



News and Events April 14

We are recruiting volunteers to help us man our new building and the dragon boats come to town this week. Look for the lightning bolt ⚡ to see new events and activities this week.

⚡ Bike Chattanooga Open House Apr. 27

On Mon., Apr. 27, at 6 p.m., Bike Chattanooga will hold a special open house to introduce the public to the issues, programs, and initiatives that the organization supports and advocates in Chattanooga and Hamilton County. The free, open meeting will focus on how the community at large can make conditions better for bicyclists of all ages. For more information about the meeting, [email Minya James](#) or call (423) 643-6888.

⚡ Volunteer for Outdoor Chattanooga

Do you have a love of the outdoors and a desire to share it with others? Outdoor Chattanooga is looking for volunteers of all ages to help us man our building in Coolidge Park during public hours this spring, summer and fall. Volunteer responsibilities include directing Chattanooga residents and visitors to outdoor recreation opportunities in the area, assisting with our outdoor summer programs, helping with classroom and meeting room needs. If interested, please call or [email Ruthie Thompson](#) at (423) 643-6889 or fill out an [Outdoor Chattanooga volunteer application](#) and send it to: Outdoor Chattanooga, 200 River St., Chattanooga, TN 37405.

⚡ Bike Polo Has Moved to Coolidge Park

Our weekly bicycle polo pickup game has moved to Coolidge Park. Bring your beater bike and helmet and join the fun, beginning at 6 p.m., on the Theatre Centre side of the park. [Email Minya James](#) for more information. Rain, sleet, snow, lightning, or soggy conditions cancel.

Events

⚡ Appalachian Chapter Trout Unlimited Meeting Apr. 16

The [Appalachian Chapter of Trout Unlimited](#) will hold their monthly meeting at

Greenway Farm off of Gann Store Road in Hixson on Thurs., Apr. 16 at 6:30 p.m. The topic for this month's meeting will be the "Do's and Don'ts" for fishing in Smoky Mountain streams. The presenter is Dave Carson, a professional guide in the Smoky Mountains.

Waterfest IX April 17 & 18

The [Coosa River Basin Initiative's](#) paddle sports and environmental education extravaganza happens on Fri., April 17, from 5 to 9 p.m. and Sat., Apr. 18, from 10 a.m. to 6 p.m. at Ridge Ferry Park in Rome, Ga. Events include a 13-mile canoe and kayak race on the Oostanaula River, Canoe and Kayak Tug-O-War competitions, and an environmental fair. The fair will also feature a live snake show, live music, an environmental quiz bowl, and a scavenger hunt for kids. Contact Joe Cook at (706) 232-2724 to learn more.

The Art of Simple Living at CNC April 18-19/May 16-17

The [Chattanooga Nature Center](#) and [Reflection Riding Arboretum and Botanical Gardens](#) will host two special retreats, April 18 and 19, and May 16 and 17, about understanding mindfulness (connections of body with mind), connections with nature, and sustainable living. Dr. Jean Lomino, executive director of CNC and Claire Blum, RN CDE, will utilize their training in mindfulness, experiential learning, and the natural world to help people discover ways to honor and care for their bodies and reduce stress. Space is limited. Cost is \$50 and the seminar is geared for people ages 18 and older. To register, email jlomino@chattanature.org, or call 423-821-1160.

3rd Annual Chattanooga Dragon Boat Races Apr. 18

Forty-nine corporate and community teams will battle it out on the water for the 3rd Annual [Chattanooga Dragon Boat Festival](#) on Sat., Apr. 18, from 8 a.m. to 4 p.m., at the TVA Chickamauga Reservation by Chickamauga Dam. The races feature heated competition in 40-foot boats by teams of 18-20 paddlers who are raising funds for the T.C. Thompson Children's Hospital Foundation. The venue has moved in preparation for the dragon boat national competition, which will come to Chattanooga in 2010. To get to the races, take Amnicola Hwy. to Hwy. 153. Cross over 153 then go left at the "T" intersection and follow the signs.

Chickamauga Chase Road Race Apr. 18

The 41st running of the [Chickamauga Chase](#) will take place at Chickamauga Battlefield on Sat., Apr. 18 at 8:30 a.m. The event features a 5K run, Scenic Walk, Kiddie K, and the 15K signature race. Day of registration begins at 7 a.m. at Wilder Tower.

