

# **TRACK Trail Overview – Blue Marsh Lake**

The Squirrel Run and Great Oak Nature Trails at Blue Marsh Lake were developed in the mid-1980s to be used for school programming, guided hikes, and general public use. A self-guided program with different interpretive stops was developed for each trail. Though designed to be self-guided activities, most of the interpretive stops were better suited for a guided program by park staff. The use and relevance of the developed programs degraded over time, where an update to overall nature trail program became necessary.

The national MOU between USACE and the Blue Ridge Parkway Foundation, Kids In Parks (KIP) TRACK Trails Program had been recently finalized as staff began to explore options to revamp the nature trails. The TRACK Trails Program proved to be a cost effective, time and labor efficient, turnkey option to upgrade the outdated nature trails at Blue Marsh Lake.

The installation of TRACK Trails at Blue Marsh Lake established the first set of trails from the program within the state of Pennsylvania. Blue Marsh Lake staff and KIP staff collaborated together to produce a kiosk sign that embodied many attractions and common sites that can be found from North to South and East to West throughout the state. The kiosk design will be used for any TRACK Trail installed in Pennsylvania moving forward.

The Squirrel Run and Great Oak Nature Trails are now equipped with new trailhead kiosks and a variety of self-guided activities perfect for families or school groups to participate in. The trail programs can be easily updated as the TRACK Trail program offers a wide variety of brochure activities for use and the ability to develop custom brochures for use. It is a future goal for Blue Marsh Lake staff to work with KIP staff to develop project specific brochures that will highlight specific USACE missions and initiatives.

# TRACK Trail Transformation – Squirrel Run Nature Trail

<https://www.kidsinparks.com/blue-marsh-lake-squirrel-run-nature-trail#adventures>



# TRACK Trail Transformation – Great Oak Nature Trail

<https://www.kidsinparks.com/blue-marsh-lake-great-oak-nature-trail>



# TRACK Trail Kiosk – Squirrel Run Nature Trail



## Welcome to the Squirrel Run TRACK Trail

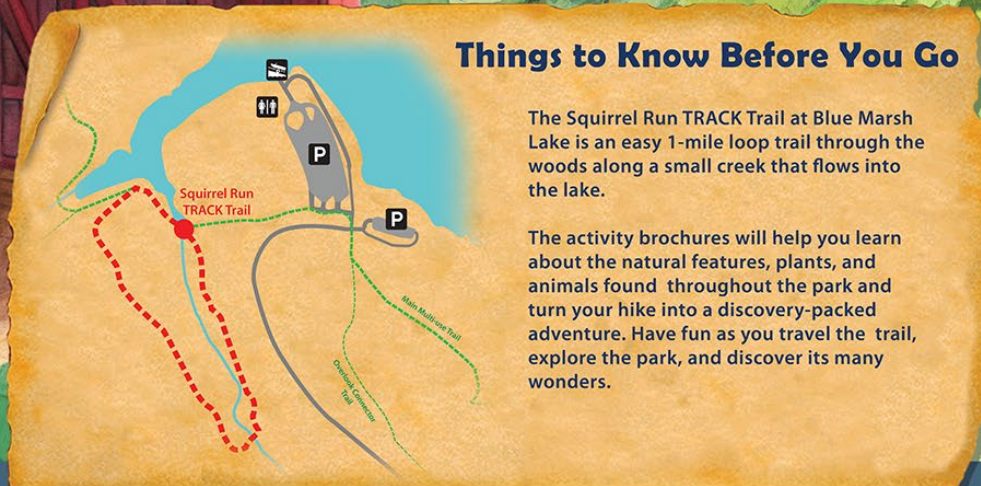
The Kids in Parks TRACK Trails program provides a nationwide network of trails for kids and families. Each TRACK Trail has a series of self-guided adventures, where a different story unfolds with each activity. It's fun, easy and free! Best of all, the fun doesn't stop at the trail's end because kids can earn rewards for each TRACK Trail adventure they register at

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

### Things to Know Before You Go

The Squirrel Run TRACK Trail at Blue Marsh Lake is an easy 1-mile loop trail through the woods along a small creek that flows into the lake.

The activity brochures will help you learn about the natural features, plants, and animals found throughout the park and turn your hike into a discovery-packed adventure. Have fun as you travel the trail, explore the park, and discover its many wonders.



We'll be your guides for this adventurous trip. **Grab a brochure.** It's time to play. Let's see what we can find outside today!



Begin a lifetime of adventure in Pennsylvania Parks.

# TRACK Trail Kiosk – Great Oak Nature Trail



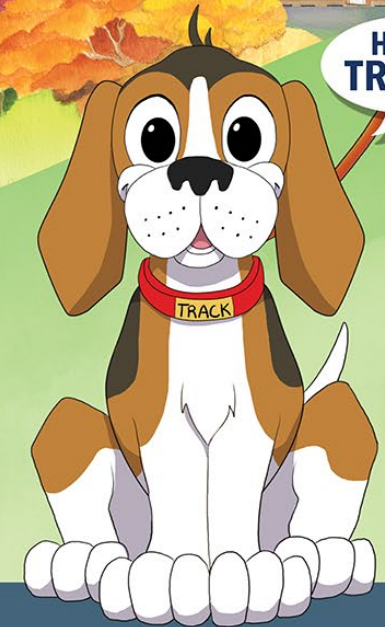
## Welcome to the Great Oak TRACK Trail

The Kids in Parks TRACK Trails program provides a nationwide network of trails for kids and families. Each TRACK Trail has a series of self-guided adventures, where a different story unfolds with each activity. It's fun, easy and free! Best of all, the fun doesn't stop at the trail's end because kids can earn rewards for each TRACK Trail adventure they register at

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



Hi, I'm TRACK!



