



OUTDOORS

Outdoor Knoxville Event Calendar: May 19-May 29



An owl prowl is among the activities as part of Wilderness Wildlife Week, taking place through Sunday at the LeConte Center in Pigeon Forge. The event is free and open to the public, and has a variety of programs for all ages and different interests, ranging from programs specifically for the youngsters to guided hikes for the more adventurous folks. For a schedule of events and to register, go online at: <http://www.mypigeonforge.com/events/wilderness-wildlife-week/>

May 17, 2016

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THURSDAY

WILDERNESS WILDLIFE WEEK - MAY 18-22 My Pigeon

Forge at 865-429-7432 8 am — 7:30 pm at LeConte Center in Pigeon Forge Nature lovers, hikers, and outdoors enthusiasts unite for Wilderness Wildlife Week in Pigeon Forge! This event will take place May 18th through the 22nd, and as always it is free and open to the public. Wilderness Wildlife Week has a variety of programs for all ages and different interests, ranging from programs specifically for the youngsters to guided hikes for the more adventurous folks. The programs will be offered from around 8:00 AM until around 7:30 PM daily. For a schedule of events and to register, visit us online at:

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PINT NIGHT TO BENEFIT THE ACCESS FUND Onsight Rock Gym at 865-888-9123 6-9 pm at Saw Works Brewery Join us out on the patio at Saw Works Brewing Company for a Pint Night to benefit the Access Fund. First 10 people who come in will receive a FREE Onsight Rock Gym Pint Glass. We have two generously donated brews from The Casual Pint - Downtown and Saw Works Brewing Company: Dirty South Brown Ale and No Easy Day IPA with 100% of proceeds donated to the Access Fund. Today, 1 in 5 climbing areas in the US are threatened by an access issue. Let's make a difference and keep our climbing areas open for future generations. So, bring all of your friends (and meet new friends!) and come learn more about the Access Fund and how you can make an impact.

FRIDAY

16TH ANNUAL BIKE TO WORK DAY I Bike KNX at 865-215-3815 7:30 — 8:30 am at Market Square Stop by Market Square as you ride your bike to work and grab a biscuit (with your choice of yummy filling) from Pete's and coffee donated by Trio Cafe. BIKE TO WORK DAY CONVOYS - Want to bike to work, but aren't

sure about the best route? Or would you just like some company along the way for a change? Meet at one of these locations to join the movement: n 6:30 am - Halls to downtown and UT. Meet at Halls Center, 6950 Maynardville Pike, near Ace Hardware. n 7 am - North Knoxville to downtown and UT. Meet at Office Depot/Food City parking lot on Broadway, 4212 N Broadway. n 7 am - East Knoxville to downtown and UT. Meet at Holston River Park, 3300 Holston Hills Road (top parking lot by pavilion). n 7:15 am - Bearden to downtown and UT. Meet at Third Creek Greenway trailhead, 130 Forest Park Blvd. n 7:15 am - South Knoxville to downtown and UT. Meet at 3701 Sevierville Pike (southeast corner of Sevierville Pk and Lancaster). n 7:30 am - Parkridge to downtown and UT. Meet at 620 Winona St. (the Ashley Nicole playground shelter)

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SCHOOL'S OUT: ROCK CLIMBING & CAVING ADVENTURE Ijams Nature Center at 865-577-4717, ext. 116 to register 10:00 am at Ijams Nature Center Make your first day of summer a memorable one — join the Ijams Adventure Crew for a half-day of learning the ropes and reaching new heights as we teach you the skills and set-up the ropes for your rock climbing adventure. Then

we will finish the last half of the day underground, where we will explore the hidden gems lying just underneath the surface of Knoxville. Our Adventure Crew will take you on a tour of the rarely seen caves at the Quarries of Ijams. The fee for this one-of-a-kind opportunity is \$89 per person. Pre-registration is required. Please call Benjy to register. 10 am - 5 pm. Recommended ages: 10 and up.

