



GREETINGS

from

MARANA

An adventure journal
for all ages—let's make
memories together!

A solid orange vertical bar runs along the left edge of the page.

GREETINGS FROM MARANA

AN ADVENTURE JOURNAL

THIS ADVENTURE JOURNAL BELONGS TO:



WELCOME

Whether you find fulfillment in events, outdoor recreation, arts and culture, food, or volunteering, this adventure journal will guide you through the many attractions this community has to offer.

Let's make memories together.

Sincerely,
The Town of Marana

P.S. WE WOULD LOVE TO SEE YOUR CREATIVE PAGES!

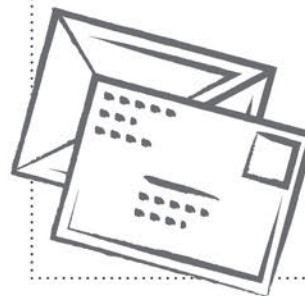
Post images on social media **@TownOfMarana** with **#MaranaJournal**, and we'll share some of them! You may even get inspiration from your fellow adventurers in the community.

DEAR MARANA...

Write a letter to your community!

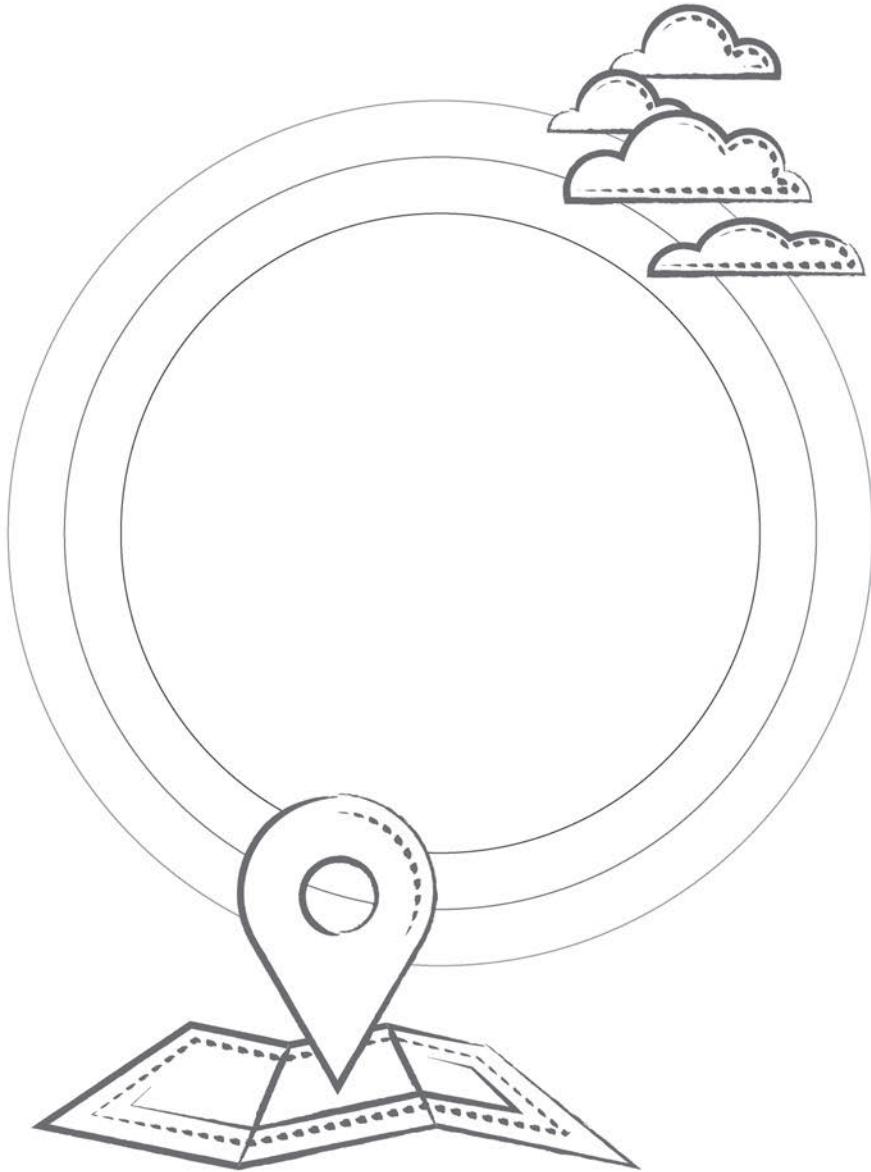
WELCOME HOME

Draw or attach a photo of your home below, and write what you love most about it. Don't forget to include family members and pets!



CLOSE TO HOME

Draw a map of a walkable one-mile radius around your home. What kinds of things can you do for fun within that distance? List as many ideas as you can think of on the next page.



1. _____
2. _____
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17. _____
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19. _____
20. _____

CUSTOMIZABLE HABIT TRACKER STARTER PAGE

Whether you're trying to drink more water, attend more events, or increase your miles, change comes one step at a time!

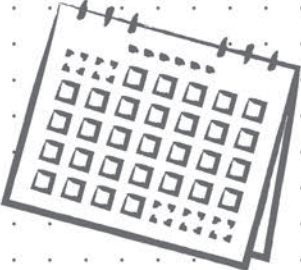
My Goals

Keep track of your goals below:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

NOTES	
1	
2	
3	
4	
5	

TO-DO	
1	
2	
3	
4	
5	



A large grid of dots for tracking habits, consisting of 20 columns and 30 rows.

WELLNESS

It's good to spend a little time on you! Whether it's a massage, staycation, or yoga class, make a self-care bucket list and don't forget to check off the boxes.

	What	Location	Fulfilled	
			Check	Date
1			<input type="checkbox"/>	
2			<input type="checkbox"/>	
3			<input type="checkbox"/>	
4			<input type="checkbox"/>	
5			<input type="checkbox"/>	
6			<input type="checkbox"/>	
7			<input type="checkbox"/>	
8			<input type="checkbox"/>	
9			<input type="checkbox"/>	
10			<input type="checkbox"/>	

REFLECTION

Use this page to reflect on your overall wellness goals.

