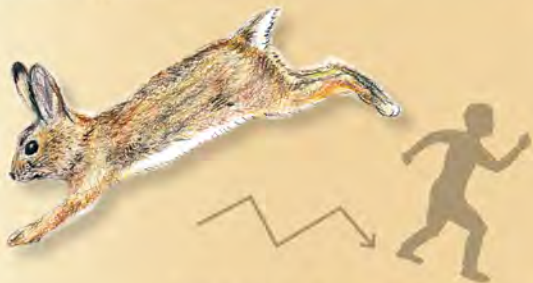


## Rabbit Dash

Watch for rabbits feeding in grassy areas. Rabbits are a favorite food of coyotes, foxes and hawks. When being chased, rabbits sprint in a fast zig-zag pattern until they find cover.



Sprint down the trail in a zig-zag like a rabbit escaping a predator.

## Spider Crawl

Some spiders make intricate webs, while others simply hide waiting to ambush prey. With eight fast legs, spiders are able to scurry quickly to catch their next meal or avoid predators.



How fast can you crawl like a spider?

**TRACK** your hike at  
**kidsinparks.com**  
and get **FREE** prizes!



Thanks for joining us on the trail today! Visit our website to find more TRACK Trail™ adventures near you!

The next generation of stewards will help preserve the world's plants, animals, natural lands and our heritage. What will you do to make a difference?



### *Kids in Parks...*

*Providing a network of fun-filled adventures that get kids and families active outdoors and connected to nature.*



Kids in Parks Founding Partners



# Animal Athletes



## Critter Cardio for Kids

Wild animals are some of the world's greatest athletes, able to perform amazing physical feats. Are you ready to exercise with the animals in the park? This brochure will show you how different animals move and guide you through eight animal exercises you can do as you hike the trail.

**CAUTION: These exercises should only be performed with adult supervision.**

## ☐ Hummingbird Hand-swings

Look for hummingbirds feeding on flowers around the park. 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?

## ☐ Lizard Push-ups

Fence lizards like to hide in trees and leaf litter, but you may spot one basking in the sun on a log or rock. Male fence lizards do "push-ups" to show-off their blue bellies and defend their territories.



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

## ☐ Bat Dodge & Circle

Often misunderstood, bats come out at dusk to hunt for insects using specialized sonar called echolocation. They spin and dive as their ears guide them to their prey. A bat can catch hundreds of insects in a single hour!



Take turns playing tag with a partner, and try to dodge and circle like the bat!

## ☐ Tree Frog Hop

Listen for the "chrrrp!" sound of the tree frog around ponds and streams. Tree frogs make a tasty snack for predators such as snakes and birds. 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.