



*Supporting the natural legacy
of Lory State Park*

Editor's Note:

Welcome to the first 2016 issue of the Friends of Lory State Park Newsletter!

We have a new design and layout, as well as a new method of delivering the issue in the form of a PDF file that can be cached or printed. We have new sections within the newsletter, but the same commitment to news about opportunities for partnerships, projects and volunteering at Lory.

We would like to thank our previous Editor, Patricia Haley Miller, for her dedication, talent and her attention to quality in each issue. She will continue to contribute to the newsletter as an associate editor.

We hope you enjoy this "new" issue. We welcome your comments. Please email us at: loryspfriends@gmail.com and write "Comments to the Editor" in the subject line.

*Karen Wheeler
Editor*

Inside this Issue

- Bike Skills Park
- Equestrian Jumps
- FoLSP Scholarships
- Call for Volunteers
- Parks and Libraries
- New Park Personnel
- Citizen Science
- Comings and Goings
- Nature Programs
- Park Calendar of Events

Plans for New Mountain Bike Skills Park at Lory Appeals to Riders of All Ages, All Levels

The Friends of Lory State Park recently launched a major fundraising campaign for the construction of a revitalized regional mountain bike skills training park for youth and adults at Lory. The facility would replace the aging and outdated 70,000 square foot bike skills park that currently exists; and would also serve as a trailhead, a venue for special events, and a location for annual youth, family and adult cycling programs. The estimated cost of the project is \$95,000.

Lory State Park made history in October 2006 as the first State Park in Colorado to open a dirt jump/pump track area, but now, as an enterprise agency, Colorado Parks and Wildlife does not have funding to allocate for this project.

Working with a project planning team that includes Park management, bike park specialists, riders and advocates, FoLSP commissioned a professional planner to develop a conceptual design that would contain space and features appealing to families and youth, as well as skilled adult riders. The design would incorporate a Tot Lot, a pump track and several flow trails of progressive technical difficulty as well as integrate modern drainage, native landscaping and shaded viewing areas for spectators.

"The sport of mountain biking has exploded in popularity in recent years, and Northern Colorado's climate and terrain have contributed to a healthy local fan base," said Mick Syzek, a member of the FoLSP board of directors and leader of the bike park project. "Modern bike parks offer features that challenge novice and experienced riders alike to gain bike handling skills that improve their ability for riding trails or bicycling as transportation."

Lory State Park hosts various annual mountain bike competitions that engage riders from beginner strider bikes, such as Ciclismo Youth Foundation's Lory Mountain Challenge, to family events such as Take a Kid Mountain Biking Day, mountain bike skills classes presented by the REI Outdoor School, and advanced cross country races such as 40 in the Fort, sponsored by Overland Mountain Bike Club.

"Skilled riders are respectful of the Park's trails and of the other visitors who share them, which is important on multi-user trail systems. Improved handling skills also means fewer accidents and injuries on the trail," said Lory State Park Manager Larry Butterfield. "This project is a good example of Park staff, the Friends group and the biking community working together for a project that will benefit many."

Lory is an outdoor recreation enthusiast's dream with, in addition to mountain biking, opportunities for hiking, bouldering, kayaking, paddleboarding and wildlife viewing, thanks to its prime location on the western side of Horsetooth Reservoir, near Fort Collins.

Jump, Pump and Flow

Mountain biking has a language unique to the sport. "Jump," "pump," and "flow" refer to not only riding techniques, but to areas of the skills park where they can be honed. Dirt jumps, launching platforms and flow trails for various technical levels make the facility challenging, but also provide a controlled, safe and fun environment to learn and build skills.

Bike Skills Park at Lory (cont. from page 1)

According to the International Mountain Bicycling Association, a non-profit, public-supported organization that promotes enjoying the sport in environmentally and socially responsible ways, pumping refers to “generating momentum on a bike without pedaling. By shifting weight on the bike and ‘pumping’ over rollers and through turns, a rider can produce a forward motion.” This technique builds focus and concentration while the rider learns the advantages of shifting body positions.

Flow refers to the “roller coaster-like sensations a rider experiences when piloting a bicycle through a thoughtfully designed route.” A good flow trail creates a rolling rhythm by combining features such as banked turns, rollers, berms and jumps to guide riders smoothly through the landscape. All of these trails, of different skill levels, will include fall zones and room for spotters.