READING LIST

Visit your local Pima County library and track your reads.

Book Title	Start / End Dates
Author
Genre(s)	
Comments	

Book Title	Start / End Dates
Author
Genre(s)	
Comments	

Book Title	Start / End Dates
Author
Genre(s)	
Comments	

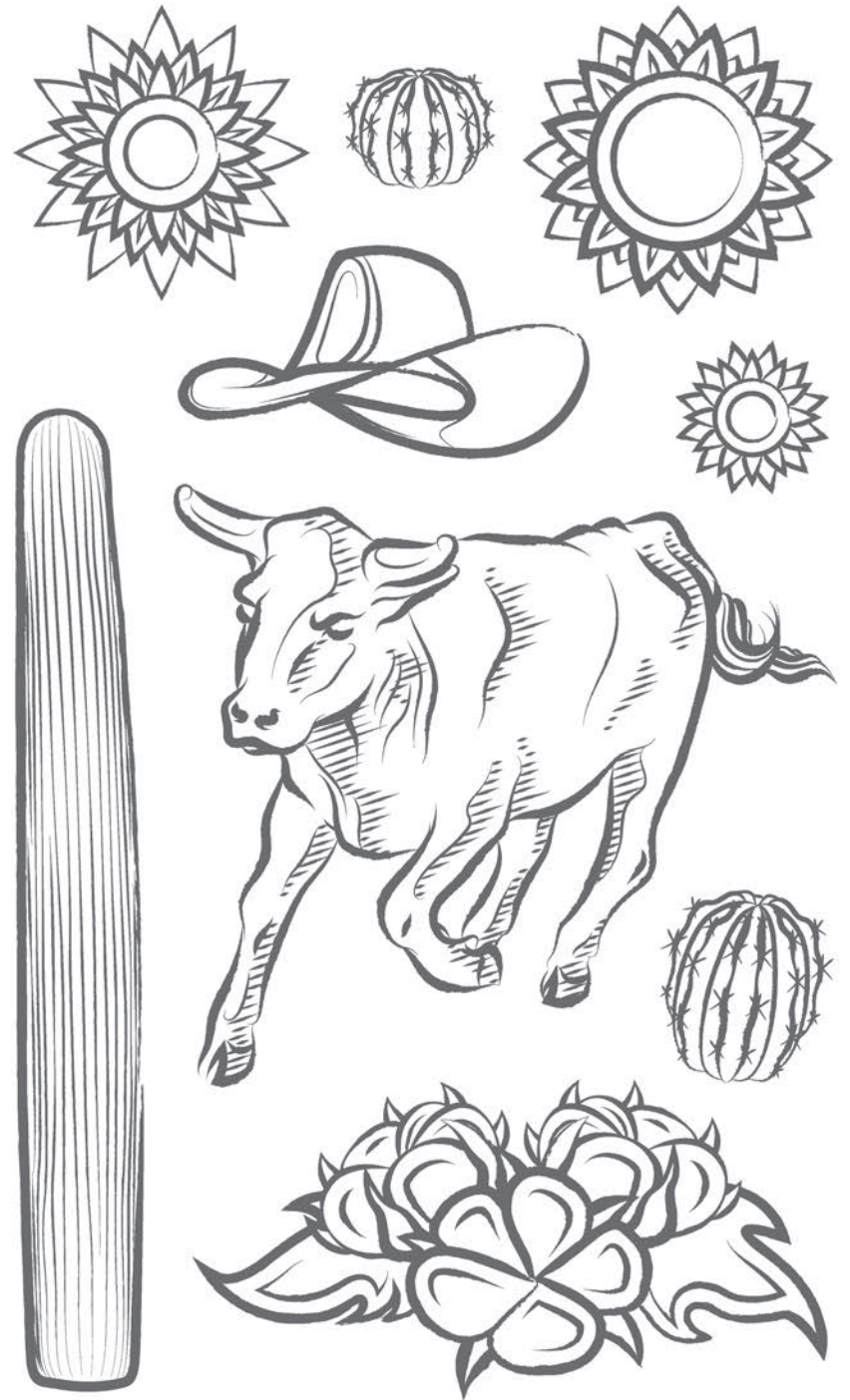
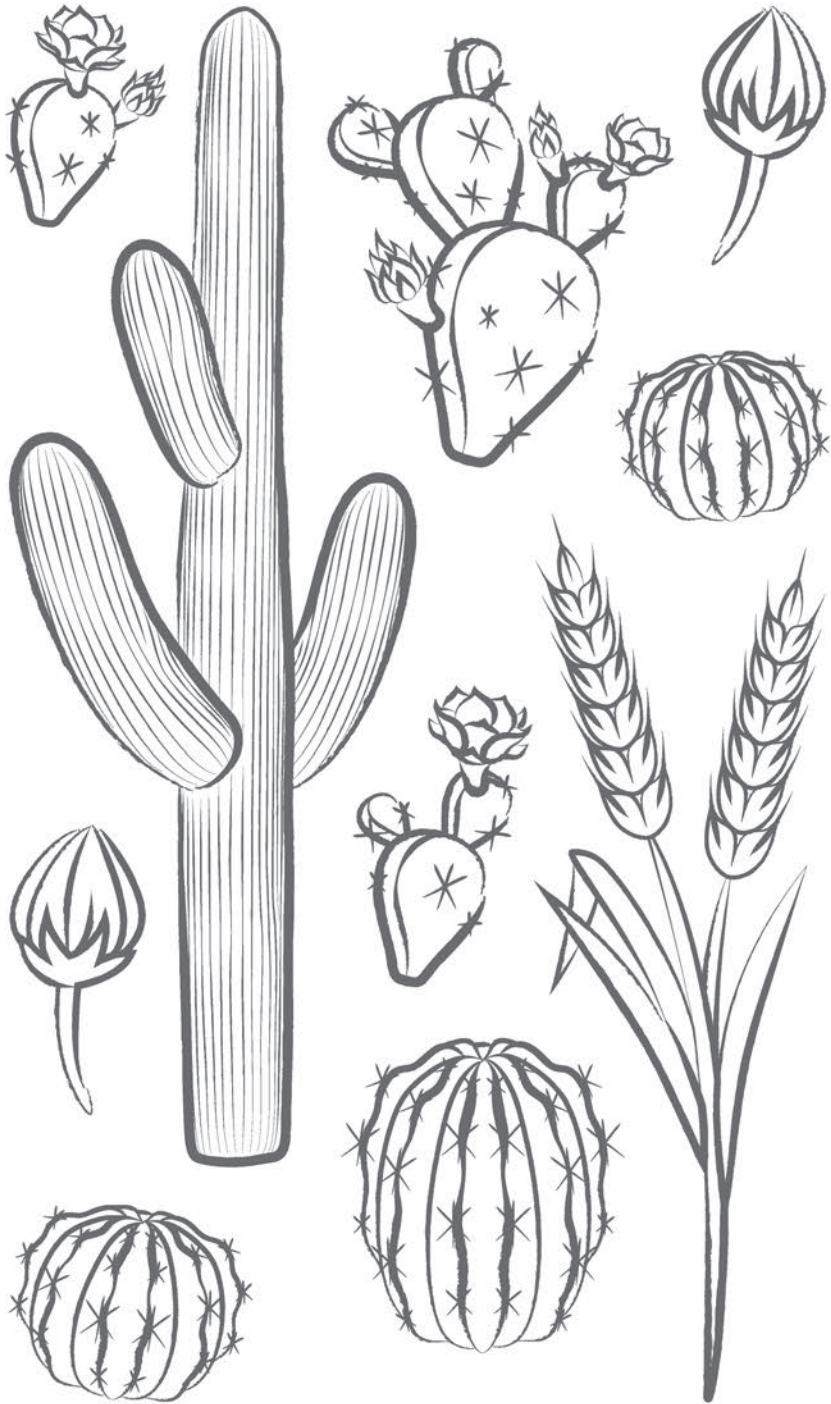
Book Title	Start / End Dates
Author
Genre(s)	
Comments	

