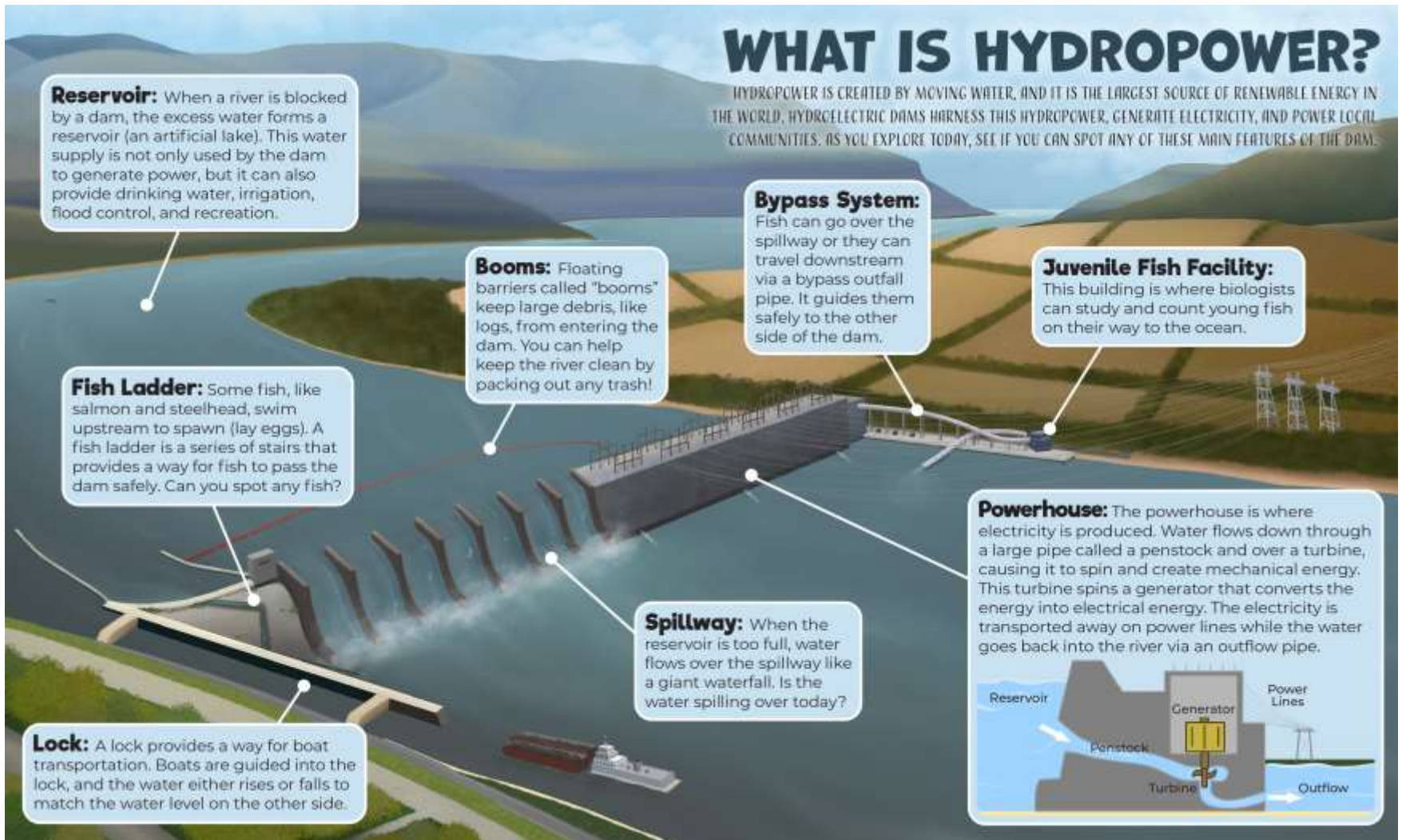
**American Crow**  
*Corvus brachyrhynchos*  
"caww caww"

### making noise?

Birds make all kinds of noises – some sing to attract a mate, while others will call attention to food, danger or territory. Carolina wrens are known for their loud, cheerful song and chattering sounds. Northern mockingbirds can imitate hundreds of different sounds, and will sometimes sing at night! **Close your eyes and listen for one minute. How many different birds can you hear around you? \_\_\_\_\_**

Provides families with images of 10-12 commonly found bird species, as well as tips for field mark identification.