REV 3 KNOXVILLE EXPO — MAY 20-22 Rev3 Adventure at 865-567-0244 4 — 8pm at World's Fair Park 2016 is the seventh year for Rev3 Knoxville, and it is expected to draw over 2,000 people to downtown Knoxville as race participants, friends and family as supporters and volunteers. Sunday's race features local and regional talent, including a stellar professional women's field. Come see this FREE event and enjoy the excitement of triathlon. The free EXPO will feature vendors, music, athlete activities and an amazing, activity-filled Kids Zone with a Dance-Dance-Revolution contest on our JumboTron!

GLOW KNOXVILLE Rev3 Adventure at 865-567-0244 8:00 pm at World's Fair Park Let's light up Knoxville with some neon orange for one night! Join us for an evening of family fun, where you can take part in a 5K or 1-mile fun run dressed in all things bright and shiny. Flash and sparkle your way around the course, cross the finish line amid smoke and lasers at World's Fair Park, and then enjoy post-run entertainment as the day slowly fades away. The 5K and 1-mile fun run will be untimed, so if you want to take your time and soak in the evening, you won't have the pressure of a clock to beat. Each entrant will receive a glow-in-the-dark T-shirt, a glow stick, and access to pre- and post-race music and entertainment. We will hand out special prizes for Glow runners who are the brightest, most flashy, and most reflective. To register for a night of fun and exercise, please visit

www.rev3adventure.com/#!glow/c58s

SATURDAY

CADES COVE RUN AND POTLUCK BRUNCH Knoxville

Track Club 7:00 am at Cades Cove Meet at the bicycle rental area. Run any of the loops - 4, 7, or 11 miles. Potluck brunch in the picnic area to follow.

HIKE DEEP CREEK TRIPLE WATERFALL LOOP Smoky

Mountain Hiking Club 7:30 am at Comcast Parking Area We will hike sections of the Deep Creek, Martins Gap and Sunkota Ridge Trails. After climbing to and descending from Martins Gap, we will finish by walking alongside Deep Creek. We will enjoy Juney Whank, Indian Creek and Tom Branch Falls; and see Campsites 57, 58, 59, and 60. This hike is rated difficult due to the 14-mile length, including a 3.5-mile climb to Martins Gap. Meet at Comcast at 7:30 AM, and expect to arrive back at Comcast by 8 PM. Leader: Steve Madden at smadden@aaasouth.com

HIKE 100 WITH GSMA - RICH MOUNTAIN LOOP + INDIAN

GRAVE Great Smoky Mountains Association at 865-436-7318 x254 8:00 am at Cades Cove — shelter area Great Smoky Mountains Association is offering our members who have set their sights on hiking 100 miles in 2016, 10 chances to hike with us as you work toward earning your Smokies Challenge Hike 100 pin. All Hike 100 events are rated moderate to strenuous. Hike 10.7 miles with scenic views and John Oliver's cabin.

BLOUNT COUNTY MELANOMA AWARENESS 5K Blount

County Melanoma Awareness — Haley at 865-591-0059 8:00 am at Pistol Creek in Alcoa Melanoma is skin cancer. It has had a 2000 percent increase since 1930 with 1 in 50 being affected. Early detection makes melanoma highly curable but it is the least

screened for cancer. People find their own melanomas more frequently than doctors do. Hailey is hosting this 5K for her Girl Scout Gold Award to spread Melanoma Awareness. It will be May 21st at 8am and located at Pistol Creek, at the Maryville Library Bridge. Registration is \$20 + \$2 fee and will include a T-shirt if registered prior to May 6th. Awards will be given to the top 3 male and female runners and top 3 children/teens (17 and younger).

