



## Incredible Antler River Race Participant Package

### Instructions

On Sunday Sept. 27<sup>th</sup>, any time between 7am and 7pm, complete as many of the activities from the list below as you want, and share what you find on social media to win prizes! How many you choose to complete is totally up to you, but there are prizes for the most completed!

To be eligible for prizes, you must upload photos of the activities you complete on social media. For us to see your posts, you need to:

1. Make sure to follow us on the social media platform you will be using (Facebook, Twitter or Instagram).
  - a. Canadian Freshwater Alliance social media handles are  
Facebook: @FreshwaterAlliance  
Instagram: @freshwateralliance  
Twitter: @h2oAlliance
2. Make sure to post photos of all completed activities to the same platform so we can track your progress.
3. Make sure to tag us when you share your posts.
4. use the hashtag **#AntlerRiverRace** in your posts.
5. and make sure the post is public if using Instagram or Facebook so we can see it.

### **Prizes:**

#### **Grand prizes for most challenges completed.**

1. \$100 London Downtown Dollars – 1<sup>st</sup> place for most challenges completed & posted
2. Brewery tour at Anderson Craft Ales for 10 adults - 2nd place (must be 19 years of age and older to claim prize)
3. Backyard composter - 3rd place

**Fishing challenge completed.** 2 draws from all entries made by 7pm on Sept. 27<sup>th</sup> over social media

- Kids fishing combo of Rod, Reel & Lures from Thames River Anglers Association
- Thames River Anglers Association t-shirt

**Tree challenge completed.** Draw from all entries made by 7pm Sept. 27<sup>th</sup> over social media

- "I Dig Trees" t-shirt from Reforest London

**Algae Challenge completed.** Draw from all entries made by 7pm Sept. 27<sup>th</sup> over social media

- One rain barrel

#### **2 hourly prizes for best photo submissions and/or most interesting scavenger hunt finds.**

Selection will be made from all submissions during the last hour. For example, the 8am prize will be for all submissions between 7am-8am.

Prizes include:

- Bath product gift packages from LUSH Cosmetics
- ToGoWare Utensil Kit from ReImagine Co
- 2 pack of sandwich sized Re-Zips from ReImagine Co



- Oko Cloth Pads from ReImagine Co
- 4-packs of stainless steel straws from ReImagine Co
- Variety tea packs from David's Tea

## **Engage ARt App**

The Engage Art App by our partner EXAR Studios is a completely free, and optional part of the Incredible Antler River Race. This app offers three videos and a virtual reality experience about the Antler River. Below is the information you'll need if you are interested in trying it out.

Download the app here: <https://www.engage.art>

### *Instructions*

1. Download the Engage App at home. Agree to the welcome message.
2. A loading screen will come up that says to turn your sound on, do so then wait for it to load.
3. Click get started. Agree to the app using your camera, and your location (you need it in order to find the experiences).
4. Click the Adventure Antler River Race (Part 1, 2 or 3) and load it.
5. Go to one of the locations (listed below).
6. Once you reach the location and get close enough to the point for the app bubbles to 'bump' into each other, the camera search will come on.
7. Hold up your phone and match the picture on the phone to reality, once they are lined up, the experience will start. For the videos you will have to click play on your phone.

If you run into any issues the Engage ARt troubleshooting page is here:

<https://www.engage.art/faq>

### *Locations for the Incredible Antler River Race Engage ARt Experiences*

There are 9 parks along the Thames/Antler River where you can try the *Engage Art app*. You'll be able to experience all four of these at the same spot in each park below, so there is no need to go to multiple of these locations.

- Kains Woods Environmentally Significant Area: beside 1888 Riverbend Road and 1509 Shore Road, London, Ontario
- Springbank Park: 1085 Commissioners Rd W, London, ON  
Go through the main Springbank entrance gate and follow the road to the parking at the bottom of the hill, the experience is at the dam.



- McKillop Park: Riverside Drive, London, ON
- Greenway/Evergreen Park: (They technically merge together so we've listed both parks here. We are counting them as a single park.)  
50 Greenside Ave, London, ON
- Ivey Park: King St., 1, London, ON
- Chelsea Green Park: 1 Adelaide St N, London, ON
- Vauxhall Park: 54 Price St, London, ON
- Gibbons Park: 2A Grosvenor St., London, ON
- North London Athletic Fields: 1225 Adelaide St N, London, ON

### **Background Information**

Some general resources that may be helpful before you head out!

1. Tips to take your best photos using a phone can be found here:  
[https://www.freshwateralliance.ca/tips\\_best\\_photos\\_phone](https://www.freshwateralliance.ca/tips_best_photos_phone)
2. Health and Safety Check-list:  
[https://www.freshwateralliance.ca/antler\\_health\\_safety\\_checklist](https://www.freshwateralliance.ca/antler_health_safety_checklist)
3. Many things are answered on our main webpage for the race which can be found here:  
[https://www.freshwateralliance.ca/antler\\_river\\_race](https://www.freshwateralliance.ca/antler_river_race)

If you have any questions leading up to, or during the event, please contact Krista at [krista@freshwateralliance.ca](mailto:krista@freshwateralliance.ca)

## Scavenger Hunt Activities



### **Animals and Plants**

1. **Turtles** are reptiles, which means that they rely on an outside heat source like the sun to stay warm. Because of this you can often see turtles out on logs or rocks in the sun sunbathing or 'basking' to warm up their bodies in order for their bodies to function properly. However, turtles are skittish and want to be able to get away quickly if danger approaches. So, these basking spots are almost always on the water.

