

# The Amazing Upham Race

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**Program Purpose:** The purpose of this program is to introduce and/or review facts, skills and camp activities that participants have learned in school and/or during their Upham Woods experience in a fun, teamwork- focused

activity. This is presented in the style of the reality television show The Amazing Race.

**Length of Program:** 1½ -2 hours.

**Ideal Age:** 3<sup>rd</sup> – 12<sup>th</sup>, 10 – 18 years old

**Maximum Number of Participants:** 140

## **Objectives:**

After completion of all activities students should be able to:

- Use basic map and problem solving skills to find a location
- Describe how teamwork can help with problem-solving

**Materials:** see Appendix A

## **Teacher Preparation:**

This class can be preparation intensive; be sure to allow at least 30 minutes to set- up the individual challenges. Locate the Amazing Upham Race program bin from the Teaching Naturalist Office. Check that there is an envelope for each Location. In each envelope should be instructions, clues for the next challenge, and any materials needed for the challenge. Following the map, set out the envelopes at each location and set up any challenges. Grab one clue from each location envelope to serve as starting clues, making sure to have enough starting clues for the number of groups. In the Lodge, set up an easel/white board to write down the order the groups return and points that they accumulate to help determine the winning group.

## **Program Activities:**

### **1. Introduction:**

Gather all the participants and chaperones in the main Lodge or the Campfire Ring. Split the participants up into groups, with one adult per group. Explain that they will be traveling around camp doing various activities at stations. The goal is to do all the stations and be the first group back. Explain the following rules to the whole group:

Rules:

- They must always stay as a group.
- The speed limit is walking. Although it is a race, running may be hazardous.
- Do not sabotage the challenges for other groups. If a group is caught doing this, they will be disqualified.

Separate the adults and talk to them in the Kiwanis Room. Hand each adult leading a group a map. Explain that this map is ONLY to be used if the participants get stuck, lost, or confused. It should not be shown to the participants because it would defeat the purpose of the problem-solving aspect of the course. Also explain that at each location there are challenge directions, they will be responsible for reading the directions and assisting their group through the challenges. Once the group has completed a challenge, they should grab a clue from the envelope at each station and hold onto each previous clue they received.

To the participants, explain that with their groups, they will be traveling around camp following clues that lead them to various stations. At each station, there are different challenges that might require teamwork, problem-solving or test their knowledge of Upham Woods and the natural environment. Once they have completed the challenge, they should grab the next clue from the envelope and move onto the next station.

Explain that once the group makes it back to the location they started at, they should head to the Lodge or the Campfire Ring. Points will then be awarded based on several factors (see below). Also explain that around 1.5 hours (or 30 minutes before the end of the allotted time), all groups must meet at the Lodge or the Campfire Ring, whether they have reached all nine stations or not.

As teams return, record which place they are in or how many clues they collected. Also count the number of litter items they collected. At the Litter Pick Up station, they are instructed to gather a minimum of 5 pieces of litter, then reward 1 point for every additional item. (Ex. 6 items = 1 point, 7 items = 2 points etc.). Confirm that all the returning groups have visited all the stations by collecting their clues. If a team returns early and have skipped any stations, they must visit the stops they missed. An alternative scoring system could use factors including:

- Number of clues collected
- Creativity/performance of cheer (out of 10. Use your judgement, potentially to balance out other factors)
- Garbage collected (group that collected most garbage gets 10 points, next most gets 8, etc.)
- Teamwork (out of 10, determined by adults/counselors)

*To begin*, hand each group their first clue. Each group should have a different clue: Group 1 starts with Clue A, Group 2 starts with Clue B, etc. Once each group has a starting clue, send them on their way.

## **2. Amazing Upham Race Guide**

Extra maps, clues and location directions are included at the end of this lesson plan in Appendix C.

### **Additional Information**

If there are more than 9 groups, hand out clues as normal, but set up a road block challenge at the picnic tables or on the path between the Voyageur Boat House and the Campfire ring. The Road Block will consist of a bench with the road block sign. When a group encounters a Road Block sign, they are stuck at that spot for 2 minutes. More Road Block challenges can be set up around the course if there are more than 9 groups.

### **Additional/Optional Activities**

Winter options: If there is substantial snow on the ground, snow shoveling of walkways (one shovelful per group member) can be substituted for Litter Pick Up.

**Appendix A: Materials**

- Location A: Green Picnic Benches envelope: Bull Ring directions, Bull Ring rope, bucket, whiffle ball, Campfire Ring clues.
- Location B: Campfire Ring envelope: Nature Trivia directions, Nature Trivia question sheet, Nature Center clues
- Location C: Nature Center envelope: Turtle Tell all directions, River Appreciation clues.
- Location D: Scenic Overlook envelope: River Appreciation directions, Group Initiatives clues
- Location E: Pollinator Garden envelope: Group Initiatives directions, Group Cheer clues
- Location F: Grassy Field envelope: Group Cheer directions, Litter Pick Up clues.
- Location G: Bathhouse/Pelican envelope: Litter Pick Up directions, garbage bags, Circle of Life Clues
- Location H: Cabin Hill Field Picnic Bench envelope: Circle of Life directions, hula hoop, Mystery Location Clues
- Location I: Ranger Mac Benches envelope: Mystery Location directions, Nature Trivia Clues

**Appendix B: Standards Alignment**

WI Academic Standards

Physical Education

- 5:2:B2
- 5:2:B7

**Appendix C: Additional Materials**

See following pages for maps, challenge directions, and clues if extra copies are needed. All these materials can also be accessed in the share\_drive under Amazing Upham Race lesson folder.

