



News and Events June 30

Pedal Power and Bicycle Valet will be in Coolidge Park for Independence Day this Saturday. Look for the lightning bolt ⚡ to see new events and activities.

Tweet with us on [Twitter](#).

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

Bike2Work July 3

Join Chattanooga's bicycle commuters for free coffee and traffic tales at the monthly [Bike2Work](#) breakfast, Fri., July 3, from 7 to 8:30 a.m., on the south end of the Walnut St. Bridge. Experienced commuters, first-timers, or people interested in trying bicycle commuting are welcome. Contact Minya James at (423) 643-6888 or via email at minya@outdoorchattanooga.com for more information.

Bicycle Valet and Pedal Power at Pops on the River July 4

Outdoor Chattanooga will provide our free bicycle valet service during the [Pops on the River](#) concert on Sat., July 4, from 6 to 11 p.m. at our facility, 200 River St., in Coolidge Park. We will also be accepting donations for Pedal Power, a partnership by the City of Chattanooga's [Art of Change](#) program and the [Chattanooga Community Kitchen](#) to provide new and gently used bicycles and helmets to homeless individuals working to improve their lives. Concert-goers who ride their bicycles to the concert or donate a roadworthy bicycle with minimal repair needs to Pedal Power will receive exclusive use of the Outdoor Chattanooga facility during the concert and fireworks. For more information about the Bicycle Valet and Pedal Power, call (423) 643-6888 or email ppugliese@outdoorchattanooga.com

⚡ Street Smarts July 11

Learn how to drive your bicycle at the [Street Smarts](#) road cycling class on Sat., July 11, from 9 a.m. to 1 p.m. at Outdoor Chattanooga, 200 River St., in Coolidge Park. The course is designed to make beginning cyclists feel comfortable and confident while sharing the road with vehicular traffic. Classroom instruction on the rules of the road and vehicular cycling technique is followed by on-road

practice of emergency maneuvers and skills. Cost is \$25 per person and pre-registration is required. All participants must have their own bicycle and helmet, and must be 16 years or older. Call or [email Philip Pugliese](mailto:Philip.Pugliese@outdoorchattanooga.org) at (423) 643-6887 to register or get more information.

✓ **Outdoor Chattanooga Mobile Bicycle Fleet is Shining Star**

Chattanooga Bicycle Coordinator Philip Pugliese and Outdoor Chattanooga Executive Director Philip Grymes traveled to Nashville last week to receive a [Shining Star Award](#) from Governor Bredesen's [Council on Physical Fitness and Health](#) for Outdoor Chattanooga's Mobile Bicycle Fleet program. In 2008, the fleet served to get hundreds of downtown workers and students back on bicycles for transportation and good health.

✓ **Chattanooga Waterfront Triathlon July 12**

The [Chattanooga Track Club](#) and Outdoor Chattanooga will host the annual [Chattanooga Waterfront Triathlon](#) at Ross' Landing in downtown Chattanooga on Sun., July 12, at 7 a.m. [Registration](#) for the Olympic-length triathlon is open until July 9. The cash purse for the competition is \$4,990. The event is free and open to spectators. The 1.5K swim portion begins at 7:30 a.m., with swimmers coming out of the water at Ross' Landing to continue with the 42K bicycle leg and 10K run. The event concludes by 12:30 p.m.

Online Registration Now Open for Downtown Kayak Tours

Online credit card [registration](#) is now open for Outdoor Chattanooga's [Downtown Kayak Tours](#), happening every Thurs.-Sat., 9:30 a.m. through Aug. 15. The beginner-friendly excursions include basic kayaking instruction and tours of Chattanooga's downtown landmarks, such as Maclellan Island, the museum bluffs, the Passage, and Ross' Landing. For more information, [email Outdoor Chattanooga](#) or call (423) 643-6888.

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 **Shelter 4 at the Tennessee Riverpark**, through July 23, for grade school children ages 5 and up. A new activity each week will include presentations on farming, endangered species, and swamp 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.

Adventures

Piney River Hike July 4

Celebrate Independence Day with the [Soddy-Daisy Chapter](#) of the Tennessee Trails Association (TTA) on Sat., July 4, from 10 a.m. to 5 p.m., when they host an 8-mile hike along the Piney River. The hike is rated moderate. For more

information and to pre-register, email hike leader Don Deakins at don.deakins@gmail.com.

✓ **Women on the Water July 9**

Women on the Water, a partnership between the [Tennessee Aquarium](#) and Outdoor Chattanooga OutVenture, provides a chance for women to experience kayaking on local lakes and rivers with an experienced female guide. The next trip will take place on Thurs., July 9, from 7 to 9 p.m. Cost is \$25 or \$20 for Tennessee Aquarium members. Tours are open to adult women with all levels of experience. [Pre-registration](#) is required.

