

Program Description

Did you know that there are 15 parks in James City County? Our parks offer citizens fitness, fun and adventure including fishing, boating, skateboarding, camping, hiking and biking trails, swimming and athletic pursuits. We invite you to discover more about our parks by taking the opportunity to participate in the Great Park Pursuit! In this self-guided program, you'll be challenged to visit at least nine of our 15 parks over the course of the next year and to take advantage of the diverse recreational activities offered to you.

The registration fee includes a T-shirt, activity log and water bottle for you to use while enjoying our parks. Registered participants will also be eligible to enter prize drawings for outdoor sporting goods equipment.

Registration Information

Registration can be completed online at jccEgov.com, by calling 887-5810 and by registering in person at the James City/Williamsburg Community Center, the James River Community Center and the Satellite Office in Toano. Registration Number: 80951-A. Fee: \$15; \$10 for James City County and Williamsburg residents.

Park Information

Detailed descriptions, amenities and the locations of James City County's parks can be found in the quarterly Destination Recreation brochure available for pick-up at all County government offices, the community centers, and also online at jccEgov.com/recreation.

Prize Drawing

Prize drawings for registered participants will occur quarterly and there will be a grand prize drawing at the conclusion of the year. All registered participants may enter the quarterly drawings, but only registered participants who have visited at least nine parks by September 1, 2009 may enter the grand prize drawing. Prize packages will include outdoor sporting goods equipment, perfect for your future park pursuits!

Quarterly prize drawings

December 1, 2008, March 1, 2009 and June 1, 2009

Grand prize drawing

September 1, 2009

To register for the drawings, please turn in a copy of your activity log (be sure to keep your original copy for future quarterly drawings and the grand prize drawing). Forms may be faxed to 757-259-5358 or dropped off at the James City/Williamsburg Community Center. All forms must be entered by 5 p.m. on the day of the drawing to be eligible.

Please be sure to complete the Validation Trivia on your activity log, as that information is used to verify that you have visited the parks. Logs submitted without answers will not be eligible for prize selection. Winners of the quarterly prize drawings and grand prize drawing will be notified using the contact information provided below:

Name _____

Address _____

Phone _____

Email _____

Health and Wellness Benefits

If you view exercise as a chore, perhaps you might find outdoor recreation more enjoyable. Believe it or not, outdoor activities are great for you – they just may not feel like “typical” exercise!

Did You Know...

- Bicycling on a flat surface burns about 221 calories/hour.
- Hiking for 45 minutes burns 310 calories.
- Swimming burns about 603 calories/hour.
- Playing singles tennis burns about 549 calories/hour.
- Walking your dog briskly burns about 297 calories/hour.
- Rowing burns about 720 calories/hour.
- Planting trees and flowers for 30 minutes burns about 162 calories.*
- Just 20 minutes of exposure to sunlight each day provides all the Vitamin D our bodies need to lower the risk of heart attack, diabetes, breast cancer and to build healthier bones.
- On average, every hour you spend exercising increases your life expectancy by two hours.
- Playing in nature provides children with opportunities for self-directed physical activity that can help promote physical health and reduce obesity.
- People who recreate often are more likely to be noticeably happier, completely satisfied with their choice of careers, friends and their perceived success in life. The evidence strongly suggests that participation in outdoor recreation, particularly as a child, leads people to lead more satisfying and fulfilling lives.

*Caloric rates based on 150-pound person.



**Pick the Numbers...
Visit Our Parks!**



**Sponsored by
James City County Parks and Recreation**

2008-2009 Great Park Pursuit Activity Log, Park Guide and Outdoor Activity Recommendations



1 Brickyard Landing Park

Recommended Season: **Summer**

Recommended Activities (circle those completed):
boating, other _____

Validation Trivia: What is the distance to the parking lot from Forge Road? _____

Date Visited _____

2 Chickahominy Riverfront Park (CRP)

Recommended Seasons: **Spring, Summer, Fall**

Recommended Activities (circle those completed):
camping, boating, picnic shelters, canoes, kayaks, golf, volleyball, basketball, horse-shoes, playground, pool, Family Fun Fest, County Fair, Riverbank Rhythms concerts, Park 2 Park Bicycle Tour, other _____

