



## News and Events February 3

Oh boy! We're recycling and cleaning like crazy in our old office, anticipating our move to Coolidge Park in a very few weeks. Look for the lightning bolt ⚡ to see something new.

### Pictures from Outdoor Chattanooga's New Home

It's the little things that count, like lights, paint, toilets, etc. [Our new building](#) is beginning to look like home. We'll be moving in soon, then getting ready for . . .

### Outdoor Chattanooga's Outdoor Expo & New Location Grand Opening March 28

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. We'll have a full day of activities in the park and in the building. 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. Spaces are already filling up. 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:

**Our family eats a fair amount of breakfast cereal. We reuse the inner liners as food storage bags. They are surprisingly leak proof, and ideal for leftover meats, especially baked chicken, drippy roasts, or anything with barbeque sauce on it. These work for microwave reheating also. An added advantage: after the leftovers are consumed, you can throw away the bag virtually guilt free, knowing that you won't be wasting gallons of (hot) water trying to clean a greasy, plastic storage container.**

**If you have the cereal box liner, you also have the cereal box. Don't forget to snip the "Box Tops for Education" coupon before sending the box to the recycle bin. Lots of schools collect these. No kids or grandchildren? Find an elementary school teacher. Save them in a recycled envelope (hint: credit card solicitation), and periodically give them to someone**

whose school regularly collects them. These can also be found on many other food products and even toilet paper. Someone will benefit from your efforts, so spend a few seconds clipping and saving.

-Buck, Cleveland, TN

### **This week we also have a question from Rick Loggins at Normal Park:**

What do others do (recycle-wise) with their used wax-covered paper cartons? Per the city recycling rules, we cannot deposit the wax-covered paper cartons into the mix-paper dumpster. I'm talking about the half-gallon cartons that are used for juice, soy milk, and the like. What are others doing with these cartons, recycle-wise?

### **Last week's response:**

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

Send an email to the [Outdoor Chattanooga newsletter editor](#) and tell us how you re-use.

## **Pictures from Outdoor Chattanooga's New Home**

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## **Events**

### **Frozen 5K for Haiti Feb. 7**

The Chattanooga Track Club will host the [Frozen 5K and 1K walk for Haiti](#) on the roads of Shackleford Ridge on Signal Mountain, on Sat., Feb. 7, at 9 a.m. Day-of registration costs \$15 and proceeds will go toward Haiti Missions. Day-of registration goes from 7:30 to 8:30 a.m. at Signal Mtn. Bible Church.

### **↗ Bicycle Task Force Meeting Feb. 10**

The public is encouraged to attend the next meeting of the [Chattanooga Urban Area Bicycle Task Force](#) on Tues., Feb. 10, at 12:30 p.m. at the Development

Resource Center, 1250 Market Street, Chattanooga, TN 37402. The BTF is now actively involved in the 2009 update of the area's Bicycle Facilities Master Plan. They need representatives from around Chattanooga to participate in the process. Student representation from area colleges is especially encouraged. Please phone or [email Chattanooga Bicycle Coordinator Philip Pugliese](mailto:Philip.Pugliese@chattanooga.gov) at (423) 643-6887 for more information about how you can serve.

### ✈ "HEAT" at UTC Feb. 12

The [University of Tennessee, Chattanooga Biology and Environmental Science Department](#) invites the public to a free screening of the PBS documentary, "HEAT" on Thurs., Feb. 12, from 6 to 10 p.m. the University Auditorium in the UTC Student Center Building. The film is an in-depth examination of the causes and solutions for global warming. The evening will include exhibits by local environmental organizations and a panel question and answer session after the movie. For more information, email [Dr. David Aborn](mailto:David.Aborn@utc.edu) or [Frank DePinto](mailto:Frank.DePinto@utc.edu).

## 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 5:00 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](mailto:Minya.James@chattanooga.gov) 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

### ✈ **Economic Recession and the Outdoors**

According to a [post by Ontario canoeist Kevin Callan on paddling.net](#), low-cost outdoor recreation like camping and hiking actually increases during hard economic times as people look for low-cost ways to spend their leisure time. The [Outdoor Industry Association](#) reports that even though overall outdoor retail sales were down 1% in 2008, the outdoor industry generally remained very strong. Online retail sales went up 18%. Camping gear and specialty items like water bottles, trail running shoes, and women's-specific sports apparel also saw significant increases.

### ✈ **Rock/Creek Wins Online Retailer Award**

Chattanooga outdoor retailer [Rock/Creek](#) won the 2009 Online Retailer of the Year award from [SNEWS](#) and [Backpacker Magazine](#) at an awards ceremony on Jan. 22 at the Outdoor Retailer Winter Market. The awards, which also included categories for Sustainable Business, Community, Youth Involvement, Growth of Outdoor Sports, Conservation, and Best Overall Retailer. Award winners were

chosen from customer-generated nominations. Congrats, guys!

### ✍ **Bike Valet on Steroids at Inauguration**

President Obama's inauguration attracted thousands of cyclists, many of whom found it easier to get to the ceremony than those taking motorized or public transportation. The [Washington Area Bicyclists Association](#) provided free valet service on two sides of the National Mall, as well as a plethora of information about routes, bike safety, and suggested rides to stay warm on that very cold day. Great job!

