

SEPTEMBER 2017

VOLUME 13 ISSUE 9

Town of Lyons  
Parks & Recreation  
P.O. Box 49  
Lyons, CO 80540  
303-823-8250

Register for  
Town of Lyons  
Recreation programs  
online at:  
[townoflyons.com/157](http://townoflyons.com/157)



## St. Vrain Invitational Cross Country Meet

18<sup>th</sup> annual cross country meet will be held at Lyons High School on Friday and Saturday, September 8<sup>th</sup> and 9<sup>th</sup>. Due to ongoing flood reconstruction, this year they will be running the middle school races on Friday evening and the high school races on Saturday morning. They expect almost 100 teams.

The **tentative** schedule for the two days is as follows:  
Friday, September 8<sup>th</sup>:

|         |   |
|---------|---|
| 5:30 pm | Middle School Girls (2-mile race)<br>(awards handed out at the conclusion of races) |
| 6:00 pm | Middle School Boys (2-mile race)<br>(awards handed out at the conclusion of races)  |

Saturday, September 9<sup>th</sup>:

|       |  |
|-------|--|
| 8:15  | National Anthem  |
| 8:25  | HS Girls Varsity 2A/3A - Run Unlimited, Score 4            |
| 9:00  | HS Girls Varsity 4A/5A - Run 10, score 5                   |
| 9:30  | HS Boys Varsity 2A/3A - Run Unlimited, Score 4             |
| 10:00 | HS Boys Varsity 4A/5A - Run 10, score 5                    |
| 10:25 | HS Girls JV  |
| 11:00 | HS Boys JV   |
| 11:30 | High School Varsity Awards in Front of the East Grandstand |



### Lyons Community Foundation: Making a difference for the ARTS in Lyons for 10 years!

Did you know that LCF has been funding such beloved Lyons traditions as the Art Walk, public sculptures, the clarifier, and the LAHC in the tradition of celebrating our rich heritage of art and music. In the last 10 years, over \$50K has gone to programs to that encourage our art-centric community to thrive. Continuation of such important work will only continue with your support. Make this your year to give back: [www.lyonscf.org/give](http://www.lyonscf.org/give)



## 9 Health Fair

The Lyons 9 Health Fair is coming soon!! For the past ten years, the Lyons community has hosted the Lyons 9 Health Fair. This year the Lyons 9 Health Fair is on **Saturday, October 7, 2017 from 8 am till noon** at the LDS Church, 200 2nd Ave in Lyons.

The Lyons 9 Health Fair offers a variety of free health screenings including, body in balance, breast exams, free PAP exams, flu shots (some are free if you qualify, others will be billed to your insurance), blood pressure, mental health, vision, dental, foot and hand screening, hearing, skin screening, stress management screenings and more! We will also have representatives to assess correct child car-seat placement.

We also need community volunteers (either medical or non-medical) to make this a successful fair. To sign up as a volunteer go to [9HealthFair.org](http://9HealthFair.org) and follow the volunteer link. Visit [9HealthFair.org](http://9HealthFair.org) for a complete list of available screenings.



## Toddler World Instruments and Art Class

Join us for a trip around the world! Each week, we will travel to a different continent and explore musical instruments, learn songs, and have fun dancing to music from various cultures with instruments. We will make our own instruments and do cultural crafts. There will be free time for sensory boxes and creative play at the end of the class. Classes are drop-in. Here's the beginning schedule of where in the world we will transport to:

- 9/18: Australia (Didgeridoo)
- 9/25 Asia (Gong)
- 10/2 Asia (Tibetan Singing Bowl)
- 10/9 Africa (Thumb Piano)
- 10/16 South America (Steel Drum)

**Age:** Toddlers & parent/caretaker  
**Fee:** \$8 per class - Drop-in  
**Dates:** Mondays Sept. 18th-Dec. 11th  
**Time:** 10:00 AM- 10:45 AM  
**Location:** Walt Self Building Basement (on the south side of the building)  
**Instructor:** Julie Adair

## Parenting Education Class

Strengthening Emotional Resiliency Learn how to support your family in developing better emotional regulation, which will enhance their relationships and quality of life.

