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Monthly Insight into the Elizabeth Park & Rec District

EPR connections

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Dog Waste Problem in Evans Park

While we all love bringing our dogs for a walk in the park, the increasing level of dog waste being found throughout Evans Park is unacceptable and raising significant concern. Evans Park is a very active park for both people and dogs, and as long as park rules requiring dog owners to pick up dog waste are followed by all, we can continue to maintain a clean environment that we all can enjoy. Unfortunately this is not occurring.

We have installed a number of dog waste bag stations throughout the park over the last couple years and ensure they are always stocked, so please be sure to use them and help us keep the park clean and safe for all. Also, please remember that no dogs are allowed on athletic fields, because of those that do not pick up their dog waste. Nobody wants to step or fall in a pile of poop while playing soccer or tracking a fly ball.

Thanks to the majority of you that already regularly pick up all your dog's waste, and please help us educate others on this important need. If you see someone not picking up after their dog, just give them a quick reminder. Thanks.

BIG GAME DAY 5K RUN / WALK February 2, 2020 – 10am START

Come on out on Superbowl Sunday before the big game and join friends and neighbors for a fun pre-game community event for a great cause!

In partnership with the Cardinal Club, EPR is hosting this fun run / walk and pancake breakfast to raise funds to support local student athletes pursuing college educations. With close to 100 participants last year, we expect to see another great turnout for this wonderful cause.

The course meanders through Evans Park and then takes participants across County Road 17 and into Casey Jones Park to finish up at the Casey Jones Pavilion for a free pancake breakfast. Non-participants can join the pancake breakfast for a small donation. The full course includes sidewalks, park trails, open grass areas, and uneven terrain that may not be suitable for all participants. There are short cuts available however that eliminate some of the more challenging sections off of the hard surfaces, making the event appropriate for all individuals regardless of ability. The course will likely have snow in some areas on race day as well. As such, some areas of the course may not be suitable for strollers. It's a fun run / walk though, not a competitive event, so all participants are encouraged to move at a comfortable and safe pace rather than pursue their PR.

Online Registration is available at www.elizabethpr.com through Friday, January 31 for \$30. Day-of registration will be available at Evans Park from 9am-9:45am for \$35.

Program Registrations – NOW OPEN

Spring Soccer

Ages: 4-12 Fee: \$60 Dates: 3/28 – 5/16

This is a recreational league for players of all levels. Games played on Saturdays at Evans Park with practices during the week.



Youth Baseball / Softball

T-Ball / Rookies (Co-Ed)

Ages: 4-6/6-8 Fee: \$50/\$60 Dates: 5/2 – 6/27
All games played in Elizabeth

Minors / Majors (Co-Ed)

Ages: 9-12 Fee: \$115 Dates: Mid-April through June
Player Assessments to Determine Division: 4/3 & 4/4
Away Games played outside of Elizabeth

Babe Ruth Baseball (Co-Ed)

Ages: 13-16 Fee: \$200 Dates: Mid-May through June
Away games played outside Elizabeth

Parker Girl's Softball

Ages: 10U / 12U Fee: \$99 Dates: Mid-May – July
All games are played in Parker

Adult Open Gym – Basketball

Thursday evenings from 7-9pm at Frontier High School through April

Adult Dodgeball Tournament – Feb 22, 2020
Get in on the fun! - Call the Park Office for more info

Youth Theatre Camp

EPR is bringing the internationally recognized Missoula Children's Theatre Group to town for a local production of *The Emperor's New Clothes*. All youth ages 6-18 interested in playing a role in the play or being a part of the production should register now as space is limited. Assistant Directors also needed ages (12-18). Rehearsals will take place the week of July 20th from 10am-2:15pm, with two public performances for the community on 7/25 at Legacy Academy. Cost is \$85 and District residents receive a \$10 discount. Call the Park Office for more info.



EPR Office Staff with Santa

Quote of the Month

“The playing adult steps sideward into another reality; the playing child advances forward to new stages of mastery”

- Erik Erikson

Message from the Director

Do you and your family play outside?

I read an article recently that reported nearly half of all Americans did not recreate in the outdoors in 2018. I have to say, I was shocked. Imagine, not playing outside for a year! The story further shared that only 18% play outdoors at least once a week. I am really glad that I live and work in a community where I know that percentage is much higher, though the article really tugged at me to do all I can to promote playing outside even more. Play is certainly a general term and can include everything from riding your horse, walking in the park, gardening, fishing in the pond, or playing a game of touch football. The type of play is unimportant, the act of choosing to be in the outdoors is the key. Within the article, Lise Aangeenbrug, the Executive Director of the Outdoor Foundation, shared that, “Study after study indicates that time spent outdoors, particularly active time outdoors, can help us improve our mental health, physical health, academic outcomes, and more. We should really be concerned as a nation that we are becoming an indoor nation”. I hate to be the “back when I was a kid...” guy, so won't go there, and I recognize there is a lot more very entertaining technology available to all of us indoors in the present times, but lets be sure to never forget the unique and enriching benefits and the inherent value of breathing fresh air and losing ourselves in play in the great outdoors.