Book Title	Start / End Dates
Author
Genre(s)	
Comments	

Book Title	Start / End Dates
Author
Genre(s)	
Comments	

Book Title	Start / End Dates
Author
Genre(s)	
Comments	

Book Title	Start / End Dates
Author
Genre(s)	
Comments	



YOUR TOWN CALENDAR

For a complete calendar of Town events, visit maranaAZ.gov, or fill in your own events.

JAN	<ul style="list-style-type: none"> › Flag Football Starts › Guided Hike 	
FEB	<ul style="list-style-type: none"> › Guided Hike › Move Across 2 Ranges › Concerts in the Courtyard 	<ul style="list-style-type: none"> › Cape Chase
MAR	<ul style="list-style-type: none"> › Marana Founders' Day › Guided Hike › Spring Break sports clinics 	<ul style="list-style-type: none"> › Concerts in the Courtyard
APR	<ul style="list-style-type: none"> › Splash Pads open › Summer activities open › Guided Hike 	<ul style="list-style-type: none"> › Camping Under the Stars › Concerts in the Courtyard › Movies in Marana
MAY	<ul style="list-style-type: none"> › Mothers' Day 5k › Marana Pool open › Concerts in the Courtyard 	<ul style="list-style-type: none"> › Movies in Marana
JUN	<ul style="list-style-type: none"> › Aquathon › Guided Night Hike › #SplashSavvy event 	<ul style="list-style-type: none"> › Movies in Marana

JUL	<ul style="list-style-type: none"> › Star-Spangled Spectacular › Movies in Marana 	
AUG	<ul style="list-style-type: none"> › Fall activities open › Movies in Marana 	
SEP	<ul style="list-style-type: none"> › Pool Party to Dive For › Guided Night Hike › Concerts in the Courtyard 	<ul style="list-style-type: none"> › Movies in Marana
OCT	<ul style="list-style-type: none"> › Marana Fall Festival › Guided Hike › Fall Break sports clinic 	<ul style="list-style-type: none"> › Concerts in the Courtyard › Movies in Marana
NOV	<ul style="list-style-type: none"> › Turkey Trot 5k / 10k › Guided Hike › Concerts in the Courtyard 	
DEC	<ul style="list-style-type: none"> › Marana Holiday Festival › Dirt Dash › Eggnog Jog 	<ul style="list-style-type: none"> › Guided Hike › Spring activities open › Concerts in the Courtyard

RECREATE RESPONSIBLY

The Marana desert is beautiful, but watch out for dangerous creatures and high temperatures! Before you go on your adventure, consult this safety guide:

- › Check the temperature! If there is an excessive heat warning active, it's best to stay indoors.
- › Always carry the **10 Essentials** in your pack when hiking our trails (*from the American Hiking Society*) –
 - Appropriate footwear
 - Water, at least 2 liters
 - Safety gear, including light, fire, and a whistle
 - First aid kit
 - Sun protection, including sunscreen, sunglasses, and UV-protective clothing
 - GPS, map and compass backup
 - Calorie dense food
 - Rain gear, quick-drying layers
 - Knife or multitool
 - Shelter
- › Know your dangerous creatures! Steer clear of snakes, scorpions, Gila monsters, spiders, and centipedes.
- › Leave no trace behind! Dispose of all waste in proper trash bins, stay on the trail, and leave what you find.
- › Remember your manners when hiking! For safety, all trail users should yield to equestrians. For other right-of-way protocol—when in doubt, yield.

BEAT THE HEAT! CHALLENGE

Need adventure ideas for the hot summer days? Some family-friendly ideas are listed below. Visit maranaAZ.gov/recreation for event and park information.

- › Participate in the #RunMarana Aquathon
- › Attend the "Pool Party to Dive For" event
- › Participate in "Swim the Cruz: Swimmer's Challenge"
- › Visit Marana Pool
- › Visit Heritage River Park Splash Pad
- › Visit Crossroads at Silverbell District Park Splash Pad

#SPLASHSAVVY

With warm weather nearly year-round, water safety is an essential part of living in Marana. Be prepared by reviewing the recommended materials below. Visit maranaAZ.gov/splashsavvy for more information.

