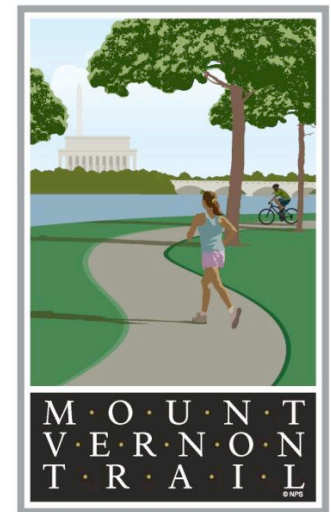
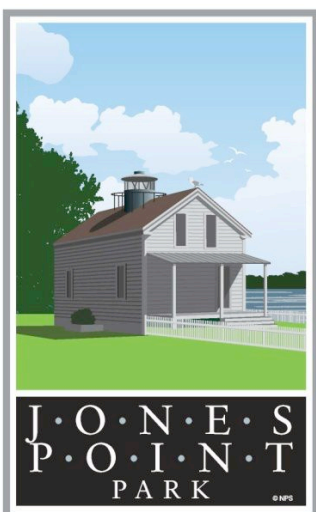
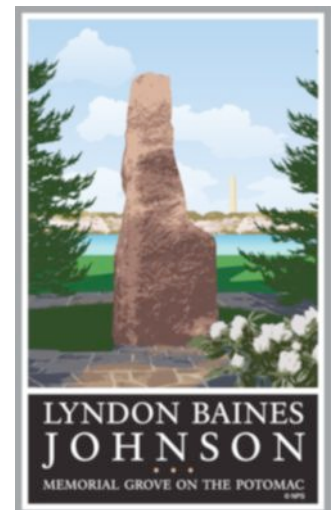
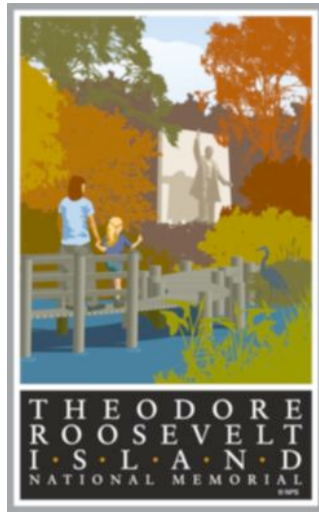
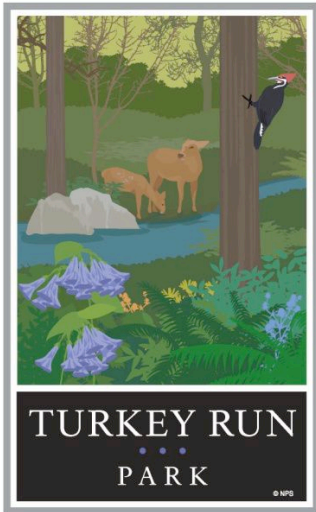


George Washington Memorial Parkway

National Park Service
U.S. Department of the Interior

George Washington Memorial Parkway
District of Columbia/ Maryland/ Virginia





Here's how:

To receive your Junior Ranger badge, finish the booklet and mail it in to:

National Park Service
Turkey Run
700 George Washington
Memorial Parkway
Turkey Run Park
McLean, VA 22101-1717

Safety:

Keep pets on leashes
Stay on the path
Do not feed the animals
Do not pick the plants
Park Police at 202-610-7500

Rules:

This book is a hard one to complete, but do as much as you can.

If you can't make it to all the sites, do some of the activities at home and try to incorporate movement in to your life as much as possible.

These parks are here for movement and relaxation. Try both and see how you feel at the end of the day.

Let's Move!

Safely...

Before exercising be sure to stretch and eat something healthy. Remember, water is a necessary part of every day, with or without exercise... so drink lots of it!

Be sure to dress for the weather:

If it's cold, wear layers.

If it's hot, make sure not to push yourself too hard.

Always make sure you have the right equipment. If you're riding a bike; wear a helmet.

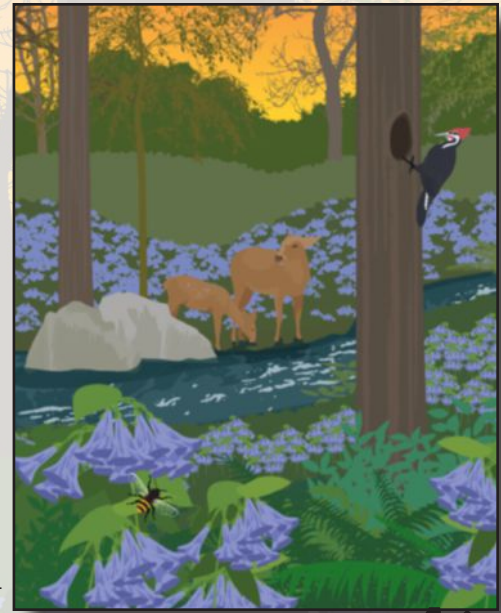
Rivers and streams can be dangerous. Be sure to stay one body length away from them at all times.



