

# Voice of the Canyon

A Quarterly Newsletter

Fall - 2019

## Community Outreach Materials Ready

Susan Williams and her committee have put together a public relations packet to entice businesses and citizens to join Friends.



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## The Place to Do Some Shopping

Cherie Holverstott and her crew have racks full of goods that can fill a holiday stocking or go under the tree.

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## We're Aiming for a New Bridge

Friends are putting things in motion to start fundraising for a bridge across Cherry Creek at Lake Gulch/Inner Canyon which now requires balancing on rocks.

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## The Kleinert Homestead is Starting to Look Pretty Spiffy

Park Volunteers and staff have put hundreds of hours into making the Kleinert purchase an attractive, more valuable property.

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## The Dam Run--Biggest Year to Date

More runners, more courses, more vendors and sponsors, more income at the sixth annual Dam Run. See page 10 for Dale Campbell's wrap-up of the successful event.

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# Dale's Dispatch

## Dale Campbell Friends President and Volunteer Naturalist

Here we are transitioning into winter and very quickly closing in on the end of this year. Since January 1, 2019, Friends has been able to accomplish so much throughout the year. Thanks to our fundraising efforts (primarily merchandise sales and the Dam Run) and all our Friends members and supporters, we've been able to financially support a variety of major initiatives: striving toward the Gold status for Leave No Trace, supporting safe rock climbing in the park through a grant to the Castlewood Climbing Committee, helping to widen and improve trails in the park by paying for three weeks of TeamWorks' crew support, improving the visitors experience while at the Visitors Center through the purchase of new furniture, and the ongoing educational initiatives such as the Wonders Program. To learn more about the supporting role of Friends for Castlewood Canyon State Park, take a look at the presentation from the Annual Membership meeting. This can be downloaded from [https://static.wixstatic.com/ugd/f01c9d\\_0d3a98fcc3b4d799a7019b8c0b3b196.pdf](https://static.wixstatic.com/ugd/f01c9d_0d3a98fcc3b4d799a7019b8c0b3b196.pdf)



Photo by Linda Pohle

Many of you probably do your holiday shopping at Amazon. If so, I'd like to remind you to go to smile.amazon.com to place your orders, as this will also generate donations for Friends of Castlewood Canyon State Park. Be sure to take advantage of this during the upcoming shopping holidays: Black Friday on Nov 29 and Cyber Monday on Dec 2, as well as throughout the year! To learn more about Amazon Smile, how it contributes to not-for-profit organizations and how you can designate Friends as your charitable organization, go to <https://org.amazon.com/>

Remembering the time of the year, I am thankful for so many things - the park, the staff, the volunteers and Friends members, and the wonderful opportunity to work together with so many talented and passionate people! I wish everyone a safe and enjoyable Thanksgiving Holiday!

# New Brochure Features Lots of Photos

**Susan Williams**  
**Friends Board Member**  
**and Volunteer Naturalist**

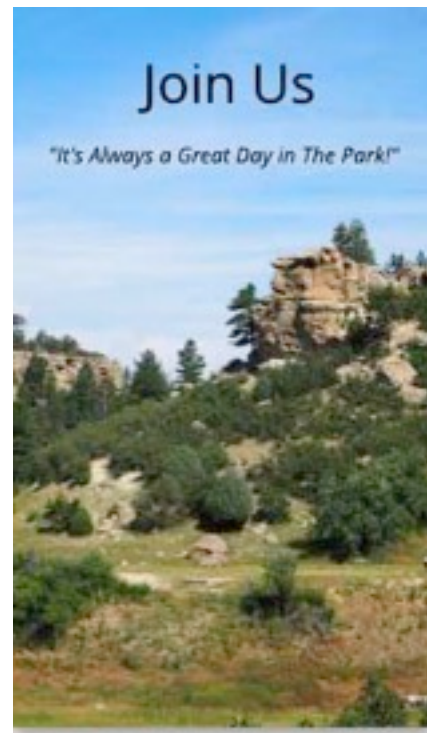
The new Friends of Castlewood Canyon brochure is informative, colorful and clearly supports the mission of Friends -- to Preserve, Protect and Promote the rare and valuable resources within the park. It is an easy-to-read tri-fold to hand to any prospective member of Friends of Castlewood.

Design for the new brochure was based on 'a picture is worth a thousand words'. The team who worked on the layout and text kept this in mind each step along the way. The finished tri-fold shows the beauty of the park, informs individuals and businesses about the benefits of joining Friends, and provides links to the Friends' web site throughout for more information about the Friends organization and its accomplishments.

Currently, in the final stage of production, we are developing a portfolio that can be handed to potential donors and business partners. It contains additional pieces about the park and Friends, such as a recent issue of *Voice of the Canyon*.

To receive a copy of the new brochure contact Susan Williams at [susanpw1994@gmail.com](mailto:susanpw1994@gmail.com). Brochures will soon be available in the Visitor Center and at events.