We'll be your guides for this adventurous trip. **Grab a brochure.** It's time to play. Let's see what we can find outside today!



### Things to Know Before You Go



The Great Oak TRACK Trail at Blue Marsh Lake is an easy 1-mile loop through the woods at Dry Brooks Day Use Area. It follows a shorter 0.25-mile inner loop or longer 1-mile outer loop.

The activity brochures will help you learn about the natural features, plants, and animals found throughout the park and turn your hike into a discovery-packed adventure. Have fun as you travel the trail, explore the park, and discover its many wonders.

Begin a lifetime of adventure in Pennsylvania Parks.

# Brochures – Squirrel Run & Great Oak Nature Trail

## Bug Out

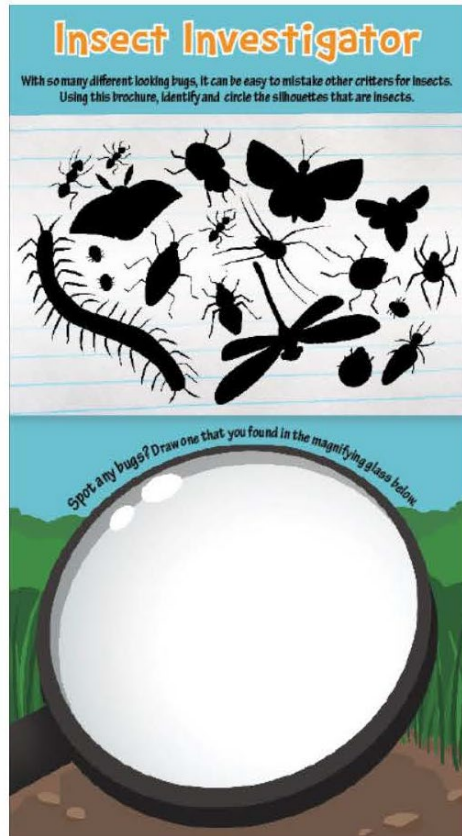
The 'Bug Out' brochure is an investigation into the creepy crawlies of the forest.

This adventure will help kids learn how to tell the difference between insects, spiders and other arthropods... as well as identify some of the more common bugs along the trail.

This brochure is appropriate for children ages 4-10.



Cover



Outside Panel

**Insects**

Insects are an extremely diverse group of animals, with over a million different species. All insects, no matter how different their size or shape, have a three-part body with six legs.

The body of a honeybee is like that of most insects. All insects have...

- ... a **head** with two antennae, compound eyes and mouth parts
- ... a **thorax** with six jointed legs and, if present, 2 or 4 wings
- ... an **abdomen** with respiratory, reproductive and digestive organs
- ... a hard, external skeleton called an **exoskeleton**

**Other Arthropods**

Insects, spiders and crustaceans are all arthropods. Arthropods are a group of creatures that make up about 85% of all living things on Earth. They can be identified by their exoskeleton, segmented bodies, and jointed legs.

Millipedes, centipedes, pillbugs (roly-polies), and harvestmen are commonly considered bugs. However, unlike their insect and spider cousins, they can have more body segments, legs, or even extra features like claws. Some are harmless critters like the millipede, pillbug and harvestman, while others can cause harm, like the venomous centipede and the scorpion.

**Spiders**

Spiders look similar to insects, but they are actually different.

What is an Exoskeleton?

Instead of having a skeleton on the inside of their bodies, insects have their skeleton on the outside. A hard exoskeleton protects an insect like a knight's suit of armor.

Spiders have a hard exoskeleton, but instead of a three-part body, they have a two-part body made up of the cephalothorax and the abdomen. Spiders also have eight legs, pedipalps, venom injecting fangs, and web-making spinnerets.

Can you spot any of these bug homes?

Bugs have different ways of sheltering themselves from predators or weather. Or they can even use their homes as traps for food. CAUTION: Many bugs will defend their homes by biting and stinging. Look from a distance and DO NOT disturb them.

# Brochures – Squirrel Run & Great Oak Nature Trail

## Nature's Relationships

In the Nature's Relationships brochure kids will discover how everything in nature is connected. The brochure tells a story about a few of the relationships that can be found along the trail and how different things in nature work together. This brochure is most appropriate for children ages 6-12.

**KIDS TRACK TRAIL**  
**Nature's Relationships**  
*Everything's connected*

"When we try to pick out anything by itself, we find it hitched to everything else in the universe."  
 - John Muir

**Discover how everything in nature is connected**

Although this brochure will not guide you to specific locations along the trail, it will tell you a story to help you discover some of the relationships found in nature. Use the pictures and text to locate as many of these relationships as you can. Keep your eyes open and have fun!

Cover

**Remember, Everything's Connected**  
 Only a few of the relationships found along the trail were discussed in this brochure. Since everything's connected, many more relationships are present. How many more can you find? Here are some others you can search for:

**Dead Trees: Good?**  
 Dead trees, called **snags**, can often provide for more life than living trees. This is because many types of insects live inside dead trees, providing a valuable food source for animals such as woodpeckers and bears. As dead trees decompose, they release nutrients back into the soil for use by future generations of plants and trees, thus completing the cycle.

**Killing Trees Softly**  
 Have you seen any tufts of "cotton" on the underside of a hemlock tree's leaves? These are the egg sacs of the hemlock wooly adelgid, a tiny insect parasite that was accidentally introduced to the United States from Asia in the 1920s. When the adelgid's eggs hatch, the larvae suck the phloem (food) out of the tree, killing it.