Turkey Run Park

"I went to the woods because I wished to live deliberately..." -Walden's Pond, Henry David Thoreau

Turkey Run Park contains over 700 acres of mostly forested land. Discover shaded picnic areas, access to miles of hiking trails - including the Potomac Heritage National Scenic Trail, and many plants and animals.



As you hike the Potomac Heritage Trail, look around. How many different kinds of plants can you spot? Do you see any animals? What is the weather like? Take time to really stop and look at what's around you.

Leave No Trace

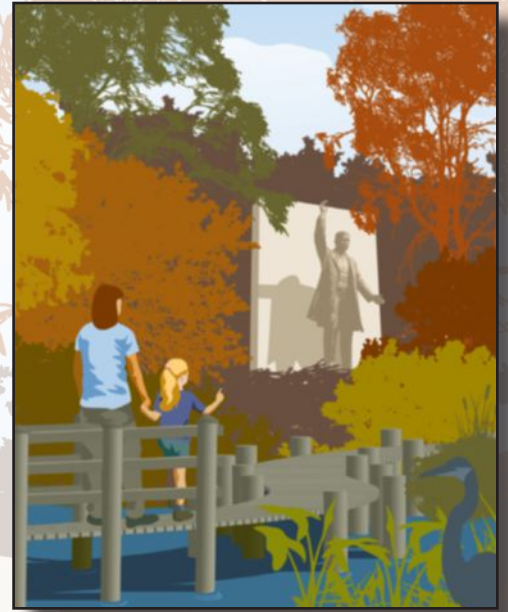
Leave only footprints, take only pictures.
Plan Ahead and Prepare
Travel on Durable Surfaces
Dispose of Waste Properly
Leave What You Find
Respect Wildlife
Be Considerate of Other Visitors



Theodore Roosevelt Island

Theodore Roosevelt Island offers easy nature walks, a presidential monument and views of the Potomac and Washington, D.C.

One of Theodore Roosevelt's greatest legacies was his dedication to conservation. Today, this island stands as a memorial to the outdoorsman, naturalist, and visionary who was our 26th President.



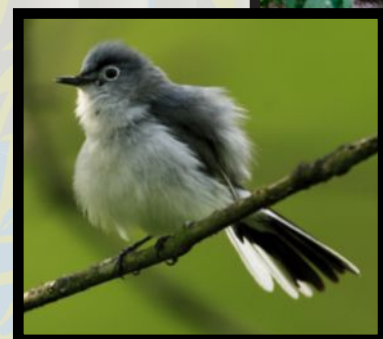
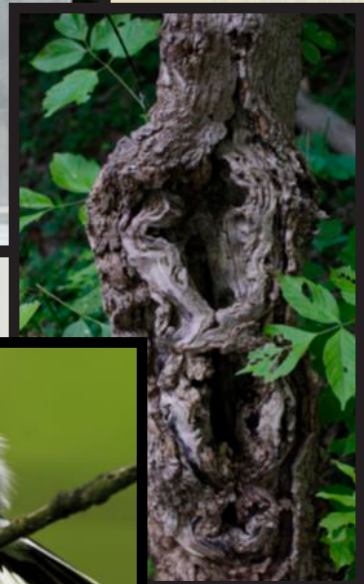
Walk around to find your story

Next time you go for a walk, bring along a camera.

Record your visit. Look for something out of the ordinary; something that could give even the person with you a different way of seeing the same things.

When you print your pictures, lay them all out and arrange them in different ways. What story do they tell?

When you have the order you like, tape or glue them to a big sheet of paper.



U.S. Marine Corps War Memorial

"Uncommon valor was a common virtue"

-Fleet Admiral Chester W. Nimitz

The United States Marine Corps War Memorial stands as a symbol of this grateful nation's esteem for the honored dead of the U.S. Marine Corps. While the statue depicts one of the most famous events of World War II, the memorial is dedicated to all Marines who have given their lives in the defense of the United States since 1775.



Be Fit! Be Active!

How far is the U.S. Marine Corps War Memorial from the Netherlands Carillon? Count your steps.

In the real world it is roughly 6,519 miles from Amsterdam, the Netherlands to Iwo Jima, Japan... here it only took you 6 minutes to walk between the two!