✓ **Prentice Cooper Hike July 11**

The [Soddy-Daisy Chapter](#) of the TN Trails Association will host a moderate 4-mile hike on Sat, July 11, from 9 a.m. to 2 p.m. in Prentice Cooper State Forest. Participants will hike by the Stone Door and Indian Rockhouse and proceed to Snoopers Rock. Pre-registration is required. Email hike leader [Don Deakins](#) to register or get more information.

✓ **Bald River Falls Day Hike July 11**

The [Chattanooga Hiking Club](#) will host a moderate, 8.5-mile day hike at Bald River Falls in the Tellico Ranger District of the Cherokee National Forest on Sat., July 11. Bald River Falls are some of the most photographed waterfalls in Tennessee. The trail climbs steeply to the top of the falls but once this initial difficulty is passed, the rest of the trail is a walk beside the river. Pre-registration is required. To register or get more information, email hike leader [Betty Petty](#).

✓ **Intermediate Mountain Bike Ride July 11**

The Chattanooga Chapter of the Southern Off-Road Bicycle Association ([SORBA](#)) will host a 25-mile intermediate mountain bike ride on the Chilhowee trail system on Sat, July 11, from 9 a.m. to 1 p.m. in the Cherokee National Forest. The ride will be appropriate for intermediate to expertly skilled mountain bikers. To learn more about the ride, email leader [Jeffrey Schaarschmidt](#).

News

✓ **Cloudland Canyon Connector Trail User Survey**

The [Lula Lake Land Trust](#) is conducting an [online survey](#) from trail users to help complete the master Plan for the Cloudland Connector Trail between Lula lake and [Cloudland Canyon State Park](#). Lula Lake wants input from all trail users: hikers, mountain bikers, trail runners, equestrians, etc., to determine trail use habits and to make the best decisions for the trail. Please complete the survey before July 3, 2009. For questions about the study, please contact Sam Weddle at (423) 752-5412, ext. 113.

✓ **Development Plan for Moccasin Bend N.P. Online**

The development concept plan and environmental assessment for the Moccasin Bend Archaeological District of [Chickamauga and Chattanooga National Military](#)

[Park](#) is now [available Online](#) for public comment. The plan documents a range of alternatives for development of an interpretive/cultural center and presents the Park Service preferred alternative. The plan will be accessible for comment through July 21, 2009. For a paper copy or CD, mail a request to Carla McConnell, Project Manager, National Park Service, Denver Service Center, 12795 W. Alameda Pkwy., Denver, CO 80225-0287.

New Dragon Boat Club Seeks Members

A new dragon boat club is forming in Chattanooga. The first meeting will take place on Wed., July 1, 6:30 p.m., at Erwin Marina. Anyone interested in learning the sport of dragon boating is welcome to attend. The club will hold weekly practice sessions in July, Aug., and Sept. Membership dues will cost \$20 per month, or \$50 for all three months. For more information, email [Kathy Payne](#) or [Phaedra Richmond](#).

TVA Reservoir Info for Mobile Devices

The [Tennessee Valley Authority](#) has a new [mobile device site](#), which allows users to check key recreation information from their cell phones or other mobile devices. The initial version of the site has links to information on reservoir levels, recreation release schedules, and stream flows in a format that loads quickly and displays neatly on mobile devices. New information will be added as it becomes available.

Take Root Chattanooga Wins Governor's Award

City of Chattanooga Forester Gene Hyde and Take Root Chattanooga Director Preston Roberts went to Nashville on June 12 to receive Governor Bredesen's 2009 Environmental Stewardship Award for Excellence in Agriculture or Forestry. Congrats, guys! Nice [picture](#).

Website of the Week

The [Camping Club](#) is devoted family camping: advice, recipes, check lists, and campground recommendations.

Last Week's WebSite:

[Bike Friendly.com](#) asks people from around the world to rate employers, restaurants, hotels, cities, parks, and other entities on their accommodations for cyclists.

Coming Up . . .

July

- 18 [Chickamauga Battlefield Bicycle Ride](#)
[TN River Gorge Paddle](#)
[Women in the Outdoors](#)
- 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](#)
[YMCA Strong Adventure Race](#)
- 19 [Women on the Water](#)
- 22 [Chickamauga Battlefield Bicycle Ride](#)
[Booker T. Adult and Youth Triathlons](#)
- 29 [Raccoon Mtn. 5K and 10K](#)

September

- 4 [Bike2Work](#)
- 5 [Raisin' Hope Ride](#)
- 12 [Open Arms Bike Challenge](#)
- 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](#)
[Chattanooga Classic Prostate Cancer Walk](#)
- 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, ½ Marathon & Jr. Marathon](#)
- 7/8 [Head of the Hooch Rowing Regatta](#)

December

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