**Activity:** Take a photo of a turtle along the Antler River. If you can't find a turtle choose a spot where you think a turtle would be likely to bask.

2. There are lots of amphibians that make their home in the Thames River. Amphibians are toads, frogs or salamanders. These species have sensitive skin, and some species even use it to breathe. **Frogs** like wet shallow areas, and **toads** prefer moist areas a bit further from the water. The main difference between toads and frogs is that frogs have big flat circles right by where their ears should be on their heads. Toads don't have these and instead have little kidney-bean shaped sacs on the backs of their necks.

**Activity:** Take a photo of a frog or toad during your scavenger hunt.

Left: Green Frog  
(Photo by: Nicole Richards- NatureWatch.ca )



Right: American Toad  
(Photo by: Nicole Richards-NatureWatch.ca)

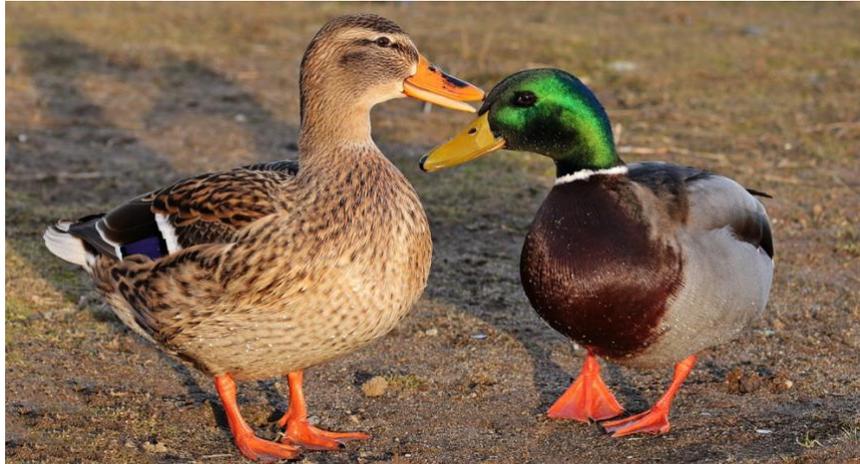


3. Water birds have access to it all, they fly, swim and walk on land. Many birds use the Antler River as their home all year round or temporarily as they migrate. The river is an important stopping point on many birds' long journeys, as it is a long easily recognisable feature from the air. Two common waterfowl found on the Antler River are the Great **Blue Heron** (noticeable by its large size, long neck, long beak and long legs. It also has blue feathers) and the **Mallard Duck** (identified by its squat football like body, its orange webbed feet and its characteristic 'Quack' noise. The males have a green head and the females are all different shades of brown.

**Activity:** Take a photo of a water bird along the river.



Below: Mallard Duck Female (Left) and Male (Right)  
(Creative Commons Photo)



Below: Great Blue Heron By: Steven Fine





4. There are many important native trees along the river. Some that do well in wet areas include **Red Maple**, Sycamore, Tulip Tree and Swamp White Oak. Each tree species has different characteristics. Red Maples for example can be identified by the fact that they can grow to be up to 25 m tall, They grow straight up but the main branch often divides into several smaller branches, their leaves have five sharp, distinct points and turn red in the fall (hint: it's on the Canadian flag), they have grey-brown bark that is smooth when young, but gets scaly when older, and their seeds are found in keys.



**Activity:** Take a photograph of yourself next to a Red Maple tree or with one of their fallen leaves.

**Special Prize:** draw for those who complete this challenge by 7pm and enter their photo over social media

- "I Dig Trees" t-shirt from Reforest London

5. We are very fortunate to have such a diverse range of fish within the watershed. You can catch everything from warm water predator species like walleye, bass and musky to coarse fish that forage like suckers & carp along with the occasional brown or rainbow trout if you are lucky. Fish are actually pretty lazy and will often be found in spots that don't require them to use a lot of energy to get the food they need to survive. When you get to the river look for places where there are large boulders, rapids or sharp turns where the river is deeper. Fish that eat other fish will sit in ambush near those areas looking for an easy meal so it's sometimes as easy as just casting and letting the river take your lure for a run. If you feel like fishing be sure to take along the special item (A re-useable water bottle!)

**Activity:** Catch a fish and take a photo of it beside the re-useable water bottle and post it to social media (to prove you took the photo during the event) and you'll be entered to win the Thames River Anglers Association prize special for this activity. If you are an adult, you must have a current fishing license. If you don't catch a fish, you can still post of photo of your trying to!

