

**JUN
2018**

Volume 14
Issue 6

LYONS LINK



COMMUNITY CALENDAR

JUNE

- 2 Lyons Outdoor Games
- 4 Board of Trustee Meeting
- 14 Sandstone Summer Concert
- 18 Board of Trustee Meeting
- 21 Sandstone Summer Concert
- 28 Sandstone Summer Concert
- 30 Lyons River Run 5k/ Dog Dash
- 30 Lyons Good Old Days

JULY

- 2 Board of Trustee Meeting
- 4 Town Offices Closed in Observance of Independence Day
- 5 Sandstone Summer Concert
- 12 Library Benefit Concert at Planet Bluegrass
- 19 Sandstone Summer Concert
- 26 Sandstone Summer Concert
- 16 Board of Trustee Meeting

Register online for rec programs
www.townoflyons.com/157



RIVER RUN

On Saturday, June 30 at 8:00 A.M. the 2018 Lyons River Run 5K will be held in beautiful, historic Lyons, Colorado. To add to the enjoyment, the Lyons River Run 5K will be held on the one the morning of the Lyons Good Old Days celebration. Returning this year is the Kids Fun Run for kids 12 and under. New this year is a 5k Doggie Dash.

Prizes and awards will be given for the top three male and female finishers in each of the nine age groups. The overall male and female runners will receive \$250 each for 1st place, \$100 each for 2nd place and \$50 each for 3rd place.

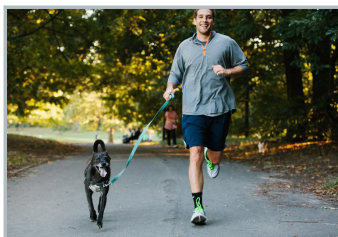
The awards ceremony will be held in Sandstone Park this year on the Raul Vasquez Community Stage.

Parking will be available in Meadow Park, Bohn Park, or on town streets where parking is allowed.

Registration during the day of the event will begin at 6:30 a.m. with the race getting under way at 8:00 a.m. Contestants may register online at www.townoflyons.com/5k

Please be sure to register early, as this year's race will be limited to the first 800 entries!

For more information please visit the Town of Lyons website at www.townoflyons.com or call the Town of Lyons Department of Parks, Recreation & Cultural Events at (303) 823-8250.



GOOD OLD DAY

The Lyons Good Old Day Celebration June 30 is an occasion for Lyons to celebrate being raised or rooted in Lyons and enjoy the people, places and activities that makes Lyons such a special community. Good Old Day is a longstanding, community event that will focus on bringing people from Lyons and the surrounding region closer to Lyons. This celebration will consist of a Main Stage, Food & Beer Garden, a kids event with Jeff & Paige & live music after 5pm. Those interested in volunteering time, participating, or adding to an event should direct their questions to Lyons Parks and Recreation or visit www.townoflyons.com/goodolddays.

REDSTONE MUSEUM

Lyons Redstone Museum will be open daily June through September.

Monday-Saturday 9:30-4:30
Sunday: 12:30-4:30

Exhibits on Lyons history, including the school, bank teller cage, Drug Store booths, Lyons Newspapers, 2013 Flood and Recovery, 125 Years of Photography, and more. Genealogy archive, Pioneer History Videos, Gift Shop.

NEW EXHIBIT. All Aboard! *Railroads in Lyons* will open on June 27 with a reception from 5:30 to 8:00 p.m. and include a talk about the *Railroads in Lyons* from 7:00 to 7:30 p.m. It wasn't long after the 1881 founding that the Denver, Utah, Pacific railroad made its way to Lyons in 1885. Arrival of the railroad made the shipping of sandstone efficient and opening up the area to a bustling tourism industry.



DOG BAGS

We need plastic bags newspaper bags to refill the dog stations in Town. Help us cut costs and recycle at the same time.

303-823-8250
communications@townoflyons.com

P.O. Box 49
Lyons, CO 80540



20TH ANNUAL

LYONS, COLORADO ELEVATION 5,374'

2018

SANDSTONE

Summer

CONCERT SERIES

THURSDAY NIGHTS
6:30PM

Keeping it free!

