



Castle Rock
**PARKS &
RECREATION**
Monthly Report:
October 2019

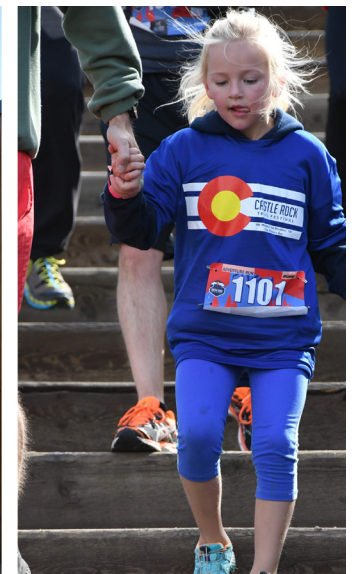
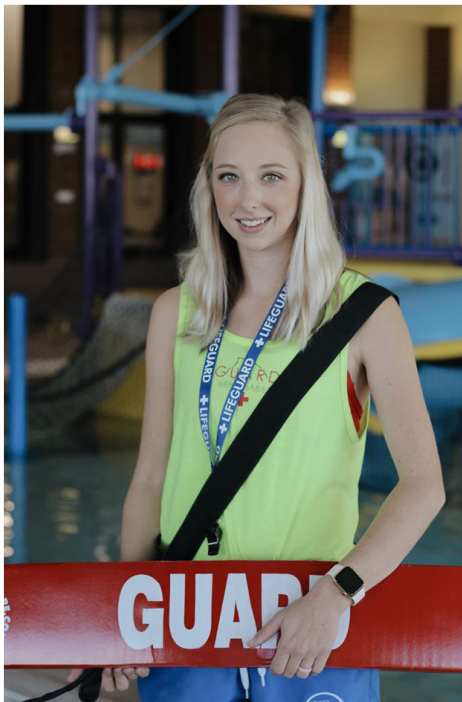
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Upcoming Events

View up-to-date information and register for events at CRgov.com/Events.

NOVEMBER
12

**COBBLESTONE RANCH PARK
MASTER PLAN OPEN HOUSE**
7 - 8 p.m.
Sage Canyon Elementary School

NOVEMBER
23

CASTLE ROCK STARLIGHTING
2 p.m. - 7 p.m.
Downtown Castle Rock

NOVEMBER
28

**RECREATION CENTER AND MILLER
ACTIVITY COMPLEX CLOSED**

DECEMBER
7

STORYTELLERS AND S'MORES
5 - 7 p.m.
Festival Park

DECEMBER
8

SANTA EXPRESS TRAIL EXCURSION
1:30 - 9 p.m.
Royal Gorge Route Railroad
(depart from Miller Activity Complex)

DECEMBER
13

REINDEER GAMES
3 - 6 p.m.
The Amphitheater and Millhouse at
Philip S. Miller Park

DECEMBER
24

MODIFIED FACILITY HOURS
7 a.m. - 2 p.m. at the Recreation Center
8 a.m. - 2 p.m. at the Miller Activity Complex
10 a.m. - 1 p.m. at facility pools

DECEMBER
25

**RECREATION CENTER AND MILLER
ACTIVITY COMPLEX CLOSED**

DEC - JAN
26-31

CHRISTMAS TREE RECYCLING
Douglas County Fairgrounds and
Founders, Metzler Ranch and Paintbrush
parks

DECEMBER
31

MODIFIED FACILITY HOURS
7 a.m. - 2 p.m. at the Recreation Center
8 a.m. - 2 p.m. at the Miller Activity Complex
10 a.m. - 1 p.m. at facility pools



Parks, Open Space and Trails

FESTIVAL PARK RECOGNIZED BY COLORADO PARKS AND RECREATION ASSOCIATION FOR FESTIVAL PARK REIMAGINED

Festival Park has once again been recognized by more than just the Castle Rock community. In October, the park was awarded the 2019 Columbine Award for Renovated Park Design from the Colorado Parks and Recreation Association (CPRA).

CPRA's Columbine Awards identify the best practices and creative ideas for design, innovation and programming throughout the state. The re-imagining of Festival Park was a key catalyst project, infusing vitality and setting a higher standard for new construction in Downtown Castle Rock.

"We are honored to have had the opportunity to partner with the Downtown Development Authority to create a wonderful space for the community to gather, play and explore," said Parks and Recreation Director Jeff Brauer. "The park has truly become the heartbeat of the entire Downtown area."