Thanks to Liz Bade, Dale Campbell, Jeannette Littlejohn, Margaret O'Connor and Susan Williams for contributing to our new brochure.



Helping to Preserve, Protect, and Promote  
Castlewood Canyon State Park  
since 1997



[castlewoodfriends.org](http://castlewoodfriends.org)

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Friends meetings are held in the Visitor Center the 2nd Saturday of the month. The next meeting is Dec. 14 at 10 a.m. You can call or email officers and board members anytime.



Photo by Jenn Haniszewski

# News from the Top

**Brent Lounsbury**  
Park Manager

Well we've had our busiest fiscal year ever, with 190,000 visitors to the park between July 2018 and June 2019. This topped our previous peak in FY 2017 by 30,000. Thankfully, we are fully staffed so the increased visitation didn't put a strain on us like it did in 2017.

We had a number of successful projects this last summer, foremost among them was the widening and smoothing out of Lake Gulch for emergency access. The trail work, overseen by Joe, combined with a new off-highway vehicle allows us to get injured or ill people out of the canyon much easier and quicker than we've been able to do before.

I'll be submitting capital requests at the first of the year, asking for additional funding for our roads, which we all know are in bad shape. We are hoping to get \$75,000 to go with the \$75,000 we have this fiscal year. We want to keep up with repairs, and to get the road in good enough shape that at some point here we can get a new asphalt overlay (\$1 million +). I'm also going to be asking for another \$70,000 to finish the Kleinert resident volunteer site. Our vault toilets also need replacing, and they're on the 5-year plan for our region.

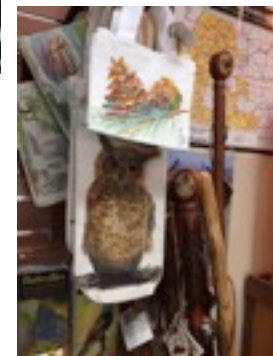
We have a trail grant this year to repair the erosion issues on the Creek Bottom Trail near the waterfall. The original cause of the erosion can be traced back to the collapse of the Dam in 1933. Every heavy rainfall continues to wear away at this area. The repair could be done with a CDOT type of retaining wall, but we are hoping a riprap type of erosion prevention will be viable for more of a more natural look.

I welcome Friends efforts to help find funding sources for a bridge over Cherry Creek at the intersection of Lake Gulch Trail and Inner Canyon Trail. Liz and Rachel are working on a grant request to secure \$90,000 from the great outdoors fund, a new crowdsourcing site. Hopefully we'll get selected and have a strong response! In the end the bridge could be more than this, but this money would be a \*huge\* help.

We are hoping for Friends support for at least one week for Team Works again in 2020. We also need Leave No Trace (LNT) to be funded for the next year. The park's Visitor Center needs support to create seasonal displays, which we hope to have in place for the coming summer. Rachel will be working on designing these during the slow months.

# Playing Santa at the Park

**Cherie Holverstott**  
Friends Member and  
Volunteer Naturalist



No, those cool stockings are not for sale. They are merely on display giving you an idea of what to stuff in the ones you have hanging on your own fireplace. Caps for men, caps for women, long sleeve hoodies in fall and winter colors, stickers for your bumper or water bottle, Liz Bade's illustrated bags in various sizes, and walking sticks and fancy headed canes. Don't forget that the proceeds from Liz's bags (\$628 so far this year) go to the Wonders Program that helps schools bring kids to the park who have not had that opportunity before.

Get out to the park and do a little Holiday shopping. There's lots more available than these pictures show. Remember that Friends members get 10 percent off, and most importantly, merchandise sales contribute to the Friends treasury and that money all goes to doing good in the park.

Perhaps you can volunteer to help with crafts and other events on Black Friday at the park and do a little shopping at the same time. (Call Rachel if you can help.)



## Meet Bev Finamore and Bridget Milnes, Our New Officers

Like many of us, I found Castlewood Canyon through a little article in the Parker Chronicle about volunteer training. Never living west of Kansas City, I thought this would be a great way to learn. Hiking with my Dad taught me flower and trees of that area, but here in 2003, I didn't even know the things in my yard, so off I went.



I do have the distinction of being a member of the one and only crash course "Boot Camp" of 2004. It was a quick introduction to the park and then we trained again in 2005. One thing that got my attention was the story about the dam, and how it flooded Denver, and being from Ohio, wait a minute, water does not flow north! Training has come a long way since then and I take a few classes every year.

Following the corporate automotive life, we moved our family 14 times before landing in Colorado. For a while it was packing-unpacking-settling kids-dog-cat and then packing again. During this time I had quite a few jobs in the accounting/bookkeeping area and spent 9 years on one of our longer stops with Procter & Gamble in Charlotte, NC. That's when Carl and I became NASCAR fans. Living so close to lots of tracks our Sunday's were spent watching races. Now, I'm working part-time and have more time for the park. I love all the special events, Dam Days being my favorite when I dress in costume as Emma, an early settler from Missouri.

