



News and Events April 28

National Bike Month begins May 1. Next week, come out and play in some kayaks! Look for the lightning bolt ⚡ to see new events and activities this week.

Celebrate the Start of National Bike Month with Outdoor Chattanooga this Weekend – All Events Free and Open to the Public

Friday, May 1

7 to 8:30 a.m. – Bike2Work

Join Chattanooga's bicycle commuters for coffee, breakfast and camaraderie at the south end of the Walnut St. Bridge.

2 to 10 p.m. – 3State/3Mountain Challenge Bicycle Expo

The pre-ride festival for the annual 3State/3Mountain Challenge bicycle ride, the expo hosts bicycle shops, clubs, and cycling organizations from all over the area.

3 p.m. – Mayor Littlefield launches National Bike Month in Chattanooga

Mayor Ron Littlefield, Asst. Chief Mike Williams of the Chattanooga Police Dept., and Philip Pugliese, Chattanooga Bicycle Coordinator will officially launch National Bike Month. Come hear what the City of Chattanooga is doing to make our streets more bicycle friendly.

Saturday, May 2

8 a.m. – 3State/3Mountain Challenge

Over 2,000 cyclists will take off from Finley Stadium to ride 25, 62, or 100 miles, in the southeast's most unique century ride. This year's event is dedicated to the memory of cyclist David Meek.

⚡ Rock/Creek and Outdoor Chattanooga Free Kayak Demo Day May 9

Put on your river shoes and come out to [Camping World in East Ridge](#) for the first 2009 Beginner Kayak Adventure and Rock/Creek Demo Day on Sat., May 9, from 10 a.m. to 4 p.m. [Rock/Creek](#) and Outdoor Chattanooga will bring kayaks, staff, paddles, and gear. You bring a sense of adventure. The [Tennessee Valley Canoe Club](#) will also be there to sign up folks for their annual canoe and kayak Paddle School, which happens May 29-31.

✈️ **Learn to Drive your Bicycle May 9**

Ready to start using your bicycle to get to work, run errands, or go to school? [Street Smarts](#) will teach you the skills you need to drive your bike on the road with traffic. The next class meets on Sat., May 9, 9 a.m. to 1 p.m. at the [Outdoor Chattanooga center](#), 200 River St., in Coolidge Park. League of American Bicyclists-certified instructors start with classroom instruction on the rules of the road, flat tire fixing, and safety checks, then supervise on-bike maneuvers and a group road ride. The class is appropriate for adults and kids ages 14 and older when accompanied by an adult. Cost is \$25 and pre-registration is required. All students must have a road-worthy bicycle and helmet. Call or [email Philip Pugliese](#) at (423) 643-6887 for more information or to register.

Events

Registration Now Open for Rock Creek Stump Oct. 3

Yes, we're telling you about registration for an October event, but this one fills up fast. Register for the [Rock Creek Stump Jump](#) before time runs out.

✈️ **Chattanooga District, TN Senior Olympics May 4-9**

The [Tennessee Senior Olympics](#) will hold their [Chattanooga Metropolitan District](#) competition Mon. - Fri., May 4 - 9 in venues all over the city. Competitors from Grundy, Hamilton, Marion and Sequatchie counties will compete for the privilege of going to the state and possibly, national level. To learn more, [email Ginny Stone](#).

✈️ **Southeastern Foot Trails Conference MAY 7 - 10**

Kentucky is the host for the [Southeastern Foot Trails Coalition](#) conference and hiking festival, Thurs.-Sun., May 7-10, at Pine Mountain State Resort Park in Pineville, with additional events taking place at Cumberland Gap National Historic Park in Middlesboro. The conference will include hikes, educational sessions and social events. Early registration rates are valid through April 30.

✈️ **Tour de Cure May 9**

It's not too late to sign up for the [Chattanooga Tour de Cure](#), the fund-raising cycling event that benefits the American Diabetes Association. The Tour offers routes designed for everyone from the occasional rider to the experienced cyclist. Whether participants ride 10 miles or 100 miles, they will travel a route supported from start to finish with rest stops, food to fuel the journey and fans to cheer them on. Last year, more than 38,000 cyclists in 78 Tour events raised nearly \$16 million to support the mission of the ADA.

✈️ **Salvation Army Disc Golf Tournament May 2**

The Salvation Army Disc Golf Classic will take place on Sat., May 2 at the Sinks Disc Golf Course, 4502 Access Rd., in Hixson, TN. The two-round tournament will benefit those served by the Salvation Army. Registration is limited to 72 participants and costs \$20 per person. Lunch, door prizes, and trophies will be on

hand for competitors. To learn more call Will Hale at 423-308-7704.