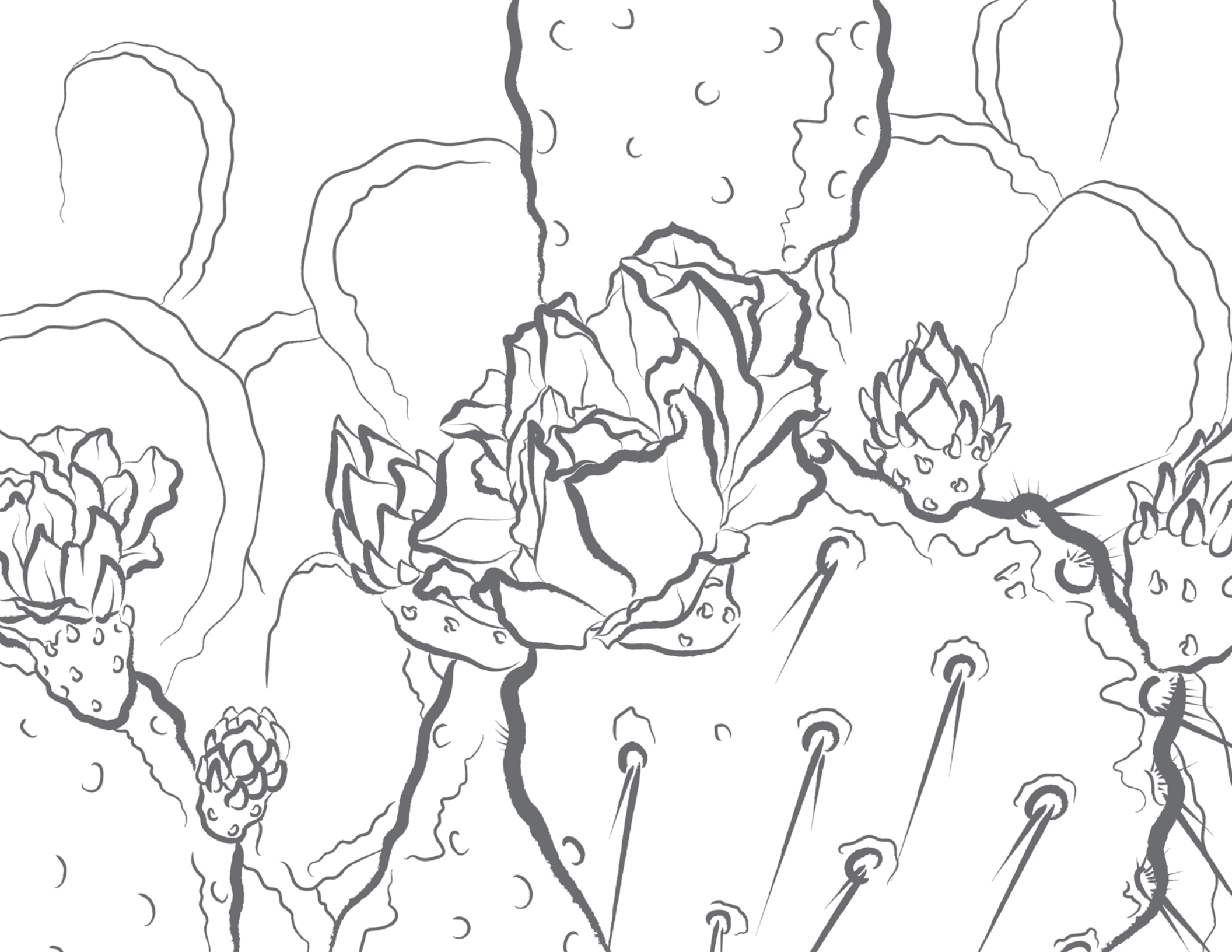
- › Attend the #SplashSavvy Summer Kick-Off Event
- › Download your "**#SplashSavvy Emergency Response Tag**" and place on your swim bag and/or near your backyard pool
- › Download the "**#SplashSavvy Drowning Drill How-To**" and design and complete Drowning Drills with your family
- › Sign up for training courses in CPR and First Aid
- › Register for Marana Youth Swim Lessons at the Marana Pool
- › Take the #SplashSavvy Commitment to commit to being prepared in the event of a drowning emergency

ENJOY NATURE

How many parks and preserves have you visited? Check off each one you've explored:

- Crossroads at Silverbell District Park
- Ora Mae Harn District Park
- Tangerine Sky Community Park
- Marana Heritage River Park Farm
- Gladden Farms Community Park
- Continental Ranch Community Park
- Continental Reserve Neighborhood Park
- El Rio Neighborhood Park
- San Lucas Community Park
- Wade McLean Neighborhood Park
- Honea Heights Neighborhood Park
- Saguaro Bloom Park (coming soon!)
- El Rio Preserve
- Tortolita Preserve





DESIGN YOUR OWN PARK

Have an idea for a new park? Sketch it below. You can also snap a picture of your idea and send it to Marana Parks & Recreation at marana.parks@maranaAZ.gov.



