



**Diva Dash women's obstacle run comes to aid of flood-ravaged Lyons, CO**

*Lyons, CO - March 11, 2012* - When the SHAPE Diva Dash women's obstacle run returns to Lyons on May 10, "The community will be ready for the excitement of it's first big event after the flood," says Dave Cosgrove, Director of Parks, Recreation, and Cultural Events for the Town of Lyons. "We are very ready to move forward with the rebuilding of our community"

Organizers of the SHAPE Diva Dash, one of the biggest women's obstacle run series in the country, are based in Boulder CO. "This is our hometown event and Lyons is like our backyard playground." , said Diva Dash founder, Josh Kravetz. We want to do everything we can to help Lyons recover and restore the parks and trails that Boulder County loves so much." The Adventure Fit crew that produces the event has reconfigured the course from last year and found creative solutions to avoid areas damaged by the flooding. They created a 3-mile loop with space for 12+ obstacles. The school and residential communities were supportive of the event and willing to collaborate with Adventure Fit to create a great route.

Cosgrove believes that the Diva Dash's return to Lyons raises awareness that "Lyons still has huge needs. The Parks and Recreation Department lost all of its equipment when its building was washed away. "We were hit harder than other communities, and we have fewer resources to deal with our recovery." Lyons Parks and Recreation will directly benefit from proceeds generated from the event. Lyons Department of Parks, Recreation & Cultural Events volunteers will be staffing booths with information about upcoming projects and giving participants and spectators the opportunity to donate to several worthy causes still needing funding to help support parks recovery in Lyons or a chance to sign up to receive updates, emails or get involved with future flood rehabilitation.

Thousands of women are expected to participate in the SHAPE Diva Dash obstacle run. The event consists of a 5K trail run filled with many fun and adventurous obstacles like an oversized teeter totter, Fireman Pole slide, and Rock Climb walls. Following the run is an after party sponsored by SHAPE Magazine and other partners including Oskar Blues Brewery, which will be the official beer sponsor. Chad Melis, of Oskar Blues is happy to help. "Lyons is a town that is known for our festivals and fun times. The SHAPE Diva Dash coming to Lyons means that we are ready to get this party started again!" To sign up please visit the event website at [www.divadash.com](http://www.divadash.com).

**2014 Lyons Outdoor Games**

The Town of Lyons announced that despite floodwaters damaging most of its parkland, trails, and waterways, it will still hold its signature Lyons Outdoor Games multi-sport festival and the accompanying Burning Can Beer Festival on Saturday, May 31.

"The Lyons Outdoor Games is one of the premier events on the Front Range, showcasing some the country's most exciting extreme sports, finest canned beer, and this year, Anders Osborne," said Parks & Rec Director Dave Cosgrove. "The Games are a Lyon's tradition. We have a long history of offering world-class opportunities to both expert and aspiring extreme athletes in kayaking, biking, and extreme mountain sports. The floods devastated our town, but not our adventurous spirit."

The event will be held in unaffected portions of Bohn Park and will include the Outlaws of Dirt BMX series, limited pro kayaking events (slalom, freestyle, and BoaterX), plus a family friendly area with a climbing wall, a strider bike area, and other activities for families and kids. Other possibilities for 2014 include a rugby tournament, slacklining area, an obstacle course running event, dog events and much more! New Orleans national touring act Anders Osborne will headline Saturday night's concert, and the Burning Can Beerfest will bring more than 40 national canning breweries to Lyons.

Bringing the Games back is an important way to revitalize Lyons, stated Chad Melis, Oskar Blues' Marketing Director and the Director of CAN'd AID, the non-profit fundraising arm of Oskars.

"The Games brings together many aspects that create the social fabric of this creative and outdoors centric community," Melis explained. "We have celebrated the Games under views of Steamboat Mountain & Rocky Mountain National Park for 13 years, and this year it means even more to come together and continue to raise funds following the flood."

"With the lineup of events and music that we have, this will be the Town's finest Lyons Outdoor Games yet," Cosgrove said. "Lyons is thrilled to be able to offer one of its flagship events as it works through its recovery efforts. We are excited to invite visitors to join us as we celebrate the outdoors and our dynamic small town."

All proceeds from this fundraising event will be donated to Lyons' Department of Parks, Recreation and Cultural Events' rebuilding efforts. The Town needs approximately \$15 million to rebuild its St. Vrain Corridor Trail, which was completely destroyed, as well as significant portions of its kayaking features and its two main parks. Please visit [www.lyonsoutdoorgames.com](http://www.lyonsoutdoorgames.com) for full event details.

Check out the Town of Lyons on Facebook! 

**Upcoming Events:**

**Thursday Night Basketball**

Lyons Elementary  
8:30pm-10pm

**Community 50+ Dinner**

Walt Self  
April 14, 2014

**Community 50+ Dinner**

Walt Self  
April 21, 2014

**Community 50+ Dinner**

Walt Self  
April 29, 2014

**Community 50+ Dinner**

Walt Self  
May 5, 2014

**Diva Dash**

Bohn Park  
May 10, 2014

**Lyons Outdoor Games**

Bohn Park  
May 31, 2014

**Lyons Good Old Days**

Bohn Park  
June 28-29, 2014

### **Community 50+ Dinners**

The dinners are Monday 4/14 compliments of Lyons Catholic Community, 4/21 compliments of Lyons Community Church, Tuesday 4/29 compliments of the LDS church and 5/5 compliments of the River Church. Dinner begins at 5:30 and are open to all Lyons residents ages 50+. Please call the Lyons Golden Gang to reserve your spot at 303-823-6771 or 720-371-2396.