# The Power of Water



Designed to teach visitors how hydro-electric dams function, and provide information about sustainability, flood control, irrigation, recreation, and fisheries.



Nature Trail  
Disc Golf Course  
TRACK Trails

# Nature Trail Disc Golf Courses



Disc golf is essentially a “hike with a frisbee”, making it an excellent way to engage families in active recreation AND nature-based education.

# 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.

The tee-signs have traditional rules and hole information on the left side. An interpretive message and “pro-tip” are included on the right side.

# Field Guides / Scorecards



## Seven Points - Pine Nine Nature Trail Disc Golf Course

US Army Corps of Engineers

Hole	1	2	3	4	5	6	7	8	9	F	1	2	3	4	5	6	7	8	9	B	TOTAL
Distance	194'	190'	247'	309'	266'	152'	158'	176'	261'	1974'	194'	190'	247'	309'	266'	152'	158'	176'	261'	1974'	3046'
Par	3	3	3	3	3	3	3	3	3	27	3	3	3	3	3	3	3	3	3	27	54

Welcome to the Seven Points - Pine Nine Nature Trail Disc Golf Course

Disc golf is a great way to be physically active outdoors and discover nature. As you play your round of disc golf today, use the back of this scorecard to learn about and connect with some of the natural resources found around the course.

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 comes to rest in a parking lot or road, or lands on the wrong side of a walking path, you're OOB (Out-of-Bounds). Penalties yourself! Do not pick up or throw your disc near water.

Safety: Disc golf discs can cause damage to people and property. You are responsible for any damage 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 do NOT throw when other people are in front of you!



*Our scorecards have traditional scorecard information on one side.*

*The other side serves as a field-guide for bird species that are commonly found at the course.*

### TREE Love

When disc golfers hit a tree with their disc and get a favorable bounce, they call it "Tree Love." Every time you hit a tree and get a good kick, take a second to try to identify it and give the tree some love. Look at its look, leaf shape and other identifying features.

Soon, identifying these trees will be as easy as making a five foot putt. Good luck and have fun!

#### Eastern White Pine



#### Northern Red Oak



#### Black Cherry



#### Norway Spruce



#### White Oak



#### Red Maple



#### Douglas Fir



**Register your Round... Earn a Prize!**

The mission of the Kids in Parks program is to engage kids and families in outdoor recreation to foster lifelong wellness and meaningful connections 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 to register your rounds at:

[www.kidsinparks.com](http://www.kidsinparks.com)

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 **Seven Points - Pine Nine Nature Trail Disc Golf Course**

 US Army Corps of Engineers

Hole	1	2	3	4	5	6	7	8	9	F	1	2	3	4	5	6	7	8	9	B	TOTAL	
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Par	3	3	3	3	3	3	3	3	3	27	3	3	3	3	3	3	3	3	3	27	54	

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## "Birdies"

Whether in good scores or 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 Raystown Lake.

Soon, identifying these birds will be as easy as making a five foot putt. Good luck and have fun!

Carolina Chickadee, American Robin, Blue Jay, Downy Woodpecker, Mourning Dove, American Crow, Carolina Wren, American Goldfinch, Ruby-Throated Hummingbird, Northern Mockingbird, Eastern Bluebird

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# Pump TRACK Trails

# Blue Marsh Lake Pump Track



Educational signs are placed around the pump track, teaching bike handling skills. By learning proper bike skills, kids will be more successful and have more fun!

# Skills Signs

## MANUALLING 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, or manual, 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.

**KIDS TRACK TRAIL**  
PARKS

[kidsinparks.com](http://kidsinparks.com)

SCAN QR CODE  
TO WATCH VIDEO

Edgy graphics designed to attract younger audiences. Plus, QR codes link to YouTube video featuring a pro rider teaching the skill.



# Fishing TRACK Trails

# Gone Fishin'



The Fishing TRACK Trails use a smaller, single post kiosk and a single brochure to provide families with information about fishing at the site.

