



Shape Up! Junior Ranger



How does it work?

Hello there, Junior Ranger! My name is Old Abe and I'm the mascot of the 8th Wisconsin Infantry - a group of soldiers who fought here at Vicksburg over 150 years ago! I'm back in Vicksburg with one goal in mind - to challenge you to shape up, Junior Ranger!

Just as it was important for Civil War soldiers to be fit and strong, it's important for you to be active and exercise your body and mind so you will be at your best! We'll go on adventures through Vicksburg National Military Park and your own community to shape up, explore the world around us, and learn a few things as we go! You can do this with three easy steps:

Exercise → **Earn Stamps** → **Get Rewards**

Are you up for the challenge?



Three Ways to Earn Stamps

① Exercise!

Go for a walk, a hike, or bike ride at Vicksburg National Military Park. Record how long you exercised in your logbook (have an adult help you total your time). Add up your time. For every 5 hours you walk, you earn one stamp.

② Events!

Enter a fun run! Join a Park Ranger for a hike! Attend a Shape Up Vicksburg event. Your community has many fun events that you can be part of. It's a great way to meet new friends, see new places and learn new things! Earn a stamp for each event you attend.

Go to: www.nps.gov/vick/forkids/shapeup-events.htm for a list for upcoming events!

③ Missions!

Your mission, should you choose to accept it, is to get fit and explore! Visit www.nps.gov/vick/forkids/shapeup-mission.htm to get your monthly assignment. Will you go on a scavenger hunt to explore mysterious parts of Vicksburg National Military Park? Or perhaps you will go on a search at the *U.S.S. Cairo* for clues.

Go undercover, Junior Ranger, and earn a stamp for each mission you complete!

Get Rewards!

The more stamps you earn, the higher your rank. The first rank you will earn is Private. With each level, you move up in rank until you achieve the highest recognition - the rank of Lieutenant General!

When you have completed any of the activities listed previously, see a Park Ranger to get your book stamped! Once you earn a sufficient number and type of stamps (see list), return to a Park Ranger to receive your new rank and reward.



Ranks

Becoming a private in the Shape Up, Junior Ranger Army is simple! Just take this logbook and start recording your physical activities. By doing an activity, you will earn a stamp. Earn enough stamps and you will move up in rank and get a reward!

Ranks you will earn:

Private

1 stamp



Sergeant

3 stamps



Corporal

2 stamps



Lieutenant

5 stamps



Captain



7 stamps (2 from missions)

Major



9 stamps (1 from event)

Colonel



12 stamps (3 from missions)

Brigadier General



15 stamps (4 from missions)

Major General



20 stamps (5 from missions)

Lieutenant General



25 stamps (4 from events)



Safety First!



Let's shape up the right way by following these simple safety tips:

1. Don't overdo it! A short distance seems much further in the park's hilly terrain.
2. Don't exercise in the hottest part of the day. During the summer, the heat and humidity can exhaust even the strongest athlete. Drink lots of water!
3. Wear proper shoes. The wrong shoes can cause foot, leg, and back problems.
4. Take a buddy and know your route. Never walk alone.
5. Stay on the trail. By walking in tall grass you may encounter ticks, chiggers, or fire ants.
6. When walking after sunset, always wear light colored clothing so you are visible to cars.





