



News and Events January 20 (Early Edition)

We're sending this e-blast out early, since the editor will be outside playing this coming week. Look for the lightning bolt ⚡ to see something new. The next newsletter will be coming your way on January 27.

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

Outdoor Chattanooga will host our third annual [Outdoor Expo and Gear Swap](#) AND grand the opening celebration for our new [Outdoor Chattanooga Center](#) on Sat., Mar. 28, 2009, from 10 a.m. to 4 p.m. in Coolidge Park. Clubs, camps, outfitters, retailers, conservation organizations, and gear swappers: [register 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 to keep it out of the landfill or recycle bin? Here's this week's suggestion:

I re-use yogurt containers to start seedling plants and as individual servings for jello, puddings, etc. I use jars and plastic coffee containers to hold nails, screws, nuts, bolts, etc. At work, any paper that has only been used on one side and is no longer needed is run thru the copier again using the other side for copies we keep in-house. I will not buy plastic water bottles. I just re-use the same ones over and over filling them with tap water.

-Carol Weaver, Harrison, TN

Last week's response:

Newspaper makes great mulch. Search [Lasagna Garden](#) or [Sheet Mulching](#) on the Internet. Shred all junk mail, student work, etc. then vermicompost it. Search [Red Hen Enterprises](#) or [vermicomposting](#). Smash glass and make mosaics. Use bottles for edging an [herb spiral](#) or garden. DON'T BUY DISPOSABLE PLASTIC BOTTLES. Buy a stainless bottle and refill it anywhere. Take the [permaculture](#) approach: once it comes on your property, it is YOUR responsibility.

-Brandy Davis

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.

Events

Cross-a-'Nooga Jan. 24 & 25

[Scenic City Multisport](#), the [Tennessee Bicycle Racing Association](#), and [Scenic City Velo](#) will host Cross-A-'Nooga #1 and #2 at Camp Jordan on Sat., and Sun., Jan. 24 and 25. The USAC-sanctioned cyclocross events will feature relatively flat terrain with categories for Juniors through Masters for men or women. [Online registration](#) is open until 12:30 a.m., Fri., Jan. 23.

Polar Bear Paddle Jan. 24

The City of Rome, Ga. will host their 3rd annual [Polar Bear Paddle](#) on Sat., Jan. 24, at 10 a.m. in at Dixon Landing in Rome. The three to four-hour downstream float will take participants down the Etowah River through downtown Rome. The event is free and open to all canoeists and kayakers with their own boats and novices are welcome. Please dress appropriately for the weather. Event hats and hot chocolate will be available for purchase, shuttle service will be available for \$5, and canoe and kayak rentals are available by contacting [Alan Crawford](#) at (706) 291-7449. All proceeds go toward the Heritage Riverways Foundation.

Chattanooga Quail Unlimited Membership Drives Jan. 24, 31, & Feb. 21

Chattanooga [Quail Unlimited](#) chapter #850 will hold membership drives at the Sportsman's Warehouse store, 6241 Perimeter Dr., on Saturdays, Jan. 24, 31, and Feb. 21 to reestablish the local chapter. Chattanooga QU will have a membership booth, conduct seminars, give away prizes, and offer wild game snacks. On Jan. 24 and 31, Brent Blackmon, owner of the [Crow Creek Hunting Preserve](#), will discuss the topics of quail hunting, quail management, and other related topics at 1 and 3 p.m. On each day, Blackmon will give away a 1/2 day two-person, guided hunt. Entries must be present to win. Details for the Feb. 21 event are TBA. For more information, contact QU regional director [Jon. B. Calhoun](#) at (423) 303-0640.

✓Tennessee Indoor Rowing Championships Jan. 31

The [Tennessee Indoor Rowing Championships](#) will take place at the University of Tennessee, Chattanooga's Maclellan Gym on Sat., Jan. 31, from 8 a.m. to 5 p.m. The event features Concept 2 Model D rowing machines which are all hooked together via computer with displays. The entry fee for competitors is \$9 per person. There is no admission fee for spectators. For more information, call or [email Robert Espeseth](#) at (423) 425-5333.