All local bands!

JUNE	JULY	AUGUST
14 Halden Wofford & the HiBeams	5 Dan Rodriguez & Friends	2 Bonnie & the Clydes
21 Joe Kuckla & Irons in the Fire	19 Erik Yates Band	9 Jimmy Spheres & Jennifer White
28 Good Manners with Jesse Garland	26 Sally Van Meter & The True Bluegrass Band	16 Woodbelly Band
		23 Take Down the Door Unhinged

lyonscolorado.com/summerconcerts

Sandstone Park @ Raul Vasquez Community Stage | 4TH and Broadway, Lyons, CO

Special thanks to the Lyons Community Foundation and the Town of Lyons

LYONS COLORADO

Lyons Community Foundation
Serving the Greater Lyons Area
A FUND OF THE COMMUNITY FOUNDATION BOULDER COUNTY



JUMPBUNCH CAMPS

JumpBunch is an international kid's fitness program and leader in the fight against childhood obesity. Our movement-based lesson plans are specifically designed to keep kids actively engaged while developing their hand-eye coordination, fine/gross motor skills, balance, team building, and more! Every week, we will teach the rules and fundamentals of sports and activities.

Age: 18 months to 8 years
 Fee: Parent-Tot - \$52/4-day
 4-8 yr Olds - \$96/4-day
 Dates: June 11-14
 (Picnic Sports: Cornhole, Ladder Ball & Croquet)
June 18-21 (Stick Sports: Lacrosse, Cricket & Hockey)
 Times: Parent-Tot (18 mo to 3 yrs) - 9:15am-9:55
 4-8 yr Olds - 10am-12pm
 Size: Minimum 5/ Maximum 15
 To Register: <http://suburban-denver.jumpbunch.com> Make sure to choose the Lyons Camps!



STREETWISE SELF-DEFENSE

We are extremely fortunate to have Melanie Murphy, owner of "Way of the Crane" Martial Arts come to Lyons and teach her Streetwise class! The Streetwise course is a 2 hour experience in self defense only. This time is about setting boundaries using voice de-escalation, defense and offense techniques.

Age: Adult Women and Kids 12+
 Fee: \$100
 Dates: June 18, 25 OR July 9, 16 OR July 23, 30
 Time: 11:15 AM-12:15 PM
 Location: Walt Self Building Basement
 Instructor: Melanie Murphy from Way of the Crane
 Size: Minimum of 8 participants
 Deadline to Register: One week prior



SPRING CLEAN UP DAY

1464 lbs of hazardous waste was collected at Spring Clean up Day. Thanks to all who participated!



POP FITNESS CLASSES

Do you have a busy schedule but still want to get a workout in? Need to work around summer vacations? Do you like variety in your workouts? Try Pop Fitness! Each week offers a different class targeting different aspects of fitness and the focus is on fun. There are also different times to accommodate various schedules. Take 2 or 3 or take them all! Classes are small (4-6 people) to allow for individualized instruction. All fitness levels welcome. All classes taught by Lisa Ramsey, a Lyons resident and a certified Personal Trainer with a lifelong interest in outdoor fitness. Please bring light hand weights, a yoga mat and water, and arrive a few minutes early so we can start class on time.

Flashback Fitness-revisit the activities of your youth for an awesome workout

Age: 18+
 Fee: \$20
 Dates: June 25th, 27th
 Time: 7:00 PM-8:00 PM
 Location: Bohn Park Playground
 Deadline to Register: one week prior

Whole Body Strength

Age: 18+
 Fee: \$20
 Dates: July 9th, 11th
 Time: 6:30 AM-7:30 AM
 Location: Bohn Park Playground
 Deadline to Register: one week prior

Strong Glutes-get your best booty

Age: 18+
 Fee: \$20
 Dates: July 16th, 18th
 Time: 6:30 AM-7:30 AM
 Location: LaVern Johnson Park
 (Meet at Quarry Shelter)
 Deadline to Register: one week prior



CONSERVE WATER

To save money and resources do not water lawns or gardens between the hours of 10 am and 5 pm because of evaporation.