Tot lot, Community Areas and Landscaping

Approximately 3,000 square feet is dedicated to very young visitors in a “Tot Lot” to be located directly adjacent to a planned 6,500 square foot community area, making it easy for parents to help younger riders while still monitoring an older child.

Contributing to the overall bike park experience, Lory State Park is updating and expanding its adjacent Soldier Canyon Picnic Area to provide a more comfortable visitor experience. Updates include a remodeled stage and picnic area, an electrical source, better drainage and an improved water source.

Volunteers and Maintenance

Plans for maintenance and regular improvements over the long term involve a team of volunteers, who have been

engaged throughout the planning and design stages, and will be working alongside professional builders during the construction phase to learn the necessary skills for ongoing maintenance and daily operation.

Next Steps

With the completion of the new conceptual course design, the Friends group is shifting to a more active fundraising phase, seeking grants, and individual, non-profit and corporate donors to complete the project.

“This will be a long-term asset for the Park and the bicycling community,” said Diana Dwyer, president of the Friends of Lory State Park board of directors. “As a destination, it will help get kids and families outdoors, promote healthy living, encourage a connection to the Park and its trails and will offer opportunities to teach sustainable recreation values. We are asking the community to join us in funding support

for this special project.”

These partners have already committed their support for the bike skills park:

- Colorado Parks and Wildlife: Lory State Park (<http://www.cpw.state.co.us/lory>)
- Colorado Parks Foundation (<http://www.coloradoparksfoundation.org>)
- REI and the REI Outdoor School (<http://www.rei.com>)
- International Mountain Bicycling Association (<http://www.imba.com>)
- Overland Mountain Bike Club (<http://www.overlandmtb.org>)
- Ciclismo Youth Foundation (<http://www.ciclismoyouthfoundation.org>)
- mtbtime (<http://www.mtbtime.com>)
- Your Group Ride (Fort Collins Cycling News) (<http://www.yourgroupride.com>)

Interested in contributing? Visit <http://www.loryfriends.org/support> for more information or to make a contribution to the Mountain Bike Skills Park Project at Lory State Park.



Equine Jump Course Complete!



Vicki Baker on Lintaro, owned by Elaine Colvin, takes a jump on the newly-rebuilt course at Lory State Park. Photo: Glen Akins

September 20, 2015 marked the completion of the Equine Jump Course at Lory State Park with a grand opening celebration. Riders were onsite to demonstrate how equestrians will use the course, Park officials spoke of the

dedication and co-operation shown in bringing the project to fruition, and a grand barbecue was enjoyed by all.

The 2013 Galena wildfire destroyed the existing course, and Park Manager Larry Butterfield debated whether to replace it. Communication with the local equestrian community helped him make the decision to proceed. A generous

grant of \$8,000 from the Foundation for Colorado State Parks helped initiate the design process.

The project has been underway since January 2014, and thanks to the support of designer James Atkinson, Dan

Michaels of Mountain States Eventing, FoLSP Volunteer Coordinator Mick Syzek and his lead man Glen Akins plus many volunteers, members of the CSU English Riding Club organized by Tiare Santisteven, and the Volunteers for Outdoor Colorado (VOC) led by Dan Williams, the work finished earlier than expected.

In addition, Boy Scout Josh Knebel organized the volunteer construction of two complex portable jumps for his Eagle Project. By all accounts, the new course surpasses the former one and has received good reviews from the equestrian community.

“Although private courses exist, we are one of the only public lands in northern Colorado with an equestrian jump course,” said Park Manager Larry Butterfield.

If you have not yet seen this professional course, come to the Park and take a look, or watch: <https://www.youtube.com/watch?v=4dC9raNUGIw>.

Get the Kids Outside Environmental Education Scholarship Program, 2016

Five schools received scholarship assistance this past spring to bring students to Lory State Park for a hands-on outdoor learning experience with Park Naturalist Alicia Goddard, Park staff, and volunteers. These schools participated: Gilcrest (Weld County) Cache La Poudre Middle School (LaPorte), Fossil Ridge High School, Laurel Elementary, and Preston Middle School. The program, celebrating its second year, continues to be successful in bringing underserved populations to the Park.