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

✓ Long Range Transportation Plan Survey

The [Chattanooga-Hamilton County Regional Planning Agency](#) is currently soliciting public opinion for the area's future transportation infrastructure plans with a [Long Range Transportation Survey](#). Interested members of the public are asked to complete the survey and fax or send via USPS to the RPA by the end of February at (423) 757-5532 or 1250 Market St., Suite 2000, Chattanooga, TN 37402. Among other options, the survey will be used to formulate plans for future bicycle, pedestrian, and public transportation options.

✓ Redwood Creek's Greater Outdoors Project Grant

[Redwood Creek Wines](#) and [Planet Green](#) are calling on outdoors non-profit groups, such as trail clubs and environmental organizations, to submit applications for a [\\$50,000 Great Outdoors Project grant](#) by March 1, 2009. The grant is targeted toward registered 501(c)(3) organizations to use on specific projects that aim to preserve, protect and provide access to the outdoors. The grant applicant must be 21 years of age or older and a legal U.S. citizen. All project work must be completed by December 2010.

✓ Make Your Own Bicycle Pizza Hauler

Here's an alternative delivery option for the person who wants to combine carb burning with carb "loading:" instructions on how to [build your own pizza hauler](#) for an Xtracycle bicycle rack.

✓ Biking to the Presidential Inauguration

L.A. resident [Ryan Bowen](#) is in Virginia, on the last leg of his bicycle journey cross-country to attend Barack Obama's inauguration. Bowen plans to arrive in Washington, D.C. this Sunday.

Rob Gauntlett Dies in Climbing Accident

[Rob Gauntlett](#), the youngest climber ever to summit Mt. Everest and National Geographic Explorer Adventurer of the Year, [died last Saturday](#) in an ice fall on Mt. Blanc in the French Alps. Gauntlett, 21, and partner James Hooper came through Chattanooga last year, as part of their [180 Degrees: Pole-to-Pole](#) trek.

The adventure, which was launched to bring attention to global warming, was done entirely using man, dog, and wind power. Gauntlett and Hooper were met in Chattanooga by Outdoor Chattanooga staff and members of the Velo Vixens Cycling Club.

Classes and Clinics

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

✓ Blue Blazes Trail Work Day Jan. 31

The [American Hiking Society](#) will host a work day on Moccasin Bend's Blue Blazes trail Jan. 31 from 10 a.m. until 1 p.m. Volunteers will use hand tools to widen the trail and remove privet along the river. Gloves, tools, water and snacks will be provided. Meet at the Blue Blazes Parking lot on Moccasin Bend Rd. Interested volunteers must register to participate by calling or [emailing Carla Hilling](#) at 423-266-2507, ext. 4.

Website of the Week

[Paddling.net](#) features [this great article](#) about how to while away the winter months and get your kayak ready for paddling season.

Last Week's WebSite:

In honor of Rob Gauntlett, who died in a climbing accident on Mt. Blanc last Saturday, we feature [180 Degrees: Pole-to-Pole](#).

Coming Up . . .

February

- 10 [✓ Bicycle Task Force Meeting](#)
- 22 [Southern 6K Trail Race](#)

March

28 [Outdoor Chattanooga Outdoor Expo, Gear Swap & Grand Opening](#)

April

4 [Rock/Creek River Gorge Trail Race](#)
[↗ Dusk 'til Dawn Adventure Race](#)
18 [Chattanooga Dragon Boat Races](#)
26 [3rd Annual Scenic City Triathlon](#)

May

2 [3State/3Mountain Challenge](#)
7-9 [↗ Southeastern Foot Trails Conference](#)
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

5 [Raisin' Hope Ride](#)
26 [TN River Blueway Canoe and Kayak Race](#)

October

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

November

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

December

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