**People and Nature**  
 We also have a relationship with nature. When you go to the market to buy an apple, remember that the apple was once a flower pollinated by insects. Your home, constructed of wood, rock, or brick, came from items harvested from nature. Take the time to slow down and experience your natural world. And remember, everything in nature is connected... even us!

Outside Panel

**Guiding Pollinators**  
 Many flowers depend on relationships with pollinators to reproduce. A flower's size, shape, color and smell attracts unique pollinators. Some flowers, such as the flowers of rhododendrons, have nectar guides that are visible to insects through ultraviolet light. These guides act as road signs, directing pollinators to the flower's sweet nectar.

**Smell a wildflower.**  
 Feel the sun beaming through the trees.

**Making Connections**  
 We are an intricate part of nature's relationships. Our actions affect everything, from the bees that pollinate our flowers and food crops to the soil we walk on as we hike through the forest. During your hike today, take your time, stop to smell a flower and...

**Open... Canopy!**  
 During strong wind storms or cold winter ice storms treetops often crash down to the forest floor. The damaged trees and plants crushed by fallen limbs are affected negatively, but other plants are helped by the holes in the canopy. These holes allow more sunlight to reach understory plants such as wildflowers.

**Get Connected**

**A Healthy Home**  
 Mountain forests are home to a variety of plants that require different amounts of nutrients, water and sunlight. Each plant finds its preferred home among the slopes, valleys, peaks and streambanks. Sometimes though, weather events can change the perfect forest home into a mess of stumps and logs.

**I Lichen You!**  
 A lichen is an organism formed by a relationship between algae and fungus. The fungus protects the algae from adverse conditions, and in exchange the algae provides the fungus with food. This is an example of mutual symbiosis (when two different organisms help each other survive).

**Fungal Feed Forests**  
 Fungi help break down and decompose everything in the forest, from dead trees and fallen logs to leaf litter. Fungi have large, underground networks of "roots" called mycelium that attach themselves to the roots of plants and trees. The plants provide water for the fungi, and the fungi help the plants gather nutrients. Fungi "fruits," or mushrooms, provide food for many insects and animals.

**Can you find a spider on its web?**

**Can you find a vista of the forest?**

**Can you find any mycelium?**

**Can you find a "Turkey Tail" fungi?**

**Can you spot a bird's nest in a tree?**

**Can you find a lichen growing on a stick or rock?**

**How many types of flowers can you find?**

**How many types of mushrooms can you find? (don't touch!)**

# Brochures – Squirrel Run Nature Trail

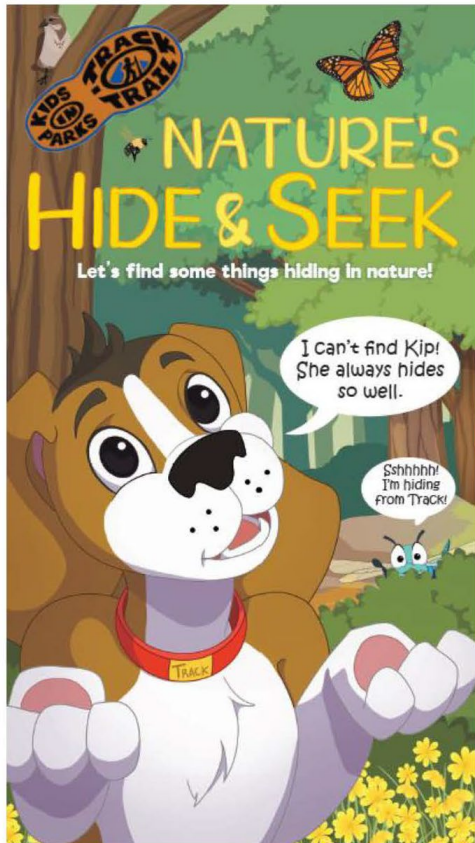
## Nature's Hide & Seek

Nature's Hide & Seek is a standard brochure issued to every TRACK Trail. It is the most universal and frequently used brochure.

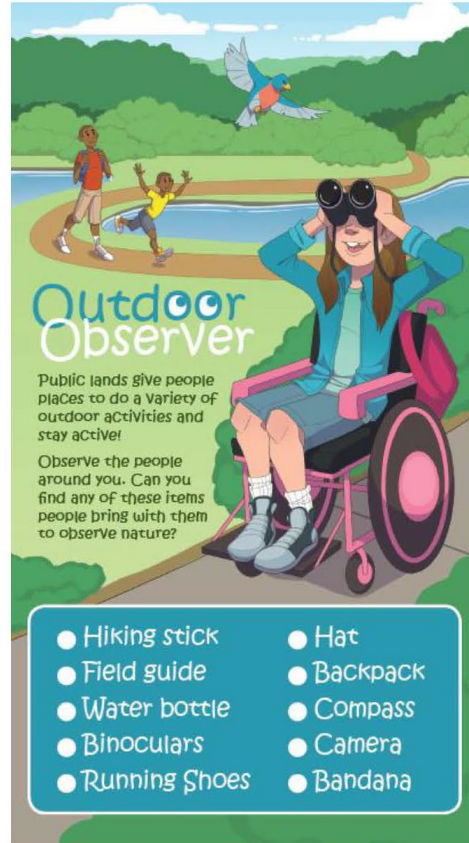
The Nature's Hide & Seek brochure is designed so that kids of all ages can walk along the trail and discover common things that are often overlooked in nature. Some of them are hard to find, others are easy.

This brochure is most appropriate for children ages 4-7.

A bilingual Spanish/English version is available in a different design.



