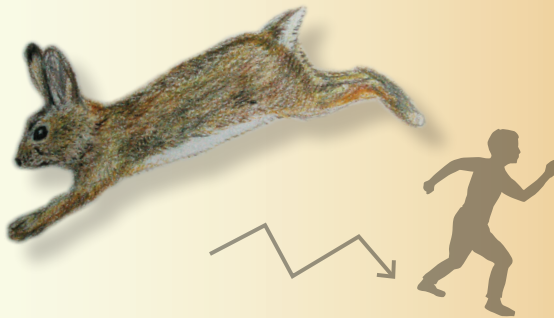


7. Cottontail Dash

Watch for cottontail rabbits feeding near the edge of the meadow. 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 until you find a large tree to hide behind.

8. Squirrely Balancing

As you walk through the woods, look for gray squirrels playing in the trees. Squirrels have long tails to help them balance and maneuver quickly through the branches without falling.



Walk quickly in a straight line, placing one foot directly in front of the other for 20 steps.



Register your Hike... Win a Prize!

Thank you for joining us on the trail today. We want you to join the Trail **TRACK**er Team. It's fun, healthy and free. Best of all, you can earn prizes by walking TRACK Trails and TRACKing them on our website. For more information about the Trail TRACKer Team, other TRACK Trail adventures near you, or for general information about the **Kids in Parks** program, please visit our website at:

www.kidsinparks.com

Your Opinion Matters!

We would like to hear about your adventure on the trail today. Your feedback will help us improve the TRACK Trail program and will help us build more and better TRACK Trail Adventures in the future. Please visit our website (www.kidsinparks.com) and give us your opinion about the quality of your experience.

*Kids in Parks...
for the Health of our Kids and our Communities.*

New River State Park's TRACK Trail Partners



Kids in Parks Founding Partners



BlueCross BlueShield of North Carolina Foundation

An independent licensee of the Blue Cross and Blue Shield Association



New River State Park's Animal Athletes



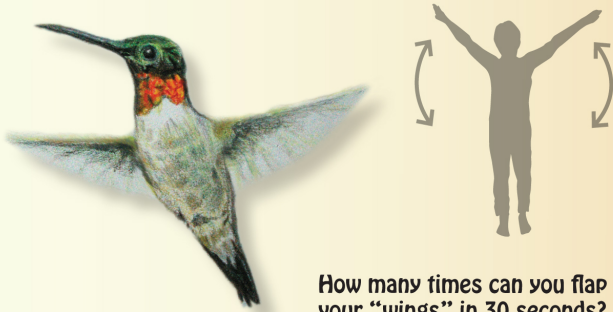
Critter Cardio for Kids

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

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

1. Hummingbird Hand-swings

Look for ruby-throated hummingbirds feeding on the flowers around the visitor center. 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?

3. Lizard Push-ups

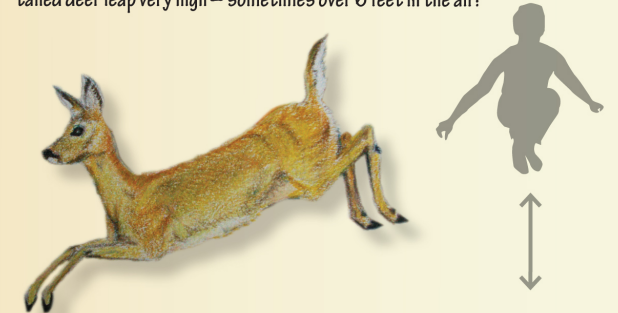
Fence lizards like to hide in the trees and leaf litter of the woods, but if you're lucky you may spot one basking on a sunny log. Male fence lizards do "push-ups" to show-off their blue bellies and defend their territories.



Find a clear, safe spot on the trail. How many push-ups can you do in 20 seconds?

5. White-tailed High Jump

As you enter the meadow, look for white-tailed deer along the treeline. In order to move quickly through the tall grasses and shrubs of the meadow, white-tailed deer leap very high – sometimes over 6 feet in the air!



How high can you leap straight up in the air?

2. Green Frog Hop

Listen for the "gunk!" sound of the green frog by the pond next to the visitor center. 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.

4. Heron Stance

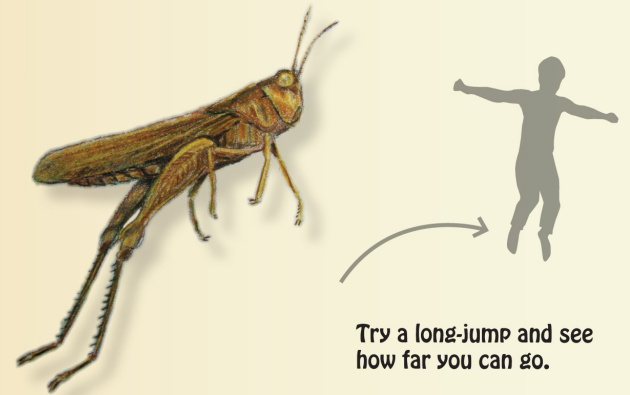
You can often see a great blue heron standing along the edge of the New River with one leg drawn up to rest and conserve heat. The heron's long toes allow it to balance on one leg for hours at a time.



Stand by the river and see how long you can balance on one leg.

6. Grasshopper Long Jump

You may glimpse some Carolina grasshoppers as you walk the trail through the meadow. 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.