# Fishing Brochure

## LARGEMOUTH BASS



**Largemouth Bass** (*Micropterus salmoides*) are freshwater fish that can be found in clear ponds, swamps, lakes, and other calm waters with lots of places to hide (submerged stumps, logs, and other vegetation). They prey on fish, frogs, crayfish, and other small animals.

**Angler Tips** Catching largemouth is a lot easier if you use your knowledge of their behavior and follow these tips:

- Try reaction baits (spoons or spinners).
- Keep bait moving and don't let it sink.
- Drag bait beside, but not into, vegetation/logs.

### REGULATIONS

Find and note current species regulations at:  
[www.nps.gov/cong](http://www.nps.gov/cong)

In Season: YES or NO

Bag Limit:

Minimum Size:  inches



## BREAM



**Bream** (*Lepomis sp.*) are freshwater fish that include bluegill, flier, warmouth, pumpkinseed, green sunfish, redear (shellcracker), and spotted sunfish. They are most active in the morning and evening hours, hunting in shallow, weedy water. They prey on insects, snails, and small crustaceans.

**Angler Tips** Catching sunfish is a lot easier if you use your knowledge of their behavior and follow these tips:

- Try worms or crickets as bait.
- Cast in calm, shallow water near vegetation.
- Set a bobber 6-12" above hook.

### REGULATIONS

Find and note current species regulations at:  
[www.nps.gov/cong](http://www.nps.gov/cong)

In Season: YES or NO

Bag Limit:

Minimum Size:  inches



## CHANNEL CATFISH



**Channel Catfish** (*Ictalurus punctatus*) are freshwater fish that feed along the bottom of clean water. They use taste buds on their skin to detect sources of food. As opportunities, their diet includes plant matter, crayfish, mollusks, fish, dead animals, and other things they find.

**Angler Tips** Catching catfish is a lot easier if you use your knowledge of their behavior and follow these tips:

- Try dough balls and "stink baits".
- Cast near banks, logs, and murky spots.
- Let the bait rest on the bottom.

### REGULATIONS

Find and note current species regulations at:  
[www.nps.gov/cong](http://www.nps.gov/cong)

In Season: YES or NO

Bag Limit:

