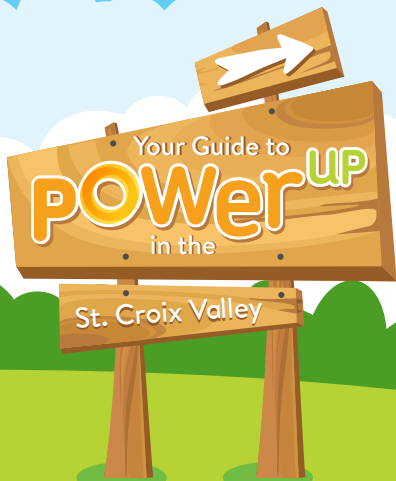


powerUP

in the Parks



Our parks and trails are fun
places to **PowerUp!**

Explore the amazing, family-friendly parks and trails,
right here in the St. Croix River Valley. Use this guide
to map out your own **PowerUp** adventure.

Win cool prizes!

Complete a short survey at **powerup4kids.org/**
parks to be entered to win cool prizes. Anyone
can participate! Share photos of your **PowerUp**
adventure using **#powerup4kids**.

For more information visit:

powerup4kids.org/parks
facebook.com/powerupkids



HIKE ^{paddle}
^{bike} Explore
play

There is so much to see and do at local parks and
on the trails. Start your **PowerUp** adventure by:

- Hiking or geocaching
- Biking, tricycling or rolling
- Paddling a river or lake
- Playing at a beach
- Exploring a new park,
trail or activity

Did you know? Parks are a great
place to **PowerUp** and...

- Boost your energy
- Keep your body strong
- Help you grow
- Feel happy and smile





Check out the map inside to see all the places
you can hike, bike, paddle, play and explore.

PowerUP in the Parks Safely

Do!

- ✓ **Pack plenty of H2O to drink.** Water cools you down and keeps you going when playing outdoors.
- ✓ **Shade the sun.** Wear a hat, sunglasses and sunscreen (reapply often) to protect your skin.
- ✓ **Stay afloat.** Always wear a life jacket when on or near the water. Be aware of water conditions.
- ✓ **Dress to explore.** Wear layers, closed toe shoes, long pants and bright colors to help others see you.
- ✓ **Always check the park rules.**

Don't!

- ⊘ **Get Ticked!** Check yourself for ticks after every outdoor adventure.

- ⊘ **Get into an "itchy" situation!** Steer clear of poison ivy.

- ⊘ **Get Wild!** Respect the wildlife. Don't get too close. Hunting is permitted in some parks. Check park rules.
- ⊘ **Go it alone!** It's more safe and fun to explore with friends or family.
- ⊘ **Leave a trace!** Leave plants, rocks and wildlife where you found them.

Animal Aerobics

PowerUp your body while having fun doing these wild animal aerobics! They're even more fun to do outside at a park or when hiking on a trail.



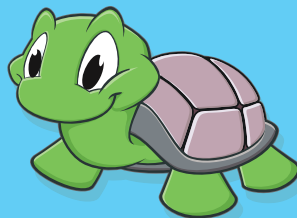
Red Fox Pounce

Jump straight up 10 times



Crayfish Crunch

Do 10 sit-ups

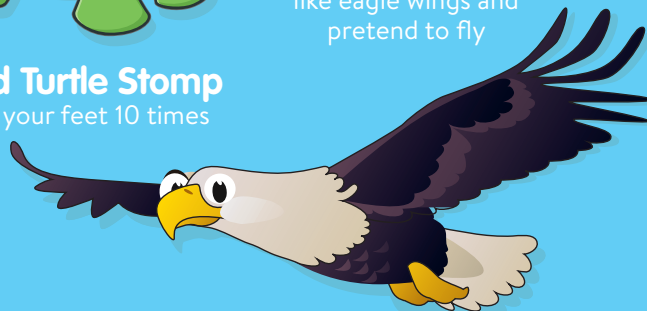


Wood Turtle Stomp

Stomp your feet 10 times

Eagle Eye Fly

Stretch your arms out like eagle wings and pretend to fly



hike

Hike through a forest or prairie
Snowshoe into the winter wonderland
Go on a geocaching treasure hunt



PowerUp Adventure

Go geocaching with your friends or family! What did you find? Share photos of your **PowerUp** adventure using **#powerup4kids**. Find out more about geocaching at powerup4kids.org/parks.



Pedal past rivers, down hills,
and through prairies

bike

PowerUp Adventure

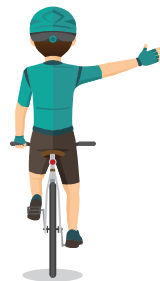
Check your bike for safety with the ABC Quick Check. Are you ready to roll? Share photos of your **PowerUp** adventure using **#powerup4kids**. Find out more about the ABC Quick Check at powerup4kids.org/parks.

