

THE RED ROCK RAG

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News and Views on Red Rock Canyon

Winter, 2007

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"supporting Red Rock Canyon Open Space through stewardship, education, advocacy, fundraising and volunteer projects"
P.O. Box 6754, Colorado Springs, CO 80904-6754

www.redrockcanyonopenspace.org

Red Rock Canyon Freeride Park

Status update December 17 2006

The bicycle freeride practice area in Red Rock Canyon will be developed in 3 phases. Phase 1, the beginner area, is now scheduled to open in early January 2007. While this is a little later than we expected, we agree with the suggestions made by the city Parks Department in a recent walk through and will implement them before the official opening.

One focus in phase 1 was to provide an area for skills development in a safe environment. We tried to include several levels of "beginner" stunts that will allow users to progress to more difficult stunts as their skills improve. You can see this progression in the various sizes of teeter totters, drops, and bridges (or "skinny's"). It would be impossible to completely eliminate all hazards in a park of this nature, but we have done our best to reduce the risk of needless injury through the location, type, and landscaping around our stunts.

An important part of safe freeriding is confidence - you are more likely to make a mistake if you hesitate in the middle of a stunt. We hoped to help riders improve their confidence by including some technically challenging stunts very close to the ground. As an example, one of the most difficult stunts in phase 1 is a 4x4 board buried in the ground. If you fall off, the consequences are very low - yet most riders won't be able to complete this stunt on their first attempt.

Although its location at the entrance of the park puts the skills area directly in the

public eye, we are mindful of the need to manage our ecological impact on the space we share. We try to incorporate natural features of the landscape when possible, and consider our effect on vegetation in our area.

We are also cognizant of the desire to reduce the visual impact of the park. As we continue with phases 2 and 3 (up the hill from phase 1) we will work with Parks and Recreation to keep our new stunts hidden when possible from the picnic and hiking areas below. This construction will take place beginning in the spring of 2007. More complex stunts including swinging bridges, rotating teeter totters and challenging rollers will be further stretch the riding skills of our more experienced park visitors. We will incorporate suggestions from world class freeriders, as we proceed with building phases 2 and 3.

All areas will be marked and fenced to prevent someone from accidentally finding themselves in terrain more difficult than they intended. We will also have a rules and regulations board at the entrance to the park, along with a sponsor board to recognize some of the organizations that helped to make the skills area a reality.

Medicine Wheel

Dr. Cory Sutela, test lab supervisor

Sram Corporation, Colorado Development Center

Our Thanks

The Friends of Red Rock Canyon express our appreciation to everyone who has contributed toward our \$5,000 matching grant challenge.

Challenge Grant - Where we stand

As you know, a few months ago a generous and committed member of our Board offered to match any contributions to Friends of Red Rock Canyon before the end of 2006, up to \$5,000.

As this issue of the Red Rock Rag is going to press, we have received \$4,457 toward our \$5,000 goal.

Please consider contributing now to help us reach our goal. Thanks.

Friends of Red Rock Canyon President's Report, Winter 2007

Greetings All,

Friends of Red Rock Canyon has reached the end of a very busy year in Red Rock Canyon! So many of you volunteers have joined in our sponsored events helping us create new trails, restore old trails to their natural condition and remove some of those invasive Chinese Elms in Sand Canyon. These events have been funded with grants from REI and State Trails and from generous donations from you our members! Friends of Red Rock Canyon thanks you all for making our workdays successful!

2007 looks to be another year with many opportunities for our volunteers to once again make their mark in Red Rock Canyon Open Space.

We will begin our workdays with Earth Day, April 22 doing environmental restoration by removing invasive Chinese elm, locust and Russian Olive and closing some social trails.

The weekend of May 12 and 13 is our next event co-sponsored with Friends of the Peak constructing 0.2 miles of trail between the Greenlee and Sand Canyon trails.

June 9 we will improve 0.15 miles from Red Rock Canyon Trail to the new Roundup Trail we began this past year. September 29 we will be constructing 0.5 miles of the Codell Trail.

Friends of Red Rock Canyon looks forward to the new year with you, our

volunteers, helping create the above mentioned so that the many visitors to Red Rock Canyon Open Space can have enjoyable times there. Check our Volunteer Opportunities link in the Spring for more details on these events.