The Columbine Award is one of several awards Festival Park has earned for its innovative design. Other awards include: 2019 Colorado Lottery Starburst Award, 2019 Denver Regional Council of Governments Metro Vision Award, 2019 Best Project Award from ENR Mountain States and the American Society of Landscape Architects' 2018 Merit Award for Design.





TOWN OF CASTLE ROCK AWARDED LAND MANAGER OF THE YEAR BY VOLUNTEERS FOR OUTDOOR COLORADO

Throughout 2019, the Castle Rock Parks and Recreation Department partnered with Volunteers for Outdoor Colorado (VOC) to build phase 1 of a two-mile, soft-surface trail extension to Chuck's Loop Trail. The new trail, named Legacy Trail, sits on the north side of Gateway Mesa Open Space. Through four workdays, one mile of new trail was constructed in 2019 and is now open to public use; signs are posted at the trailhead that the new trail is out-and-back only until the second mile is built in 2020, which will offer open space visitors a full loop extension.

VOC is a statewide organization that provides skilled crew leaders, chefs and a volunteer workforce for outdoor stewardship projects, including invasive species management, habitat restoration, recreation improvements and trail construction and maintenance. While designed by the Town's Trail Planner, the new hiking-only trail is being built by volunteers and crew leaders coordinated through VOC. Due to the length of the new trail, and the terrain, the project will be completed in two phases between 2019 and 2020.

The Town of Castle Rock was awarded the Land Manager of the Year award from VOC at the annual awards and appreciation dinner. This award recognizes outstanding collaboration, support and continued dedication to outdoor stewardship. The Town was nominated by several VOC staff and volunteers who assisted on the Legacy Trail Project. Surveys following the first work outing specifically mentioned the tremendous leadership, great project, well-organized event and lots of passion from crew leaders and organizers.

To continue the partnership with VOC, an application was submitted and accepted for development of phase 2 in 2020. Town staff met on-site with VOC representatives to assess the site conditions and project details as part of the application process. Work dates will be determined in early 2020 and posted on the project webpage: CRgov.com/LegacyTrail.

This project was also made possible through partnership with the Castle Rock Parks and Trails Foundation who provided a single \$10,000 donation to fund phase 1. The Foundation is working to raise an additional \$10,000 for phase 2. 2019 construction achievements are highlighted below.

JUN 1	→	1,500	4	3	6	106
		feet of new trail constructed	new rock step sections	new switchbacks	drainage structures installed	volunteers
AUG 24	→	1,000	58	GIRL POWER		
		feet of new trail constructed	volunteers	women-only outing		
AUG 27	→	FIX IT	40	WORK IT		
		repair and stabilization of new trail	volunteers	corporate work outing		
OCT 5	→	880	16	165	3	80
		feet of new trail constructed	new rock steps installed	foot rock mono wall constructed	climbing turns	volunteers





FITGROUND COURSE OPENS TO PUBLIC

In October, Philip S. Miller Park's newest amenity, the FitGround Course, was opened to the public during the annual Castle Rock Trail Festival. Nearly 100 participants of the Family Adventure Run enjoyed the FitGround's obstacles.

Since opening in 2014, Philip S. Miller Park has defined itself as a regional destination for self-guided recreation. From mountain biking to trail running and zip lining, the 300-acre outdoor haven attracts millions of visitors annually. The FitGround has enhanced park users' experience through the addition of over 15 amenities that offer body-weight stations and free-form tools for performing resistance, plyometric and cardio-based exercises. When combined with the trails and the Challenge Hill, park patrons can get a full-body workout.

FitGround amenities include a cargo-net with rope climb stations, A-wall climbers, over-and-under horizontal posts, parallel bars, push-up and inverted row bars, plyo-steps, pull-up bars, a drive sled and more!

The Department's Fitness and Wellness Division is also offering instructor-led classes on site, included with admission to the Recreation Center. Simply stop by the front desk of the Miller Activity Complex to obtain a pass for the class. More information and schedules can be viewed at CRgov.com/Fitness.

The FitGround was brought to the park through a partnership with the Castle Rock Parks and Trails Foundation, who has donated \$10,000 to date and is now seeking a naming rights sponsor. More information can be viewed at GetOutdoorsCastleRock.org.





EXPLORE THE WILD SIDE OF CASTLE ROCK

A research study from the University of Michigan found that the average kid in America spends less than seven minutes a day outside engaging in unstructured play. To encourage children and families to get outdoors and to explore the newly constructed southern extension of the East Plum Creek Trail, the Town has partnered with Great Outdoors Colorado (GOCO) to offer a Generation Wild geocaching adventure.

