

# 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. Pick up the “Bull Ring” initiative from the Peanut Butter Mountain supplies. 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. 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.

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. The first group back to the Lodge wins. A group can also win by points; points are awarded at the Litter Station and the Group Cheer station. Also explain that around 1.5 hours (or 30 minutes before the end of the allotted time), the naturalist will blow a whistle or blow-horn to signal that all participants should head back to the lodge. In the event of this situation, the winning group will be the group that got through the most challenges in that time frame.

*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.

As teams return back, record which place they are in. Also count the number of litter items they collected. At the Litter Station, they are instructed to gather a minimum of 5 pieces of litter, 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 they have skipped any they must go visit the stations they missed.

2. Amazing Upham Race Guide

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

Amazing Upham Race				
	<u>Clue received</u>	<u>Location</u>	<u>Activity</u>	<u>After completion, receive this Clue:</u>
1	Craft Building	A: Craft Building	Nature Trivia	Navigation
2	Navigation	B: Campfire Ring	Litter Pick up	Creativity/Teamwork/Communication
3	CTC	C: Volleyball/Basketball court	Group Initiatives	Turtle Tell All
4	Turtle Tell All	D: Nature Center	Turtle Tell All	Sand
5	Sand	E: Playing field	Group Cheer	Bull Ring Clue
6	Bull Ring Clue	F: Bathhouse	Bull Ring	Mystery
7	Mystery	G: Ranger Mac Benches	Mystery Location	Teamwork
8	Teamwork	H: Field on Cabin Hill	Circle of Life	Raptor
9	Raptor	I: Raptor Mew (Scenic Overlook)	Types of Raptors	Craft Building

3. 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 1: Craft Building envelope: Nature Trivia sheet, Map Reading Clues
- Location 2: Campfire Ring envelope: Litter Pick Up directions, Creativity/Teamwork/Communication Clues
- Location 3: Volleyball/Basketball Court envelope: Group Initiatives directions, rope, three stuffed animals, Turtle Tell All clue
- Location 4: Nature Center (Turtle Tell All): Sand clue
- Location 5: Playing Field envelope: Group Cheer directions, Bull Ring clue
- Location 6: Bathhouse envelope: Bull Ring directions, Bull Ring initiative, Mystery clue
- Location 7: Ranger Mac Benches: laminated mystery location sign, Teamwork clue
- Location 8: Cabin hill field: Circle of Life directions, two hula hoops, Raptor clues
- Location 9: Raptor Mew/Scenic Overlook: Correct Raptors sheet, Craft Building clue