Cover



Outside Panel

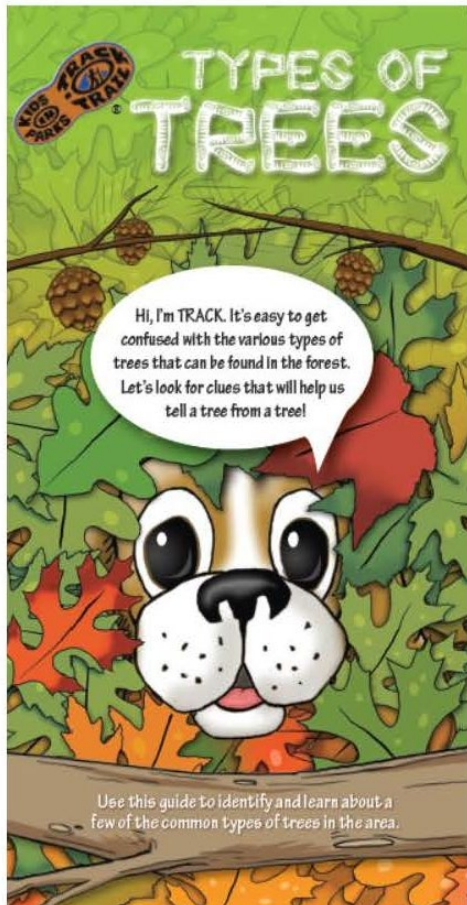




# Brochures – Squirrel Run Nature Trail

## Types of Trees

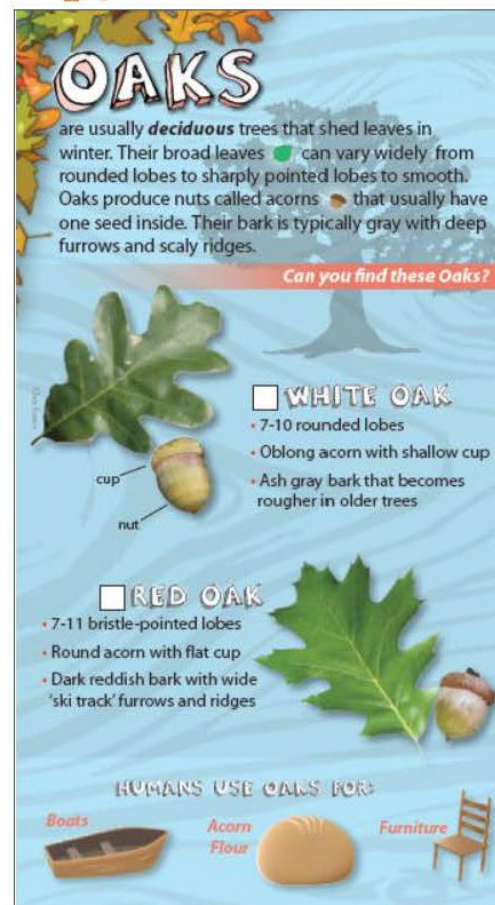
In the Types of Trees brochures, kids can learn how to identify trees by studying the different features of a tree. This brochure illustrates what kids should look for in order to identify a tree, and explores families of common trees to show how some trees are alike and how they are different. This brochure is most appropriate for children ages 5-12.



Cover



Outside Panel



# Brochures – Great Oak Nature Trail

## Flower Power

Our Flower Power adventure shows kids that flowers have the power to grow on a variety of plants, attract pollinators, and become fruit.

This brochure also provides a diagram that illustrates flower parts and their functions.

This brochure is appropriate for ages 4-10.



Cover



Outside Panel

### 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?

<input type="checkbox"/> yellow bees <i>Jewelweed</i>	<input type="checkbox"/> purple butterflies, flies, moths <i>Violet</i>
<input type="checkbox"/> pink or red hummingbirds, butterflies <i>Fire pink</i>	<input type="checkbox"/> white bats, bees, beetles, moths <i>Trillium</i>
<input type="checkbox"/> blue bees <i>Blue-eyed Mary</i>	<input type="checkbox"/> What other color of flower 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.

Find a flower. How many petals can you count?

Some flowers come in unusual shapes. Can you find one?

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.

Female part of flower

Male part of flower

The Need for Pollinators

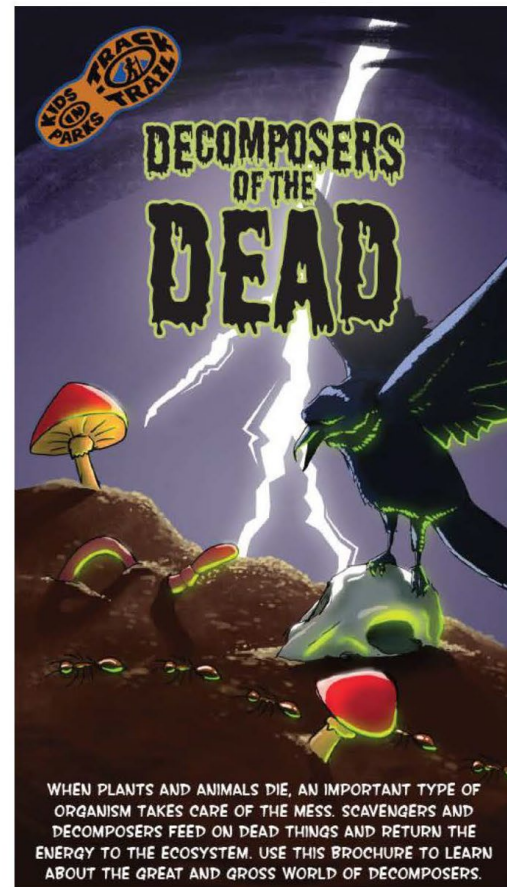
Pollinators and the flowering plants that need them are both important to humans. More than 180,000 different plant species need pollinators, including many that produce fruits, vegetables, and nuts. Did you know that one out of every three bites of food you eat is there because of pollinators?