Older students participated in weed control projects and received custom t-shirts, while younger pupils learned about local geology, animals and plants in the Park. All field trips are designed to meet grade-specific educational standards.

Jason’s Deli of Fort Collins delighted the Preston ESL group with delicious boxed lunches, some of which were made to accommodate food allergies. “Even within a well-supported school,

disadvantaged groups of children may exist. With this scholarship, we aim to support underprivileged schools

and those pockets of disadvantaged students within economically-advantaged schools,” said Ms. Goddard.

Ms. Goddard hopes to accept even more applications for the Fall 2016 and Spring 2017 seasons. Look for an article in the Coloradoan this fall, and spread the word if you know of a deserving school that would benefit.

Applications are being accepted for the fall of 2016. See details and contact information below to pursue securing a scholarship for your school group.

- Maximum scholarship amount is \$500.



CLP Middle School students, Weed control project, April 2016.

- Maximum number of people per trip is 120.
- Scholarship deadlines are March 31st for Spring or August 26th for Fall.

For an application and a complete brochure about our Get the Kids Outside Scholarship, contact Alicia Goddard at dnr_loryinterp@state.co.us. Tax-deductible donations can be made to support the scholarship fund in any amount and at any time by visiting: <http://www.loryfriends.org/support>.

Call for Volunteers! Native Seed Collection Project in the Park Slated for Aug. 27



Don't judge each day by the harvest you reap but by the seeds that you plant.
---Robert Louis Stevenson

We all know the importance of native plants to an overall healthy environment. Native plants are adapted to local soil, rainfall and temperature conditions and provide native wildlife species with food and habitat that helps preserve the balance of nature.

In an effort to help preserve nature's balance here in Northern Colorado, and help to offset losses due to recent wildfires, floods and related erosion events, Wildlands Restoration Volunteers is partnering with Lory State Park to sponsor a native seed collection project in the Park on Saturday, Aug. 27, from 8 a.m. to noon.

The project is being led by Ashton Lamb, a graduate student in the Conservation Leadership Through Learning Program at Colorado State University, and is part of his graduate thesis. The project is not only about ecology and economics, he said, but also about building a strong, engaged community that is invested in itself.

"A large part of a native seed collection program is the social interaction of people working together to achieve a

goal that benefits all," Lamb said. "This project welcomes all volunteers: families, students, young adults and seniors, because it is not labor intensive and only runs for a half-day. People love the experience."

Where do the Seeds Go?

The types of seed to be collected may include western wheatgrass, slender wheatgrass, prairie Junegrass, Idaho fescue and bottlebrush squirreltail. All are native to this area.

Collection will be done manually by picking or pruning off the top of the grass, depending on the species.

After collection, seeds will be cleaned and distributed to partners who will "grow-out" the seeds over the next few months to seedlings that will be used in restoration projects next year. These partners include a couple of Fort Collins elementary schools that will be growing the seeds as part of environmental science projects and to improve the landscape of their schools; and private individuals who regularly volunteer to grow out seeds in their own homes for WRV as part of their seed collection and restoration projects.

"We believe that by gathering and using native seed we are not only improving what we do on the ground," Lamb said, "but also building a stronger network for people who are invested in the care and restoration and conservation of this community."

Interested? To sign up, please call the Lory State Park Visitor's Center at 970-493-1623 and let them know how many in your volunteer party.



Check Out a Pass and Backpack at Colorado Libraries



This program is a partnership with the Colorado Department of Education, State Library, local library systems and Colorado Parks and Wildlife. The goal is to encourage Coloradans to get outdoors and visit Colorado State Parks.

Beginning June 20, 2016, participating libraries across the state are offering two "Check Out State Parks" passes, each for distribution with an activity backpack containing binoculars, brochures and other educational materials to library patrons. To check out a backpack, individuals must have a library card, or apply for one that day. Backpacks cannot be placed "on hold" in advance as with other library materials such as books, CDs or DVDs.

How to Use Your Pass and Backpack

The park pass, which is a hang tag for the library patron's rear view mirror, is good for entry into any Colorado State Park for up to seven days.

The pass is only for entrance into the state park, it does not provide discounts for camping, special programs or activities requiring a license (hunting fishing, boating, etc.).