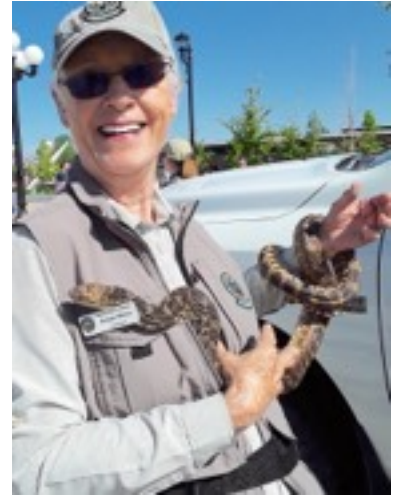
Then along came Leave No Trace! Something I have always had a passion for, litter, all kinds of trash, and of course dog poop, in my neighborhood, my local park and, of course, at Castlewood Canyon. The 7 Principles are easy to follow and give us a lead into discussions with visitors. I am hoping that in 2020 we will become a "Gold Standard" Park and there will be plenty of opportunities to volunteer and spread the message.

I do have a husband, son and daughter, and 7 grandchildren, ranging in age from 22 down to 9. They are my joy. Four of them live here, so they keep me busy driving hockey and soccer with our son-in-law while our daughter travels. Next to working and volunteering in the park, I love to cook and am experimenting with a new Traeger. And I always make time for my real love--quilting.

As Ron says....."It's always a good day in the park."

Frankly if given a choice, I'd rather spend five hours sweating in the yard than cleaning the house in air conditioned comfort.

My journey to Castlewood Canyon State started in my birthplace of Cheltenham, England. We came to America in 1947 and settled in White Plains, NY.



I come from a long line of nature lovers and growing

up we always had a cat and my mom fed peanuts to a tame squirrel through a hole in a bathroom window screen. That stopped after it fell off the windowsill while my mom was in the bathroom. After we stopped laughing, the hole was fixed.

Vacations were scenic road trips to the Pocono Mountains. After dinner we'd hop in the car and go "deer spotting" down secluded back roads where we'd watch them graze in open meadows or drink from a roadside pond. On one occasion my dad got the car stuck in the mud and we had to walk home. Oops! To this day I never tire of seeing wildlife in the wild.

After two years at Centenary College in New Jersey, I transferred to the University of Denver where I graduated with a masters degree in mass communication. My thesis was on the use of videotape in a psychiatric residency training program, a video program I started while at DU. When I left the medical school, I used my video and photographic skills in a general medical/surgical hospital. After the hospital closed, I returned to journalism writing and editing articles in healthcare and the equestrian sports. Eventually the horses won out and I became a certified instructor, dressage judge and part-time employee at a saddle shop in Littleton.

Throughout my professional career, animals and nature remained close to my heart. My idea of a great vacation is a wildlife adventure. I've been fortunate to visit east and south Africa before it was discovered and have watched polar bears in Churchill before climate change hit the headlines. But my greatest thrills have come from being up and very close to grizzly bears in Alaska. With unarmed guides, it was really a heart pounding experience.

As a volunteer naturalist I've adopted the east canyon bluebird trail headed up by Kathy Dressell whom I worked for when she owned the birdseed store in Stroh Ranch.

I'm honored to be a board member and looking forward to new challenges and opportunities in the coming year.

# “Bridge to Somewhere” Moving Toward a Reality

**Dale Campbell**  
Friends President  
and Volunteer Naturalist

As many of you know from hiking the trails from the Canyon Point area, crossing Cherry Creek at the end of the Lake Gulch Trail requires some dexterity and balance. At the existing “boulder crossing”, there is definitely room for improvement, as park staff, volunteers and Friends have talked about for some time. Happily, we have come figuratively to a crossroads and all have agreed to move in the direction of building a bridge over Cherry Creek at this point in the trail.

So, why is this even mentioned in a Friends newsletter? Because, to get the bridge and site designed and built, funds will be needed. And, that’s where Friends comes in – to take the lead on gathering the funding for this special project. Just as we have from the very beginning in 1997/98 to raise funds for buying property to protect the park and even with the Kleinert property acquisition, Friends and the surrounding communities rally around fund raising for initiatives that improve the park and the visitors’ experiences. The current efforts by Friends are focused on defining just what form these fundraising efforts might take.

At this point, a bridge configuration needs to be defined, the design needs to be done, design and construction estimates need to be determined and eventually, a contractor will need to be selected and paid for their work. Thus, the fundraising will likely be defined in stages to help move each phase of the overall effort along. With assistance from Liz Bade, the Friends Grant Writer/Coordinator, Friends has already helped Ranger Rachel Courtright submit a grant based on crowdfunding initiatives. More specific fundraising initiatives will also be initiated.

