



News and Events January 7

Happy New Year, everyone! Look for the lightning bolt ⚡ to see something new this week.

⚡ Outdoor Chattanooga's Outdoor Expo – Sign Up Now!!!!

Outdoor Chattanooga will host our third annual [Outdoor Expo and Gear Swap](#) on Saturday, March 28, 2009, from 10:00 a.m. to 4:00 p.m. in Coolidge Park. Clubs, camps, outfitters, conservation organizations: sign up now to get your exhibition spot. 10'X10' spaces are \$25 and all proceeds will go toward Outdoor Chattanooga's free, public programs. Call or [email Ruth Thompson](#) at (423) 643-6889 to reserve your spot.

⚡ New Year's Re-use-alution

How do you reuse your trash? Along with other commodities during our national recession, prices for recycled goods have dropped. Last month, we cited articles from the [San Francisco Chronicle](#) and the [New York Times](#), saying that scrap prices have dropped so drastically that recyclables like paper, aluminum, and glass are starting to pile up, and some recycling centers are cutting back on what they'll take. So we asked you how you re-use. Here's one response:

“At the Tennessee Aquarium, we re-use yogurt containers to hold small seafood for the fish. Things like brine shrimp, krill and bloodworms fit nicely in them. We also re-use plastic hospital trays and bed-pans that our volunteers bring us for larger food containers. Instant Ocean bags are used to re-package seafood when we cut blocks in half and the cardboard Instant Ocean boxes make great shipping boxes because they are so sturdy. Cardboard boxes are also used as enrichment for the Macaws, and plastic jars and such are used to hide food for the Octopus. We have been saving our Styrofoam fish shipping boxes as well and recently found an Atlanta fish shipper that will pick them up from us if we accumulate too many.”

-Carol Haley Farmer, Assistant Curator of Fishes, Tennessee Aquarium

So, how do you reuse what you would otherwise throw out? Send an email to the [Outdoor Chattanooga newsletter editor](#) and tell us how you re-use.

Pictures from Outdoor Chattanooga's New Home

We have electrical outlets, fresh paint, and a new loading dock/back porch. The next step for [our new building](#) is to get power run underground. Then the crew can begin putting in the final touches. The next time that you're taking a stroll on the Walnut Street Bridge, look down [into Coolidge Park](#) and watch the progress.

Adventures

↗ Bike Polo Back on Schedule every Wednesday Evening

Outdoor Chattanooga's weekly pickup bicycle polo games are back on a regular schedule every Wednesday evening, beginning around 5:30 p.m. at the [Ross' Landing Green](#) on the downtown waterfront. Any interested players are welcome. Helmets are required, and lights are strongly recommended. Rainy or muddy conditions cancel. Email or call [Minya James](#) at (423) 643-6888 to learn more.

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

↗ Climbing Gym to Open Jan. 17

The new [Urban Rocks Climbing Gym](#) has now opened on Annicola Highway. The "official" grand opening takes place on Sat., Jan. 17. With the [Tennessee Bouldering Authority's](#) indoor gym and the multitude of great climbing rock in the area, Urban Rocks adds to Chattanooga's prestige as a climbing destination in the U.S.

Classes and Clinics

Get Smart! Street Smart Jan. 10

Join [Bike Chattanooga](#) at the Development Resource Center at 1250 Market Street from 9:00 a.m. to 1:00 p.m. to learn the fundamental skills needed to begin riding a bicycle on the road. Street Smarts covers basic bicycle maintenance and safety checks, traffic laws, and riding skills. The class is geared for adults and children aged 16 and older when accompanied by an adult. Cost is \$25 per person and students must have a bicycle and helmet. Pre-registration is required. Call or email [Philip Pugliese](#) at (423) 643-6887 to register.