#RUNMARANA CHALLENGE

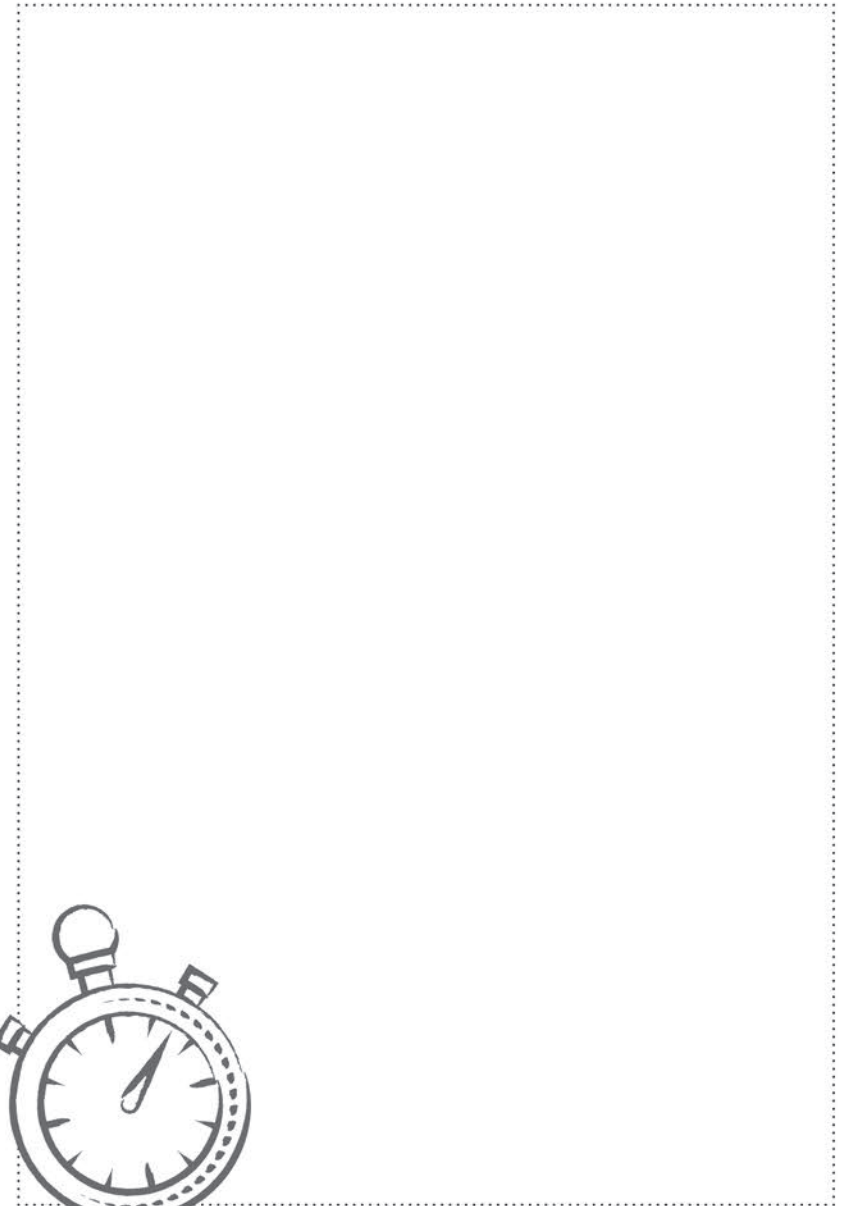
Have a need for speed? Track your races and race times below.
Visit maranaAZ.gov/run for information.

#RUNMARANA RACES		DISTANCE			TIME
1	Mothers' Day 5k	Fun Run	5k		
		<input type="checkbox"/>	<input type="checkbox"/>		
2	Aquathon	100 yd	200 yd	350 yd	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3	Turkey Trot	Fun Run	5k	10k	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	Eggnog Jog	Fun Run	5k	10k	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5	Dirt Dash	4.6k	15.9k		
		<input type="checkbox"/>	<input type="checkbox"/>		

OTHER RACES		DISTANCE	TIME
1			
2			
3			
4			
5			

MEDALS

Commemorate your medal(s)! Place this sheet over your medal and shade lightly with a pencil. Its likeness will show up through the paper!



THE GREAT OUTDOORS

Track your adventures in the great outdoors! Visit maranaAZ.gov/trails for more information.

Location	Activity			Dist.
	Walking	Biking	Horseback	
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Location	Activity			Dist.
	Walking	Biking	Horseback	
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

BEAUTIFUL BIRDS AT EL RIO PRESERVE

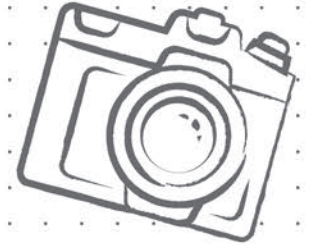
Did you know Marana is home to some of the most beautiful local and migratory birds? Track them all with this handy checklist. We'll start you off with some common finds.

- › Great Roadrunner
- › Gila Woodpecker
- › Gambel's Quail
- › Mourning Dove
- › Anna's Hummingbird
- › Orange-Crowned Warbler
- › Northern Flicker
- › Verdin

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Sketch Like An Ornithologist:

You may not be able to take birds home with you, but you can keep a drawing of them on the next page! Which is your favorite?



PLANT, GROW, CULTIVATE!

Have you ever wanted to grow your own food? Sign up for a community plot at Marana Heritage River Park, then track your plant growth below. Visit maranaAZ.gov/communitygarden for more information.

	Plant Name	Dates		Yield
		Planted	Harvested	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

DOG PARK TOUR

Does your canine family member love to play in the park? Show them what Marana has to offer! Check off each one you've explored together.

- Crossroads at Silverbell District Park
- Gladden Farms Community Park
- Ora Mae Harn Park
- Saguaro Bloom Park (coming soon!)
- San Lucas Community Park
- Tangerine Sky Community Park

My Dog Made Friends With:

1. _____
2. _____
3. _____
4. _____
5. _____

Dog Park Safety:

Remember to be safe! Dogs must be up-to-date on their vaccinations to play at the dog park. Visit maranaAZ.gov/animal-services for information on low-cost vaccination, and spay / neuter clinics.



SAGUAROS AND PRICKLY PEARS AND CHOLLAS, OH MY!

Take a moment to study the unique flora of southern Arizona. Draw what you see below.