For the moment, we would like you to consider this information as a pre-kickoff public service announcement. So, please begin thinking about what you would like to see Friends arrange for this initiative and who -corporate/ private donor -you think might could rally around this project to improve the park experience. Additionally, its now possible to make your donation or direct someone else how to make a donation for the bridge. Just go to the [Bridge Fundraiser](https://www.castlewoodfriends.org/the-bridge-fundraiser) web page (<https://www.castlewoodfriends.org/the-bridge-fundraiser>) on the Friends website. And, if you have experience in this arena – fundraising, or know of someone who could possibly provide guidance for Friends in this endeavor, please let me know. We’re currently building committees to focus on this initiative. Your help is welcomed!

When the time is right, we will announce a formal kickoff for the fundraising. Included in the formal kickoff will be an invitation-only hike to the bridge site with an on-trail overview of the construction concept, as well as a brief social event afterwards. This and other festivities will be planned to let park visitors and the surrounding communities know about next steps for the “Bridge to Somewhere.” So, as they say, **Stay Tuned!**

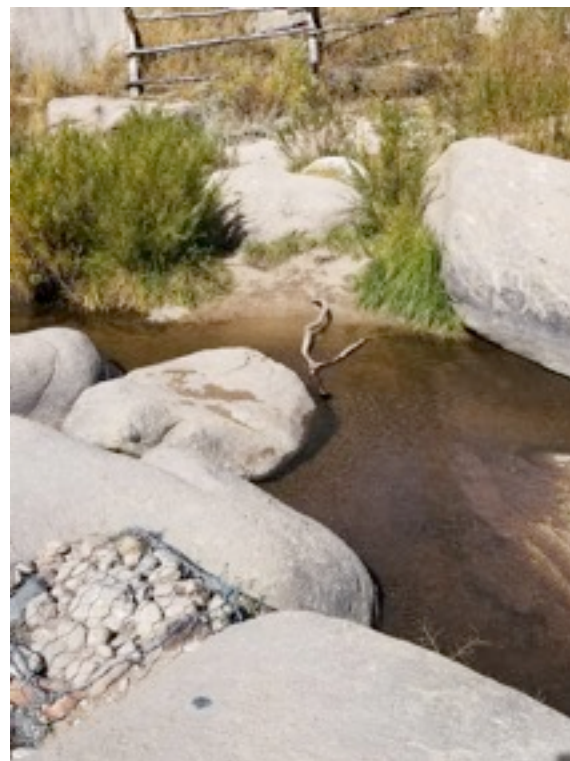


Photo by Dale Campbell

View of current crossing area at Cherry Creek, looking north. No more wet feet when we build a

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## Ready for More Concerts in the Park in 2020?

**Dale Campbell**  
Friends President  
and Volunteer Naturalist

Yes, in 2020 we will continue what has become a summer tradition at Castlewood Canyon State Park. Mark Cormican enjoys playing for visitors twice during the summer season and is looking forward to his return visits this coming year. Be sure to mark your calendars to make sure you don’t miss Mark in 2020. The two dates are Sunday, June 28 at 6:00pm and Sunday, September 13 at 5:00pm. Mark and I talked about scheduling for Sundays, thinking it will be a good opportunity for folks to finish their weekends with a delightful outdoor evening of music. We hope you think so, too. And, if you have any suggestions for additional 2020 concerts we can add to the calendar, please let me know.

# What's New at the Kleinert Homestead

**Liz Bade**  
**Friends Co-treasurer**  
**and Volunteer Naturalist**

It's been five years since Friends contributed \$30,000 toward the purchase of this 15-acre addition to Castlewood Canyon State Park. Though it provided a needed base of operations for the park's west side, the property required lots of work to be fully utilized. Picture rutted driveways that turned to glorp after rain and snow melt; old tires, fallen tree remains, and old fencing adorning the grounds; a well that went kaput just after the purchase; and outbuildings that had become homes to all kinds of critters. Thanks to Joe, Brent, and several of our volunteers, the long list of fixes and improvements is now shorter.

For starters, LuAnne and Randy Howell along with Bill Johnson helped Joe replace the fence across the front of the property along Castlewood Canyon Road with simple, wildlife-friendly 3-wire. The existing, more complicated fence could ensnare or injure wildlife. The Howells also cleaned the barn, trimmed and removed trees, and other property cleanup. They rightly think that just the general cleanup has enhanced the property. The cleared out storage shed, across from the barn, and upper level of the barn have given the park room for equipment and a place for Joe's projects. Bill Johnson also installed plastic moisture guards and plywood siding inside the upper barn and on the ceiling. Bob Powers, Greg McCann, and Bill Lange built stairs that look like they'll last for years to the upper story barn door.