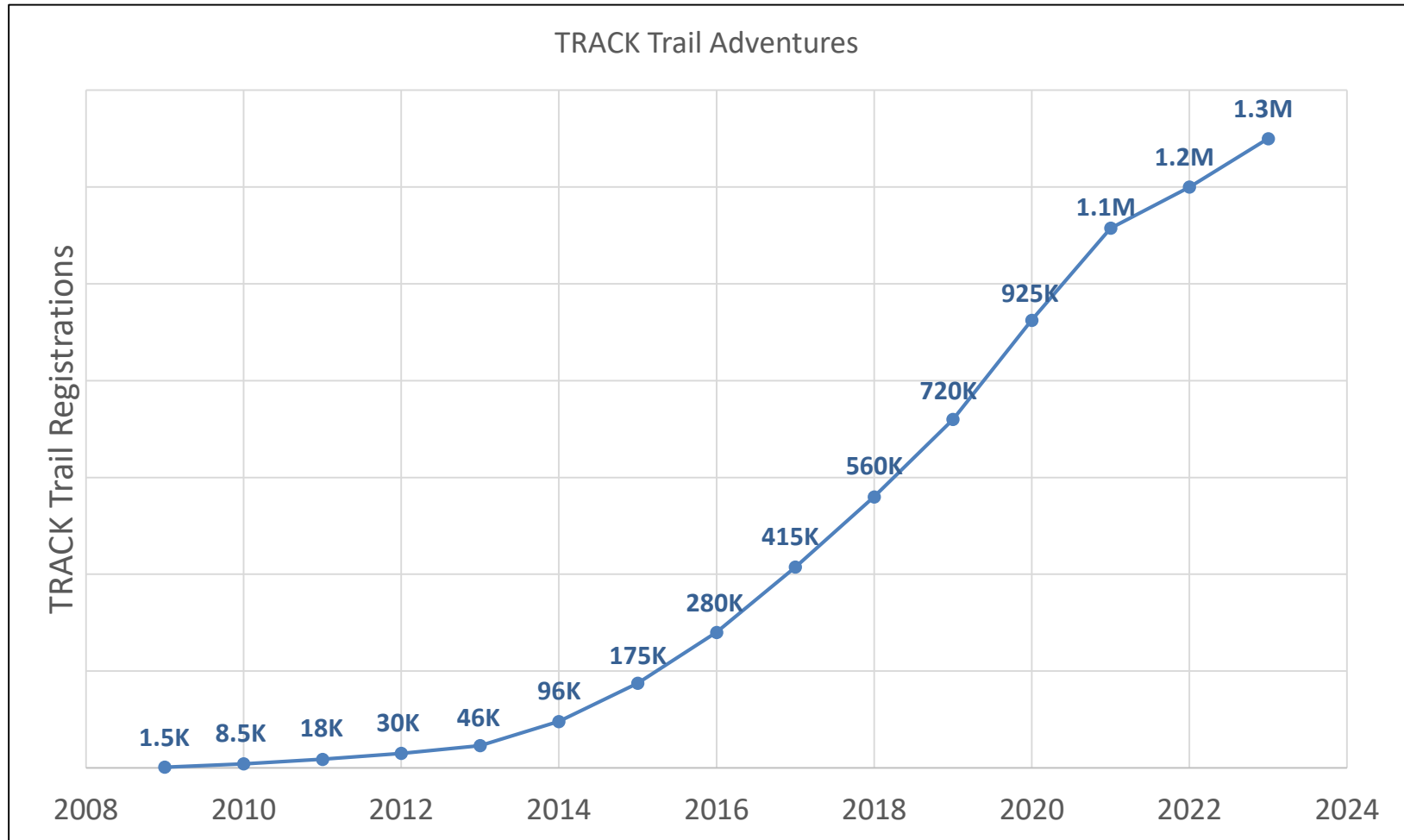
Minimum Size:  inches



The Junior Ranger Angler brochure provides general information, angling tips, and regulation information for 3 common fish species that can be caught in that body of water.

Data  
Demonstrating  
Results

# TRACK Trail Adventures



Since 2009, more than 40,000 adventures have been TRACKed through the program's website. Observational research studies suggest that these registrations equate to more than 1.3-million outdoor adventures by kids on the program's TRACK Trails.

# Park Health Outcomes

In addition to the health of kids and families, the health of our parks and public lands are improving, too. Registration data suggests that:

63% of KIP registrants were first-time visitors to the park

45% intentionally visited the park to hike the TRACK Trail

47% returned for a second adventure (Return Rate)

88% of returnees visited more than one TRACK Trail



Join the  
Network

# Startup Costs

**PRICE SHEET**

**Become a part of the TRACK Trail Network**

By joining the TRACK Trail network, your site will provide added value to your visitors. The activity brochures available at the trailhead ensure they will have an enriching experience. The prize system will keep them coming back. The network will bring new visitors who discover you on their Trail TRACKer journey. Most important, you will be a part of the movement to improve the health of kids and public lands.

**Base Package**  
**\$6,500**  
includes

- sign & frame**  
36" x 24" sign on aluminum frame. Includes 4 plastic brochure holders.
- brochures**  
4 sets of 2,000 activity brochures from our "standard" selection.
- webpage**  
Trail page on [kidsinparks.com](http://kidsinparks.com) with info, photos, maps, and more.
- sticker**  
Custom sticker that kids receive for registering a hike on your TRACK Trail.
- prizes**  
Prizes mailed to kids who register hikes at your TRACK Trail.