Validation Trivia: How many campsites are available at CRP? _____

Date Visited _____

3 Diascund Reservoir Park

Recommended Season: **Summer**

Recommended Activities (circle those completed):
boating, fishing, other _____

Validation Trivia: Finish the sentence on the brown entrance sign of the Park: "Your Hunting, Fishing and Boating _____"

Date Visited _____

4 Freedom Park

Recommended Seasons: **Spring, Summer, Fall**

Recommended Activities (circle those completed):
walking/hiking trails, biking trails, historical cabins/historical education, botanical gardens, Park 2 Park Bicycle Tour, open space for play, other _____

Validation Trivia: How many trails are there in Freedom Park? _____

Date Visited _____

5 Greensprings Trails/Virginia Capital Trail

Recommended Seasons: **Spring, Fall**

Recommended Activities (circle those completed):
walking/hiking trails, biking trails, environmental education, other _____

Validation Trivia: Which school serves as the parking lot for the Greensprings Trail? _____

Date Visited _____

6 Jamestown Beach Park

Recommended Season: **Summer**

Recommended Activities (circle those completed):
beach use, open space for play, other _____

Validation Trivia: What color are the envelopes used to deposit your daily parking fee? _____

Date Visited _____

7 James City/Williamsburg Community Center (JCWCC)

Recommended Seasons: **Spring, Summer, Fall**

Recommended Activities (circle those completed):
walking trails, biking trails, organized athletic activities, unstructured game play on fields, baseball, softball, soccer, lacrosse, other _____

Validation Trivia: In what year was the JCWCC renovated? _____

Date Visited _____

8 James River Community Center

Recommended Seasons: **Spring, Summer, Fall**

Recommended Activities (circle those completed):
organized athletic activities, unstructured games on fields, basketball, soccer, football, lacrosse, Easter Egg Hunt, other _____

Validation Trivia: What is the mascot of James River Elementary? _____

Date Visited _____

9 Little Creek Reservoir Park (LCRP)

Recommended Seasons: **Spring, Summer, Fall**

Recommended Activities (circle those completed):
boating, fishing, picnic shelters, canoes, kayaks, playground, open space for play, Park 2 Park Bicycle Tour, Annual Youth Fishing Derby other _____

Validation Trivia: How many boat slips does LCRP have? _____

Date Visited _____

10 Mid County Park (MCP)

Recommended Seasons: **Spring, Summer, Fall**

Recommended Activities (circle those completed):
walking trail, playground, basketball, tennis, sand volleyball, baseball, organized athletic activities, unstructured game play on fields, picnic shelters, other _____

Validation Trivia: What is the nickname of the playground at MCP? _____

Date Visited _____

11 Powhatan Creek Park

Recommended Seasons: **Spring, Summer, Fall**

Recommended Activities (circle those completed):
canoeing, kayaking, fishing, other _____

Validation Trivia: How many fishing/observation piers are at this park? _____

Date Visited _____

12 Upper County Park (UCP)

Recommended Seasons: **Summer, Fall**

Recommended Activities (circle those completed):
pool, swim lessons, basketball, playground, picnic shelters, volleyball, walking/hiking trails, biking trails, Haunted Forest, Park 2 Park Bicycle Tour, other _____

Validation Trivia: How many picnic shelters are located at UCP? _____

Date Visited _____

13 Waller Mill Dog Park

Recommended Season: **Year Round**

Recommended Activities (circle those completed):
Walking, exercising and playing for you and your dog, other _____

Validation Trivia: How much must a dog weigh in order to use the large dog area? _____

Date Visited _____

14 Warhill Sports Complex

Recommended Seasons: **Spring, Summer, Fall**

Recommended Activities (circle those completed):
walking/hiking trail, basketball, organized athletic activities, unstructured game play on fields, baseball, soccer, lacrosse, football, playgrounds, Stadium events, Easter Egg Hunt, other _____

Validation Trivia: How many miles is the trail at Warhill? _____

Date Visited _____

15 Skate Park/JCWCC

Recommended Season: **Year Round**

Recommended Activities (circle those completed):
Skateboarding, in-line skating, biking, other _____

Validation Trivia: When are you allowed to bike in the Skate Park? _____

Date Visited _____