



6.21.2017

# ORANews

## Kids and Mentors Outdoors

Hello ORA members

I'd like to introduce you to the local all-volunteer group Kids and Mentors Outdoors (KAMO). KAMO is a Wisconsin based 501 (c) 3 outdoor youth mentoring organization. The closest chapter of KAMO is based right here in the Coulee Region - Coulee KAMO. KAMO's volunteer mentors organize, run, and finance outdoor activities in the area primarily for children between 9-14 years old. These activities include hiking, canoeing, archery/rifle/trap shooting, fishing, orienteering, camping, hunting, and trail maintenance. These activities are open to the general public, friends of kamokids, the Big Brothers/ Sisters, etc. Families of the children we work with hear about our group somewhere, contact us, go on our website to print off and complete a profile and waiver form on each child they wish to have in our program. There are no fees to join or participate in the group's activities - these are funded through fundraising, foundations, grants, and personal donations from the community.

## The ORA Petition

We'll be distributing a petition in a few days in support of shared use trails. the exact wording is;

I am signing my name to the ORA petition below because I support the creation of recreational shared-use trails' that will connect our neighborhoods and municipalities and provide my family and friends with a healthy, fun, and safe way to hike and bike to work, school, and nearby communities.

Look for it in your email, on our website and on our FB page. Sign and share if your believe in shared use trails!

## ORA's NEW Website [oradriftless.org](http://oradriftless.org)

It's just a start, the bare bones right now. We'll continue to make improvements and add more relevant content.

All suggestions are welcome!

## KAMO continued

KAMO staff maintain contact with the parents of these kids via e-mail or phone to see which kids might be attending a given event that is described on an activity list that is sent out about once per month. This attendance figure drives the mentor number, equipment, and financial needs of the event. Mentors and kamokids/parents arrange to meet at a predetermined location and go to the event location together.

Typically, a mentor works with kids who show up at an event out of a “pool” of children we have developed (currently around 45 children).. In some cases mentors wish to work with one child to work with over time and we have a process to provide that linkage. In 2016 KAMO ran 35 large group events and several smaller and one on one activities.

Recently, Jeff Worrell attended a KAMO general meeting and a smaller follow up to introduce the ORA to KAMO and open up discussion about the possibility of our groups doing some activities together. Whether that happens or not is up to ORA members like you.. Do you have both a passion for your sport and a willingness to work with kids? You can pass along outdoor skills these youngsters can enjoy on their own, pass along to others while spending time outdoors, and hopefully develop a stewardship ethic as well.

KAMO has a summer activity list that includes activity days that are open ended - these may be perfect for that ORA member who would like to give working with children a try. There is no expectation for that person to join KAMO. For more information and to get a copy of KAMO's summer activity list, please contact me, Michael Brown, at [brownmtjc@gmail.com](mailto:brownmtjc@gmail.com) or 608-799-5037.

### Camp Blue Dog

July 14-16 or Daycamp July 15

Registration: [www.brewdogcoffee.com](http://www.brewdogcoffee.com)



**Camp Bluedog** is a weekend long adventure designed to offer young people a positive and fun way to get involved in mountain biking. It is a catalyst for learning such skills as proper bike maintenance, equipment responsibility, safety, sharing, and respect for both riding and other riders. Through the sport of mountain biking students develop a strong sense of self-esteem while discovering the potential within them.

Camp Bluedog is intended for kids ages 8-18. There is a Saturday, day camp designed for kids ages 6-8. Camp Bluedog offers riders of all ages a fun and educational mountain bike training opportunity by rallying around the positive culture of trail riding and outdoor recreation.

## Monday Night Trail Work

First 3 Mondays in May, June, July and August 6:00 – 7:30PM

Meet at Upper Hixon Parking Lot

# NEXT UP COMING EVENT

## catgutpaddle

On July 22, 2017, the 1st annual Catgut Paddle, hosted by City of La Crosse Parks, Recreation & Forestry will feature a 14-mile Canoe Kayak Race and a 4-mile Fun Paddle.



## La Crosse's Hixon Forest Epic Wisconsin Off-road Series August 5th and 6th

Hixon Forest Epic organizers and the City of La Crosse are excited to host the 8th event in the 26th year of Wisconsin Off Road Series racing.

The Epic features the best and most challenging trails the La Crosse blufflands can offer. The day of the event, excitement kicks off with the Hixon Forest Frolic 5K trail run, hosted by Grand Bluff Running. The Kids Bike Race means you better bring your children along for fun, and bring your appetite because local food and craft beer vendors will be filling your plates and your pints! Races take place all day long, for all categories of riders.

ORA and the Epic team welcome your help in putting on this event. Watch in the coming weeks for volunteer opportunities.

Join action with us on August 5th and 6th.

## Hixon Trail Maintenance

As you know, the trails are a great place to go. However, they need work from time to time. The Outdoor Recreation Alliance needs your help. We are organizing the first 3 Mondays of each month now through August, 5:45 PM – 7:30 PM. to repair and improve the trails in Hixon. Meet at the Upper Hixon Trail Head parking lot (by the weather station).

## ORA Membership Drive

It's been several years since ORA signed up members, time to get that going again! Membership sign-up is on our new website

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

# Articles of Interest

This is a must read, must have article. Great information for all advocates of outdoor recreation.

## [The Benefits of Parks - The Trust for Public Land](#)

[www.tpl.org](http://www.tpl.org)

The Benefits of Parks: Why America Needs More City Parks and Open Space By Paul M. Sherer  
Published by: 116 New Montgomery Street Fourth Floor San Francisco, CA 94105

## Health Benefits from Nature Experiences Depend on Dose

<http://www.nature.com/articles/srep28551>

# Videos of Interest

Just some fun videos of biking Upper Hixon and last years WORS race from the bikers pov.

[Upper Hixon and Vista Trail Ride](#)

[POV WORS Race 2016](#)

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