Created by GOCO, the Generation Wild campaign seeks to spread the message that unbelievable discoveries can be made when kids spend time in nature. The campaign offers parenting strategies for the successful reintroduction of children to nature, ideas for family-friendly outdoor activities and a list of 100 things every kid should do before the age of 12. Wilder, part mountain goat and part bigfoot, is the mascot of this campaign. Over the next few months, families are invited to uncover 11 hidden geocaches, identified on a treasure map. The treasure inside each cache is based on the Generation Wild campaign, featuring Wilder.

Geocaching is a worldwide recreational activity that uses a GPS device, like your cellphone, to help locate caches hidden nearby. The caches vary in size, shape and difficulty. Each cache holds a variety of trinkets and a logbook. The goal is to find the cache, sign the logbook and then take or trade a trinket.

Go to Geocaching.com, or use the Geocaching mobile app, to get the coordinates. The East Plum Creek Trail geocache coordinates are located on the Town's Parks and Recreation Geocaching profile – @tcrpandr. There are also helpful hints included in each cache's description.

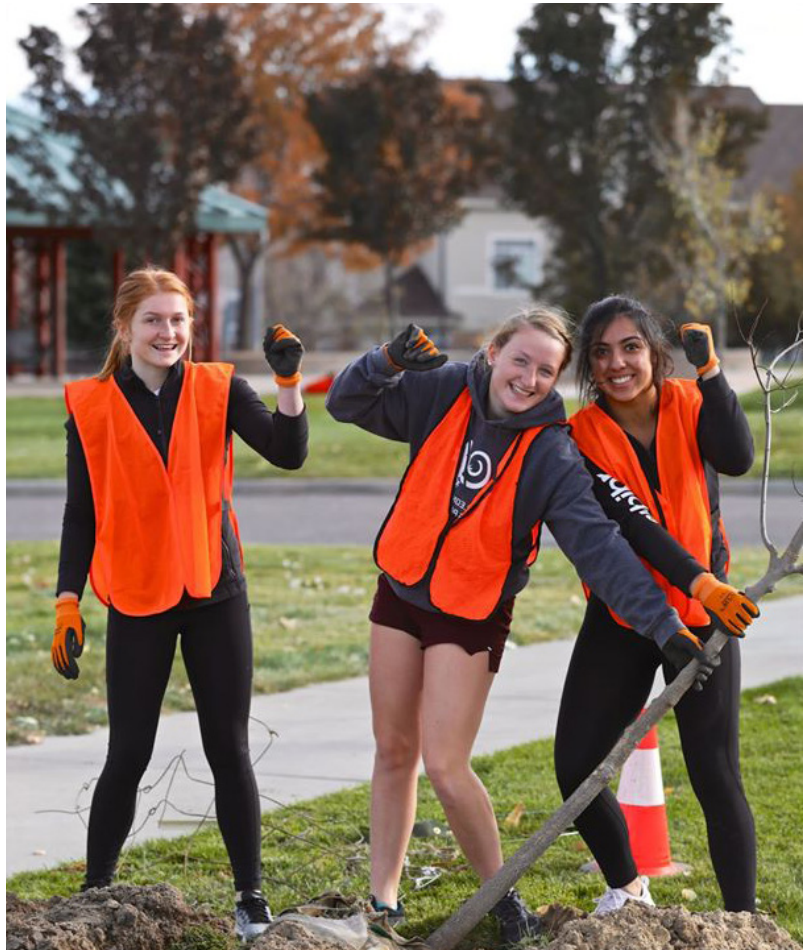
Learn more or download a geocaching location map at CRgov.com/EPCTrailProjects. Maps are also available at the Recreation Center and Miller Activity Complex front desks.

POST Partners

VOLUNTEERS PROVIDED OPPORTUNITY TO PLANT TREES AND LEAF AN IMPACT

The POST Partners Volunteer Program called on all tree lovers, landscape enthusiasts and outdoor volunteers to help plant more than 200 pine, crab apple and hackberry trees in October. The trees were donated to the Town as part of the C-470 Express Lane Project. Part of the project's stipulations were that the contractor replace every tree disturbed or removed. Due to the lack of room at the project site to replace all of the trees, nearby entities were given the opportunity to plant in their communities.

Trees were planted at 10 locations throughout Castle Rock including Bison, Founders, Gemstone, Metzler Ranch Community, Mitchell Gulch, Paintbrush, Philip S. Miller, Rhyolite Regional and Wrangler parks, as well as along Perry and Wilcox Streets. Park Operations and Maintenance staff pre-dug holes to prepare the 130 volunteers for planting, staking and mulching.