The backpack includes binoculars, a wildlife viewing guide, a tree and wildflower identification guide, a park brochure, suggested activities list and the Leave No Trace outdoor ethics principles.

Visit your local library or <http://www.cde.state.co.us/cdelib/checkout-coloradoparticipatinglibraries>, to find a library near you.

Welcome New Seasonal Park Staff, Interns and Volunteers!



Sarah Lewis, Visitor Services Technician

Originally from Cortez, Colo., Sarah Lewis came to Fort Collins to attend Colorado State University where she just completed a degree in psychology with a minor in music performance.

She developed an appreciation for the outdoors at an early age since her father is a cattle rancher and her mother is a veterinarian; but she learned much more when she led an Alternative Spring Break for CSU to the Catalina Environmental Leadership Program, in Santa Catalina Island, California. The CELP program, geared for student grades four through twelve, aims to engender a greater understanding and connectedness to self, others and the environment.

“I had the opportunity to teach kids about teamwork and a respect for the outdoors, while also showing them ways to live more sustainably,” Lewis said. “I came away with a real interest in the field of environmental education, and that is one reason I am excited to work in Lory State Park. Each day I’m gaining experience in ways to educate citizens about the beauty of the outdoors and why we should protect and preserve it.”

When at the park, Lewis can be found at the Visitor’s Center or on one of Lory’s many trails. On her own time, she loves rock climbing or hiking the beautiful spots in Colorado and Wyoming.



Sarah Bakken, Seasonal Ranger

Originally from Wolcott, Colo., in the mountains near Steamboat Springs, Sarah Bakken is a student in the College of Natural Resources at Colorado State University studying Recreation and Tourism with a concentration in parks and protected areas management. Her goal is to work in the conservation field, possibly in a park or with a non-governmental organization.

Bakken’s parents introduced her to many outdoor experiences while growing up, which led to a respect for nature and an understanding of the seasonal changes for plants and wildlife.

Experience working as a seasonal ranger at Lory provides hands-on experience that applies toward her degree and insight on career choices, while allowing her to connect with the public. A previous internship at Sylvan Lake State Park, a remote park in Colorado’s Eagle County, offered a different, wonderful experience that confirmed her desire to both preserve natural land and raise awareness in others about our connection to--and need for--the experiences of natural spaces.

“Lory is a busy, semi-urban park, and I enjoy connecting with visitors and encouraging everyone to explore different aspects of the park,” Bakken explained. “I love being outside and I want Park visitors to see, experience and respect the outdoors.”



Connor Norris, Seasonal Ranger

Growing up in Hammond, Indiana, hearing stories about his grandmother’s life in beautiful, but rugged Colorado, Connor Norris was always curious about the West.

After earning a degree in geography from Valparaiso University in May 2015, he worked full time seasonally for Yellowstone National Park and then moved to Fort Collins in October 2015.

Norris said he always wanted to be a park ranger, but after his first backpacking trip through Wyoming’s Big Horn Mountains after high school, he decided backcountry rangers was his career of choice.

Having worked at Indiana Dunes National Lakeshore and at the Lassen National Forest in California during college; as well as earning his red card as a forestry technician fighting wildfires on public lands around the country (“a great time, but a rough job that deserves respect”), Norris knew an office career was not for him.

So when he heard about an opening at Lory State Park in February 2016, he applied for it.

“I love coming to work every day and talking with visitors” Norris said.

When not at the Park, Norris hits the wilderness trails with his Border collie/Aussie shepherd mix, Link.

“We enjoy each other’s company,” he explains, “and the beauty and quiet of the wilderness.”

Welcome New Seasonal Park Staff, Interns and Volunteers! *(cont. from page 5)*



Kristen DeWolf, Intern

Kristen started as a seasonal intern at Lory State Park in June and will conclude her internship in mid-September.

She is a Colorado native from Arvada, Colo. and a Senior at Colorado State University studying Natural Resource Recreation and Tourism. In accepting this internship, Kristen hopes that the experience will help her shape a career path in this field.

As a child, Kristen was always outdoors with her friends, biking, exploring nature and the local wildlife. As a family, they enjoyed camping out while visiting family in California.

When she arrived at Colorado State, Kristen opted for a business major, but found that she was lured again to the outdoors and tourism. "I would definitely love to explore eco tourism, combining a career in hospitality and educating the public about the importance of preserving natural resources."