✂ **Great Eastern Trail Presentation at McLemore Cove May 10**

Tom Johnson, Chairman of the [Great Eastern Trail Association \(GET\)](#), will give a presentation at 2 p.m. on Sun., May 10, at the Dougherty House Annex in McLemore Cove near LaFayette, GA. Johnson will speak about the network of trails that were a part of Benton MacKaye's original vision for the Appalachian Trail. At 3:30 p.m., the public is invited for a guided walk around the 20,000-acre [Mountain Cove Farm](#), which has been permanently protected through Department of Natural Resources and Walker County purchases, and various conservation easements. At 7 p.m., there will be a meeting of persons interested in forming a Georgia Chapter of the GET. A light meal will be served prior to the meeting. The day's events are jointly sponsored by [Bike! Walk! Northwest Georgia](#) and Walker County. For more information, call or [email Bill Moll](#) at (706) 859-7726.

✂ **The Art of Simple Living at CNC May 16-17**

The [Chattanooga Nature Center](#) and [Reflection Riding Arboretum and Botanical Gardens](#) will host a special retreat 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 Jean Lomino](#) or call 423-821-1160.

CNC Lecture and Discussion Series: "Connecting with the Cosmos" in May

The [Chattanooga Nature Center](#) will host a free series of lectures called, "Connecting with the Cosmos: A Communion of Matter and Energy," each Tuesday in May, 6:30 p.m., at the CNC auditorium. The lectures will provide a cosmic view of nature and how, life, the human experience, and even the human spirit, fit into an immensely powerful universal plan guided by a natural law that shapes our destiny. Topics are: Where do we come from? (May 5), Ecosystems: Why Do We Care? (May 12), the Diversity of Life (May 19), the Dimensions of Mind (May 26).

Adventures

Adventure Guild Walnut Wall Now Open

The Walnut Wall in Coolidge Park is now open for climbing to the general public each weekend on Sat., 1 – 9 p.m. through Labor Day, Sat., 1 – 7 p.m. through Thanksgiving, and Sun., 2 – 7 p.m. The Adventure Guild offers individual pricing options for one climb or a whole day of climbing, and group climbs and instruction. [Email Kim Stock](#) or call (423) 321-2505.

Open Gate Day at Lula Lake May 2

Spring is the perfect time to check out the [Lula Lake Land Trust](#) property on

Lookout Mountain. The trust hosts public open gate days on Saturdays, Apr. 25 and May 2, from 9 a.m. to 5 p.m. Bring you, your bikes, and your dog (as long as he's leashed).

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. May 2, 9 a.m. - 3p.m. - Trail Maintenance on SDTTA chapter Adopted Trail. Join TTA for some light duty trail work as they complete raking this section of trail. Hike from Hotwater Road to Posey Point and then begin working towards Deep Creek. Participants should bring a steel tined rake and work gloves. Length of hike approximately three miles.

Sat., May 9, 9:30 a.m. - 5:30 p.m. - *Piney River Trail* - Moderate 8-mile hike. The group will form a caravan if anyone is not familiar with the destination.

Spring Bird Walks with CNC April and May

[The Chattanooga Nature Center](#) and the [Tennessee Ornithological Society](#) will lead the final hike in a series of early morning birding walks on Sat., May 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.

Classes and Clinics

Challenge Course Facilitator Training May 4-8 at SAU

[Southern Adventist University's Outdoor Leadership](#) program will be offering a 40-hour introductory challenge course facilitation training class on May 4-8. Cost is \$275.00 and includes two meals a day as well as a facilitator tool kit. Space is limited and pre-registration is required. To register or to learn more, [email Steve Bontekoe](#).

Volunteer Opportunities

SORBA Trail Work Day at Enterprise South May 2

The Chattanooga Chapter of the Southeast Off-Road Bicycle Association ([SORBA](#)) will host a trail work day at the Enterprise South Nature Park on Sat., May 2, from 9 a.m. to 2 p.m. Volunteers are needed to help clear trail in preparation for construction. SORBA will provide lunch. For more information and

directions to the work site, [email SORBA](#).

News

Action Alert: Water Bills in State Legislature

Several bills are being considered in the [Tennessee General Assembly](#) that would take away protections from streams and watersheds, and could potentially have negative impact on recreational use of these watersheds. Some of the proposed bills are now subject to Action Alerts from the World Wildlife Fund. Please take a few minutes to read details on the proposed bills at the [Tennessee Clean Water Network](#).

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 TDEC](#).

Website of the Week

The [Tennessee Valley Canoe Club](#) has redesigned their Website. Don't forget to check out information about their 2009 Paddle School.

Last Week's WebSite:

If you aren't already, follow Outdoor Chattanooga on [Twitter](#). We'll give you instant updates on our latest news and events.

Coming Up . . .

May

- 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](#)
- [Chattanooga Rat Race Open Water Swim](#)
- 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](#)

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