A big part of being a Marine is staying fit. Run a mile, how long does it take you?



The Netherlands Carillon

"So many voices in our troubled world are still unheard." - Queen Juliana

The Netherlands Carillon is a gift from the Dutch people in honor of American aid received during and after World War II. This beautiful carillon stands as a symbol of friendship between the two countries.

The area around the Carillon is home to a variety of different animals. We share these grounds with rabbits, birds, snakes, foxes, deer, squirrels, raccoons, and countless other animals.



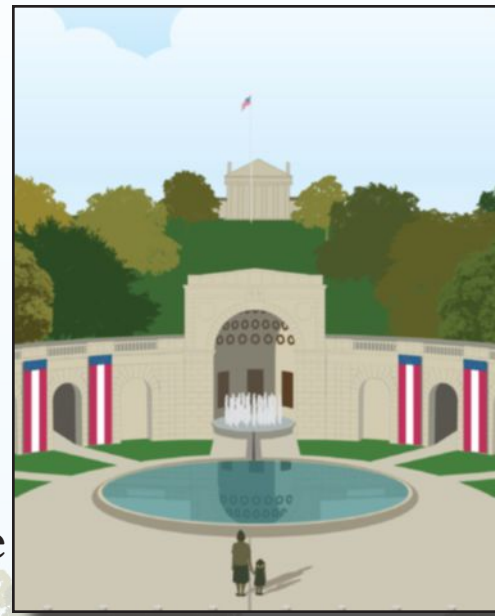
What type of animals can be found in bronze at the base of the Carillon?

What did you see today? Draw a picture, or attach a photo.



Women in Military Service for America Memorial

This memorial recognizes all women who have served in or with the United States Armed Forces—past, present and future. It documents the experiences of these women and tells their stories of service, sacrifice and achievement. The Women's Memorial makes their contributions a visible part of history.



Make a Poem

Fill in the blanks with an appropriate word, then put them together to create a poetic phrase.

	Adjective	Adjective	Verb	Verb	Noun
The Fountain					
The Memorial					
The Memorial Bridge					
The Statues					

How many steps
to the top of the
memorial?



Lyndon Baines Johnson Memorial Grove-on-the-Potomac

"If future generations are to remember us with gratitude rather than contempt, we must leave them something more than the miracles of technology. We must leave them a glimpse of the world as it was in the beginning, not just after we got through with it." -President Lyndon Johnson when he signed the Wilderness Act on September 3, 1964.

Lyndon Baines Johnson and his wife came to this spot to think and enjoy the outdoors. Being a U.S. President is a stressful job. LBJ believed in the restorative power of relaxing in nature.

It's hard to slow down but try this:

Have your friend time you to sit still for ten minutes. Close your eyes; listen to the world around you. Concentrate on your breathing. Slowly open your eyes, look at what's around you like it's the first time. Let your thoughts go.

Upon completing this exercise, in a few words write down how you feel.



Jones Point Park

The lighthouse was built in 1856 in order to keep ships from sinking in the Potomac. While visiting the lighthouse be sure to look for one of the original corner stones of D.C. which was put in place in 1791.



Fly a Kite!

There is a field at Jones Point. Bring a soccer ball and play around.

Journal

The lighthouse keeper kept detailed journals, now it's your turn!

Today's Date:

Where did you go?

Who went with you?

What was the weather like today?

If you don't have a ball try these:

Jump around
Hop on one foot
Stand up, sit down
Do jumping jacks
Try scissor jumps
Do some stretches
Do big and little arm circles
March in place slapping hands and knees.



Dyke Marsh Wildlife Preserve

"There is nothing in which the birds differ more from man than the way in which they can build and yet leave a landscape as it was before." -Robert Lynd

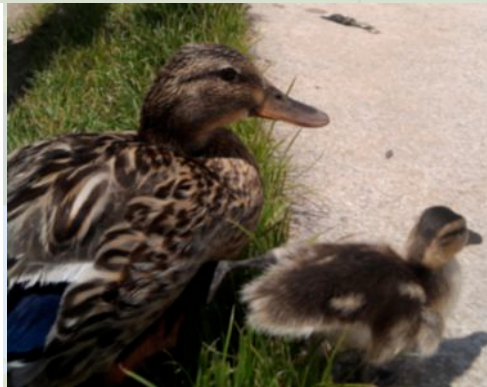
Flying High

Walk down the Haul Road and keep your eyes and ears open for our feathered friends. Nearly 300 species of birds have been observed in Dyke Marsh Wildlife Preserve.