Grapevine Classic Disc Golf Tourney Apr. 18

The [Grapevine Classic Disc Golf Tournament](#) will take place at the Sinks Disc Golf Course on Access Rd. in Hixson, on Sat., Apr. 18. The pro/am tournament features competition for novice, intermediate and professional men and women. This year the Grapevine Classic is a qualifier for Us Am Disc Golf Championship.

[Online registration](#) ends on Wed., Apr. 15.

✍ **Fisherman's Dream Bass Tournament Apr. 25**

The third annual Fisherman's Dream Bass Tournament will take place at the Chester Frost Park boat ramp on Sat., Apr. 25. Lakes to be fished are Chickamauga, Nickajack, and Watts Bar. The event will include five hourly Big Fish winners. Pre-event meeting is at Sportman's Warehouse at 6 p.m. Fri., Apr. 24. Entry fee is \$150.00 per boat plus \$10.00 big fish. Proceeds will benefit the Silverdale Baptist Academy Athletic Department. For more information, call Brent Brady at (423) 718-0326.

✍ **Scenic City Youth Duathlon and Sprint Triathlon Apr. 25 & 26**

The [3rd Annual Scenic City Youth Duathlon](#) and [Sprint Triathlon](#) and will take to the roads and waterways around Chester Frost Park, in Hixson, TN, on Sat., Apr. 25 and Sun., Apr. 26. The duathlon, which begins at 2 p.m. on Saturday, will feature two races for kids 5 and under and ages 6 to 12. The sprint triathlon begins at 7:30 a.m. on Sunday. For more information about both events, visit [Scenic City Multisport](#).

✍ **Hidden Hills Spring Horse Show Apr. 26**

The [Hidden Hills Spring Horse Show](#) will give amateur riders the chance to show off their favorite steeds in a friendly competitive environment on Sun., Apr. 26 at 1 p.m. The event is un-rated and all classes will take place on large grass arenas. Judges review the rider/handler and/or the presentation of the horse, not the horse itself (except for general condition, appearance and care). All classes are open to both English and Western riders. All riders under 18 must wear an approved horse riding helmet. Entry fees are \$5 per class for pre-registration. A \$10 post entry fee will apply. [Email Hidden Hills Farm](#) for more information.

Adventures

Wild about Wildflowers at Cloudland Canyon Apr. 18, 25

Each Saturday in April, join the park naturalist at [Cloudland Canyon State Park](#), in Rising Fawn, Georgia for an easy, guided wildflower hike. The hikes will include flower identification, cultivation tips and good exercise. Bring water and a sack lunch. Limit is 40 participants. \$3 parking. Call (706) 657-4050 for time, meeting place, and more information.

Soddy-Daisy TTA Guided Hikes

The [Soddy-Daisy Chapter of the Tennessee Trails Association](#) hosts weekly guided hikes on the Cumberland Trail and other areas around Chattanooga. Email hike coordinator [Don Deakins](#) to make reservations and get directions to trail heads. More information is available on the [TTA Soddy-Daisy event calendar](#).

Sat., Apr. 18, 10 a.m. - 4:30 p.m. - Soddy Gorge Cumberland Trail, Hotwater Rd. to Hwy 111. Hike begins in an area devastated by rock mining. Length of hike 7 to 8 miles, rated moderate.

✓ *Sat. Apr. 25, 9 a.m. - 5:00 p.m.* - Flipper Bend Loop, which is maintained by the North Chickamauga Creek Conservancy and located atop the Cumberland plateau on the south side of North Chickamauga Creek. The moderate hike will be nine to ten miles in length and relatively level.

SORBA's Relaxed Mtn. Bike Ride Apr. 18

The Chattanooga Chapter of the Southeast Off-Road Bicycle Association ([SORBA](#)) will hold their monthly relaxed mountain bike ride on Lookout Mountain's Upper Truck Trail, Sat., Apr. 18, at 10 a.m. The ride will be on gradual uphill terrain with gravel, packed dirt, and some loose rock two-track, and is suitable for beginner to intermediate mountain bikers or for more experienced riders who want a break from technical trails. For more information about the ride and directions to the trail head, call leader Brian at (423) 653-6022.

Spring Bird Walks with CNC April and May

[The Chattanooga Nature Center](#) and the [Tennessee Ornithological Society](#) will lead a series of early morning birding walks on Saturdays, April 18, and 25 and May 2 and 9 at 7:30 a.m. at [Reflection Riding Arboretum and Botanical Gardens](#). Interested birders should wear comfortable walking shoes and bring binoculars. Cost is Adults: \$7, Children-ages 4-11: \$4, and Seniors: \$4, and free to CNC and TOS members. For more information, call the Chattanooga Nature Center at (423) 821-1160.