Also, check out on the next page the pair of lovely stairs leading up/down to the bunkhouse level that bracket the new well head and the massive retaining wall also built by Bob, Bill, and Greg. This wall allowed for additional level ground to assist in maneuvering equipment above and creating the location for the new well, below. Thorough grading and leveling has occurred throughout the property. New road base added to the driveways improves drainage.

Another extensive grading project created a large flat area for future seasonal volunteers who would live in their RV. As you can see in the photo to the right, it is backed by a new berm seeded with the same native foothill grass that Joe used on other graded sections throughout the property. In back of the berm a channel directs hillside drainage away from the RV site. An old line shed that had been located up on the hillside was torn down. The three objects just below the berm are a sewer line hookup, an electrical hookup, and a heated water supply (on the chance the site is used in winter). Camp Castlewood is in the works.

(See next page)



Photo by Bob Powers

Bill Lange and Greg McCann along with Bob Powers helped build a retaining wall that will allow more flat space to maneuver equipment from the sheds.



Photo by Joe Marquez

Working on the retaining wall are volunteers Greg McCann and Bob Powers.



Can you imagine Camp Castlewood.? This is the start of that possibility. Perhaps we will attract seasonal volunteers who want to park their trailer home and hook up to sewer, water and electric.

Speaking of camping, when TeamWorks crews spent three weeks working on the Lake Gulch Trail widening, they camped in the field north of the house where Chris Glaeser and a group of Elizabeth High schoolers doing community service built a now well-used fire pit. Thanks to this summer's Bomb Cyclone that felled a big ponderosa across Castlewood Canyon Road, Joe & Company are crafting impressive ponderosa benches to complement the fire pit. Elizabeth High volunteers also helped stain the barn doors under Bob Powers' and Julie Brown's guidance.

Another urgent project was to install the new well. Weeks went by as the legal paperwork churned through the approval process. Finally, the old well, which was at the left of the house, was capped and its well house torn down. The new well was dug near the bunkhouse (see photo) - a complicated endeavor.

The bunkhouse is rustically charming but the insides weren't fit for any buckaroo let alone seasonal staff. So, to keep out small, unwanted guests, a custom window and door (that replaced a window) were installed. Notice how the trim was cut to match the stone siding. The new glass front door lets in more light and was also necessary to get furniture into the bunkhouse. Some volunteers donated furniture and it looks pretty cozy in there now. A picnic table allows dining al fresco with a view that can't be beat and someday maybe that outdoor area will be shaded by Lucas apple trees. Scott Gaffri already planted an apple tree nearby that Brent has been watering. It's a #8, one of two from that tree that were successfully grafted in 2018. We hope it lives because the original #8 at the Lucas homestead died over the winter.

The same day the apple tree was planted, Pam Steinman, Cherie and Charles Holverstott, and Jesse Conner did more barn cleanup. The bottom half of the barn still needs work so watch for the announcement of another cleanup party.

While the barn and bunkhouse have gotten a lot of attention, Brent has been a good steward of the Kleinert/Kinsella house with an eye to the comfort of its next occupant as well as responsibly updating it for current livability. Home improvements have included new appliances to replace the existing leaking or inoperable ones, as well as paint and other minor repairs, to make the house more comfortable and an asset to the park.

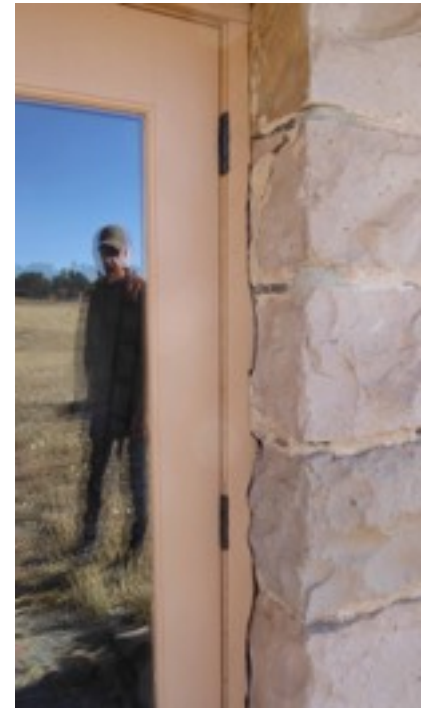
Thanks to the tons of work by park staff and volunteers, the Kleinert homestead has become an attractive and useful part of the park - but, there's always more to do. The RV site will eventually get a concrete pad, picnic area, and, potentially, a fire-pit. The bunkhouse picnic area begs for some amenities to make it homier for seasonal staff who might live there. A water-thrifty, pollinator garden adjacent to the house and maybe near the bunkhouse would add to their appeal. And, did anyone mention weeds?

So, stay tuned and when next you see Joe, ask him about the trap doors in the barn loft and about what he's discovered during the renovation work over the last five years.



