



News and Events May 5

Our first Beginner Kayak Adventure for 2009 happens this Saturday! Look for the lightning bolt ⚡ to see new events and activities this week.

Rock/Creek Demo Day and Outdoor Chattanooga Beginner Kayak Adventure This Saturday!

Put on your river shoes and come out to [Camping World in East Ridge](#) for Outdoor Chattanooga's 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 and shoes that you don't mind getting wet. 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.

⚡ Chickamauga Battlefield Bicycle Ride May 16

Outdoor Chattanooga and [Chickamauga and Chattanooga National Military Park](#) will host a Chickamauga Battlefield historical bicycle tour on Sat., May 16, 9:30 a.m., at the Chickamauga Battlefield Visitors Center. Sponsored by the [Friends of the Park](#) and the [Chattanooga Bicycle Club](#), the leisurely 6 to 8-mile ride will feature park history from National Park Service interpretive rangers. Participants should bring their own bicycles. Helmets are required for all riders aged 16 and under and highly recommended for all riders. Free loaner bicycles will be

available, by reservation, for riders 5' tall and over. To reserve a loaner bicycle or learn more, call (706) 866-9241.

✦ **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.

Events

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.

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.

✦ **Greenway Challenge Adventure Race May 16**

The [Greenway Challenge Adventure Race](#) will take to the trails around Greenway Farm on Sat., May 16, beginning at 7 a.m. The event will consist of trail running, cycling (mountain or cyclocross bikes), paddling, obstacle courses and mystery events. Teams of two and three people will compete to raise money for the [North Chickamauga Creek Conservancy](#). The early registration discount has been extended to Wed., May 6. [Online registration](#) is open until Thurs., May 16 at 11:59 p.m.

↗ **Blue Cross Market St. Mile and Mystery History Quest May 16**

The Chattanooga Track Club will host the annual Blue Cross Market St. Mile and Mystery History Quest on Sat., May 16, beginning at 8 a.m. at the Tennessee Aquarium Plaza. The Market St. Mile features a series of one-mile races, divided by age and gender, and the Mystery History Quest is an historical "scavenger hunt" around the downtown area. Both events are fun for families and individuals. Pre-register online at [Active.com](#) or print a downloadable application from the Chattanooga Track Club [website](#).

↗ **History Center Walking Tour May 19**

The [Chattanooga History Center](#) will present its fifth walking tour, The Stanton Addition, based on a section of Maury Nicely's "Chattanooga Walking Tour and Historic Guide" at 7 p.m. on Tues., May 19. The History Center's Executive Director and Curator, Dr. Daryl Black will serve as tour guide. The fee is \$3. Pre-registration is required, and the deadline is May 16. For more information or to pre-register by May 16, call (423) 265-3247, ext. 10.

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.

[Adventures](#)

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 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.

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

✎ City Traffic Engineering Bicycle Projects

True to his word, Mayor Littlefield has prioritized the marking of bicycle facilities on Chattanooga streets. This week, the City of Chattanooga Traffic Engineering department will be signing and marking the Share the Road route on Central Ave. to McCallie Ave., on into Brainerd, and on Ashland Terrace.

✎ Outdoor Chattanooga Duck?

Thanks to a tip from a Walnut Street Bridge walker, we have discovered what we think is [a female Mallard](#) nesting on our extensive greenroof canopy. Now how cool is that? She doesn't have a name . . . yet.

✎ Abandoned Rail Line to Rail Trail in McMinn County?

Recently, the [Rails-to-Trails Conservancy \(RTC\)](#) has learned of an upcoming railroad corridor abandonment in McMinn County. Around May 1, 2009, the CSX Railroad Company filed for the abandonment of 6.4 miles of track within McMinn County, TN. RTC is providing the information so citizens near the rail line can take advantage of the opportunity to develop a multi-use trail. Action should be taken quickly. Learn how by visiting the [RTC Trail-Building Toolbox](#).

✎ Webinars for the Outdoor Industry

The Outdoor Industry Association's [Outdoor University](#) will host a series of Webinars for outdoor retailers, outfitters, and other outdoor-related businesses throughout the summer. The Webinars are free for OIA members and cost \$99 per session for non-members. Topics include: "Staffing for Summer: Hire Wisely, No Regrets," "Easy PR Tips for Summer Success," and "Boost Your Sales and Sales Staff's Expertise with Online Training." Outdoor University training sessions happen throughout the year.

✎ Call for Presenters: Southeastern Water Trails Forum

The Southeast Water Forum will host the first Southeastern Water Trails Forum in Chattanooga Oct. 29/30 at the Chattanooga Marriott. They are currently requesting proposals for presentations on water trails and issues that effect their planning, building, promotion, and maintenance. The deadline for presentation proposals is May 15. To learn more, email kd@southeastwaterforum.org.

Classes and Clinics

✎ Wilderness First Aid Classes Begin May 23

Andrew and Jessica Gage, former Appalachian Trail hikers, will offer the first in a series of [Wilderness First Aid](#) classes on Sat., May 23, from 9 a.m. to 5 p.m. at WeRCPR. The First Aid class will be geared toward anyone who is interested in learning injury prevention and safety in wilderness settings. Cost is \$65 per

person and pre-registration is required. Call (423) 553-0400 for more information or to register. Classes will be running all summer.

Website of the Week

[Tennessee Greenways and Trails](#) has created a Website to use as a resource for the state's growing trail system. The site contains information, maps, events, and guides on trails statewide. Check the site frequently for updates on maps and events.

Last Week's WebSite:

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

Coming Up . . .

May

- 23 [Scenic City Trail Marathon & ½ Marathon](#)
- 25 [↗Chattanooga Chase 8K](#)
- 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](#)
- 20 [↗Chickamauga Battlefield Bicycle Ride](#)
- 19-21 [Chattanooga Mountains Stage Race](#)

July

- 3 [Bike2Work](#)
- 12 [BMW of Chattanooga Waterfront Triathlon](#)
- 18 [↗Chickamauga Battlefield Bicycle Ride](#)

August

- 7 [Bike2Work](#)
- 8 [Greenway 5-Mile Trail Race](#)
- 22 [↗Chickamauga Battlefield Bicycle Ride](#)

September

- 4 [Bike2Work](#)
- 5 [Raisin' Hope Ride](#)
- 19 [↗Chickamauga Battlefield Bicycle 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](#)
[↗ Tennessee River Rescue](#)
- 6 [The Adoption Tour](#)
- 10 [Chattanooga Head Race](#)
- 17 [↗ Chickamauga Battlefield Bicycle Ride](#)
- 24/25 [↗ Dam to Dam Paddle](#)

November

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

December

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