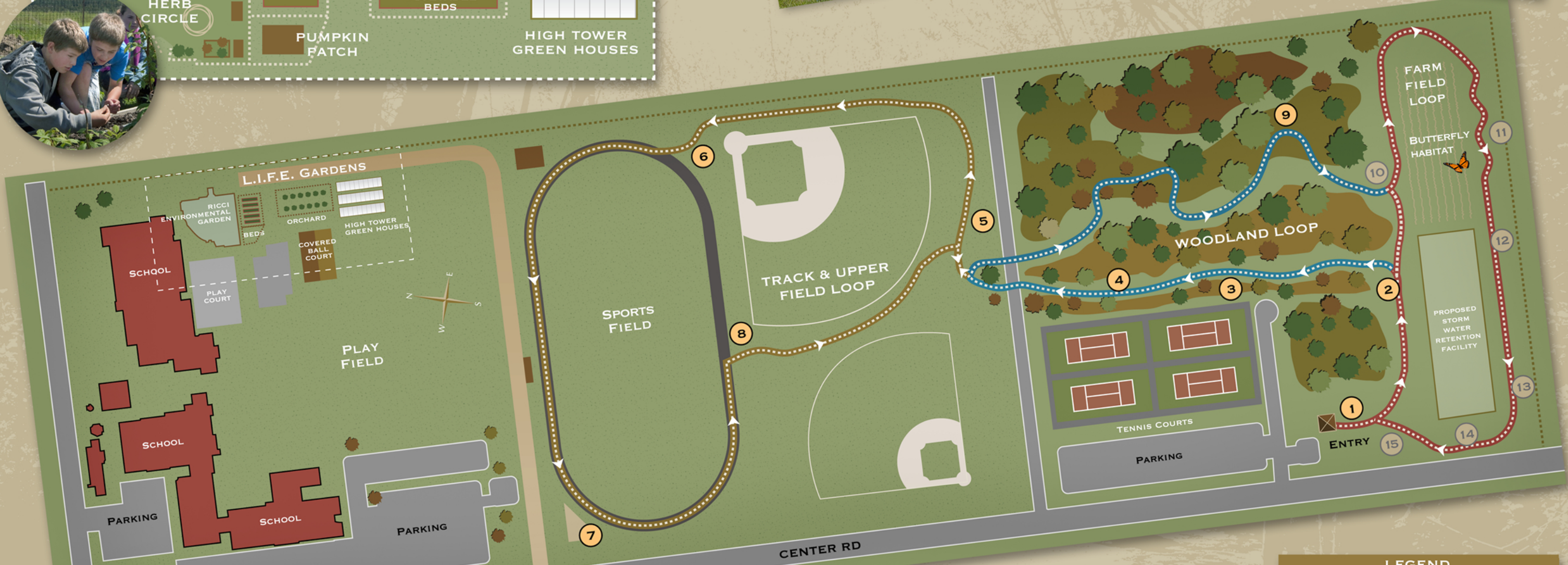


### L.I.F.E. TRAIL



The Vita Parcours is open to everyone: Lopez Island students, parents, residents, visitors, pilgrims, walkers, joggers, dogs on leash, birders and botanists, athletes and those who are mobility impaired, nature lovers and fitness buffs. All trail users are asked to respect the surroundings and proceed at your own risk. Your safety on this trail is your own responsibility. You are welcome to use the trail 365 days a year, from sunup to sundown.



### THE POWER OF L.I.F.E.

From kindergarten through high school, students once accustomed to a regular diet of processed food are learning healthy choices and eating delicious, organic lunches from their own garden beds. In a companion program called Evening Meals at School, students, families, neighbors and friends are invited to campus monthly to enjoy communal, organic, locally grown dinners in the spiffed-up cafeteria. The meals, offered by donation only, are extending the benefits of L.I.F.E. to the whole community.



### SAVING THE ISLAND MARBLE BUTTERFLY

A beautiful white and green butterfly with a marbled hind wing, the Island Marble, an endemic subspecies of the Large Marble, was once found in the meadows of Vancouver and Gabriola Island. Last seen in 1908 and presumed extinct, a few small populations were found 90 years later in the San Juans. Island Marble caterpillars now feed on weedy mustards that thrive in disturbed soils around farming or colonies of native voles.



### LEGEND

- |                  |                 |
|------------------|-----------------|
| 1. STRETCHING    | FUTURE STATIONS |
| 2. STRETCHING    | 10. JUMP OVER   |
| 3. LOG JUMP      | 11. UNEVEN BARS |
| 4. CHIN UP       | 12. LOW BARS    |
| 5. STRETCHING    | 13. SLALOM RUN  |
| 6. RINGS         | 14. BALANCE     |
| 7. PARALLEL BARS | 15. STRETCHING  |
| 8. STEP          |                 |
| 9. PLANK         |                 |

NOTE: The Entry to the L.I.F.E. Trail and Station 1 are temporary. Entry Kiosk and Stations 10 - 15 are not built and their completion is subject to the School District's plans and construction of proposed Storm Water Retention Facility.