NIGHT SKIES

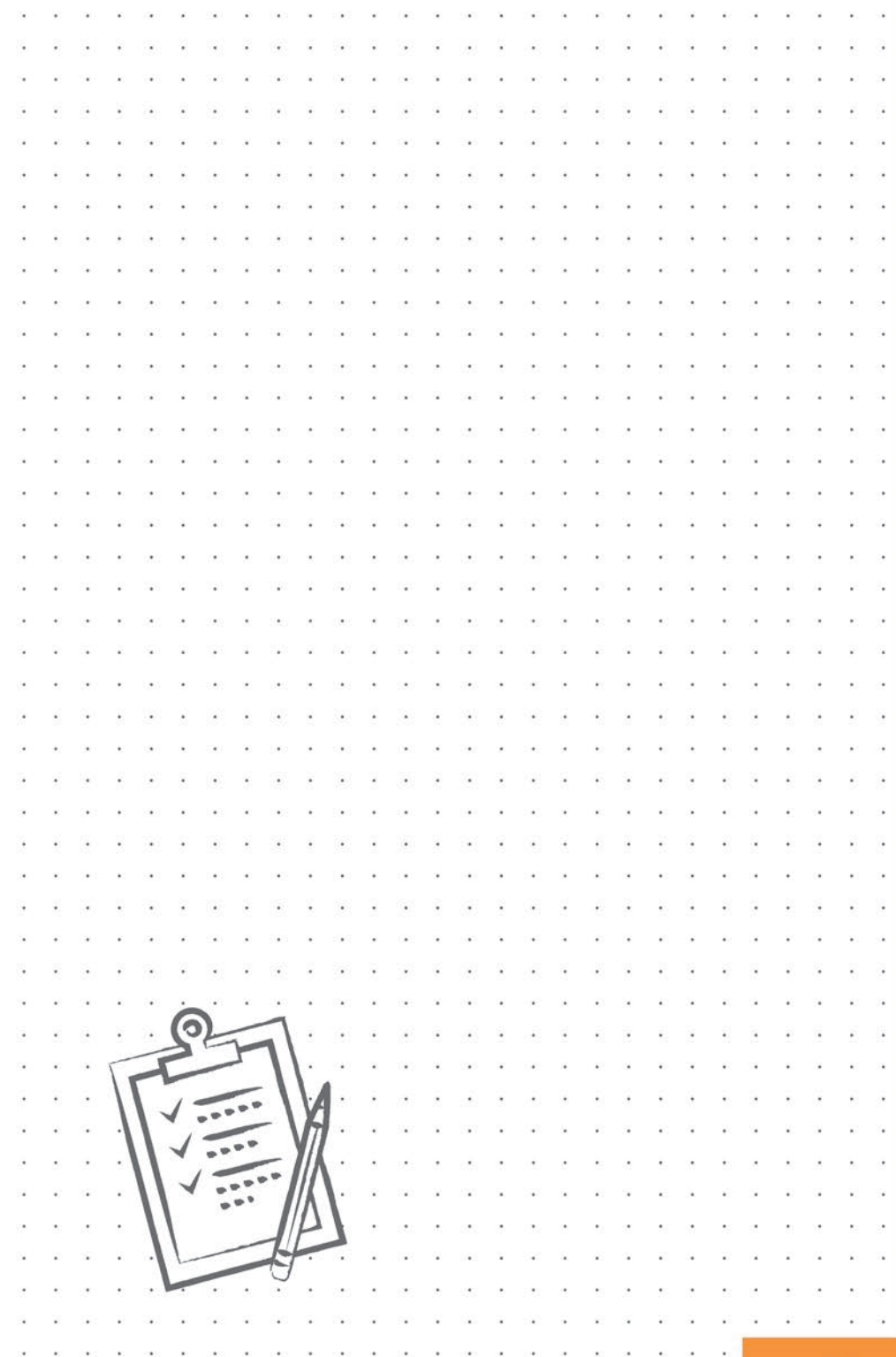
Marana has some of the most stunning night skies. Which star constellation is your favorite? Visit your local Pima County library or research online to fill in the chart below, and draw the constellation on the next page. Then, see if you can spot it on a **Guided Night Hike!**

Visit maranaAZ.gov/recreation for information.

Constellation Name	Important Dates	
	Discovery	Time of Year Visible

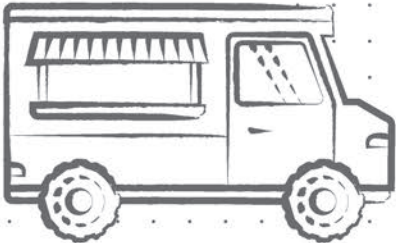
Distinguishing Features	
1	6
2	7
3	8
4	9
5	10

History and Mythology



DESIGN YOUR OWN FOOD TRUCK

If you had your own food truck, what would it look like and what would you sell? Maybe we'll see you at a future event!



VENDORS TO REMEMBER

There are a ton of vendors to discover at Town of Marana events. Jot down your favorites so you can look them up and support them in the future. Visit maranaAZ.gov/events for more information.

1. _____
2. _____
3. _____
4. _____
5. _____

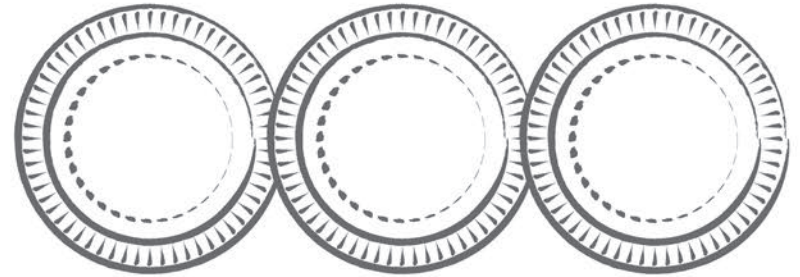
EAT LOCAL

There are several restaurants and bars around town that feature Marana-sourced ingredients. Visit DiscoverMarana.org for more information, then track your discoveries below.