Friends of Red Rock Canyon is also in the process of making plans for more fundraising in 2007 so we can help the City with constructing an Open-air Pavilion where the former Bock House is. Tentatively the plan calls for saving the fireplace and a small part of the house structure for storage. Some of the house and garage rock and timbers will be recycled into the new pavilion. Look for more details in the future on our web site. Nothing is definite yet but we will keep you informed.

I want to take this time to thank you all again for your support of Friends of Red Rock Canyon. Without you, all that Friends of Red Rock Canyon does would not be possible! Your response to our current fundraising has been amazing! Have a wonderful holiday season and a prosperous new year.

See you out there on the trails.

Karlee Thompson
President, Friends of Red Rock Canyon

Friends of Red Rock Canyon meetings:

Friends of Red Rock Canyon holds regular meetings at 7:00 PM the first Thursday of the month in the Academy Room on the lower level at the historic Colorado Springs City Hall, 107 N. Nevada Avenue. People attending the meeting use the entrance at the southeast corner of the building and sign in at the security desk.

We will have no meeting in January.

Our next regular meetings will be:

Thursday, February 1, 2007

Thursday, March 1, 2007

TIDBITS:**Sage**

When most people think of sage, what comes to mind is the fragrant culinary herb (*Salvia officinalis*) which is a member of the mint family. A couple other sages in the mint family are California white sage (*Salvia apiana*) and *Salvia divinorum*, which was used for divination by the Aztecs.

Rather than being in the mint family, the silvery fragrant sages which you see along the trails in Red Rock Canyon are members of the sunflower family and belong to the genus *Artemisia*.

Growing only a few inches tall, the small feathery sage with finely divided leaves is *Artemisia frigida* which is commonly called fringed sage. Some Native Americans used the chewed leaves of fringed sage as a dressing for wounds. It has also been used as a spice for corn dishes. As a spice, it is used very sparingly because of its overpowering bitterness. It was

also used to eliminate, or at least mask, the greasy rancid odor of dried meat.

Prairie sage or white sagebrush (*Artemisia ludoviciana*) grows 1 to 2 feet high in Red Rock Canyon. It has simple linear or elliptic leaves, sometimes toothed at the tips, and tiny yellow flowers which bloom in late summer. Prairie sage is used in sweat lodges and for smudging by the Lakota and other tribes. Evil spirits are dispelled by smudging with the smoke from prairie sage, while good and beneficial spirits are attracted by smudging with sweetgrass. Sacred objects are often wrapped with sage in medicine bundles. Some Native American traditions associate four sacred fragrant plants, sage, sweetgrass, tobacco, and cedar, with the four cardinal directions.

All members of the genus *Artemisia* have a variety of uses in herbal medicine. One use is the elimination of parasitic worms; and a common name for the genus is wormwood.

Cooks are familiar with one *Artemisia*, tarragon.

Don Ellis

**- CHALLENGE GRANT CONTRIBUTION -
Friends of Red Rock Canyon**

Name: _____

Address: _____

City / State / Zip Code _____

Email: _____ Home Phone: _____ Work Phone: _____

Yes, I want to join Friends of Red Rock Canyon for the coming year

____ Individual Member (\$10)

____ Family Membership (\$15) Other Family Members: _____

____ Organization / Business Membership (\$30)

____ I would like to help even more with a contribution of \$ _____

I would like to be involved in volunteer efforts:

____ Trail and stewardship volunteer _____ Educational Programs _____ Brochure or grant writer

____ Advocacy & Community outreach _____ Other (please describe) _____

My main interests in Red Rock Canyon Open Space are: _____

Please mail this membership form with your check to:

Friends of Red Rock Canyon

P.O. Box 6754

Colorado Springs, CO 80904 -6754

(Friends of Red Rock Canyon is a 501(c)(3) nonprofit organization. Contributions are tax deductible.)

CHECK YOUR MAILING LABEL!

If the upper right hand corner of the label (MEMBERSHIP RENEWAL DATE) is blank, Friends of Red Rock Canyon has not received your current membership; and this could be your last issue of the RED ROCK RAG.

Join Friends of Red Rock Canyon now and be sure to keep getting the RED ROCK RAG

Opinions expressed in THE RED ROCK RAG are those of the authors and do not necessarily reflect the opinion of the Friends of Red Rock Canyon.

WE WANT YOUR INPUT!

Letters, articles, comments may be sent to:

Rag Editor
Friends of Red Rock Canyon
P.O. Box 6754
Colorado Springs, CO 80904-6754

Electronic submissions may be sent to:

friends@redrockcanyonopenspace.org

Please send electronic text in plain text (.txt) format.

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