↗ Bicycle Task Force Meeting Jan. 13

The [Chattanooga Urban Area Bicycle Task Force](#) will have their bi-monthly meeting on Tues., Jan. 13, at 12:30 p.m., in room 2B of the Development Resource Center, 1250 Market St., in downtown Chattanooga. The BTF is now actively involved in the 2009 update of the Chattanooga Urban Area Bicycle Facilities Master Plan, which is important to the growth of bicycling in Chattanooga for the next 20 years. Representatives from around Chattanooga are invited to participate in the process. Student representatives from area colleges and universities are especially encouraged to attend. For more information call or email Chattanooga Bicycle Coordinator [Philip Pugliese](#) at

(423) 643-6887.

✍ **Digital Camera Concepts Jan. 13**

Professional photographer Pat Cory will teach a [Digital Camera Concepts](#) workshop at the Tennessee Aquarium on Tues., Jan. 13, from 6:30 to 9 p.m. The class will cover digital terminology, such as histograms, size, resolution, and how they correspond to familiar film concepts. Participants must bring a digital camera and manual. Cost is \$45 (\$30 for Aquarium members) and reservations are required by calling (423) 265-0698.

✍ **Challenge Course Facilitation Workshops at SAU Jan. - Apr.**

[Southern Adventist University's Outdoor Leadership](#) program will offer challenge course facilitation workshops the second Tuesday of each month, Jan. through April. The three-hour workshops, in experiential format, will cover games that get groups started in January, developing debriefing skills in February, high ropes set up and tear down in March*, and tower climbing and participation in April*. Cost is \$30. Registration in advance is required as space is limited. To register or get more information, email [Steve Bontekoe](#). *Some Challenge course experience is preferred for the April and March dates.

✍ **John C. Campbell Folk School Winter Classes**

The John C. Campbell Folk School, in Brasstown, N.C., offers a full schedule of [outdoor lifestyle classes](#), lasting from a few hours to several days. Subjects include everything from traditional crafts to bamboo fly rod making, hiking with naturalists, birding in Appalachia, wildflower studies, and photography for naturalists. Call the folk school at (800) 365-5724 for more information.

Volunteer Opportunities

✍ **SORBA's Enterprise South Trail Work Day Jan. 17**

The Chattanooga chapter of the [Southern Off-Road Bicycle Association](#) will host their first official trail work day at the Enterprise South Nature Park on Sat., Jan. 17, from 9 a.m. to 2 p.m. SORBA has signed a memorandum of understanding with the City of Chattanooga and Hamilton County to construct 10 miles of trail. SORBA will provide tools and lunch. Volunteers should bring work gloves, water, and loppers, if they have them. Visit the [SORBA Chattanooga online calendar](#) for details and directions.

Website of the Week

[LookOutdoorNews](#) is a new Chattanooga blog that is devoted to, well, everything outdoors in Chattanooga, especially when it comes to climbing walls, jumping stumps, and getting dirty.

Our Last Featured WebSite:

We encouraged people to change their Holiday buying habits by [Changing the Present](#), which offers hundreds ways to give by helping the earth and all its inhabitants.

Coming Up . . .

January

- 24 [Cross-a-Nooga #1](#)
- 25 [Cross-a-Nooga #2](#)

February

- 22 [↗ Southern 6K Trail Race](#)

March

- 28 [Outdoor Chattanooga Outdoor Expo](#)

April

- 4 [Rock/Creek River Gorge Trail Race](#)
- 18 [Chattanooga Dragon Boat Races](#)

May

- 2 [3State/3Mountain Challenge](#)
- 9 [Tour de Cure](#)
- 23 [Scenic City Trail Marathon & ½ Marathon](#)

June

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

July

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

August

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

September

- 26 [TN River Blueway Canoe and Kayak Race](#)

October

- 3 [Rock/Creek Stump Jump 50K](#)
[Sequatchie Valley Century](#)
- 10 [Chattanooga Head Race](#)

November

- 14 [Upchuck 50K Trail Race](#)

December

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