### **Governor's Environmental Stewardship Awards: Nominations Open**

The [Tennessee Department of Environment and Conservation](#) is accepting nominations for the [Governor's 2009 Environmental Stewardship Awards](#). The awards recognize Tennesseans who go above and beyond to protect the state's diverse environment. The awards cover 13 categories, including Building Green; Environmental Education and Outreach, Greenways and Trails, and Parks and Recreation. A panel of judges will select award recipients based on criteria including on-the-ground achievement, innovation and public education. The deadline for nominations is Mar. 31, 2009. Award recipients will be announced in May 2009.

## **Classes and Clinics**

### ✍ **Street Smarts Feb. 14**

Be sweet to your Valentine. Give him/her some Street Smarts. League of American Bicyclists-certified instructors teach basic bicycle maintenance, rules of the road, and emergency maneuvers, all the things your honey-bunny needs to be safe riding in traffic. Cost is \$25 and the class is open to adult and kids ages 16 and older. Helmet and bicycle are required. For more information or to register, [email Philip Pugliese](#) or call (423) 643-6887.

### ✍ **Orienteering Clinic at TN Aquarium Feb. 21**

The [Tennessee Aquarium](#) will host an orienteering class for adults and children on Sat., Feb. 21, from 1 to 4 p.m. Participants will get acquainted with compass and map techniques, and then head into the wild in search of six stations hidden by the instructor. The terrain will be steep, so students should wear shoes suitable for off-trail hiking, and kids should be old enough to handle the ups and downs. Cost is \$13 (\$8 for Aquarium members) and includes water and a snack.

### ✍ **Climbing Classes to Beat the Winter Blues**

Both of Chattanooga's climbing gyms are offering classes for kids and adults in everything from belaying technique to core fitness this winter. The [Tennessee Bouldering Authority](#) offers classes in core fitness, beginner and intermediate climbing for adults, and climbing for juniors (ages 6-12) and youth (ages 13-17). The [Urban Rocks Gym](#) teaches belaying technique, introduction to climbing, an advanced classes in climbing, indoor lead, and self-rescue. Group climbing instruction can also be found through [The Adventure Guild](#).

## Volunteer Opportunities

### **SORBA's Enterprise South Trail Work Day Feb. 7**

SORBA Chattanooga will host their second Enterprise South Nature Park trail building day on Sat., Feb. 7, from 9 a.m. to 2 p.m. Enterprise South is not open to the public, so trail workers will be locked in for the entire work session. Interested volunteers should arrive promptly at 9 a.m. They should bring work gloves, loppers (if they have them), and water. SORBA will provide lunch. No trail building experience is necessary. See a [detailed map and directions](#) to the work site.

### **✈️ Work Day at Pot Point Cabin Feb. 18**

The [Tennessee River Gorge Trust](#) will host a volunteer work day at Pot Point Cabin on Wed., Feb. 18 from 10 a.m. to 2 p.m. Volunteers will help clear invasive plant species and other general tasks. Bring work gloves and lunch. TRGT will provide drinks and desserts. Phone or [email Sarah Quattrochi](#) at (423) 266-0314, ext. 3 for more information.

## Website of the Week

The communities of Soddy and Daisy are so fired up about their proposed new rail trail that they've launched a Website: [Soddy-Daisy Rails-to-Trails](#).

### Last Week's WebSite:

[Environmental Education in Tennessee](#) is a resource for educators, students, and organizations. Among the items you can find on the site are grant opportunities, seminars, contests and state environmental news.

## **Cyber-Errata**

It has come to our attention that some of you are still using the newsletter editor's old City of Chattanooga email address, and it is bouncing. FYI for everyone, you can always reach me at [ruth@outdoorchattanooga.com](mailto:ruth@outdoorchattanooga.com) or [thompson\\_ruth@mail.chattanooga.gov](mailto:thompson_ruth@mail.chattanooga.gov).

## Coming Up . . .

### **February**

**22**    [Southern 6K Trail Race – Online Registration Now Open!](#)

**28**    [Scenic City ½ Marathon, 5K & Charity Challenge](#)

### **March**

**6**        [✈️ Bike2Work Begins](#)

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

### **April**

**3**        [✈️ Bike2Work](#)

**3-5**    [✈️ Reflection Riding Wildflower Festival & Native Plant Sale](#)

**4**        [Rock/Creek River Gorge Trail Race](#)

- 18 [Dusk 'til Dawn Adventure Race](#)  
[Chattanooga Dragon Boat Races](#)  
[Chickamauga Chase](#)
- 26 [3<sup>rd</sup> Annual Scenic City Triathlon](#)

## May

- 1 [↗Bike2Work](#)
- 2 [3State/3Mountain Challenge](#)
- 7-9 [Southeastern Foot Trails Conference](#)
- 9 [Tour de Cure](#)
- 23 [Scenic City Trail Marathon & ½ Marathon](#)
- 29-31 [Tennessee Valley Canoe Club Paddle School](#)

## June

- 5 [↗Bike2Work](#)
- 6 [National Trails Day](#)
- 13 [Blue Cross Riverbend Walk/Run](#)
- 19-21 [Chattanooga Mountains Stage Race](#)

## July

- 3 [↗Bike2Work](#)
- 12 [BMW of Chattanooga Waterfront Triathlon](#)

## August

- 7 [↗Bike2Work](#)
- 8 [Greenway 5-Mile Trail Race](#)

## September

- 4 [↗Bike2Work](#)
- 5 [Raisin' Hope 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](#)
- 10 [Chattanooga Head Race](#)

## November

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

## December

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