WILDERNESS WILDLIFE WEEK - MAY 18-22 My Pigeon Forge at 865-429-7432 8 am — 7:30 pm at LeConte Center in Pigeon Forge Nature lovers, hikers, and outdoors enthusiasts unite for Wilderness Wildlife Week in Pigeon Forge! This event will take place May 18th through the 22nd, and as always it is free and open to the public. Wilderness Wildlife Week has a variety of programs for all ages and different interests, ranging from programs specifically for the youngsters to guided hikes for the more adventurous folks. The programs will be offered from around 8:00 AM until around 7:30 PM daily. For a schedule of events and to register, visit us online at:

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SCC100 HIKE TO CHESTNUT TOP Little River Trading Company at 865-681-4141 8:45 am at Little River Trading Company Join us as we continue our celebration of the Smokies by hiking up to Chestnut Top. We'll meet at Little River Trading Co. at 8:45am and carpool around 9am to the trailhead. This hike offers wildflowers, views, and climbing but is located near the Townsend Y so travel time will be short. Distance options include 6.2 miles (Round Trip) to the top of Chestnut Top or continuing to School House Gap and back for a total of 8.6 miles (RT). Although we do not charge or require RSVP- you can let us know if you do plan to attend on this event's page. We'll have Leki Trekking poles and daypacks from Osprey & Deuter available to demo on a first come

first serve basis at the shop. Stay tuned for additional dates and trails.

WAGGING WALK AT IJAMS Ijams Nature Center at 865-577-4717, ext. 110 to register 9:00 am at Ijams Nature Center (All Ages) Grab your favorite four-legged friend and join Ijams' own veterinarian, Dr. Louise Conrad, as she walks her own canine companions. She'll review good doggy etiquette at the park and help owners understand the special safety concerns for dogs in nature. The fee for this program is \$5 for non-members and FREE for members. Please call to register.

OVERMOUNTAIN VICTORY NATIONAL HISTORIC TRAIL HIKE Lisa Huff with TN Dept of Environment & Conservation at 615-532-0431 9:00 am at Hampton Creek Cove Natural Area This popular hike is a walk in the footsteps of the common men and women who gave us all our liberty. The Overmountain Victory National Historic Trail is a unit of the National Park Service and certified segments of the route that the actual Overmountain Men (and women!) took from Tennessee to South Carolina to fight the decisive Battle of Kings Mountain cross Roan Mountain at the Appalachian Trail in Yellow Mountain Gap. This popular and scenic hike requires a caravan with the group meeting at Hampton Creek Cove in the morning and then carpooling to Roaring Creek and the Pisgah National Forest to start the hike. This is considered a moderately long and moderately difficult hike. Much of it is downhill through the Cherokee National Forest and Hampton Creek Cove with only a couple of lengthy uphill stretches on the entire route. Upon finishing the hike at Hampton Creek Cove, we'll have to caravan back to Roaring Creek to pick up cars from the morning (but it's worth it, believe me!). While full of moving historical significance, we also are sure to see wonderful highland wildflowers and hear and see lots of spring birds. This hike will

take most of the day. You should not expect to be back to your vehicle until 4 or 5 p.m. You should be prepared for mountain weather, which means changeable! Cool to cold in the highlands, possibly windy, maybe drizzly. Wear good footwear and layered clothing. Be prepared for spring showers. Bring plenty of energy food and water. We won't go if it's forecast to be truly rainy, so you have to leave the leader a contact phone number in case of cancellation - loretha.legette@tn.gov

FLY FISHING 101 Orvis Sevierville at 865-774-4162 9:00 am at Orvis Sevierville Fly Fishing 101 course includes free lessons on fly-casting and outfit rigging.

LIV CYCLING WOMEN'S SOCIAL RIDE Harpers Bike Shop and Liv Cycling at 865-588-5744 9:00 am at Outdoor Knoxville Adventure Center Meet at 9 for coffee and snacks, ride rolls out at 9:30. Casual/social pace - all abilities and ages welcome. It's always been thought that the world of cycling was a boy's club. Not only are we pretty sure that's historically inaccurate, the women of Knoxville have been proving themselves to have a sense of continuity within their community that continues to impress and inspire. In every direction we look there are uniquely different and strong women in our community; athletes, greenway riders, weekend warriors, road cyclists, mayors, mothers, daughters, mtn bikers, triathletes, cul-de-sac cruisers, uphillers, downhillers, and every shade in between. We hope this ride will be a small step towards bringing you all together. The ride will be hosted by Liv Cycling USA local ambassador Julie Ferrara with the support of the crew here at Harper's Bike Shop, and will leave from the Outdoor Knoxville facility on the waterfront thanks to the help of Legacy Park's Carol Evans. The ride will take place almost exclusively on greenways so all level riders and all bikes will be appropriate and welcome.