For Parents

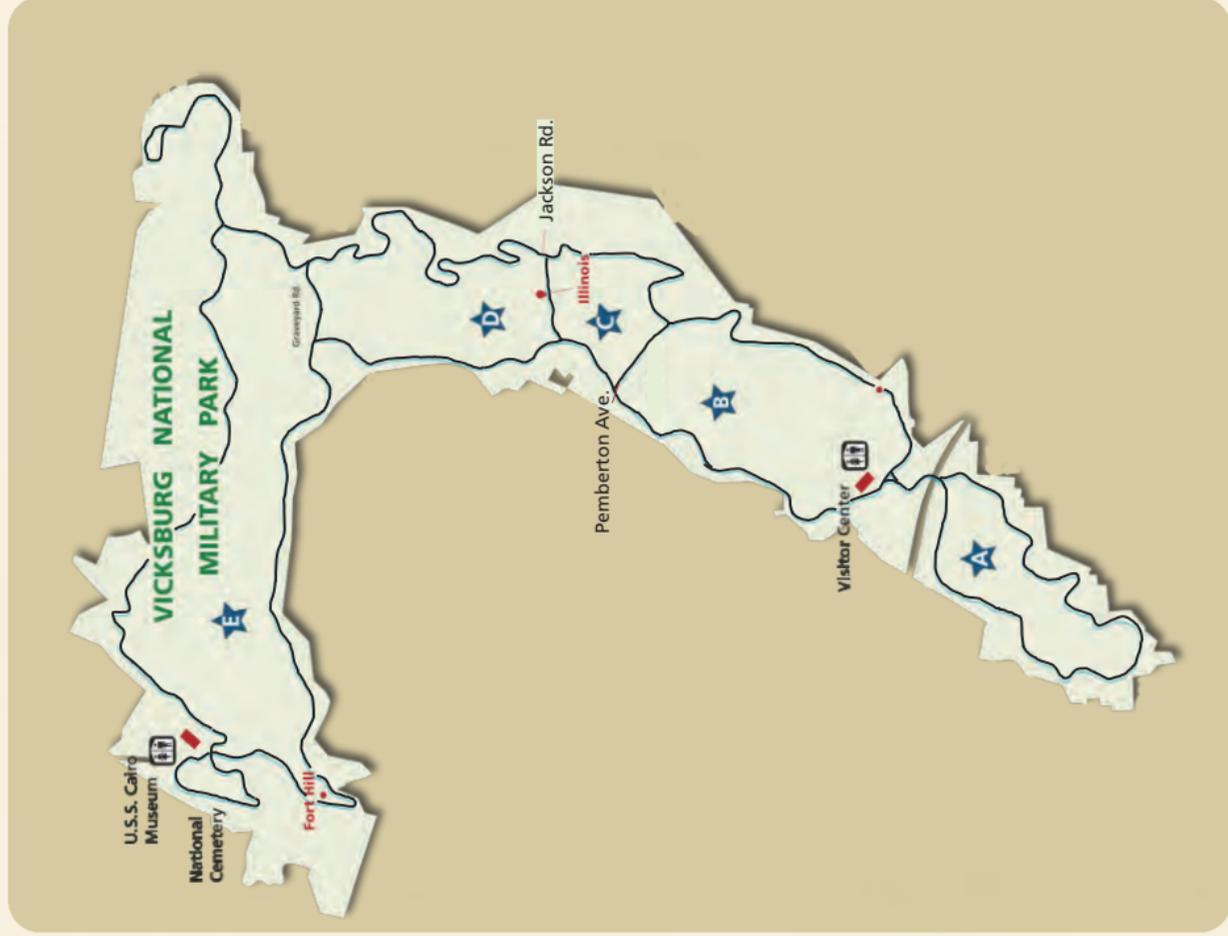
Thank you for involving your Junior Ranger in the lifelong journey of fitness! Studies have shown that keeping physically active not only improves health, but can help children perform better in school. Starting a fitness program is a lifestyle change that is best supported when the whole family is involved. To encourage families to get out and get healthy together, each Junior Ranger enrolled in this program may present this book at the park entrance station to **waive the fee for themselves and their chaperone.**

What are you waiting for?
Let's shape up together!



Finding Your Way

Use this map of the park to plan your adventure. On the next page you will find a description of each of the routes including distances.



Routes and Distances

(Always walk against the flow of traffic)
(Cyclists should ride with the flow of traffic)

A 3.0 miles

From Visitor Center parking lot, under Clay Street and around South Loop back to Visitor Center.

Difficulty: medium

B 2.75 miles

From Visitor Center parking lot, take Confederate Avenue until you reach Pemberton Avenue. Turn right onto Pemberton and right again when you reach Union Avenue. Take Union until you arrive back at Visitor Center Parking Lot.

Difficulty: low

C 3.45 miles

Visitor Center along Confederate Ave. to the dirt road just past stop 11. Past the Illinois Monument then right on Union back to the Visitor Center.

Difficulty: medium

D 6.0 miles

From Visitor Center parking lot to Confederate Avenue. Turn right on Grave - yard Road, then right again on Union Avenue back to the Visitor Center.

Difficulty: challenging

E 10.5 miles

From Visitor Center parking lot, around the entire park and back to the Visitor Center (*less South Loop and Grant's Circle*).

Difficulty: most challenging route

Mission

SAMPLE

ASSIGNMENT:

How many steps does the Illinois monument have? Climb to the top to find out? What's the significance of the number?

LOCATION:

Illinois monument

HOW I FELT:

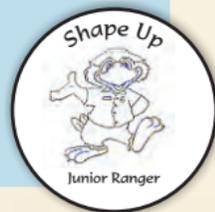


answer

There are 47 steps on the Illinois monument.

