



News and Events June 2

National Trails Day is this Saturday and tune up that bicycle for Bike to Riverbend. Look for the lightning bolt ⚡ to see new events and activities.

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Sign up for the City of Chattanooga's Parks and Recreation Newsletter [here](#).

Downtown Kayak Trips Begin This Thursday, June 4

Outdoor Chattanooga will begin hosting [downtown kayak excursions](#) on the Tennessee River every Thurs., Fri., and Sat., beginning June 4 and running through Aug. 15. The trips, which are suitable for adults and kids ages eight and older, will take participants around Maclellan Island, the museum bluffs, and Ross' Landing. Cost is \$35 for adults and \$25 for kids ages 8 -13. To learn more or make a reservation, email ruth@outdoorchattanooga.com or call (423) 643-6889.

Bike2Work June 5

Join Chattanooga's cyclo-commuters for free coffee and camaraderie at the monthly [Bike2Work](#) breakfast on Fri., June 5, from 7 to 8:30 a.m., at the south end of the Walnut St. Bridge near the Holmberg pedestrian bridge. First time bicycle commuters and people who are interested in trying bicycle commuting are encouraged to come. Questions? [Email Minya James](#) or call (423) 643-6888.

⚡ Bike to Riverbend Begins This Friday June 5!

Beat the traffic and crowds at the Riverbend Festival! Park your car along the [Tennessee Riverpark](#) and Bike to Riverbend. Outdoor Chattanooga will have our free, bicycle valet service set up at the south end of the Walnut St. Bridge each evening of Riverbend, June 5 – 13, 5 p.m. to 12 midnight, except for Mon., June 8 (Bessie Smith Strut night). Park at the Riverpoint, Amnicola Marsh, River Terminal Rd., or Curtain Pole Rd. parking areas along the Riverpark and enjoy a nice, quiet ride to and from the festival.

National Trails Day in Chattanooga June 6

Many local and regional outdoor organizations will be hosting special hikes and trail maintenance activities on Sat., June 6, in honor of [National Trails Day](#). Please join one of them as a volunteer or participant.

[American Hiking Society](#) and the [National Park Service](#) - Hike/Bike Chickamauga Battlefield

[Benton MacKaye Trail Association](#) - Benton MacKaye Trail Walk-Through
[Chattanooga Hiking Club](#) - Trail Maintenance at Reflection Riding Arboretum and Botanical Gardens

[Chattanooga SORBA](#) - Raccoon Mtn. Trail Ride Day

[Cumberland Trail Conference](#) - Little Possum Bridge project

[Hamilton County Parks and Recreation Department](#) - Hike or Bike the Enterprise South Nature Park trails.

[Lula Lake Land Trust](#) - National Trails Day Open Gate Day

[Northwest Georgia SORBA](#) - Grand Opening Raisin Woods Mtn. Bike Park

[Southern Appalachian Back Country Horsemen](#) - Mill Branch Trail maintenance

[Tennessee Trails Association, Soddy-Daisy](#) - Hike the Cumberland Trail's Possum Creek Gorge

Events

✓ Kids Time at Hamilton County Parks June & July

[Hamilton County Parks](#) will host a free, weekly "Kids Time" every Thurs., from 10 a.m. to 12 noon at Chester Frost Park, June 11 through July 23, for grade school children ages 5 and up. A new activity each week will include presentations on farming, endangered species, and swap creatures, as well as a nature walk, an ice cream making session. The events are first-come, first-served, except for groups of eight or more, who should make a reservation at (423) 842-6748.

✓ Bicycle Task Force Meeting June 9

Join the [Chattanooga Urban Area Bicycle Task Force](#) for their monthly public meeting on Tues., June 9, 12:30 p.m., at the Development Resource Center, 1250 Market St., room 2B. The Task Force focuses on how to make bicycling for transportation and recreation more viable and safe for people in the Chattanooga area. For more information, contact David Baird at baird_d@mail.chattanooga.gov or (423) 643-6148

✓ Blue Cross Riverbend Walk/Run June 13

Runners and walkers of all ages will find a category to compete in this Chattanooga Track Club event. The [Blue Cross Riverbend Walk/Run](#) features 10K and 5K races, a 5K walk and a 1-Mile fun run/walk beginning and ending near the bottom of Cameron Hill Circle leading to the new Blue Cross campus. Both the 10K and 5K races will be certified and will be scored electronically. [Register online](#) or [download an application](#).

✓ **Chattanooga Rat Race Open Water Swim June 13**

The City of Chattanooga Parks and Recreation Department will host the [4th Annual Rat Race](#) open water swim on Sat., June 13, beginning at 7:30 a.m. on the Tennessee River. Course lengths of 1.2 or 4.5-miles are available for competitors. Cost to register is \$45 and registrations must be received by Fri., June 12 at racer check-in. For more information, email Peggy Grall at grall_p@mail.chattanooga.gov or call (423) 697-1385.

✓ **Outdoor Day at the Chattanooga Market June 14**

Join [SORBA-Chattanooga](#) and Rock/Creek for an outdoor day at the Chattanooga Market Sun., June 14, from 11 a.m. to 4 p.m. Outdoor organizations, clubs, and outfitters will be there with information, gear, and silent auction merchandise. Proceeds from the auction benefit SORBA-Chattanooga and their trail-building activities.

Adventures

✓ **Paddle Alabama June 11-13**

Join this fully-supported camping/paddling trip along the [Alabama Scenic River Trail](#) Thurs.-Sat., June 11-13. The three-day adventure on flat water will travel approximately 6-10 miles per day, with a minimum participation age of eight. Paddle Alabama has designed the trip for first-timers, pairing beginners with experienced kayakers. Costs begin at \$35 per person.