Photo by Liz Bade

This shot of the new well shows the retaining wall and the new stairs as well.



The great new door in the bunkhouse lets in more light and allows for furniture to be moved in and out.

Photo by Liz Bade



Photo by Brent Lounsbury

Furry residents hang out in the kitchen of the old Kleinert house. Lily, a Dumb Friends League rescue Italian Greyhound, piled in with Sylvia and her brother Rilke who were adopted as kittens after they were discovered in a haystack at Barr Lake State Park. How many Lounsburies can you fit into a single doggie bed?

# Snake Migration & Hibernation (Brumation)

**Skip Pumfrey**  
**Volunteer Naturalist**



One warm morning in late September, I headed out for a hike in the park. As I scanned the surrounding prairie, the grass seemed to be moving; not like wind blowing, but like infantry soldiers low-crawling toward their objective. Getting closer, I saw several snakes crawling through the grass. I followed them up to seven miles to see where they were going. As they progressed toward Castlewood Canyon, we crossed park roads and trails. Other snakes also crossed following similar parallel paths. Eventually, we came to a small hole within a crack in the canyon caprock. Deep fissures in the fragmented canyon rock walls allow snakes access to frost-free subterranean chambers, which prevents both freezing and dehydration. The snakes began to slither into (ingress) the hole, one by one or in small groups. Snakes of all kinds, prairie rattlesnakes, garter snakes, bull snakes, western hognose snakes, young and old, male and female, entered the same den, hibernacula. A den might contain an individual or hundreds of snakes. Many snakes return to the same den they were born in year after year, frequently following the same path. How they manage this migration is a matter of speculation but scent trails and the position of the sun may play a role. Changing temperatures and shortening daylight periods apparently trigger the migration. Also, cold-induced sluggishness means the reptiles are less able to catch and digest prey and avoid predators.

Although this den was in the rock face of the canyon, other dens in the park might be located near water in long-tailed weasel or prairie dog holes, wells, mine shafts, caves or in cracks along building foundations where they can get below the frost line. Four dens observed by park volunteers are located at: just below the canyon rim at the top of the Rim Rock trail just before the last turn to the right, in a North/South crack west of the Indian Bathtub, at the base of the Vulture Walls, and in a hole near a foundation on the Lucas homestead.

A volunteer once scrambled down the Vulture Wall and when he jumped to the ground, he found himself surrounded by 12 prairie rattlesnakes. Planning to re-climb the wall, he reached up to grab a ledge but found another rattlesnake there. To escape, he leaped downhill onto a tree and then climbed back down to the ground.

In my many years observing animal behavior, I, like Doctor Doolittle, learned to talk to animals. Since I couldn't see into the den, I asked my rattlesnake friend, Buzz, to tell me about it. He said snakes pile on top of each other or roll themselves into a large ball in the den to maintain their body heat. Unlike bears, they didn't gorge themselves gaining hundreds of pounds in the fall and lower their body temperature by altering their metabolic cycle to enter into a torpor-like state. Instead, snakes eat little before hibernating and entered a torpor-like state because they cannot regulate their body temperature. In this depressed metabolic state, some can go without food for a year. They become extremely lethargic but not completely immobile. They will mate, drink water and move about when temperatures (55 °F) permit. The snakes may not hibernate all winter; they may emerge on warm, sunny days to bask in the sun near the den, even when snow covers the ground. Buzz told me to return in April when I could see the snakes emerge (egress) again to bask in the sun, resume hunting and feeding. Early on, they may return to the den repeatedly when temperatures become too low. This behavior could last for several days or weeks; finally, the snakes begin their migration back to their summer hunting areas following the same paths used the previous fall. Depending on the weather, snakes may hibernate for up to seven months.

Pregnant prairie rattlesnake females do not travel as far as the other snakes when they leave the den; instead, they consume large amounts of food for a month and then stop foraging and enter a secondary maternity den, perhaps in a Bushy Tailed Wood Rat nest, singularly or in groups. They spend considerable time basking to provide favorable internal temperatures for the developing young. In late summer, stimulated male prairie rattlesnakes, travel as many as eight miles in incredibly straight lines searching for females.

Sources: America's Snake: the Rise and Fall of The Timber Rattlesnake by Ted Levin. The University of Chicago Press; Rattlesnake Portrait of a predator by Manny Rubio. Smithsonian Institution Press; Interviews with Ron Claussen and other naturalists, and game management personnel.



# 'Saving Lucas Orchard' Project Moves Along

**Scott Gaffri**  
Friends Member and  
Volunteer Naturalist

Two years ago we started the grafting program at the Lucas Orchard with financial help from Friends for materials. This fall we finally have some trees in the ground at the Kleinert property.

