



Friends of Salt Springs Park July 2015

www.friendsofsaltsspringspark.org
m.saltsspringspark.mobi

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Coming Right Up!

The third of our five yoga sessions is tomorrow, Thursday, July 23, at 6 pm. Whitney Wilkerson is an experienced teacher who enjoys helping others connect with themselves and nature.

Over the weekend, explore the world of monarch butterflies and other pollinators (Saturday, July 25, 10 am). We'll spend part of the time with nets in the garden.

Perhaps exploring the park on your bike is more to your liking. Join us on Sunday (July 26, 1 pm) for a two-wheeled tour of Salt Springs.

Mark Your Calendar!

Full details are on the website.

Full Blue Moon Hike. Friday, July 31, 8 p.m. We'll hike a short trail in the moonlight.

Yoga in the Park. Saturday, August 1, 6 p.m. All ages and levels of experience welcome.

Butterflies and Moths. Saturday, August 1, 8:30 p.m. Learn what makes each so special.

Yoga in the Park. Thursday, August 13, 6 p.m. Join us as we practice Salt Springs-inspired yoga.

Perseids Meteor Shower. Friday, August 14, 8:30 p.m. Join us for this annual celestial light show of falling stars. We'll have a bonfire if the night is chilly.

Mushrooms and Mycelia. Saturday, August 22, 1 p.m. A brief discussion and slide show will be followed by a trail walk.

Two-Wheeled Tour of Salt Springs. Sunday, August 23, 1 p.m. We take a different route each month.

Park Scenes



July 3. The Lonnie Griffiths Band played.



July 19. Nick Donnelly led the search for insects. Courtesy Evan Mann.



July 8. Found art. In the pavilion.

Field, Forest & Falls Trail Race



There are two courses. The shorter one, 2.5 miles, is perfect for new trail runners and kids. The other is 5.5 miles.

Entries received by August 29 are \$10. Add a t-shirt for \$10—but you must register and pay by August 7. You can also sign up on the day of the race (between 7:30 and 8:30 a.m.) for \$15 (no t-shirt).

Registration forms are available on our website.