Swallowtail on apple flower

# Brochures – Great Oak Nature Trail

## Decomposers of the Dead

Decomposers of the Dead teaches kids the importance of decomposers and scavengers in an environment, the difference between the two, and what sorts of things they help breakdown. This brochure is appropriate for children ages 7-12.



Cover

### DOES IT DECOMPOSE?

Decomposers have their hands full with all the things that fall in the forest naturally. It's up to us to make sure we don't add things that are difficult to decompose. Some things can take hundreds of years to decompose, so it's important that we pack out what we pack in.

**SODA CAN**  
200 YEARS TO DECOMPOSE

**APPLE CORE**  
1 MONTH TO DECOMPOSE

**PLASTIC BOTTLE**  
450 YEARS TO DECOMPOSE

### PACK IT IN, PACK IT OUT

Use this space to make a list of the things you bring with you on your hike. After your hike, check off each item to make sure you packed it out.

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Outside Panel

### GROSS-OUT GUARDIANS

Decomposers and Scavengers are the cleanup crews of nature. They break down debris like logs, dead animals, and animal poop to keep the world clean. It's gross work, but somebody has to do it. Let's explore the world of decomposers and scavengers!

### WORLD WITHOUT DECOMPOSERS

Without decomposers, every hike would be a difficult climb across piles of fallen trees, dead animals, and poop. TRACK is buried in a pile of plant and animal debris. Think like a decomposer and find things along the trail that need decomposed to free him. ✕ the items as you find them.

LEAVES

SCAT (POOP)

STICKS & LOGS

BONES

NUTS & SEEDS

**HELP ME, OBI DE-COMPOS!**  
YOU'RE MY ONLY HOPE!

### DEAD FOR DINNER

Scavengers are the first on the scene when an animal dies. Attracted by the smell of rotting meat, they search for the body. You might see vultures circling in the sky or flies buzzing as they look for food.

**That's right. They eat dead things.** It may sound gross, but they eat the meat, called carrion, and return the nutrients to the soil when they poop.

Ready for a Scavenger 'Scavenger Hunt'? Find as many scavengers on your hike as you can.

**VULTURE**

**CROW**

**OPOSSUM**

**EARTHWORM**

**LARVA**

**ANT**

**COCKROACH**

**FLESH FLY**

### MICROSCOPIC MUNCHERS

Decomposers like fungi and bacteria use chemicals to break down and feed on dead matter. They eat plants, animals, poop, leaves, and other things. Many decomposers are too small to see, but mushrooms are a great way to see them in action.

**BROWN**

**YELLOW**

**BLUE**

**WHITE**

**RED**

**PINK**

**ORANGE**

**PURPLE**

Mushrooms come in different shapes and colors. How many can you find?

**STOP**  
Mushrooms can be poisonous. Don't touch!

### LOGS FOR LUNCH

It can take over 100 years for fungi and bacteria to completely "eat" a fallen tree. As you hike the trail, count logs you find in different stages of decomposition.

1 2 3 4 5

# Bike TRACK Trail Overview – Blue Marsh Lake MTB Skills Area

## WELCOME

to the Blue Marsh Mountain Bike Skills Area



Please review the rules and safety sign before riding the track.

The Mountain Bike Skills Area is a unique mountain bike course where you can learn, practice, and master a variety of basic skills for mountain biking. There are two different skills level tracks within the skills area, beginner and intermediate. The beginner track allows new or inexperienced riders to practice and develop their mountain biking skills whereas the intermediate track allows more experienced riders to test and further develop their skills.

Through a partnership formed with the Kids in Parks program, the pump track here at Blue Marsh MTB Skills Area has signs placed around the track with tips to increase your skills and enjoyment on the track. In addition to illustrations and text, each sign contains a QR code that links to an educational video about each skill. Additionally, kids can register their rides at the Blue Marsh MTB Skills Area at [kidsinparks.com](https://www.kidsinparks.com) to earn special bicycle gear.

The Blue Marsh MTB Skills Area was made possible through the trails partnership established between USACE Blue Marsh Lake and Berks Area Mountain Biking Association (BAMBA), and funded by the USACE Handshake Partnership Program. The MTB Skills Area was created by DirtSculpt and BAMBA Volunteers.

### BLUE MARSH LAKE PARTNERS



US Army Corps of Engineers

### KIDS IN PARKS FOUNDERS



### PRIVATE DONORS AND VOLUNTEERS

#### Organizational Support:

USACE Handshake Partnership Program

#### Volunteers:

BAMBA Trail Crew & Members, Wyomissing Area Mountain Biking Team



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

Blue Marsh Lake staff worked with Berks Area Mountain Biking Association members to develop and construct a mountain bike skills development area for beginner and intermediate riders.

The project was made possible through the established trails partnership, volunteer work, and funding provided by the USACE Handshake Partnership Program.

After the construction of the skills area, the partnership implemented the use of the KIP Bike TRACK Trails program to provide valuable interpretive signage and an additional interactive layer to the project.