As a Lory State Park intern, she is gaining a well-rounded experience working with the public at the Visitor's Center on certain days; and with the trail crew, the Rangers, or the Park Naturalist outside in the park other days.

"I had been to Lory only once before prior to my internship," she said. "It was a great experience. Now, I'm learning about all the trails, the types of resources we manage here, and the partnerships we develop with other entities to preserve those resources."



Mark and Brenda Horst, Park Hosts

The Horsts are recent "snowbirds" who summer in Colorado and winter in Arizona, and this is their first season as Park Hosts at Lory State Park.

Mark considers himself a Colorado native, but Brenda grew up in Tennessee and enjoyed a career as a flight attendant with United Airlines, hopping from domicile to domicile until she landed in Denver and decided to stay.

"We became snowbirds because all five children live in Colorado," they explained. "We bought an RV and while visiting Colorado's state parks, we discovered Park Host volunteering. We applied to several parks via the website and a week later we got a call from Lory."

The Horsts were working the day lightning struck a tree in the park and started a wildfire which park personnel and Poudre Fire Authority quickly worked to contain.

"We kept a radio with us to listen for a call should they need our help, but they quickly got things under control," Mark said.

Other than that, the experience has been a smooth one for the Horsts, who say they are enjoying learning about the history of the park, native flora, fauna and even geology. They like it here so much they hope to return next year!



Erin Bonam, Interpretive Intern From Front Range Community College

Erin is currently enrolled at Front Range Community College pursuing a degree in Forestry, Wildlife and Natural Resources. She has a Bachelor's degree in elementary education from the University of Northern Colorado.

Erin considers herself a Colorado native since her family relocated frequently for her father's work as a bio-chemist. Her parents instilled a respect for the outdoors in their children.

As an environmental education and interpretive intern, Erin works with park staff and volunteers to lead nature programs for children and families under the guidance of Lory's naturalist, Alicia Goddard. She is also involved in Lory's butterfly monitoring project, assisting with preparation of educational materials for seasonal programs, and coordinating special activities in the park.

As part of her studies at Front Range Community College, Erin regularly checks and maintains the wildlife cameras at Lory and Larimer County's Horsetooth Mountain Park.

"I've enjoyed getting to know the staff and volunteers at Lory and sharing the camaraderie as we work together to ensure that visitors have an enjoyable and safe visit to the park," Erin said. "I've learned so much that is directly relatable to my career goal of becoming an interpretive park ranger or naturalist with a state or national park, a national forest or wilderness area."

Comings and Goings

Farewell to ...

Sarah Melby, formerly Myers, initiated and served on the FoLSP Steering Committee from the spring of 2012, through the destruction of the High Park Fire, to summer 2013, when the FoLSP Board of Directors was formed. As the first President of the Board, Sarah worked tirelessly on the 501(c)(3), and FEIN applications with fellow Board member and attorney Christy Leonard, while overseeing the reconstruction of burned bridges and equestrian jumps.

Under her guidance, the Friends' 501(c)(3) status was approved in April of 2013, when the first 990 IRS form was filed. Sarah was a key player in establishing open communication with: officials at CPW; LSP Park Manager Larry Butterfield; Lory State Park staff; and the neighborhood community service group, the Lory Does. She led the effort to establish fundraisers and promote various Park events. After departing the BOD in July 2015, long time Board and Steering Committee member Diana Dwyer took the reins and continues to build on Sarah's work.

Patricia Haley-Miller participated in the early discussions about establishing a Friends group to support Lory State Park, and served on the Steering Committee.

She helped form and then joined the Board in 2013, taking on the task of newsletter writing as well as helping with grant writing, fund raising, and general volunteering. Trish served on the Board until July of 2015 and continues with the group as a volunteer and as associate editor of the FoLSP Newsletter.



In 2012, **Connie and Bob Johnson** joined the steering committee for the group was to become the Friends of Lory State Park. They had just moved to Loveland from Colorado Springs in May and brought the same strong commitment to provide volunteer assistance to parks and city/county agencies.

As members of the BOD for the Friends group for the past four years, they helped establish a well-defined set of bylaws, served on several committees, and helped reconstruct trails and burned bridges after the Galena Fire, build buck-n-rail fences, and repair work on various trails in the Park.