### **Challenger Soccer Camp**

The Town of Lyons is pleased to host Challenger Sports, providers of the USA's most popular soccer camp program. The camp will be held August 4th - August 8th, at the Bohn Park Multi-Purpose Field. The camp is available for ages 3-16. All camps feature the Challenger coaching staff, t-shirt, soccer ball, poster, individual skills evaluation. Visit the Town of Lyons website to register.

### **Senior Trips**

The Town of Lyons Parks & Recreation Department will be offering our popular senior outings again! Stay tuned about outings that you can participate in this coming spring! Trips will have a minimum of 10 and a maximum of 17 participants. More information to come soon!

### **BASKETBALL LEAGUE**

A pick up basketball league is held at the Lyons Elementary School Gym on Thursday nights from 8p.m. to 9:30 p.m. Please do not show up to play prior to 7:50 p.m. as the gym is scheduled for other uses. All are welcome to play. The league runs Thursdays thru May 22, 2014. No use dates 4/3/14, 4/10/14 & 4/21/14. Cost is \$70.00 per season /\$5 per night.



Mark Your Calendar for the  
**Lyons 9Health Fair**

Saturday, May 3, 2014 7am to 12pm at  
Lyons High School 20+ Free Health Screenings & Blood Analyses  
Must be 18 years or older Vouchers for Blood Draws available  
form Lyons Comm Church or Contact: [jonelle.tucker@gmail.com](mailto:jonelle.tucker@gmail.com)  
for information

### **Intergenerational arts and Crafts**

Lyons seniors and youth 4-10 years old are invited to take part in a community arts and crafts event. Participants will get to engage with one another and enjoy making crafts together. Stay tuned for detailed information on this fun and creative event!

### **Discount Dog Days**

The Town of Lyons will be offering discounts on dog licenses thru the month of April at Lyons Town Hall from 8am-4:30pm starting Friday, April 4th. Annual dog licenses are valid from May 1 to April 30 of each year. Discounted prices will only be available on thru April. Those who are unable to come in to Town Hall during normal business hours may visit the Town of Lyons website to download the application and may place it, along with proof of rabies vaccination and the necessary fees in the green utility drop box in front of Town Hall.

#### **2014 Dog Licensing Cost Information:**

1<sup>st</sup> dog license: \$30.00...but with discount is \$20.00!

2<sup>nd</sup> and additional dog license: \$20.00...but with discount is 10.00!

Note that the town will need proof of your dog's current rabies vaccination, so be sure to bring an extra copy.

### **ADOPT-A-TREE FLOOD RECOVERY PROJECT ANNOUNCED**

Prior to the Lyons September flood disaster, beautiful trees graced our parks, riverbanks and downtown commercial district. Now, much of these areas have been reduced to a rubble covered wasteland, and many dead or damaged trees need replacement. To restore these areas the Lyons Lions Club, in partnership with the Lyons Ecology Board, the Town of Lyons Parks and Recreation, and Public Works Departments have initiated The Lyons Adopt-a-Tree Project, a coordinated effort to plant trees for Lyons. The first phase of Lyons tree planting after the flood will be held Saturday, April 26. Twenty three lovely trees will be planted along Main Street between Third and Fifth avenues, near the Post Office and along Railroad Avenue at the Fire Station. The Lions Club has secured a grant from the Colorado Tree Coalition Board to partially seed the project. But, the project and ongoing success will require additional funds and volunteers for this and subsequent tree plantings. Volunteers, especially from the Lyons area for this first project, are requested. Be sure to SIGN UP TODAY! Saturday April 26 at 9:00 AM, selected team leaders for this event will meet at the Lyons Fire House for training. At 10:00 AM, trained team leaders will meet their teams at Sandstone Park and take them to assigned locations where teams will plant their trees. Each tree location will have been prepared and supplied by Public Works. The planting teams will have responsibility to properly plant their tree and to nurture and monitor tree growth and report about their trees' conditions. Following the planting activities, which are expected to be completed by noon, a box lunch picnic and thank you ceremony will be held near the band stand in Sandstone Park

For more information please contact Ron Gosnell, or Steve Simms. To become an Adopt-a-Tree volunteer team member please sign up at [www.lyonsvolunteers.org](http://www.lyonsvolunteers.org). If you would like to **become a Team Leader**, please contact Ron Gosnell directly at 303-823-6122 or [gozzie46@earthlink.net](mailto:gozzie46@earthlink.net). To make an Adopt-a-Tree cash donation to the Lions Cub Tree Fund, see Lonnie Clark, Lions Club Treasurer, at Clark's Hardware or mail a tree fund donation check made out to Lions Club Tree Fund, Lyons Lions Club, PO Box 1415, Lyons, CO, 80540.

### **Sponsorship Opportunities for the 38h Annual Lyons Good Old Days**

The Town of Lyons Department of Parks, Recreation & Cultural Events is looking for enthusiastic businesses and/or individuals willing to sponsor the 2014 38th Annual Lyons Good Old Days Celebration. Please go to [www.townoflyons.com](http://www.townoflyons.com) for a current sponsorship and benefit form. There are five levels of sponsorship to choose from, each offering varying benefits before and during the event. All donations are tax deductible. Please fill out and return the form to Lyons Town Hall no later than **April 30, 2014** to take full advantage of all sponsorship benefits. Sponsorship applications may be accepted following the April 30th deadline through the end of May although some sponsorship benefits may not be available to participants following the deadline. Should you have any questions or if you wish to volunteer some time to the Good Old Days effort, please contact the department at 303-823-8250, or email [recreation@townoflyons.com](mailto:recreation@townoflyons.com).