<https://www.kidsinparks.com/blue-marsh-mountain-bike-skills-area>



# Bike TRACK Trail Kiosk – Blue Marsh Lake MTB Skills Area

## ! WARNING!

### YOU ARE ENTERING A SPECIAL MOUNTAIN BIKE AREA.

- The Skills Area is open from **8AM TO SUNSET** accordingly through the seasons.
- All riders **MUST** wear a helmet at all times while riding the MTB Skills Area Track. Other appropriate safety gear, like pads, are recommended.
- Use of this area is at your own risk. **YOU** are solely responsible for your safety. Ride within your limits and abilities.
- Ride only during dry conditions. The MTB Skills Area will be closed accordingly during wet conditions. This will help maintain the quality and sustainability of the tracks.
- **ONE WAY** travel only. Please follow the posted directional guides for each track. Do not jump between tracks. If you do not wish to continue on the track you are on, you may dismount and walk within the resting areas back to the beginning of the track.
- All motorized vehicles are **STRICTLY PROHIBITED** within the MTB Skills Area.
- Always pay attention to your own safety, be courteous and be aware of other riders. It is suggested that children be supervised when riding the skills area. This can help ensure the facility will be open to the public in the future.
- All forms of mountain biking are potentially dangerous and your risk increases in special areas such as this containing enhanced terrain and technical features.
- Features in this area include: bermed turns, rollers, dirt/wooden jumps (which will result in your bike leaving the ground if approached at higher speeds)
- Report any maintenance needs or dangerous conditions to the Blue Marsh Lake Park Office at 610-376-6337.
- **CARRY IN, CARRY OUT.** Please clean up and dispose of trash items accordingly.

In case of an Emergency Call 911.

Blue Marsh Lake staff, KIP staff, and Berks Area Mountain Biking Association members collaborated together to produce a rules and safety sign specific to the bike skills area developed at Blue Marsh Lake.



# Bike TRACK Trail Activity – Blue Marsh Lake MTB Skills Area

## 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.

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

kidsinparks.com SCAN QR CODE TO WATCH VIDEO



The KIP Bike TRACK Trail program includes skills signage with QR codes for instructional videos.

Blue Marsh Lake staff worked with Berks Area Mountain Biking Association members to install the signs in appropriate locations throughout the bike skills area. Skills signage aligns with the skill to be implemented on the upcoming feature.

## PRE-FLIGHT CHECKLIST



- **HELMET**  
Be Smart. Protect your brain by wearing a properly fitted helmet!
- **PADS AND GLOVES**  
Spills and crashes are a part of mountain biking. Pads and gloves can help save your skin.
- **WHEELS AND TIRES**  
Make sure your wheels are bolted on tight and that your tires are firmly inflated.
- **APPROPRIATE FOOTWEAR**  
Wear sturdy shoes that cover your toes.
- **BRAKES AND BARS**  
Make sure your handle bars and headset are tight and that your brakes work!
- **LOW SEAT**  
Lowering your seat helps give you more maneuverability of your bike as you roll over the jumps and berms.


kidsinparks.com SCAN QR CODE TO WATCH VIDEO



## BUNNY HOP

The "BUNNY HOP" allows you to lift the bike completely off the ground to clear obstacles and continue forward motion. Good body position is essential to Bunny Hop.

- 1 Crouch down and push your weight into the pedals.
- 2 Lift your front wheel off the ground as you roll.
- 3 Throw your body up and forward by rolling your wrists, bringing the back tire off the ground with your feet.
- 4 Level out in the air and prepare for a two wheel landing.



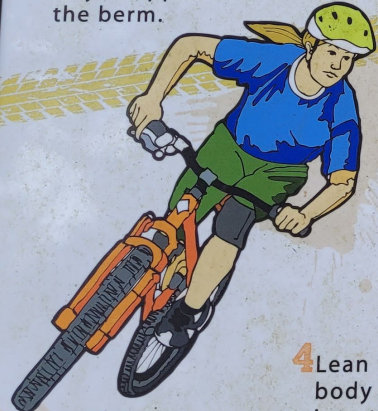
kidsinparks.com SCAN QR CODE TO WATCH VIDEO

# Bike TRACK Trail Activity – Blue Marsh Lake MTB Skills Area

## CORNERING

Being able to maintain your speed through the corners is essential to traveling the entire pump track without pedaling. **Here are some tips:**

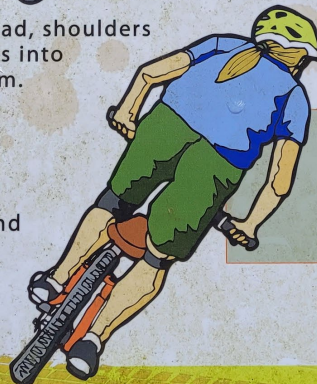
**1** Use good body positioning as you approach the berm.



**2** Keep your head up and look ahead into the berm.



**3** Turn head, shoulders and hips into the berm.



**4** Lean your bike and body as you roll into the berm.

**5** As you exit the berm, begin to realign your body to your new direction of travel.



**6** Return to good body position and get ready for the next obstacle.

It may seem intimidating at first, but by using these skills you will quickly improve your speed through the **berms** (turns).



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

SCAN QR CODE  
TO WATCH VIDEO



# Bike TRACK Trail Activity – Blue Marsh Lake MTB Skills Area



**REAR WHEEL LIFT**

1 Ready position, standing on pedals

2 Compress

3 Pull the rear wheel up with your feet as you lean forward

4 Balance

The **Rear Wheel Lift** is an important skill used to maintain control and speed as you encounter and roll over obstacles. Practice the rear wheel lift on flat ground first. On the pump track, you can use the rear wheel lift to exit rollers faster and increase your "pump".

Unweight front wheel to enter roller

Lift your rear wheel before it crosses over the top of the roller

The rear wheel lift is one of the foundation skills needed for more advanced skills like **bunny hopping** and **jumping**.

**KIDS TRACK TRAIL**  
KIDS IN PARKS

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

SCAN QR CODE TO WATCH VIDEO





# Bike TRACK Trail Activity – Blue Marsh Lake MTB Skills Area



# Bike TRACK Trail Activity – Blue Marsh Lake MTB Skills Area

**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.

- 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 Put the front tire on the ground.