Bike Safely

- Complete an ABC Quick Check
- ALWAYS wear a properly fitted helmet
- See and be seen
- Use lights, reflectors and wear reflective clothing or tape
- Bike with traffic on the right side of the road or trail
- ALWAYS use hand signals



◀ LEFT TURN



▶ RIGHT TURN



■ STOP

paddle

Paddle into new territory
Visit the scenic St. Croix River
Surf's up! Try paddle boarding



DRAW STROKE



J STROKE



BACKWATER STROKE

PowerUp Adventure

Learn the Draw, Backwater and J strokes plus other fun ways to paddle. What did you discover? Share photos of your **PowerUp** adventure using **#powerup4kids**. Find out more ways to paddle at powerup4kids.org/parks.



play

Climb rocks
Play a new game of tag
Explore a natural playground
Splash in the lake
Try a snowshoeing or cross country ski lesson



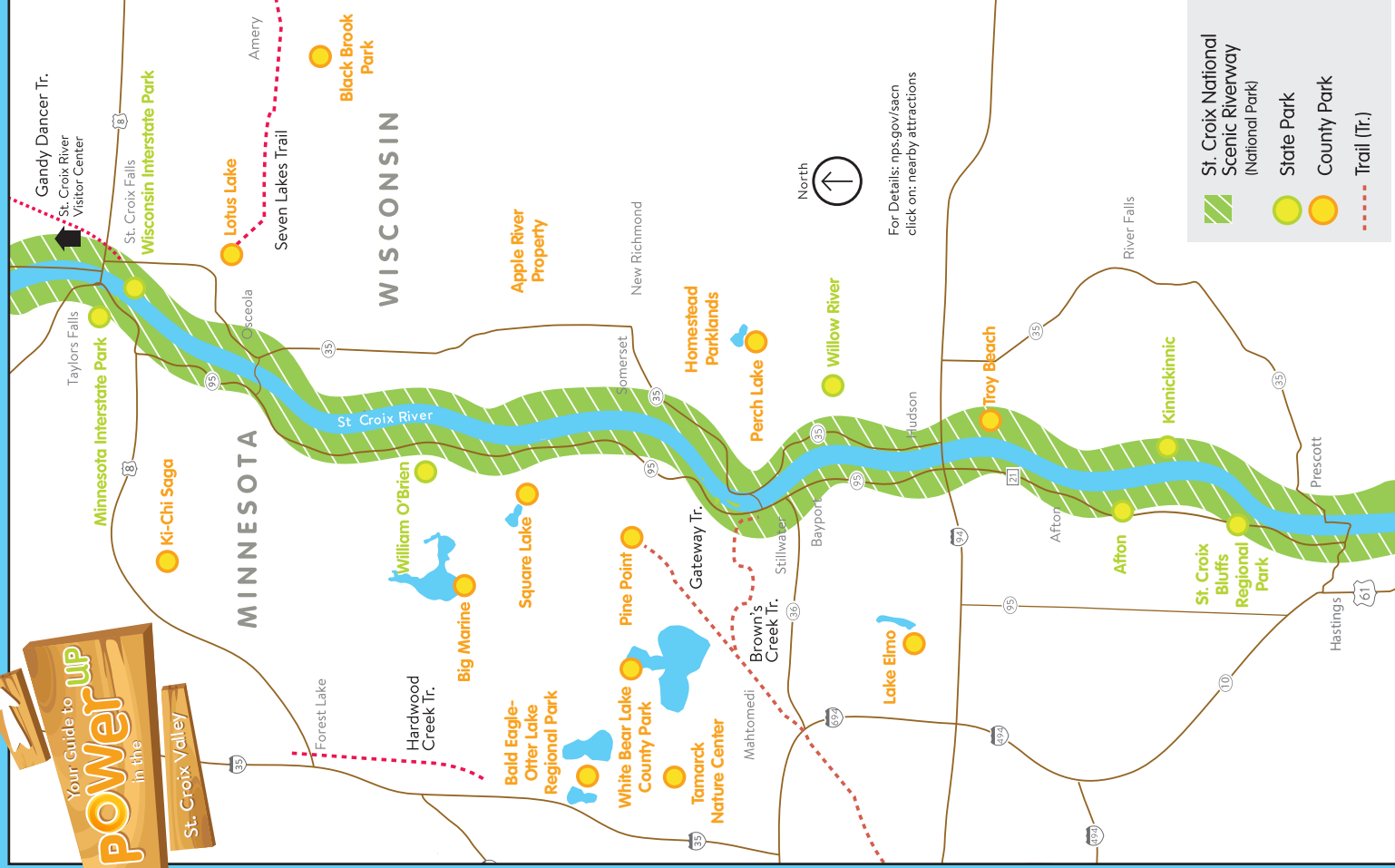
PowerUp Adventure

Take advantage of a FREE class, rental or entrance day at a local park. What did you try? Share photos of your **PowerUp** adventure using **#powerup4kids**. Find a list of FREE classes, rental and entrance days at powerup4kids.org/parks.