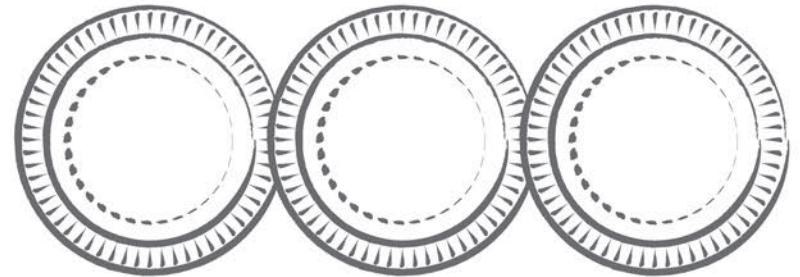
1. _____
2. _____
3. _____
4. _____
5. _____

DELIGHTFUL DISHES

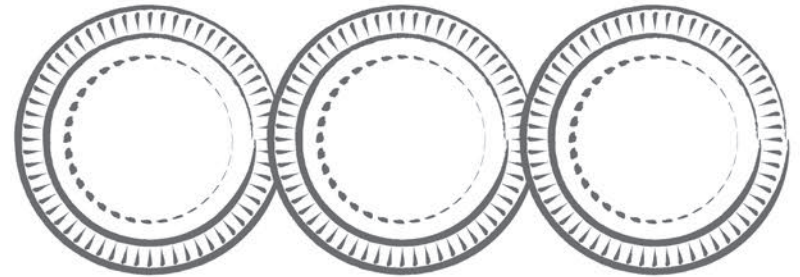
Next time your friends and family come into town, you'll know exactly where to take them! Jot down the location of the best food finds below.



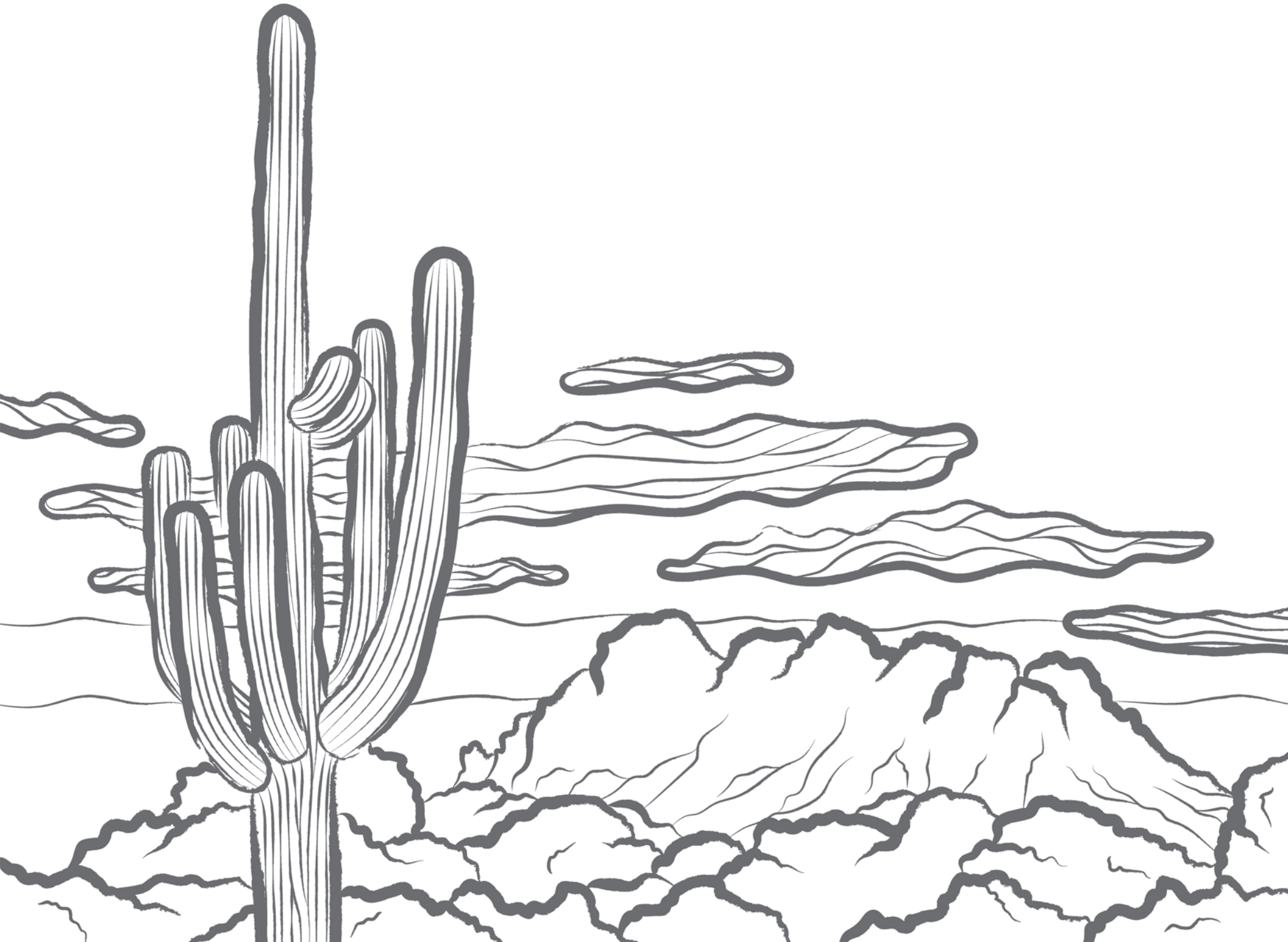
Meal			
Location			



Meal			
Location			



Meal			
Location			



MARANA IN THE MOVIES

Quite a few movies were filmed right here in Marana, Arizona!

Visit MaranaFilmOffice.org to learn more, then organize your own movie night. Don't forget the popcorn!

Film Title	Rating
	/ 5
Genre(s)	
Critique	

Film Title	Rating
	/ 5
Genre(s)	
Critique	

Film Title	Rating
	/ 5
Genre(s)	
Critique	

Film Title	Rating
	/ 5
Genre(s)	
Critique	

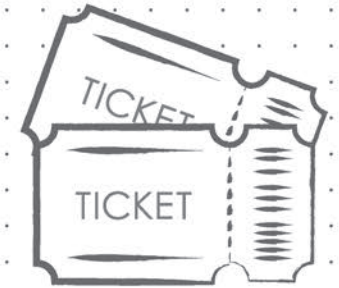
Film Title	Rating
	/ 5
Genre(s)	
Critique	

Film Title	Rating
	/ 5
Genre(s)	
Critique	

LIVE MUSIC & SHOWS

Track live performances and shows you attend. Tape or glue any ticket stubs and other mementos to the opposite page.