**ROLLER**

**KIDS IN PARKS TRACK TRAIL**

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

SCAN QR CODE TO WATCH VIDEO



# Prize Pack Example

Blue Marsh MTB Skills Area Wristband

KIP Keychain

KIP Bike Light

KIP Bike TRACK Trails Prize Information

KIP Trail TRACKer Passport

KIP Adventure Card

KIP Tattoo

KIP TRACK Trails Prize Information



**Kids in Parks Advisory Committee**  
 December 7, 2021

Dear Jonah,

We hope you enjoyed your ride on one of our Bike TRACK Trails. Biking is an exciting way to get outdoors! It is also a great way to boost wellness and connect with the natural world around you.

Because you TRACKed your first bike trail with us, you can now earn prizes and rewards with Kids in Parks for all your biking adventures. We hope you will use your first prize, a bike light, on your next ride. While riding on the trail, your bike light will help oncoming riders see you when daylight is low or when conditions are foggy.

Every time you TRACK AN ADVENTURE on a Bike TRACK Trail, you will earn a wrist band with that trails name on it. As you continue to TRACK your adventures with us, you will unlock more prizes when you reach certain milestones.

1 Trail	3 Trails	6 Trails	9 Trails	12 Trails
Bike Light	First Aid Kit	TRACK Sack	Sunglasses Strap	Bike Bell

Whether hiking, biking, or playing disc golf, every new adventure to a Kids in Parks TRACK Trail is a unique outdoors experience.

Thanks for riding with us and we hope to see you again!

Your Pals,

Track & Kip

For more about TRACK Trails and our other family-friendly adventures, please visit [kidsinparks.com](http://kidsinparks.com)

Kids in Parks is a program of the Blue Ridge Parkway Foundation  
 322 Casher Creek Rd. Asheville, NC 28803 | (866) 308-2773 | KidsInParks.com

**Kids in Parks Advisory Committee**  
 December 7, 2021

Dear Jonah,

We hope you enjoyed your adventure and learned something new on the TRACK Trail. Spending time in nature is fun and exciting! It is also a great way to boost wellness and connect with the natural world around you.

Because you TRACKed your first trail with us, you are now officially a Kids in Parks Trail TRACKer and can earn Kids in Parks prizes. We hope you will use your new Trail TRACKer Passport and first adventure card with the accompanying carabiner on your next hike!

Every time you TRACK AN ADVENTURE on a TRACK Trail, you will earn that trail's Passport sticker. You will also unlock the adventure cards below!

1 Warm Up!	2 Wash Out!	3 Weather	4 Bands	5 Habits
6 Learn No Trace	7 Trees	8 Litter	9 Animal Tracks	10 Living A Compass
11 Hugs!	12 Flowers	13 Insects	14 Sok	15 Levers

So, keep on TRACKing! Every new adventure to a Kids in Parks TRACK Trail is a unique outdoors experience.

Thanks for hiking with us and we hope to see you again!

Your Pals,

Track & Kip

Note: Trail TRACKers who are registered on the same account may receive their first prizes in separate envelopes.

Kids in Parks is a program of the Blue Ridge Parkway Foundation  
 322 Casher Creek Rd. Asheville, NC 28803 | (866) 308-2773 | KidsInParks.com

# Prize Pack Example – Prize Information Sheets

## Kids in Parks Advisory Committee

**Chair**  
Jennifer Zuckerman  
*Duke, World Food Policy Center, NC*

**Members**  
Alice Ammerman, DrPH, RD  
*Professor, UNC Chapel Hill, NC*  
Brian Gulden  
*Attorney, NC*

CAPT Charles Higgins, MS, REHS  
*Retired – U.S. Dept. of Public Health, FL*  
David Gardner, D.A.  
*NC Division of Public Health, NC*  
Don Gest  
*Principal, The Doan Brook Company, NC*  
Greg Brown, Ph.D.  
*Retired – Virginia Tech University, NC*  
Merry Davis  
*Blue Cross and Blue Shield of North Carolina Foundation, NC*

Michelle Wells  
*NC Recreation and Park Association, NC*  
Olson Huff, MD  
*Retired – Mission Children's Hospital, NC*  
Peggie Gaul  
*National Park Service, MD*

Rebecca Reeve, Ph.D.  
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Robert Schwartz, MD  
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Sean Higgins  
*North Carolina State Parks, NC*  
Stephen Tillotson  
*North Carolina State Parks, NC*  
Susan Mims, MD  
*Mission Children's Hospital, NC*

**Program Staff**  
Carolyn Ward, Ph.D.  
*Blue Ridge Parkway Foundation, CEO*  
Jason Urroz  
*Program Director*  
Adam Roades  
*Associate Director*  
Allison Royal  
*Graphic Design & Outreach Coordinator*  
Erin Voss  
*Administrative Assistant*

December 7, 2021



Dear Jonah,

We hope you enjoyed your ride on one of our Bike TRACK Trails. Biking is an exciting way to get outdoors! It is also a great way to boost wellness and connect with the natural world around you.

Because you TRACKed your first bike trail with us, you can now earn prizes and rewards with Kids in Parks for all your biking adventures. We hope you will use your first prize, a bike light, on your next ride. While riding on the trail, your bike light will help oncoming riders see you when daylight is low or when conditions are foggy.

Every time you TRACK AN ADVENTURE on a Bike TRACK Trail, you will earn a wrist band with that trails name on it. As you continue to TRACK your adventures with us, you will unlock more prizes when you reach certain milestones.