Each step represents a day of the 47 day siege.

stamp



Mission

ASSIGNMENT:

LOCATION:

HOW I FELT:



answer

stamp



Mission

ASSIGNMENT:

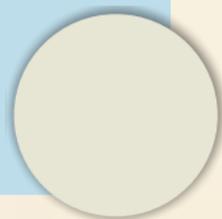
LOCATION:

HOW I FELT:



answer

stamp



Mission

ASSIGNMENT:

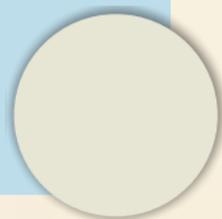
LOCATION:

HOW I FELT:



answer

stamp



Mission

ASSIGNMENT:

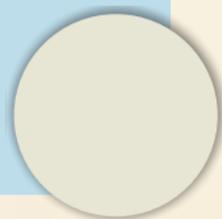
LOCATION:

HOW I FELT:



answer

stamp



Mission

ASSIGNMENT:

LOCATION:

HOW I FELT:



answer

stamp



Need more pages? Print more from www.nps.gov/vick/forkids/shapeup.htm

Exercise

	sample					
Date	2/13/12					
Description	walked in park					
Start Time	9:15					
End Time	10:15					
How I Felt						
						Total Hrs.

Stamps

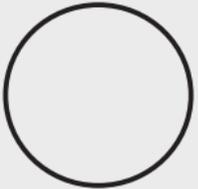
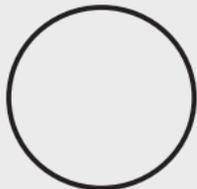
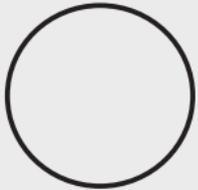
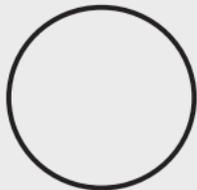
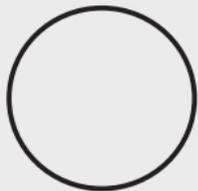
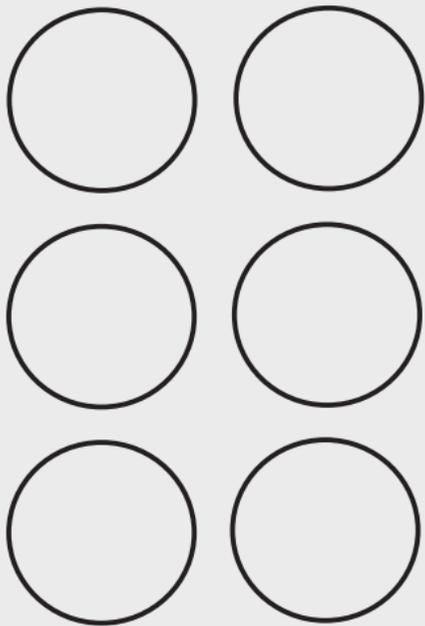
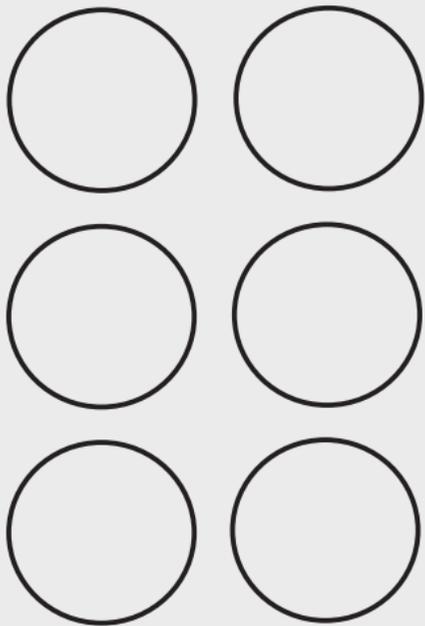


Photo or drawing from a walk.