✓ **BYO-Boat Kayak Trip at Harrison Bay June 13**

The [Tennessee Valley Canoe Club](#) will host a free, Bring Your Own Boat kayak trip at Harrison Bay on Sat., June 13 at 10 a.m. The 3-hour trip will include a stop for a picnic lunch. Interested participants should have their own kayak, paddle, and PFD, and be comfortable paddling at a 2-3 mph pace. Pre-registration is required by 4 p.m. June 12. Contact trip leader Eric Fleming at eric598@bellsouth.net for questions or to register.

✓ **CHC Gregory Bald Dayhike June 13**

The [Chattanooga Hiking Club](#) will host a strenuous, 10-mile day hike at the Great Smoky Mountains National Park on Sat., June 13. Hikers will travel the Gregory Ridge Trail, beginning at Cades Cove and climb approximately 2,150 feet to Gregory Bald to view the Flame Azaelias in bloom. Contact hike leader Wayne Chambers at waynevc@comcast.net to register, get directions, or learn more.

News

Win New Bicycles from Blood Assurance

Visitors to any [Blood Assurance](#) facility or blood drive can now register to win two Cannondale Adventure 3 bicycles. Though a blood donation is not required, Outdoor Chattanooga encourages you do it. One donation can benefit up to three patients in need at local hospitals. Get more information by contacting Lacey Wilson at laceywilson@bloodassurance.org or calling (423) 752-8464.

Classes and Clinics and Camps

✎ Street Smarts June 13

League of American Bicyclists instructors will teach vehicular cycling techniques for bicyclists who want to ride the roads for transportation, recreation, and good health. How to fix a flat, emergency maneuvers, and rules of the road will all be covered. The class is suitable for adults and students ages 16 and older. All students must have their own bicycle and helmet. Contact Philip Pugliese at ppugliese@outdoorchattanooga.com or (423) 643-6887 to pre-register or learn more.

✎ Touring Kayak Clinic June 14

Outdoor Chattanooga OutVenture and the Tennessee Aquarium will host a beginner [touring kayak clinic](#) on Sun., June 14, from 1:30 - 4:30 p.m. Participants will learn proper paddling techniques, how to adjust, enter and exit a boat, safety guidelines and what to do if the boat turns over. Students should dress in clothing that may get wet and bring dry ones in case they want to experience a wet exit first-hand. The class is appropriate for adults and kids ages 14 and older when accompanied by an adult. Class limit is 12. Cost is \$25/\$20 for Aquarium members.

Sign up for Rapid Learning Camps

The [Rapid Learning Whitewater Kids Club](#) is signing up kids ages 8 to 18 for their beginner and intermediate kayaking camps in June and July. Beginner camp happens June 15-17. Beginners spend one day practicing skills at Greenway Farm, then do an overnight camping trip to the Hiwassee River to try what they have learned. Cost is \$200 and includes all gear, instruction, camping expenses and meals, and transportation to and from Greenway Farm. Intermediate camp takes place July 15-17, entirely on local whitewater streams. Cost is \$250 and is also inclusive. Email [Marcus Hulsey](#) or [Tiffany Ellison](#) or call OutVenture at (423) 842-6629 to learn more.

SAU Camps 2009

The Southern Adventist University [Outdoor Leadership Program](#) will host a series of summer camps for kids ages 11 to 15, beginning June 8. Four-day camps will focus on outdoor activities like caving, climbing, kayaking, and sailing. To learn more, email Steven Bontekoe or pre-register online at [Raceit.com](#).

Website of the Week

For you "fixie" fanatics, the [Fixed Gear Gallery](#) should satisfy at least your Web craving for one-speed bicycles.

Last Week's WebSite:

Glamping . . . if you haven't heard the term, it means to camp out without roughing it. [Glamping Girl](#) highlights prime glamping spots and gear that makes living outdoors less labor-intensive.

Coming Up . . .

June

- 19 [Sunset Kayak Trip](#)
- 20 [Chickamauga Battlefield Bicycle Ride](#)
- 19-21 [Chattanooga Mountains Stage Race](#)
- 28 [Touring Kayak Clinic](#)
- 29 [National Parks Night at the Lookouts](#)

July

- 3 [Bike2Work](#)
- 9 [Women on the Water](#)
- 12 [BMW of Chattanooga Waterfront Triathlon](#)
- 18 [Chickamauga Battlefield Bicycle Ride](#)
[TN River Gorge Paddle](#)
- 24 [Sunset Kayak Trip](#)

August

- 1 [Nickajack Bat Cave Kayak Trip](#)
- 6 [Full Moon Paddle](#)
- 7 [Bike2Work](#)
- 8 [Greenway 5-Mile Trail Race](#)
[Missionary Ridge Road Race](#)
- 15 [Touring Kayak Clinic](#)
- 19 [Women on the Water](#)
- 22 [Chickamauga Battlefield Bicycle Ride](#)
- 29 [Raccoon Mtn. 5K and 10K](#)

September

- 4 [Bike2Work](#)
- 5 [Raisin' Hope Ride](#)
- 19 [Chickamauga Battlefield Bicycle Ride](#)
[TN River Gorge Overnight Kayak Trip](#)
- 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](#)
[Tennessee River Rescue](#)
- 6 [The Adoption Tour](#)
- 10 [Chattanooga Head Race](#)
[Joe Johnson Run for Mental Health 10K](#)
- 17 [Chickamauga Battlefield Bicycle Ride](#)
[Signal Mtn. Road Race and Pie Run](#)

24/25 [Dam to Dam Paddle](#)

29/30 [Southeastern Water Trails Forum](#)

November

6 [Upchuck 50K Trail Race](#)

[Chickamauga Battlefield Marathon, 1/2 Marathon & Jr. Marathon](#)

December

12 [Wauhatchie Trail Run](#)

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