Cumberland State Park Activities

The South Cumberland State Park in Monteagle, TN offers special hikes, seminars, and other activities every week. Visit the Friends of [South Cumberland Park](#) for a complete calendar.

News

✓ **Public Input: 2010-2020 Tennessee State Recreation Plan**

The [Tennessee Department of Environment and Conservation](#) is currently soliciting public input on the 2003-2008 Tennessee State Recreation Plan in preparation for putting together a long-range vision to guide policies for the next decade. The more the public gets involved with input on how we use parklands, facilities and programs, the more effective the plan will be. Please take a few minutes to take TDEC's online survey and give your suggestions at <http://www.tennessee.gov/environment/recreation/plan>.

✓ **Petty Thefts at Trail Heads and Parks**

One of the many unfortunate side effects of a recession is an increase in petty thefts, especially car break-ins. When you park at a trail head, public park, or any of our popular play places, please secure your valuables in the trunk or take them with you.

Call for Presentations - Southeastern Water Trails Forum

The [Southeast Watershed Forum](#) will present the first annual Southeastern

Water Trails Forum in Chattanooga on Oct. 29 and 30, 2009. The forum is currently accepting submissions for oral presentations about water trails. Presentations should be relevant to these themes: the economic benefits of water trails, challenges of fundraising, planning, and constructing trails, success stories, marketing strategies, mapping challenges and strategies, and the development of interstate water trails. Send a 1-page presentation proposal, including name, contact information, title and brief description of the presentation (not to exceed 300 words), and AV needs, to kd@southeastwaterforum.org by May 15. For more information, call Jeff Duncan at (423) 987-6127.

TN River Gorge Trust Launches “Gateway to the Gorge” Campaign

Our friends at the [Tennessee River Gorge Trust](#) have launched a fundraising campaign to place a 308-acre tract of land across the Tennessee River from Williams Island into conservation. The “Gateway to the Gorge” fundraising goal is \$300,000 by the end of 2009. New donations of \$25 or more will include a free, introductory membership and TRTG benefits. For more information, email or call [Julie Beech](#) at (423) 266-0314.

Website of the Week

Among the activities that the Chattanooga History Center offers are walking tours of the Riverfront, Southside, and other areas of historical significance. Their [new Website](#) launched last week.

Last Week’s WebSite:

The [Tennessee Chapter of the Trail of Tears Association](#) has a new website at and is adding new information daily about the development of the trail historical points and the Tennessee segments of the Trail of Tears National Historic Trail.

Coming Up . . .

May

- 1 [Bike2Work](#)
- 1-2 [Relay for Life of North River](#)
- 2 [3State/3Mountain Challenge](#)
- 4-9 [Chattanooga District, TN Senior Olympics](#)
- 7-9 [Southeastern Foot Trails Conference](#)
- 9 [Tour de Cure](#)
- 16 [Riverfront Relay for Life](#)
[Greenway Challenge Adventure Race](#)
- 19 [✓Chattanooga History Center Walking Tour](#)
- 23 [Scenic City Trail Marathon & ½ Marathon](#)
- 29-31 [Tennessee Valley Canoe Club Paddle School](#)

June

- 5 [Bike2Work](#)
- 6 [National Trails Day](#)
- 13 [Blue Cross Riverbend Walk/Run](#)
- 19-21 [Chattanooga Mountains Stage Race](#)

July

- 3 [Bike2Work](#)
- 12 [BMW of Chattanooga Waterfront Triathlon](#)

August

- 7 [Bike2Work](#)
- 8 [Greenway 5-Mile Trail Race](#)

September

- 4 [Bike2Work](#)
- 5 [Raisin' Hope Ride](#)
- 26 [TN River Blueway Canoe and Kayak Race](#)
- 27 [Komen Race for the Cure](#)

October

- 2 [Bike2Work](#)
- 3 [Rock/Creek Stump Jump 50K](#)
[Sequatchie Valley Century](#)
- 6 [✓The Adoption Tour](#)
- 10 [Chattanooga Head Race](#)

November

- 6 [Bike2Work](#)
- 7/8 [Head of the Hooch](#)
- 14 [Upchuck 50K Trail Race](#)

December

- 19 [Lookout 100K & 10K Trail Race](#)