Your Guide to power in the

St. Croix Valley





minnesota

| PARK/TRAIL | HIKE | BIKE | PADDLE | CAMP | RENTALS | FEES |
|--------------------------------------|------|------|--------|------|---|------|
| Afton State Park | X | X | | X | Snowshoes | Y |
| Bald Eagle-Otter Lakes Regional Park | X | | X | | XC skis & snowshoes at Tamarack Nature Center | N |
| Big Marine Park Reserve | X | X | X | | | Y |
| Brown's Creek State Trail | X | X | | | N | N |
| Gateway State Trail | X | X | | | N | N |
| Hardwood Creek Regional Trail | X | X | | | N | N |
| Ki Chi Saga Park | X | | | | N | N |
| Lake Elmo Park Reserve | X | X | X | X | N | Y |
| Minnesota Interstate State Park | X | | X | X | Canoes, kayaks | Y |
| Pine Point Regional Park | X | X | | | N | Y |
| Square Lake Park | | | X | | N | Y |
| St. Croix Bluffs Regional Park | X | | X | X | N | Y |
| St. Croix National Scenic Riverway | X | | X | X | N | N |
| Tamarack Nature Center | X | | | | XC skis & snowshoes | N |
| White Bear Lake County Park | X | | X | | N | N |
| William O'Brien State Park | X | | X | X | Canoes, kayaks, snowshoes | Y |



wisconsin

| PARK/TRAIL | HIKE | BIKE | PADDLE | CAMP | RENTALS | FEES |
|--|------|------|--------|------|---|------|
| Apple River County Park | X | | X | X | N | |
| Y - camping | | | | | | |
| Black Brook County Park | | | X | | N | N |
| Gandy Dancer Trail | X | X | | | N | Y |
| Glen Hills County Park (not pictured on map) | X | X | X | X | Canoes, paddleboats, kayaks, paddleboards | Y |
| Homestead Parklands/Perch Lake | X | | X | | Canoes, paddleboats, kayaks, paddleboards | Y |
| Kinnickinnic State Park | X | | X | X | Snowshoes | Y |
| Lotus Lake County Park | X | | X | | N | N |
| St. Croix National Scenic Riverway | X | | X | X | N | N |
| Seven Lakes Trail | X | X | | | N | Y |
| Troy Beach | | | X | | N | Y |
| Willow River State Park | X | | | X | Snowshoes | Y |
| Wisconsin Interstate State Park | X | | X | X | N | Y |

Visit powerup4kids.org/parks
for more information about these parks,
activities and more!



Adventure bingo

b

i

n

g

o



Ride your **bike** on
a park trail

Play I Spy!
[with binoculars]



Put your toes
in the river



Climb a hill



Learn to paddle
(like a canoe, kayak or
paddle board)

Listen to all of the
sounds in **nature**



Leave the TV &
other electronics
OFF for a
whole day

Drink water or
milk, instead of
sugary drinks for
a week



Go for a **hike**



Find a **bug** on a trail
and snap a picture



Watch a **sunset** at
the river's edge



Wear your
life jacket

Try a **FREE** class,
rental or
entrance day.

Visit [powerup4kids.org/
parks](http://powerup4kids.org/parks) for a list.



Choose a fruit or
veggie for a snack



Play at a **park**



Have a picnic at the
park with family
or friends

Play a **new game**



Shade the sun
Wear Sunscreen



Spot the Big Dipper
in the sky

Snap a picture
at your favorite
park or outdoor
space.
Share it at:
#powerup4kids

Build a sculpture
with sticks
and rocks



Play in the rain or
go puddle jumping

Build a fort with
things you find
in nature

Play your favorite
outdoor sport



Find all the colors
of the rainbow
in nature

Cross off the activities
on the BINGO card
as you complete
them. Try to get a
BINGO – across, down,
diagonally or four
corners.

Have fun!



fuel your adventure

Eating fruits and veggies helps to fuel your adventure!
How many of these tasty things can you do? Check out
powerup4kids.org for more fun ideas and recipes!



- ☐ Try a new veggie and fruit
- ☐ Fill your plate with 4 colors or more (from fruits and veggies)
- ☐ Choose water or milk, instead of a sugary drink
- ☐ Pack a PowerUp picnic
- ☐ Color this fun picnic scene

power^{UP}

in the Parks powered by:



HealthPartners®

AMERY HOSPITAL & CLINIC
HUDSON HOSPITAL & CLINIC
LAKEVIEW HOSPITAL
STILLWATER MEDICAL GROUP
WESTFIELDS HOSPITAL & CLINIC



ST. CROIX VALLEY FOUNDATION



win cool prizes!

Go to powerup4kids.org/parks and click on the survey link.

Complete the survey and be entered to win these cool prizes including:

- A bike
- A free annual park pass
- Free canoe, kayak, row boat and paddle board rentals
- A free night of camping
- And more!

Anyone can participate!
Share photos of your **PowerUp**
adventure using **#powerup4kids**.