MODERATE 10-MILE HIKE AROUND GATLINBURG Great Smoky Hiking & Adventure Group 9:00 am at Twin Creek Trailhead - GSMNP My final push to complete the 4th map includes 3 trails, Twin Creeks, a section of Old Sugarland, and the Gatlinburg Trail. We will meet near the trailhead of Twin Creeks at 9:00. For those not familiar with the area it's on the right side of Cherokee Orchard Road right at the boundary of the Park. From there we will hike Twin Creeks Trail to the historic Noah "Bud" Ogle homestead. After visiting the Ogle cabin, we then walk a section of the Cherokee Orchard Road to the Old Sugarland Trail. Our hike will take us along Old Sugarlands Trail past some homesteads, CCC camp and even a cemetery. At the conclusion of this trail we pop out on 441 and cross the road to the Sugarland Visitors Center and pick up the Gatlinburg Trail for our last 1.9 miles. The trail travels 1.9 miles from the Sugarlands Visitor Center to the outskirts of the city of Gatlinburg, TN. It is relatively flat and runs through the forest alongside the West Prong of the Little Pigeon River. The trail offers beautiful views of the river, which at one point is crossed by a pedestrian footbridge. Foundations and chimneys of several old home sites are visible along the trail. We will then head over to the Smoky Mountain Brewery to hoist a few summer quaffs in celebration of a remarkable achievement. Total mileage will be 10.4. Please pre-register with JD Schlandt 865-661-4474 or trailhard@gmail.com

PADDLE THE RIVER - HOLSTON RIVER PARK TO NED MCWHERTER PARK River Sports Outfitters at 865-673-4687 9:30 am at Ned McWherter Dock at Riverside Landing Park Come paddle with us every 4th Saturday. We will be paddling from Holston River Park to Ned McWherter Dock! We will meet at McWherter landing to set up our Shuttle system. We will put in at Holston River Park and paddle down and take out at Ned McWherter. Come on out and paddle with us. Cost is \$20 per

person. Boat/paddle/PFD will be provided. Show up with your water attire and bring something to drink & sunscreen for those sunny days!

REV 3 KNOXVILLE EXPO — MAY 20-22 Rev3 Adventure at 865-567-0244 10 — 6 pm at World's Fair Park 2016 is the seventh year for Rev3 Knoxville, and it is expected to draw over 2,000 people to downtown Knoxville as race participants, friends and family as supporters and volunteers. Sunday's race features local and regional talent, including a stellar professional women's field. Come see this FREE event and enjoy the excitement of triathlon. The free EXPO will feature vendors, music, athlete activities and an amazing, activity-filled Kids Zone with a Dance-Dance-Revolution contest on our JumboTron!

TENNESSEE MOUNTAIN LAUREL FESTIVAL Morgan County Tourism Alliance at 423-223-4644 10:00 am at Courthouse Square in Wartburg Food, live music, vendors, kids zone, quilt show, antique car show, 5K climbing wall, marathon walks, guided mountain laurel walks, geocaching, radio controlled cars!

MOUNTAIN LAUREL FESTIVAL - HIKE FROM NEMO TO WARTBURG ALONG THE CUMBERLAND TRAIL Obed Wild and Scenic River at 423-346-6294 10:00 am at Obed Wild & Scenic River In celebration of the Second Annual Tennessee Mountain Laurel Festival in Wartburg, Obed Wild and Scenic River will be conducting a healthy hike along the Nemo to Wartburg section of the Cumberland Trail on Saturday, May 21, at 10 a.m. Join Park Ranger Veronica Greear for this 2.6 mile, moderately strenuous, hike out and back along this trail. Hikers will be greeted by the bountiful beauty of the white and pink blooms of mountain laurels and other colorful wildflowers that litter the trail along with spectacular views of the Emory River.

Participants will meet at the Nemo Day Use Area for this two-hour hike. Please wear weather appropriate clothing and sturdy shoes or boots. Bring water and snacks, too. Hikers are welcome to bring well-behaved dogs on a leash. Please contact the park for directions or additional information.