A few things to look for on a bird-watching walk:

1. Different kinds of birds
2. Nests and eggs
3. Beak shapes and bird feet

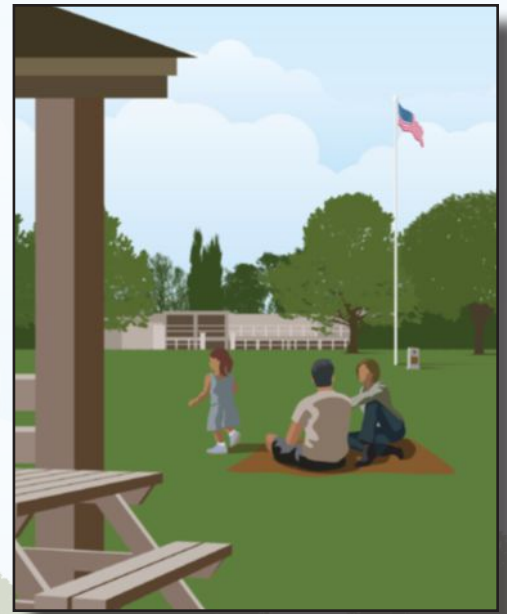


The closer you look, the more you learn...

Beak shapes show what a birds eats; long or hooked beaks for eating other animals, short and stout cone shapes to crack seeds. Feet have many different purposes like perching on twigs, running, clinging to trees, grasping food and, swimming, while color lets birds either blend in with the environment or stand out.

Fort Hunt Park

Today, the sights and sounds of picnickers camouflage the hidden history of this site. What occurred on this site frequently mirrored the political and social history of the United States. From the colonial era to the present, this site has been used as part of George Washington's farm, a Spanish-American War coastal fortification, and the setting for top-secret WWII military intelligence operations, as well as a popular picnic area along the George Washington Memorial Parkway.



Ready- Aim- Run

Go to the batteries near the entrance gate.

Start by walking to the first battery you see.

At the first battery, start to jog to the second.

Upon reaching the second battery run as fast as you can to the third. Working guns took a lot of time and speed. You are now standing where men did during the Spanish- American War, and probably just as out of breath!

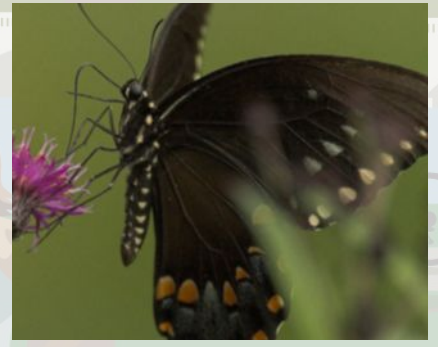
Play a Game of Baseball!



Mount Vernon Trail

In 1973, the National Park Service constructed the Mount Vernon Trail along the Potomac River. With the river as your companion, you can run, ride, or walk along this 18-mile trail stretching from Mount Vernon Estate to Theodore Roosevelt Island. Along the trail, enjoy the views of the Potomac River, picnic at Riverside Park or Belle Haven Park, visit the fortifications at Fort Hunt Park, or take a short walk into Dyke Marsh Wildlife Preserve.

As you move, how many of these can you spot?

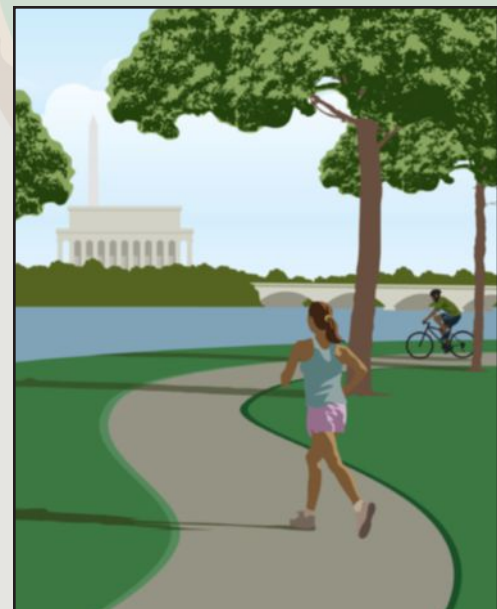


What to Bring:

- Sun protection: hat, sunscreen and, sunglasses
- Healthy snacks
- Lots of water
- Small first aid kit

For a bike trip, add these items:

- Helmet
- Tire pump, patch kit and tire levers
- You might also want to bring a camera



This is to certify that

has completed the requirements to be a



Let's Move!

Junior Ranger

on

The George Washington memorial Parkway

As a junior Ranger, I pledge to explore the wonders of the national parks, learn about the world around me, and protect the natural and cultural resources of the National Park Service.



Ranger Signature

Date