Community Events

FAMILIES ENJOYED THE SEASON AT THE INAUGURAL FALL FESTIVAL

On Saturday, Oct. 12 residents experienced a new Fall Festival full of pumpkins, activities, seasonal vendors and all things autumn at Festival Park. The festival kicked off with a pumpkin patch provided by farmers market organizer the Local Colorado. Families also enjoyed activity stations such as pumpkin painting, giant tic-tac-toe, guessing games and a decorated photo station.

The Douglas Land Conservancy (DLC) also joined in the fun with Creepy Crawlies around the Rock. This educational, Halloween-themed animal event featured some of Castle Rock's creepiest creatures such as snakes, spiders, toads, owls and hissing cockroaches.

Creepy Crawlies was the conclusion of the Animals Around the Rock series. For the fourth year in a row, the Town partnered with DLC to provide these free all-ages environmental education programs. The events offer local nonprofits such as Nature's Educators and Colorado BatCREW, along with DLC, the opportunity to advertise their organizations and collect donations. The additional programs in the 2019 series included Wildlife Myths and Mysteries, Raptors Over the Rock, Reptiles Under the Rock and Batty About Castle Rock.

CASTLE ROCK TRAIL FESTIVAL

Over 870 racers enjoyed the third annual Castle Rock Trail Festival, marking a 16 percent increase over the 2018 event. Everyone was encouraged to participate as the race featured a 50k, marathon, half marathon, 10k, liveBIG 5k and the Family Adventure Run. Great fall weather was a contributing factor to the 32 percent increase in week-of registrations for the liveBig 5k and Family Adventure Run. The event raised \$8,250 for the Town's Adaptive Recreation Program, thanks in part to race sponsor Canvas Credit Union.



Recreation Facilities

RECREATION CENTER CAPITAL IMPROVEMENTS

Improvements to the Community Recreation Center continued in October with the completion of the second and third phases of major projects. The three planned improvement phases included the Recreation Center Maintenance closure in August, the replacement of all cardio and spin equipment and the resurfacing of the wood activity floors in October.

The typical lifecycle of a wood activity floor such as a gymnasium includes a full resurfacing every 10 years. In the case of the Recreation Center gym, the floor has never received a full resurfacing in the past 31 years. A full resurfacing includes sanding all finish and paint down to the original wood. Once the natural wood is exposed, the lines are then repainted and a protective coating is applied.

This year's wood floor refinishing project included the gym, racquetball courts and the fitness studio and fitness garage. The gym now has a modernized look complete with the Department's logo. The new floor also features pickleball lines incorporated into its layout. The lines of the racquetball courts were also updated to meet the specifications required by competitions.

The results of the project include major improvements in quality, playability and atmosphere. Patron feedback has been overwhelmingly positive. Future improvements to the safety and playability of the gym will include the installation of new bleachers for participants and spectators, as well as new basketball hoops and support structures.

The Fitness and Wellness Division also replaced its line of cardiovascular equipment, including 12 treadmills, two performance treadmills, eight ellipticals, five recumbent bikes, six upright bikes, two stair climbers, three Arc Trainers, three FlexStriders and one Octane Zero Runner. Patrons will now be able to connect to Life Fitness equipment through LFconnect, a workout tracking app. Users will also have the ability to stream Netflix or Spotify during workouts. The Cycle Studio received a new line of cycle bikes complete with Coach-by-Color LCD screens and real-time feedback.





Aquatics

TWO CASTLE ROCK LIFEGUARDS RECEIVE NATIONAL RECOGNITION

When it comes to the care and safety of your family, Town of Castle Rock lifeguards are willing and able to take necessary action. This is exactly what happened when Katey Lennemann and Anamarie Dowd of Castle Rock were working at Burgess Pool this past June. Working together, these guards saved the life of a 3-year-old boy who had fallen in the deep end. The lifeguards pulled the unconscious boy out of the water, opened his airway and began rescue breaths, while others called 911.

In October, because of the heroic action of Katey and Anamarie, both were recognized with the highest honor that a responder can receive, an American Red Cross National Lifesaving Award. Only 356 recipients have received recognition since the National American Red Cross initiated the program in 1911. Katey's and Anamarie's Certificates of Merit were signed by the President of the United States and were presented by local representatives of the American Red Cross at a ceremony with Parks and Recreation staff in attendance.