SUNDAY

REV3 KNOXVILLE TRIATHLON Rev3 Adventure at 865-567-0244 7:30 am at Volunteer Landing Triathletes participating in the Half or Olympic distance races will assemble at Volunteer Landing, adjacent to Knoxville's renowned Calhoun's on the River. Each swim wave will enter the water via the dock at Calhoun's Restaurant and tread water until the gun sounds. Triathletes will swim up river for a short section and make the turn and swim back down river exiting at the UT Rowing facility across the street from Neyland Stadium. Join us on a bike ride, which begins adjacent to Neyland Stadium. Athletes will make their way out of Knoxville as they journey out onto the rural country roads of Blount and Knox Counties. Enjoy challenging ascents, rapid descents and picturesque scenery before making your way back in to town. Athletes will exit the transition area heading out onto Neyland Drive passing the Stadium. The run course will weave its way through the Knoxville Greenway Trail System. Athletes will enjoy a challenging yet scenic course at Rev3 Knoxville culminating with an energized finish at World's Fair Park in downtown Knoxville. Athletes will exit the transition area heading out onto Neyland Drive passing the Stadium. The run course will weave its way through the Knoxville Greenway Trail System. Athletes will enjoy a challenging yet scenic course at Rev3 Knoxville culminating with an energized finish at World's Fair Park in downtown Knoxville.

SECOND ANNUAL HIGHLAND HALF MARATHON AND
SCOTT TROT 5K Maryville College 7:30 am at Maryville
College The second annual half marathon will be held at Maryville
College in conjunction with the Smoky Mountain Scottish Festival
and games. The route leaves the campus and works its way down
and back on the Maryville greenway. Race participants will receive
a pass to attend the festival. Half marathoners will receive a race
shirt and a finisher's medal. Beer mugs will be awarded to all age
group winners. Bring the non-runners too! There's plenty to do at
the festival while they're waiting for the runners to return. The
Scottish Festival begins on May 20th and will end on May 22nd
around 4 pm. For more information on the Smoky Mountain
Scottish festival and games, please go to:
www.smokymountaingames.com

REV 3 KNOXVILLE EXPO — MAY 20-22 Rev3 Adventure at
865-567-0244 8 am — 4:30 pm at World's Fair Park 2016 is the
seventh year for Rev3 Knoxville, and it is expected to draw over
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CANOE/ KAYAK FLOAT - FORT LOUDOUN STATE

HISTORIC PARK Harvey Broome Group of the Sierra Club TBA

- Must pre-register with Bob Perlack at perlack@aol.com to register. This combination kayaking and hiking outing involves a 5.5-mile paddle around Fort Loudoun State Park and the nearby McGee-Carson wildlife management area (WMA). With the construction of Tellico Lake in the late 1970s, the 1200 acre Fort Loudoun State Historic Park and the adjacent Sequoyah Birthplace Memorial became an island. Fort Loudoun was built in 1756 and was one of the earliest British fortifications on the "western frontier." About five times each year "Garrison Weekend" is held at the reconstructed fort. Visitors can see re-enactors in uniforms and costumes and view life in a mid-18th century fort. Our outing will be on one of these garrison weekends. In addition to paddling around the island and walking the grounds of Fort Loudoun we will do a side paddle over to the nearby McGee-Carson WMA. Here we will go on a short hike to see the ruins of the plantation house. The paddle is rated moderate because of the distance. The HBG does not provide boats. Each participant will be responsible for their own kayak or canoe and pfd.

DOGWOOD MASTERS CLASSIC ROWING REGATTA Helen

Ross McNabb Center at 865-482-6538 9:00 am at Melton Hill Lake Rowing Center The Masters Classic provides both 1000-meter and 2000-meter events for Open and Masters crews. Come out and enjoy the day outside watching this competition at Melton Lake!