**Age:** Adults 18+

**When:** Tuesday, October 3, 6:00-7:30pm

**Fee:** FREE

**Where:** Lyons Elementary School Library  
338 High Street

**Presenters:** Angelo Ciliberti, LPC,  
Phillip Horner, LCSW, &  
Harmony Barrett Isaacs, LPC

**Register:** [www.townoflyons.com/157](http://www.townoflyons.com/157)

## Kids Mountain Biking Clinic

Using the proven sequential methods that coach Lester Pardoe uses as Head Coach for Boulder Jr. Cyclings Development Program, riders will learn progressive skills in a fun and rewarding environment, with the goal to allow them to ride safely on local trails. Riders will need: a properly fitting mountain bike, (with at least front suspension), a properly fitting bike helmet, cycling gloves, a small backpack/hydration pack, a replacement tube specific for their bike, applicable clothing, water and snacks.

**Age:** 9+ with the ability to ride a bike comfortably on dirt and grass

**Fee:** \$150 Per 6-week session

**Days/Times:** Mondays starting  
September 11th, 5:00 PM-6:00 PM

**Location:** Lyons Bike Park

**Instructor:** Lester Pardoe

**Deadline to register:** Registration ends one week prior to the first class-no exceptions, must pay ahead of time

**Min/Max:** Must have a min of 5, Max of 7

## Hunter Education

Volunteers from the State of Colorado Division of Wildlife will be teaching a hunter education course. In Colorado, anyone born after January 1, 1949 is required to take a 15-hour course. Hunter Education certificates are valid in all states and are good for life (unless laws are violated). Areas to be touched on during the course include: survival, ethics, conservation, wildlife management, the law, field care of game, game identification, and the philosophy of hunting. To sign up for the course please call 303-823-8250 and leave a message with all names of those who will be attending and contact information.

**Age:** 7 and older

**Fee:** \$10 per student

**Dates:** Saturday September 16th (8 am-5 pm)  
and

Sunday September 17th (9 am-3 pm)

**Location:** Walt Self Building

**Instructor:** Mike Hora

## "Stay Fit" Fitness Classes

Cardiovascular, strength, and flexibility are key components to aging gracefully. Join our FREE fitness classes twice weekly for the health of it and for the camaraderie! It's always more fun exercising with friends. Tuesdays we will focus on cardiovascular fitness and gentle yoga. Thursdays we will focus on strength training with light weights, bands and your own body weight. (No Class on September 19th, October 19th, November 9th)

**Age:** 50+

**Fee:** FREE

**Dates:** Tuesdays and Thursdays starting Sept. 5th

**Time:** 10:30-11:30 AM

**Location:** Walt Self Building Upstairs

**Instructor:** Lori LeGault

## Active Adult 50+ Hiking

Let's get out and enjoy our local trails now that it's cooling down! We are offering 3 hikes this fall, with the first two also being led by geologists who will educate us on this awesome area we live in. You will need to be able to get yourself to the trailhead or carpool there. Please bring a small backpack with water, hat, sunscreen, snacks/lunch. Please RSVP so we know who to expect to join us. Either call 303-823-8250, register online at [www.townoflyons.com](http://www.townoflyons.com), click on parks and rec, event registration. You are welcome to bring friends along, just please let us know!

### 1. Geology and Landforms of Hall Ranch -

**Saturday September 23, 8:30 a.m.-12:30 p.m. FREE**

Join geologist and volunteer naturalist Roger Myers to explore and learn about the remarkable and dramatic geology and landscape of Hall Ranch. This moderately strenuous 2-mile hike will cover igneous, metamorphic, and sedimentary rocks that span over 1.7 billion years. This hike is geared to adults. Hall Ranch Open Space; one mile west of Lyons on Highway 7; meet at the group picnic shelter near the upper parking lot

### 2. Geology and Landforms of Rabbit Mountain-

**October 19th, 10 AM-12 PM**

Join us for an awesome geological informational hike! This geology walk entails approximately 1.5 miles roundtrip hiking from the picnic shelter, with about 400 feet of elevation gain. We typically hike up the single-track trail, which has some rocky sections, and then return down the gravel service road, which is an easier walk.

### 3. Hiking for fun and fitness at Picture Rock Trail-

**November 9th, 10 AM-12 PM**

We will meet in the parking lot of Picture Rock on Red Gulch Rd. and hike up to the broken down cars. We'll stop for snacks at the picnic bench mid-way.

## Active Adult 50+ Crafting

Please join us as we bring in special guests to help create new masterpieces. This crafting class is for folks who enjoy making useful items using your imagination to create.

**Age:** 50+

**Fee:** FREE

**Dates:** Sept. 11th, Oct. 23th, & Nov. 13th

**Time:** 10:00 AM-11:30 AM

**Location:** Walt Self Building

**Instructor:** Various Special Guests

**Size:** Minimum 5/ Maximum 10

**Deadline to Register:** RSVP 5 days prior