Both will continue to volunteer with the Friends when they are not building trails all over Colorado or vacationing in Panama.

Welcome



Welcome, Madelyn Frances Butterfield! Madelyn was born April 5, 2016, to Park Manager Larry Butterfield and wife, Alexis. Congratulations!

Citizen Science at Lory State Park

Lory State Park is participating, for the third year, in a long-term citizen science project that monitors butterfly populations in various locations throughout Colorado.

Led by Denver's Butterfly Pavilion, whose mission is to foster an appreciation of invertebrates while educating the public about the importance of conservation of threatened habitats around the world, volunteers from Friends of Lory State Park, park staff and members of the Bellvue and Fort Collins Community will have spent many hours on the Well Gulch Trail recording data on the type and number of butterflies seen from May to first frost, 2016.

Citizen Science is the collection of scientific data by individuals who are not professional scientists. There are many projects ongoing and citizen science networks are very important to the success of these monitoring programs. Without these dedicated volunteers, too few data would be collected to accomplish research objectives. Much of what we now know about the monarch butterfly and its migration is the result of citizen science projects.

Interested in signing up to help?

Contact *Alicia Goddard*, Lory State Park Naturalist at 493-1623; or email her at DNR_LoryInterp@state.co.us/lory.

Other citizen science projects are ongoing nationally. A search of "Citizen Science" on the internet will locate one of interest to you. Examples include:

Monarch Joint Venture at <http://www.monarchjointventure.org>.

Project Noah, is a tool to document wildlife and a platform to harness the power of citizen scientists everywhere: <http://www.projectnoah.org>.

Audubon Hummingbirds Home uses a mobile-optimized web portal and smart phone apps to allow people across the United States to report hummingbird sightings. Please visit: <http://www.hummingbirdathome.org>.

Nature Programs at Lory

Adult and Family Programs

Fri., Aug. 18: Full Moon Hike. West Valley to Arthur's Rock Trail, to Overlook and down Well Gulch Trail. **Hike: moderate, 3.1 miles.** For adults, families with kids age 8 and up. *Meet: Homestead parking area at 6:30 p.m.*

Fri., Sept. 16: Harvest Moon Hike. Well Gulch Trail. **Hike: easy to moderate, family-oriented hike.** *Meet: Well Gulch Trailhead at 6:30 p.m.*

Sat., Oct. 15: Hunter's Moon Hike. Well Gulch to Timber to West Valley trails. **Hike: moderate to difficult. Adults in good physical condition and kids 5th grade and above.** *Meet: Eltuck parking area at 5:30 p.m.*

*** For all Hikes:** Bring a water bottle, a flashlight (red lens preferred) and wear closed-toe supportive shoes.

***Reservations required: Call the Lory Visitor's Center at 493-1623.**

Upcoming Events at Lory

Tues., Aug. 9,16,23 & 30: Ciclismo Youth Foundation "Lory Mountain Challenge" (<http://ciclismoyouthfoundation.org/lory-state>)

Sat., Aug. 27: Seed Collection Project in partnership with Wilderness Restoration Volunteers.

Sat., Sept. 10: Black Squirrel Half Marathon. (<http://gnarrunners.com/black-squirrel-half/>)

Sept. 17 & 18: Volunteers for Outdoors Colorado Trails Day

Sat., Sept. 24: Campfire Storytelling. Invitation Only - FoLSP Members

Sun., Oct. 2: Mountain Goat Kid's Run

Sat., Dec. 10: Holiday Open House

Like to Contribute?

Friends of Lory State Park welcomes pledges from private donors, corporations, nonprofits, and other organizations interested in supporting the Park and its programs.

To make a donation, please visit:

<http://www.loryfriends.org/support>

or by sending a check payable to: Friends of Lory State Park. Donations may be mailed to: PO Box 11, Bellvue, CO 80512 or delivered to the Park Visitor Center c/o Friends.



PO Box 11
Bellvue, Colorado 80512
www.loryfriends.org - loryspfriends@gmail.com
Phone: 970-235-2045

Lory State Park is highly valued for its historic, cultural and natural resources, and deserves strong support so that others may continue to enjoy and cherish its unique character.