RUN FOR MENTAL HEALTH AWARENESS Oak Ridge Rowing Association 9:00 am at UT Campus Circle Park Join us in our race to raise awareness and end the stigma behind mental health illnesses. Mental health illnesses are among the most stigmatized and under-appreciated medical conditions in the world today. Unfortunately, these debilitating conditions disproportionately affect those who are the most unable to afford expensive mental health treatments. Proceeds will go to the Helen-Ross-McNabb center, a nonprofit organization based in Knoxville, Tennessee that seeks to provide mental health care to individuals who would otherwise have no options. The Run for Mental Health Awareness begin on Pedestrian Walkway next to John C. Hodges Library. Parking will be available in the parking lot of Natalie L. Haslam Music Center.

FIRST CREEK CLEAN SWEEP AND PADDLEBOARD DEMO Billy Lush Board Shop at 865-332-5874 1:00 pm at Billy Lush Board Shop Keep Knoxville Beautiful and Billy Lush Board Shop are cleaning up first creek at Volunteer Landing. Come join us! Adventure Board Company will host a board demo from 1-3pm (free). Clean sweep is 3-4:30pm. Terrapin Beer Company pint night to follow at the Beer Porch (inside the board shop). All beer proceeds will benefit the Legacy Parks Foundation. During the pint night, we will be raffling off a brand new 2016 Adventure Board, an Osprey pack, paddling coupons, and more. Food will also be available for purchase. Come for a part or for all of it.

EASY HIKE — JUDGE BRANCH WILDFLOWERS Smoky Mountain Hiking Club 1:00 pm at Books-A-Million - Oak Ridge This will be an easy 3-mile hike to see the late season wildflowers on the Judge Branch Trail in Frozen Head State Park. Leader: Don Dunning at dedz1@aol.com

KNOXVILLE BMX JAM Harpers Bike Shop at 865-588-5744
2:00 pm at Tyson Park Bikes, bands, and fun stuff. Bring
lawnchairs, friends, dogs, hotdogs, whatever.

FAMILY WILDLIFE SERIES: SNAKE-ODOLOGY 101 Ijams
Nature Center at 865-577-4717, ext. 110 to register 2:00 pm at
Ijams Nature Center Join Ijams naturalist Stephen Lyn Bales for
this fun and lighthearted look at 15 of the common snakes species
that live in East Tennessee. These programs are great for families
and the young-at-heart. We will even get to meet a couple of the
scaly residents of Ijams. If you've been to our -ology programs
before, you know there will be some fun, snake-themed food. Feel
free to bring something to share, or just come partake in our scaly
snacks! The fee for this program is \$5 for Ijams members and \$8
for non-members \$8 (Children under 3 are free). Space is limited -
please call to register.

MAY 23

APPALACHIAN MOUNTAIN BIKE CLUB MONTHLY
MEETING Appalachian Mountain Bike Club 7:30 pm at the Cove
at Concord Park Interested in getting involved with the mountain
biking community here in Knoxville? The Appalachian Mountain
Bike Club meets the 4th Monday of each month.

RTMC MONDAY EVENING SWIM AT THE COVE Rocky Top
Multisport Club 7:00 pm at Sweet P's BBQ and Downtown Dive
Rocky Top Multisport Club (RTMC) is a triathlon club comprised
of local athletes from beginners to pros committed to train, share
knowledge, and ultimately have fun together! We hope this site
will provide you with training tools, tips, and a community of
athlete's to support your triathlon and other multisport goals! We
are glad you are here and hope you will join us! Derek Tingle and
Lana Burl will be the regular Monday nightclub reps for the Cove

Swim. Cove swims occur weekly until Labor Day. No swim planned on Memorial Day! The water is open to everyone and all RTMC club members are encouraged to attend. Non-RTMC members will be asked to sign a waiver. Still unsure? Lana Burl will work with any beginners that request help. Please let her know if you plan on attending, otherwise she's gonna just hop in the water too! Bathrooms available for changing as well as kayak/SUP rentals at Riversports (mention you are with the club for the swims). The club generally gathers at the porch to the right of the roped off swim area/beach. Typically people swim one of two routes ... a "circle" around the cove (out to the broken tree, around to the dock on the other side, back across to the swim area) or an "out and back" from the "broken tree" to "the sailboat."