### **Appendix B: Standards Alignment**

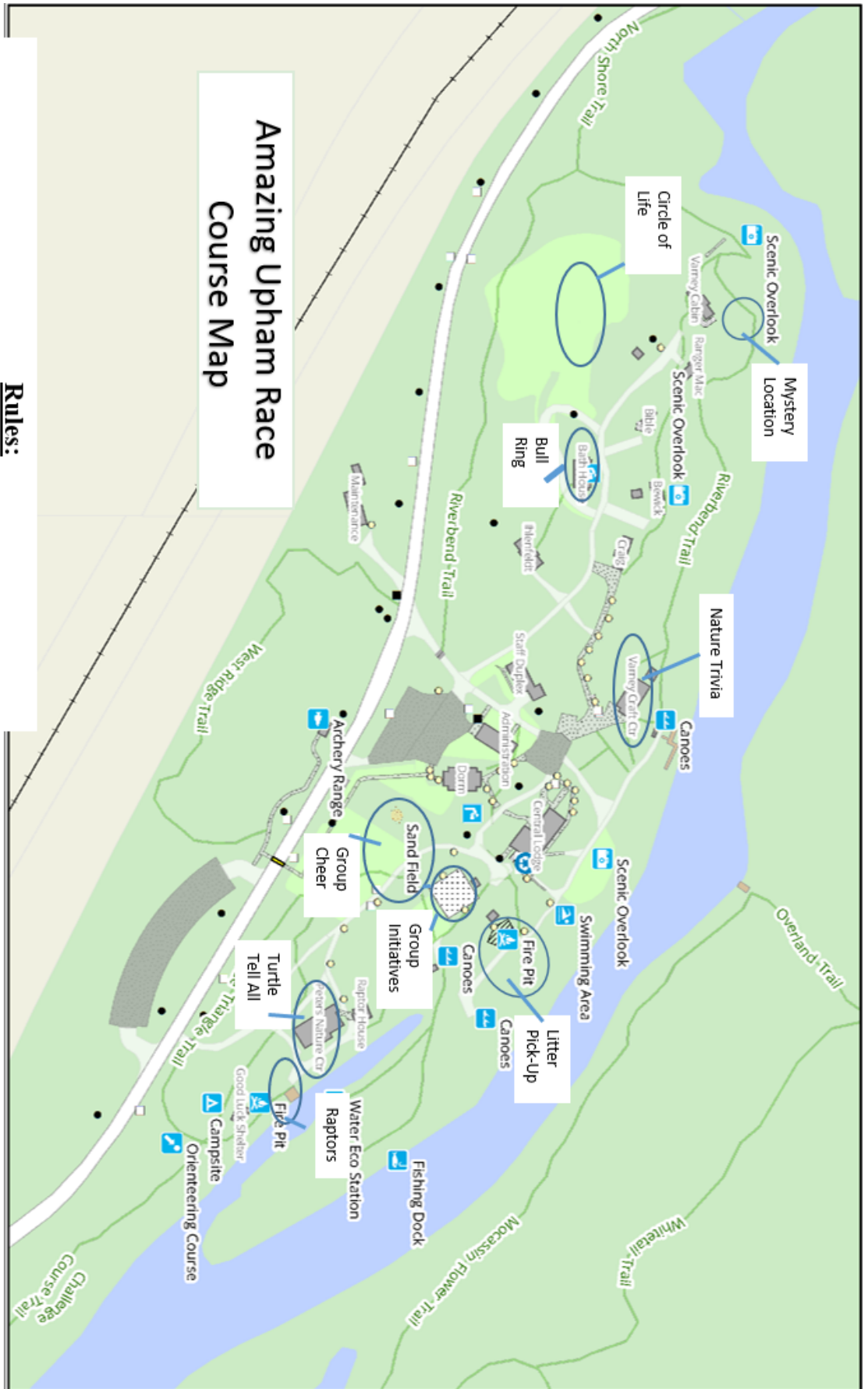
#### WI Academic Standards

#### 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 of these materials can also be accessed in the share\_drive under Amazing Upham Race lesson folder.



**Rules:**

- 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.

## Location Directions

### Craft Building: Nature Trivia

Directions: The group must correctly answer 10 nature trivia questions. If they don't know the answer or answer incorrectly, tell them the correct answer. Once 10 questions have been answered, give the group the clue to the next challenge: Map Reading Challenge.

1. Which layer of a tree's bark is responsible for the annual rings? *Cambium*
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 in one hour? *600*
10. How long do Dobsonfly adults live? *About 2 weeks*
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 maple syrup? *Sugar maple*
13. Name two different raptor types? *Any two of: owls, hawks, osprey, falcons, eagles*
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. What Wisconsin fish species has been around for almost 100 million years? *Lake Sturgeon*
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. Name a carnivorous plant found in marshes in the midwest? *Sundew*
24. What type of rattlesnake is found in Wisconsin? *Timber Rattler*
25. How fast can Sandhill Cranes fly? *Average 50 mph*

### Campfire Ring: 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, as a team, pick up a minimum of 5 pieces of litter. Points will be awarded for every piece of litter beyond 5 that the group has picked up by the end of the course. (Example: 6 pieces = 1 point, 7 pieces = 2 points etc.)
- Grab the next clue from the envelope and **don't forget to pick up litter** as you travel!

### Volleyball/Basketball Court: Group Initiatives

Directions for Adult: Blindfold one participant so you are sure they cannot see. Have the other group members stand behind the rope starting line. Throw or set out all three stuffed animals approximately 30 feet from the starting line.

Explain to the group that the members behind the starting line are to give verbal commands to the blindfolded participant. The goal is to "rescue" one of the stuffed animals (adult's choice) and bring it back to the starting line. If the blindfolded participant touches any of the other two stuffed animals, they are booby trapped and have to start back at the finish line, and a new participant must be picked to be blindfolded.

Once the group has successfully completed the challenge, reset the stuffed animals back to the starting line for the next group and retrieve the next clue from the envelope.

### Sand Playing Field: Group Cheer

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

Once the group comes up with a name, cheer, dance or spirit routine, they must perform the whole thing for the adult of the group. Upon completion, retrieve the next clue from the envelope.

**FIVE** Points will be awarded to every group that sends a picture or video of their group cheer to [uphamwoods@extension.wisc.edu](mailto:uphamwoods@extension.wisc.edu) with the subject line Amazing Upham Race.

### Bathhouse: 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 (behind the Pelican). Give the participants the clue to the next challenge, which is found in the envelope.

### Circle Field on Cabin Hill: Circle of Life

Directions: Have participants holding 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

Craft Building Clue: Learning occurs in really interesting places outside of the classroom. Hopefully you were paying attention to all the learning you were doing in the Lavatory, because your next challenge involves some of that information. Go to the shelter behind the Craft Building to test your knowledge.

Navigation Clue: Your group must use basic navigation skills to find the next challenge location.

- Go to the north side of the Lodge and face north.
- Walk approximately 30 steps to the north.
- Stop on the blacktop trail and face east.
- Walk approximately 80 steps to the east on the blacktop trail to find the location of the next challenge.

Creativity/Teamwork/Communication Clue: To solve a problem you must use creativity, teamwork and communication. Your next location will hopefully challenge all three of these! Head to the volleyball/basketball court to find out what your next challenge will be.

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.

Sand Clue: Now go back to the front entrance of the Nature Center and turn left. Your next challenge awaits you where you find quite a bit of sand.

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 hidden just outside of a place up on cabin hill that you use to get clean every day.

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.

Teamwork Clue: A circle is round, it has no end, that's how long I want to be your friend. All good friends use teamwork; a good place to test that teamwork is at the Circle Field on Cabin Hill. Head that way for your next challenge.

Raptor Clue: Raptors are an important part of the ecosystem. Some ways raptors contribute is by reducing rodent and fish populations which keeps the ecosystem in check. The next challenge will test your knowledge of these majestic birds. Directions: Find Stella and Beauty in their mew (home) near the Nature Center for your next challenge.

Raptor Clue: Raptors are an important part of the ecosystem. Some ways raptors contribute is by reducing rodent and fish populations which keeps the ecosystem in check. The next challenge will test your knowledge of these majestic birds. Directions: Find Beauty in her mew (home) near the Nature Center for your next challenge.



Set – up Directions

1. Locate the Amazing Upham Race program bin.
2. Gather the Bull Ring Initiative from the Peanut Butter Mountain supplies and 2 hula hoops.
3. Follow this chart and the material list to make sure each location has the correct materials.

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- Location G: Ranger Mac Benches: laminated mystery location sign, Teamwork clue
- Location H: Voyageur Boat House envelope: Circle of Life directions, two hula hoops, Raptor clues
- Location I: Nature Center (blue room) envelope: Correct Raptors sheet, Craft Building clue