**NEW!** e-Adventures on select brochures

**TRACKplus+**  
**\$8,000**  
Includes Base Package plus

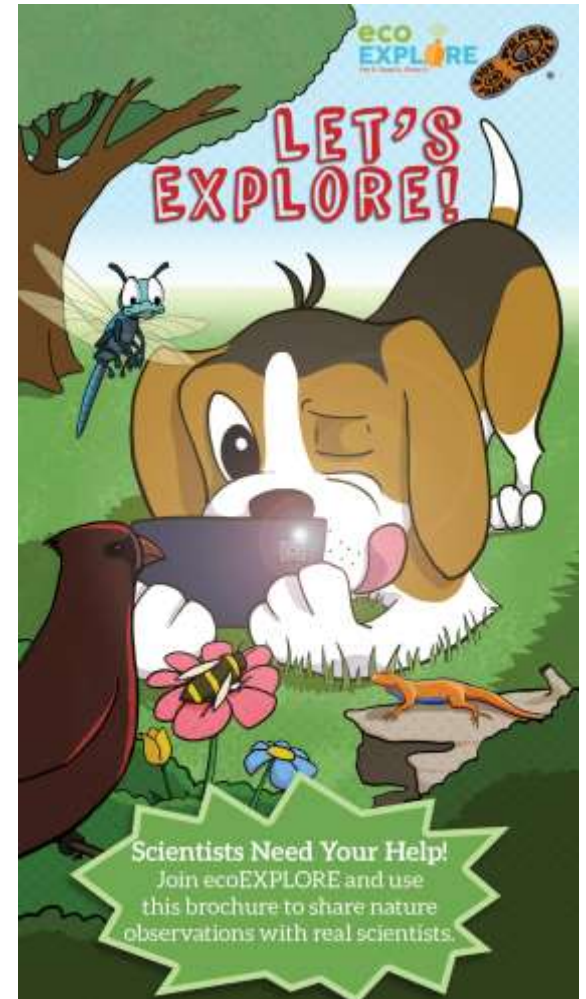
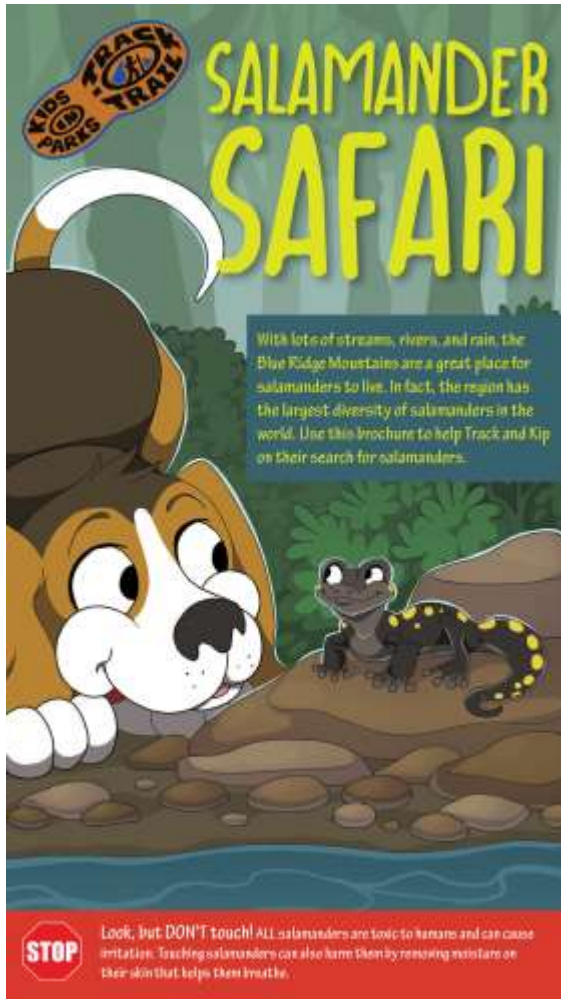
- plus+** premium brochures  
Our entire catalog with customizable options.
- travel  
We'll come to your site for a visit and/or grand opening.
- trail blazes  
Get 10 trail blazes to mark your new TRACK Trail.



KIP and the USACE have created a new partnership agreement that would allow any USACE site to join the network. A [startup cost sheet](#) to install a TRACK Trail can be found on the program's website.



# Brochure Catalog



A [brochure catalog](#) featuring our library of self-guided activities can be found on our website. Sites can choose from our “standard” options, or have brochures customized and/or designed specifically to meet the needs of their site.

Questions?

# The KIP Team



**Carolyn Ward, Ph.D.**  
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Director



**Adam Rodes**  
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**Teddi Thomas Garrick**  
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# Contact Information



If you have any questions about the program, or are interested in being a TRACK Trail partner, please contact us:

(866) 308-2773

Director:

Jason Urroz – [jurroz@kidsinparks.com](mailto:jurroz@kidsinparks.com) ext. 384