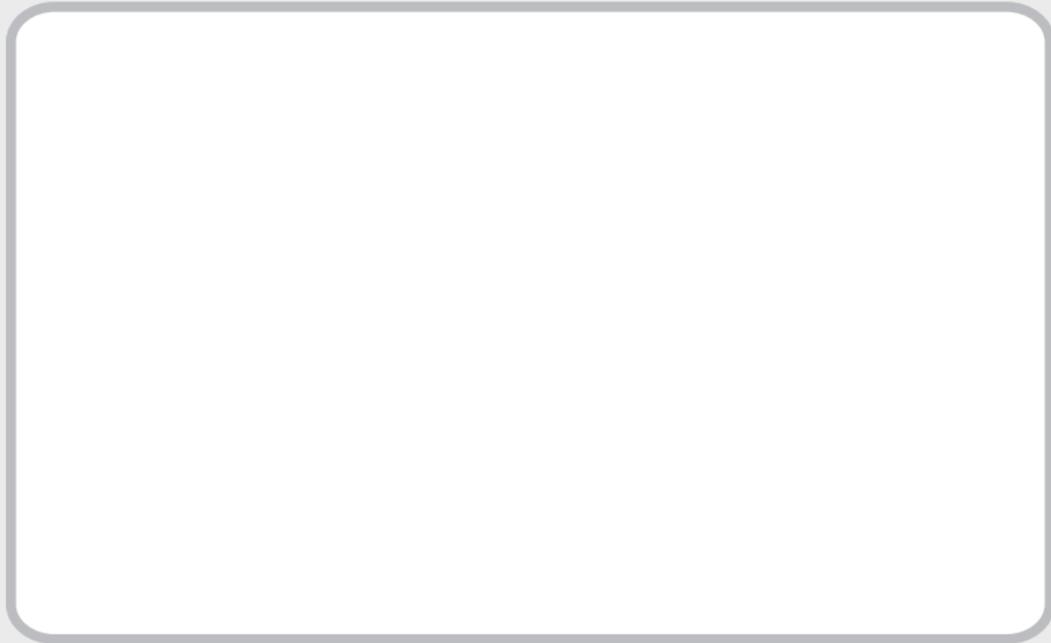
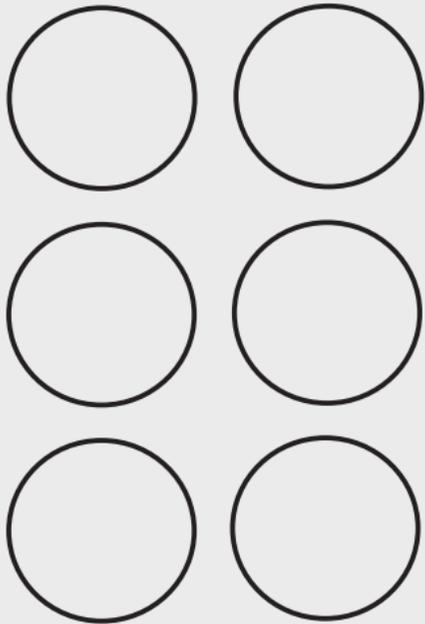
Stamps



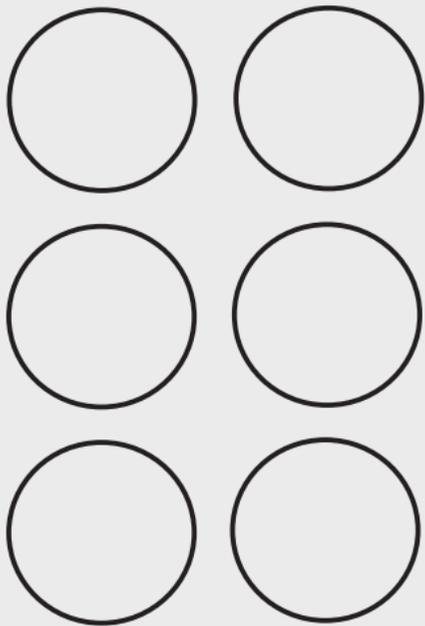
Stamps



Stamps



Stamps



Event

DESCRIPTION:

LOCATION:

HOW I FELT:



Photo or drawing:



stamp

Event

DESCRIPTION:

LOCATION:

HOW I FELT:



Photo or drawing:



stamp

Event

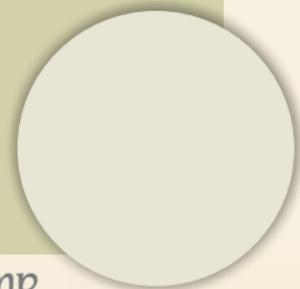
DESCRIPTION:

LOCATION:

HOW I FELT:



Photo or drawing:



stamp

Event

DESCRIPTION:

Photo or drawing:

LOCATION:

HOW I FELT:



Need more pages? Print more from www.nps.gov/vick/forkids/shapeup.htm stamp



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