Amazing Upham Race				
	<u>Clue received</u>	<u>Location</u>	<u>Activity</u>	<u>After completion, receive this Clue:</u>
1	Bull Ring	A: Green Picnic Benches	Bull Ring	Nature Trivia
2	Nature Trivia	B: Campfire Ring	Nature Trivia	Turtle Tell All
3	Turtle Tell All	C: Nature Center	Turtle Tell All	River Appreciation
4	River Appreciation	D: Wood Patio behind NC	River Appreciation	Group Initiatives
5	Group Initiatives	E: Pollinator Garden	Group Initiatives	Group Cheer
6	Group Cheer	F: Grassy Field	Group Cheer	Litter Pick-Up
7	Litter Pick Up	G: Bathhouse/Pelican	Litter Pick Up	Circle of Life
8	Circle of Life	H: Cabin Hill Field Picnic Bench	Circle of Life	Mystery Clue
9	Mystery Clue	I: Ranger Mac Benches	Mystery Clue	Bull Ring

- Participants must always stay as a group.
- The speed limit is walking. Although it is a race, running may be hazardous.
- Do not sabotage the challenges for other groups. If a group is caught doing this, they will be disqualified.

**Rules:**

**Amazing Upham Race  
Course Map**



## Location Directions

### Green Picnic Benches: Bull Ring Challenge

Directions: Explain that this activity may require teamwork and communication. Lay out the metal ring with the strings spread out. Instruct the participants to grab one string (if there are extra strings, have participants grab more than one string), keeping the metal ring on the ground. Place the ball on the metal ring.

The goal of this activity is to get the ball into the can. If the ball touches the ground, participants must start over from the start line (behind the Pelican). If the participants touch the can, they must start over.

Once the ball has made it into the can, the challenge is complete! Reset the metal ring and ball on the other side of the starting line. Give the participants the clue to the next challenge, which is found in the envelope.

### Campfire Ring: Nature Trivia

Directions: The group must correctly answer 10 nature trivia questions. If they do not know the answer or answer incorrectly, tell them the correct answer. Once 10 questions have been answered, grab the clue to your next location.

1. What is the process plants use to make food? *Photosynthesis*
2. What kind of stone is most prevalent around camp and on Black Hawk Island? *Sandstone*
3. Lichen is formed by a symbiotic relationship between \_\_\_\_\_ and \_\_\_\_\_?  
*Fungus and Algae*
4. Which type of oak tree has rounded leaves? *White Oak*
5. Which type of oak tree has pointed leaves? *Red Oak*
6. What do herbivores eat? *Plants*
7. What is the center of a tree trunk called that gives the tree its strength? *Heartwood*
8. What is the most common bat species in Wisconsin? *Little Brown Bat*
9. How many mosquitoes can one bat eat in one hour? *600*
10. What is a female deer called? *A doe*
11. What is the name of the process a butterfly goes through to turn from a caterpillar to a butterfly? *Metamorphosis*

12. What type of tree is typically tapped to collect sap to produce syrup? *Sugar maple*
13. What is the biggest fish in the Wisconsin River? *Sturgeon*
14. Which plant is invasive to Wisconsin – garlic mustard or poison ivy? *Garlic mustard*
15. What type of woodpecker makes holes in trees that are rectangle shaped with rounded corners? *Piliated woodpecker*
16. Where do foxes live? *Dens called 'earths'.*
17. How many legs do spiders have? *Eight*
18. How many trees are saved by recycling 1 ton (2000 pounds) of paper? *17*
19. What do schools spend more money on – textbooks and computers OR energy? *Energy*
20. How fast can a Peregrine Falcon dive? *200 mph*
21. What type of tick carries Lyme's Disease? *Deer Tick*
22. What do carnivorous plants eat? *Insects*
23. What is Wisconsin's state flower? *Blue Violet*
24. What are the two main kinds of trees you can find at Upham? *Coniferous and Deciduous*
25. How fast can Sandhill Cranes fly? *Average 50 mph*

### Wood Patio: River Appreciation

Directions: Explain to the group that observation skills are a key part of being able to understand and respect nature. To complete this challenge, they must be able to look very closely at the ecosystem around them.

Have the students work together to find one thing that fits into each of the categories below, and if possible, take a picture of everything together. Once the picture is taken, or the group adult determines that everything on the list has been found, carefully return all items to where they were found and grab the next clue!

Reminder!! Do not harm nature, living or not. If moving an item would hurt or break it, do not pick it up.