Two trees were planted in late September with the help of Pam Steinman, Cherie and Charles Holverstott. Additional trees will be planted at Lucas Homestead after dormancy later in the fall before the ground is too frozen and more next spring. The exciting news is that we have hopefully saved the genetics of one of the historic trees, #8 of the Lucas Orchard, which died this past season. We have three small trees that were successfully grafted from #8, one was the first tree planted at the Kleinert property in September and another will be planted at the Lucas Orchard either this fall or early spring.



The orchard is looking healthy with apples on most of the trees. A pruning effort to cut out the dead branches will be conducted, and additional trees will be planted later this fall and again in the spring.

Through documentation of the various techniques used and their results during the pruning, grafting and planting activities we will learn what works best at the park. This program requires patience. Results are not immediate. But hopefully in the next couple of years, we will have a healthy orchard at the Lucas homestead with new trees established and we will have developed a new orchard at the Kleinert property.

Photos by Scott Gaffri,, Pam Steinman and Charles Holverstott



Jesse Connor mans the pick axe to start the planting process. Below, Scott Gaffri and Pam Steinman work wire into the ground to keep critters out.



The first successful grafting from #8 stands tall in its new surroundings. The fencing and poles protecting it was part of a donation from volunteer Tanya Klepper that will also help with future plantings.

Charles Holverstott, white shirt, helps Scott Gaffri and Jesse ease the young tree into its new home.

# Dam Run 2019 – Another Success

**Dale Campbell**  
**Friends President**  
**and Volunteer Naturalist**



2019 marked the sixth year that Friends of Castlewood Canyon has been able to hold the Dam Run at Castlewood Canyon State Park. For 2019, we had a phenomenal increase (50 percent) in signups and in conjunction with Friends of Cheyenne Mountain State Park, launched the State Park Duo Series. Here's a quick look at what that means for the park and Friends.

There were 202 registrations, which is a 50 percent increase over the previous three years of the Dam Run. There were 104 female runners and 98 male runners registered. Of the overall registrations, there were 141 registrations for the 10k run and 61 registrations for the 5k run. And, through the partnership with the Friends of Cheyenne Mountain State Park, 49 of the registrations were for the "Duo Series," which allowed these runners to register at a discounted price for both events ("Run the Canyon, then the Mountain.") On the day of the Dam Run, 172 runners actually participated in the event. Overall, we raised a little over \$4,500 to go toward projects in the park.

We are grateful for our volunteers who got up early and showed up in the dark on the day of the Run. Having them helping in so many different ways is core to the overall success of this fund-raising event. The Dam Run planning committee also appreciates our growing list of sponsors and supporting vendors. These include: Arc'teryx Castle Rock Outlet, Barr Lake State Park, Cabela's - Lone Tree, Castlewood Canyon State Park, Colorado Institute of Massage Therapy, Crowfoot Valley Coffee, Douglas County Search and Rescue, Einstein Bros. Bagels, Eleven17 Photography, Friends of Cheyenne Mountain State Park, King Soopers - Parker South, Natural Grocers - Parker, RoadRunner Sports, Safeway - Parker, Timing Consortium, and Zamar Screen Printing Inc. We would especially like to recognize the support of our neighbors to the north – the fire fighters/paramedics from the Franktown Fire Protection District.

And, of course, what would the Dam Run be without the Castlewood Canyon Breakfast Club's support of the post run pancake breakfast. The expanded crew for this year once again delighted runners and volunteers alike with the deliciously warm pancakes, sausages and condiments. And, our newest Park Ranger, Rachel Courtright, also helped enhance the breakfast offering with her homemade strawberry sauce. We hope she will continue with her breakfast contribution next year!

With the growth and fundraising success of this year's Dam Run, we are looking forward to the 7<sup>th</sup> staging of this trail run. Mark your calendars now for the 20<sup>th</sup> of September next year. Yes, that's right, the date is 9/20/20. We'll plan on seeing you there!



Photos by Eleven17 Photography

# Team Works--Money Well Spent

**Liz Bade**  
**Friends Co-treasurer**  
**and Volunteer Naturalist**



What effects do over 190,000 visitors a year have on Castlewood Canyon State Park? Their happy feet wear down the trails and have created unofficial (social) trails throughout this popular park. This wear and tear contributes to erosion and encroachment into habitat of the park’s birds, animals and plants – some of which are rare enough that Castlewood Canyon is one of three state parks designated as a Colorado Natural Area.

Our very busy park, which is open from sunrise to sunset, only has four full-time staff to manage the entire park. During the busiest season – May thru Sept – two seasonal employees are added to the roster. However, to effectively maintain Castlewood Canyon’s physical facilities and natural resources, park management must hire outside help – a difficult proposition based on tight CPW budgets. Park Manager Brent Lounsbury, put it this way:

“FY19 saw 190,000 park visitors, which topped our previous peak in 2017 by 30,000. Douglas County, our main draw, will grow from 287,000 people in 2010 to an estimated 350,000 people in 2020; the trend is up, up, up.