	Artist	Genre(s)	Venue	Date
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				



LIVING HISTORY

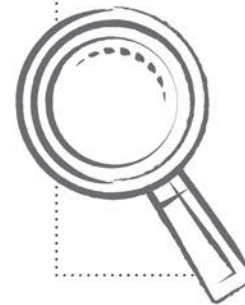
Marana has a rich history, both in the region's ancient Native American origins and the farming communities that developed later on.

Visit **DiscoverMarana.org** for more information, then take a tour of the museums throughout the region.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

LOCAL LEGENDS

Research a local legend or myth that takes place in southern Arizona. Summarize the story below. Write, draw, or scrapbook!



FORE!

Enjoy a game of golf once in a while? Visit Marana-area courses and track your progress below.

	Course	Score	Date
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

EXTRA, EXTRA! READ ALL ABOUT IT!

Cut out your favorite local news headlines and keep them here.

A large grid of small dots for pasting news headlines.



COWBOY CHALLENGE

Marana has a rich cowboy heritage that carries on to today. How many cowboy-themed establishments and attractions can you find?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Create a Western Motif:

Wrangle some cowboy-themed mementos, and tape or glue to the opposite page, or try drawing your way to a Western motif any cowboy would be proud of.



GET INVOLVED

What are some ways you can give back to the community? Track your engagement or volunteer experience below. Need a place to start? Visit maranaAZ.gov/volunteer.

1. _____
2. _____
3. _____
4. _____
5. _____

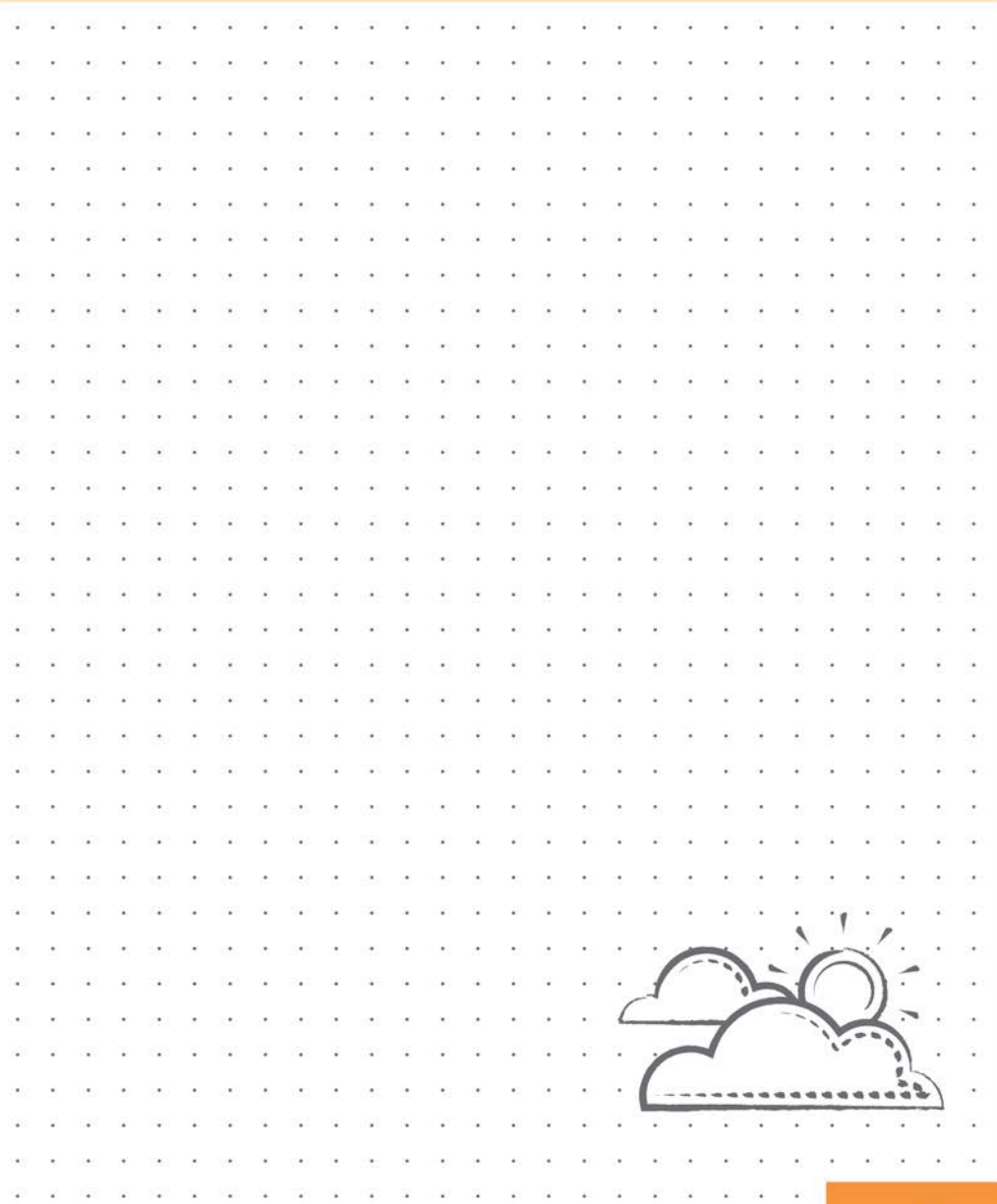
FEEDBACK

How did you enjoy this community-based creative journal? Have feedback or suggestions for new prompts? Write your ideas below, or contact us at communications@maranaAZ.gov.

1. _____
2. _____
3. _____
4. _____
5. _____

BRIGHT DAYS AHEAD

What do you envision for our community's future? Jot down or illustrate some ideas below.





Visit discovermarana.org
for more information



MARANA VISITOR CENTER, CHAMBER OF COMMERCE

13251 N Lon Adams Road, Marana, AZ 85653

DIRECT (520) 639-8040