Whether hiking, biking, or playing disc golf, every new adventure to a Kids in Parks TRACK Trail is a unique outdoors experience.

Thanks for riding with us and we hope to see you again!

Your Pals,

Track & Kip



For more about TRACK Trails and our other family-friendly adventures, please visit [kidsinparks.com](http://kidsinparks.com)

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December 7, 2021



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# TRACK Trail Custom Stickers

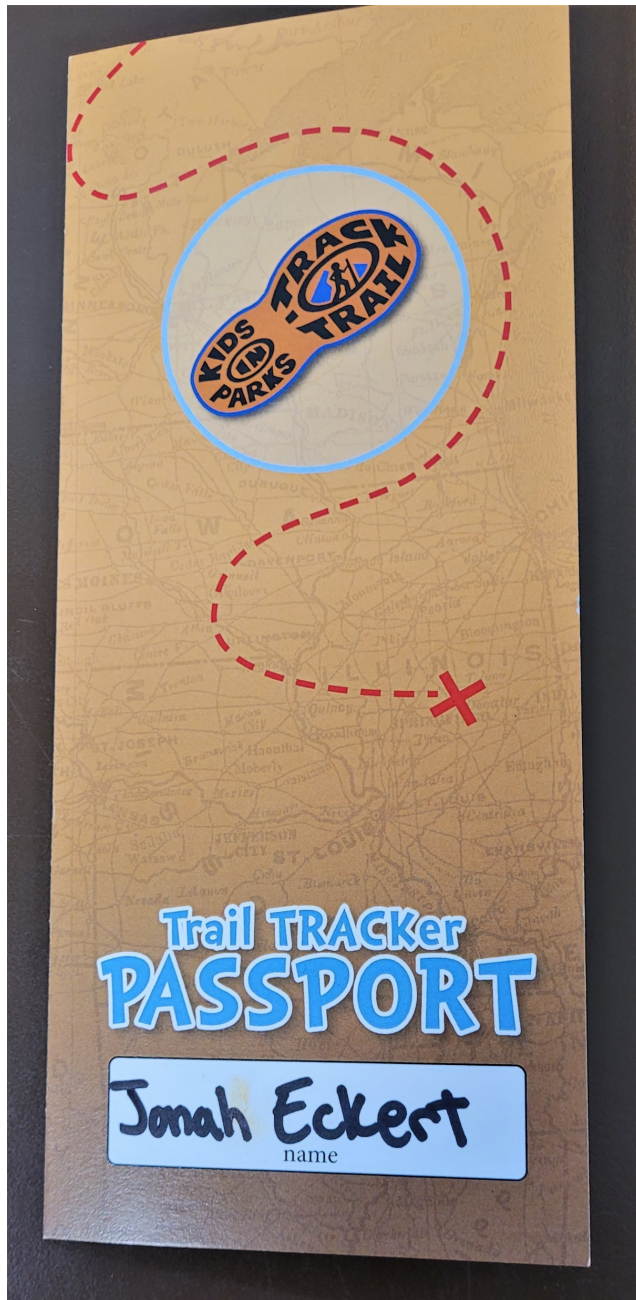
The stickers are mailed within the prize packs whenever an individual logs their hike online. The stickers are then able to be placed within the Trail TRACKer Passport.













Blue Marsh Lake staff worked with KIP staff to provide photo references and input for sticker design.



# Prize Pack Example – Trail TRACKer Passport



 <p>Date <b>12/7/21</b></p> <p>Weather </p> <p>Notes: _____ _____</p>	<p>Date _____</p> <p>Place Sticker Here</p> <p>Weather </p> <p>Notes: _____ _____</p>	<p>Date _____</p> <p>Place Sticker Here</p> <p>Weather </p> <p>Notes: _____ _____</p>
<p>Date _____</p> <p>Place Sticker Here</p> <p>Weather </p> <p>Notes: _____ _____</p>	<p>Date _____</p> <p>Place Sticker Here</p> <p>Weather </p> <p>Notes: _____ _____</p>	<p>Date _____</p> <p>Place Sticker Here</p> <p>Weather </p> <p>Notes: _____ _____</p>
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# Prize Pack Example – KIP Adventure Card

**KIDS IN PARKS TRACK & TRAIL**

## Warm Up!

Let's stretch before you hike!

**Quad Stretch**  
Hold onto something for balance, raise your right foot behind you, and hold it with your right hand. Hold this pose for 15 secs. Then switch for your left side.

**Side Lunge**  
Stretch your right leg out, keeping your foot on the ground. Then, bend your left knee away from your right. Hold for 15 secs then repeat for other side.

**Hamstring Stretch**  
Prop your foot onto something hip-height and lean forward towards your toes. Hold for 15 secs, then switch legs.

**Shoulder Rolls**  
Stand straight and relax your arms. Roll your shoulders slowly 10x forward, and then 10x backwards.

**Reach Up!**  
Stand straight and then reach your arms above your head. Stretch your fingers to the sky and arch your back slightly. Hold for 15 secs.


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**KIDS IN PARKS TRACK & TRAIL**


## Cool Down


Let's take a breather!


**Explore Your Senses**  
Spend a minute focusing on each of the following sensations:

 Pay attention to your steps. Feel the ground. Observe objects near your feet.

 Explore different textures and temperatures. Feel things like rough bark, cool water, and smooth rocks.

 Look for different colors in nature. Notice how light casts shadows. Scan for movements.

 Listen for animals, wind in the leaves, moving water. Your ears can reveal an unseen world.

 Breathe through your nose. Notice smells around you, like flowers, dirt, and leaves.

**Stop, Drop & Chill**  
Find a quiet, comfortable place that you can sit. Take 5 minutes to let your mind and senses wander.

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