Minimum wage has increased from \$8/hr in 2014 to \$11.10 an hour in 2019. It will go to \$12.00/hr in 2020. Given that increase, Castlewood’s budget would have to have gone up by approximately \$15,600 since 2016 (when we paid \$10/hour) in order to have the same amount of temp staff time. Instead, since 2016 the budget has only gone up by \$1,500 (which covered an increase in utilities). In essence, we have about 20 percent less staff time than we did in 2016, despite a 14 percent visitation increase in the same timeframe.”

This year Friends of Castlewood Canyon State Park committed \$11,000 to fund two weeks of work by a 12-person crew provided by TeamWorks, Inc. TeamWorks provides opportunities in project management and participation to individuals in their late teens to early 20s who might not otherwise experience this important life stepping stone. Their crew members are hard-working individuals who have high ambition but have not previously been given opportunities to meet their potentials. They come from both rural and urban areas. This year, the crews worked on widening Lake Gulch trail so that an UTV could travel to Cherry Creek if needed to evacuate an injured hiker.

Friends fortunately received two grants to help pay for a third week of work by TeamWorks. We are very grateful to the Colorado Parks Foundation and to Liberty Community Giving for helping us fund this project. An important part in obtaining the grants was Friends \$11,000 commitment; 104 in kind volunteer hours valued at \$1,664 by John Graboski, Bill Lang, John Lipe, and Bob Powers; 249 CPW staff hours valued at \$6,563 by the full-time staff; materials/porta potty expenses of \$2,399; and finally, TeamWorks who provided us with an in-kind third work week by their incredible Team Leaders because the second week’s crew was short staffed.

This was a project in which several partners invested time and money so, please, take a hike down Lake Gulch trail and see the results for yourself. Because of the grants and in-kind work and materials, Friends only needed to spend \$6,221 out of the 2019 \$11,000 commitment. We’ve budgeted another \$11,000 for 2020 to help preserve and protect Castlewood Canyon’s resources. To learn more about TeamWorks, go to <https://teensinc.org/lincoln-hills-teamworks/>

## Last 2019 Meeting

December 14 Saturday, 10:00 a.m.

## Friends 2020 Meetings

January 11 Saturday, 10:00 a.m.

February 8 Saturday, 10:00 a.m.

March 14 Saturday, 10:00 a.m.

April 11 Saturday, 10:00 a.m.

May 9 Saturday, 10:00 a.m.

June 13 Saturday, 10:00 a.m.

July NO MEETING (Volunteer Picnic)

August 8 Saturday, 10:00 a.m.

September NO MEETING (Dam Run and Concert Support)

October 3 Saturday, 10:00 a.m. Annual Membership Meeting

November 14 Saturday, 10:00 a.m. Election of Officers/2021 Budget Review/Approval

December 12 Saturday, 10:00 a.m.

NOTE: For July and Sept., if situations arise that require Board review and approval, this will typically be done via email.



## Volunteer Picnic in August

Board members Chris Glaeser and Bev Finamore visit at the volunteer picnic. Friends board members are also volunteer naturalists and put in many hours running programs and helping at the park.

## Buying Gas and Groceries Rewards Your Friends Treasury

**Jeannette Littlejohn**  
Friends Co-treasurer  
and Volunteer Naturalist

Did you know that Kroger affiliates, King Soopers and City Market, have a Community Rewards Program (I didn't) whereby customers can support their favorite 501(c)(3) non profit with almost every grocery purchase.

King Soopers will pay up to \$125,000 per cycle to participating organizations based on their percentage of spending as it relates to the total spending of all participating King Soopers Community Rewards organizations. The minimum cycle payout is \$25 per organization and in the event that an organization earns less than \$25 per cycle, King Soopers will hold the amount until the next cycle, or until the end of the program term, whichever comes first. Yes, we are a small organization compared to most listed, but every little helps us achieve more of our goals and needs at the park.

I submitted an enrollment application for Friends of Castlewood Canyon State Park, which has been accepted. The Friends new NPO (Non Profit Organization) number is GX208.

ALL YOU HAVE TO DO:

For King Soopers Stores - go to <http://www.kingsoopers.com>

For City Market Stores - go to <http://www.citymarket.com>

Once logged into your King Soopers or City Market account, you can search for Friends of Castlewood Canyon State Park, either by name or GX208 and then click "Enroll".

New users will need to create an account, which requires some basic information, a valid email address and a loyalty card. If you do not have a loyalty card, they are available at the customer service desk at any Kings Soopers or City Market.

## You Can Help A Lot By Being a Friends Member

If you aren't a member of the Castlewood Canyon State Park Friends group, please recognize how important your membership is when Friends seeks grants. Think how important your ideas, input and time can mean to the organization dedicated to the park. Sign up today on the Friends website [www.castlewoodfriends.org](http://www.castlewoodfriends.org) There you can pick the membership best suited to you.