**Special Prize** draw for those who complete this challenge by 7pm and enter their photo over social media:

- Kids fishing combo of Rod, Reel & Lures from Thames River Anglers Association
- Thames River Anglers Association t-shirt

### *Threats to the River*

6. Many people think that pouring things down the storm grate or sewer will safely take care of any leftover garbage or liquid substances, but it doesn't. The city doesn't treat water in the sewer or storm drain for poisonous materials and eventually those things end up straight in the river!

**Activity:** Using chalk draw an outline of a storm or sewer grate on the sidewalk or some other safe place. Decorate and colour it to show the importance of putting 'Only Rain down the Drain'.



7. Invasive species are plants or animals that used to live in another place. Through human activity they got transferred out of their native area and into places where they have few or no natural predators. If conditions are right, they can take over entire ecosystems killing off or out-competing native plants and animals.

One of these that can be found along the Antler River is called European Common Reed or **Phragmites**. This invasive species has a very tall woody stem with a feathery top.

You can read more about Phragmites here:

[https://www.freshwateralliance.ca/lake\\_erie\\_phragmites](https://www.freshwateralliance.ca/lake_erie_phragmites)

**Activity:** Take a photo of Phragmites along or near the Antler River.

Below: Phragmites Photo (Creative Commons)



8. Garbage is a constant from humans, and people are always leaving waste such as candy wrappers, plastic bags, etc. behind. These don't break down, instead only getting smaller and causing all sorts of negative effects like leaching chemicals, killing or injuring wildlife and even affecting our drinking water. Instead consider re-useable items such as metal water bottles or silicone sandwich bags. You'll help save the river from left behind trash.

**Activity:** Pick up a grocery bag's worth of garbage and take a picture of it and the items you found the most of; OR with the oddest trash piece you've found; before you dispose of it properly. (Make sure to wear gloves, and wash your hands afterwards!)

9. Fishing line is a major problem in rivers and lakes- it's plastic, it's strong, and though the majority of anglers work to preserve the watery ecosystems they enjoy, some anglers just leave it everywhere! Fishing line can cause all sorts of injuries and deaths to wildlife.

**Activity:** Pick up (and take a photo of the gathered fishing line), and dispose of the fishing line properly. The wildlife will thank-you!



### *Land affects Water*

10. Not all **algae** are harmful! Every aquatic ecosystem has naturally-occurring algae that feeds fish, frogs and insects. However, harmful algal blooms are caused by excess nutrients that run off from land during rain and snow melts (hint animal waste or fertilizer that you spread on plants to help them grow). These algae can grow quickly, clogging drinking water intakes and overwhelming fish and native plants. When they die, their decomposition uses up oxygen in the water, which can cause plants and fish to suffocate. Sometimes these algae contain bacteria that can be toxic to humans and animals!

**Activity:** Take a photo of something that could decrease or help prevent harmful algal blooms (Hint: Think about things that will prevent excess nutrients from going into the river. Things like picking up dog waste, and planted areas that will help keep water and nutrients from running off the land and into the water).

**Special Prize** draw for those who complete this challenge by 7pm and enter their photo over social media:

- One rain barrel

11. Rain Gardens are an excellent option to help the river! They help reduce flooding when it rains and they help filter out harmful contaminants from the water before it enters the river. Want to understand rain garden's better? Check out this video by the City of London: [https://www.london.ca/residents/Property-Matters/Lawns-Gardens/PublishingImages/Rain%20Garden%20VID\\_1%20\(2\).mp4](https://www.london.ca/residents/Property-Matters/Lawns-Gardens/PublishingImages/Rain%20Garden%20VID_1%20(2).mp4)

**Activity:** Take a picture of a Rain Garden in London or where you think a rain garden should go! (Be sure to tell us that the image is of where a rain garden should be placed, otherwise we won't know what the photo is of!)

Below: Rain Garden Photograph by Edmonds News



12. Map out where the water goes from where it hits your house to the storm drain. Look at all the places the water goes! This is important because it could pick up harmful things



like car chemicals off the driveway or extra salt in the winter from the sidewalk. When the water goes down the storm grate it goes through a series of tubes and places before it is dumped right into the river.

**Activity:** Take a photo of either a downspout on a building; or of a storm drain.

13. Exciting fast flowing rapids or calming slow moving waters? Where do you love to spend your time?

**Activity:** Photograph your favourite spot on the river with yourself and/or your team.

### *Artistic*

14. **Activity:** Create a collage, sculpture or other artistic piece with items that you found along the river (Do not use live animals) and take a picture of this art.

15. **Activity:** Take an artistic photo along the river, from a non-traditional perspective (e.g. lie down, get close to your subject, etc.)

16. **Activity:** Write a simple acrostic poem about the river. (An acrostic poem is a poem where the first letters of each line spell out a word or phrase vertically that acts as the theme or message of the poem. Examples can be found here: <https://www.familyfriendpoems.com/poems/other/acrostic/> ) Use RIVER as your theme and vertical word!