

**Rhode Island Great Outdoors Pursuit  
Event # 1 – Lincoln Woods State Park  
Presented by United Healthcare**

**All activities from 11 to 3 unless otherwise noted.**

	<b>Free Health Screenings and Appearances by Dr. Healthy Hound</b> – United Healthcare
11:00—2:00	<b>UHC/DEM Obstacle Course</b> – Free Hasbro toy - to all <i>registered</i> children under age 18 who complete the obstacle course.
	<b>Free Healthy Drink Samples</b> – Garelick Farms
	<b>Free New England Clam Chowder</b> – Blount Fine Foods (Registered families only—coupon required)
	<b>Healthy Kids Cooking Demonstration</b> – Kids First RI
	<b>Naturalist Program</b> – DEM Parks & Recreation
TBD	Try <b>ZUMBA</b> a fitness program that combines Latin and international music with dance to make exercise fun. Time: TBD
11:30, 12:30 & 1:30	<b>Let's Get Moving with Silver Sneakers</b> (Physical Activity for all Ages) (1/2 hour sessions).
	Check out books on nature, animals, health and fitness with <b>Usborne Books &amp; More</b>
	Explore environmental and nature topics like insects, plants, water quality, and wind with <b>Rhode Island 4-H</b>
	Reduced Rate <b>Horseback Riding</b> \$25 per person/hour (Limited to the first 40 Pursuit registered riders; ticket required; minimum age is 8 years old) – at Sunset Stables
	<b>Kayaking</b> \$10 per person/hour – Eastern Mountain Sports
1 - 3	<b>Fishing and Fishing Lessons</b> – DEM Division of Fish and Wildlife
11 - 12:30	<b>Trout Stocking Demonstration</b> – DEM Division Fish & Wildlife (Kid's can help stock the pond)
11:00—1:00	<b>Make &amp; Take Arts and Crafts, Music and Tunes the Turtle</b> – Coast 93.3
	<b>Tree Identification</b> – DEM Forestry Self-Guided Activity
	<b>John H. Chafee Blackstone River Valley National Heritage Corridor Information Cart</b> – featuring National Parks Service and partners with putting activity
	<b>Swimming</b> in Olney Pond Beach —Self-Guided Activity
	<b>Walking</b> around the 2.5 mile loop around Olney Pond- Self-Guided Activity
	Reduced Rate <b>Pony Rides</b> \$3 per child and <b>Equestrian Information</b> – Sunset Stables
	<b>Rock Climbing</b> with Rhode Island Rock Gym
	<b>Maple Sugaring Demonstration</b> by Blackstone Valley Sugaring Association
11:00 to 1:00	<b>Recycling Info and Appearances by MaxMan, the Recycling Super Hero</b> – Rhode Island Resource Recovery Corporation
2:00	<b>Kid's Great Outdoors Pursuit Lawn Games</b> with Ranger Rosa
3:00	<b>Raffles</b> <b>Awards: First Family Registered; Best Team Name</b>