1. Something green
2. Something soft
3. Something unexpected
4. Something crunchy
5. Something you think is pretty
6. Something round
7. Sign of wildlife
8. Something you have a question about

9. Something really old
10. Something an animal could eat
11. Something that makes a sound
12. Two different kinds of leaves
13. Something you've never seen before
14. Something yellow
15. Something rough

### Pollinator Garden: Group Initiatives

Directions for Adult: Explain to the group that they will be playing a game called the 'human knot.' If the group is larger than 10, split into two (or three) groups. Explain the following rules:

- Stand in a circle, shoulder to shoulder with everyone participating.
- Reach out both arms and grab two hands across the circle. Double check that you are not holding both of one person's hands.
- Once everyone is holding hands, begin to untangle arms. This can be done by going over and under arms, or any other appropriate means, without letting go of each other.

The goal is to end up in a perfect circle, holding hands with the person on either side of you. If this does not happen within about 5 minutes, you can end the game and congratulate them for where they got. You may also give them the option to continue working on the challenge.

This game does involve a decent amount of physical contact via hand holding, so any participants that are not able to or are not comfortable with holding hands can be assigned the role of 'outside coordinator.' The outside coordinator then has the role of verbally helping the group determine what can be done to achieve the goal.

Once the group has successfully completed the challenge or spent more than 5 minutes working on the challenge, retrieve the next clue from the envelope.

### Grassy Field: Group Cheer

Directions: The group must come up with a group name and a cheer, dance, or spirit routine. All group members must be involved in the routine.

Once the group comes up with a name and cheer, dance or spirit routine, they must perform the whole thing for the adult of the group. The group must also perform the

routine to the whole group and an Upham Staff member at the end of the race. Warning! There will be points associated with this challenge. Upon completion, retrieve the next clue from the envelope.

### Bathhouse/Pelican: Litter Pick up

Directions: Litter is trash that is left lying in an open or public place. Litter can be thrown on the ground either intentionally or unintentionally. Your job as good stewards of the environment is to help combat this problem. Plus, it's actually Wisconsin Law to pick up litter you find! Throughout the rest of your travels through the Amazing Upham Race, pick up a minimum of 5 pieces of litter as a team. Points will be awarded at the end of the race for how much litter was collected!

Grab the next clue from the envelope and **don't forget to pick up litter** as you travel!

### Sunset Rock: Circle of Life

Directions: Have participants hold hands, forming a circle. Have two participants release hands, place the provided hula hoop on one of their arms and have them hold hands again. The hula hoop should now be a part of the circle.

The goal of this activity is to get the hula hoop around the circle. The participants must continue to hold hands throughout the whole activity; if they let go of hands, the hoop must start over.

Once the hula hoop has made it around the entire circle, have participants share what qualities of teamwork were needed to make this activity successful. Once they have answered, return the hula hoop where you found it and get the next clue from the envelope.



## Course Clues

**Nature Trivia:** Upham Woods is the perfect place to learn about nature and the world around you. Your next challenge will test your knowledge of plants, birds, insects, mammals, and aquatic critters! Go to our main meeting spot, and the best place to make s'mores.

**Group Initiatives Clue:** To solve a problem you must use creativity, teamwork, and communication. Your next location will challenge all three! Find our pollinator garden near the basketball court to learn more.

**Turtle Tell All Clue:** Many animals are considered indicator species. What does this mean? An indicator species is an animal that starts to show signs of ill health before the habitat it lives in shows signs of trouble. Turtles can be good indicator species, and some of the turtles here at Upham Woods would love to tell you all about it.

**River Appreciation Clue:** There are lots of exciting things to see in the water, from aquatic plants to fish, birds, bugs, and even beavers! Your next challenge location is the scenic overlook, where you'll have a great view of the river and everyone who lives there.

**Bull Ring Clue:** We hope that you are starting to work better as a team with your group. Now is the time to prove it! This challenge is located near our boat launch, at one of the greenest spots to eat lunch.

**Mystery Clue:** The key to your next challenge is found at a Mystery Location. Your group must work together to figure out the location using the following poem:

The Riverbend Trail is a must,  
Though the cabin hill stairs you too can trust.  
These benches look out northeast on the river  
gorgeous views of wildlife they may deliver.

**Circle of Life Clue:** A circle is round, it has no end, that's how long I want to be your friend. All good friends use teamwork; your next clue will hopefully test that teamwork. Head to a field on Cabin Hill to find out!

**Litter Pick-Up Clue:** It's important that you leave camp better than you found it – that means picking up any trash that you see. For your next challenge, go to the big trash can that is named after a bird.

**Group Cheer Clue:** Your camp experience wouldn't be complete without an evening of singing campfire songs and performing hilarious skits. At your next location, you'll have a chance to show off your camp spirit and come up with a performance of your own. Find a large field filled with grass and sand for your next challenge.

### Set – up Directions

1. Locate the Amazing Upham Race program bin and the nearby hula hoop.
2. Follow this chart and the material list to make sure each location has the correct

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materials.

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