MAY 25

BIRDING WITH FRIENDS Knoxville Chapter TN Ornithological Society 7:30 am at Seven Islands State Birding Park Meet at the main parking lot at the entrance of the park. This event is open to all birders. Many species from a variety of habitats will be seen. This is a free event; no RSVP required, and you do not have to be a member of KTOS to attend. Leader: Morton Massey at 865-806-9967

YOGA FOR RUNNERS Fleet Feet Sports Knoxville at 865-675-3338 7:00 pm at Fleet Feet Sports Knoxville Join us for our Yoga for Runners session with Shaheen Dewji! Shaheen is a certified yoga instructor and an experienced runner, with the knowledge and experience to help you improve your running through yoga. Sessions are free for current training program members, and \$5 for everyone else. Bring your Yoga mat and a towel for perspiration and to use as a prop. We will provide straps, blocks, and blankets for use, but you may bring your own if you prefer. Wear

comfortable clothing you can move in and bring a long sleeve shirt for warmth for rest poses after our dynamic practice.

MAY 26

COMMUNITY PARTNERS PINT NIGHT FOR PROJECT HEALING WATERS Little River Trading Company at 865-681-4141 5-9 pm at Little River Trading Company Pints for a Purpose brings together our community in a relaxed, informal atmosphere with music, food, and craft beer. This month we are proud to present Project Healing Waters as our Pints for a Purpose beneficiary. Project Healing Waters Fly Fishing began in 2005 serving wounded military service members at Walter Reed Army Medical Center returning for combat in Iraq and Afghanistan and has since greatly expanded to all 50 states. The PHWFF program provides basic fly fishing, fly casting, fly tying and rod building classes, along with clinic participants ranging from beginners who have never fished before, to those with prior fly fishing and tying experience who are adapting their skills to their new abilities. Please join us in supporting a great cause for our service members!

FIND YOUR PARK: SEVEN ISLANDS STATE BIRDING PARK REI at 865-584-1938 6:00 pm at REI Knoxville How did this dairy farm become one of Tennessee State Park's newest additions? What's to see out there? What can I expect when I visit? What is a 'birding park' anyway? These questions, and many more, will be addressed by Seven Islands State Park manager, Justine Cucchiara. Program is free but registration is required.

MAY 27

MINGUS CREEK TRAIL LOOP HIKE Great Smoky Hiking & Adventure Group 8:00 am at Mingus Creek Trail Head - GSMNP An awesome adventure for the adventurous spirit and the "Map

Marker". We start our hike on Mingus Creek Trail off of Newfound Gap Road on the North Carolina side. We will hike Mingus Creek Trail to the Newton Bald trail and turn left towards Thomas Divide Trail. At Thomas Divide we turn left and head straight down to Deep Low Gap Trail. At Deep Low Gap Tr. we take a left and after a short hike we will break for lunch at the 95-foot Little Creek Falls. After our break, we will do a short in and out on Copper Creek Tr. (this is a Creek) creek shoes may be needed. It is a fun, easy, cold hike through the creek, I rock hopped it last October, but that is not recommended. After that we will climb out of Deep Low Gap and back onto Mingus Creek Trail, and then an easy walk to the vehicles. If time permits we will hike on a manway to a cemetery with historical significance. Loop Hike 17.7 miles rated difficult, thus the early start. Mingus Creek Trailhead is across from the Oconaluftee Visitor Center.

HIKE GABES MOUNTAIN TRAIL TO HENWALLOW FALLS
RCS Hiking Club 9:00 am at Gatlinburg City Hall Park & Ride A moderate 4.2-mile hike will take us up Gabes Mtn. Trail to Henwallow Falls. We hope to see fields of Lady Slippers, hemlocks, and rhododendrons. We eat our lunch by the cool falls before heading back to the Cosby Campground area. Alternate meeting at the Cosby Campground Picnic area around 9:20 am. For further info, contact Ray 865-314-2279 or Kate 865-573-9258.

CITIZEN SCIENCE DAY AT TREMONT Great Smoky Mtn Institute at Tremont at 865-448-6709 9:00 am at Great Smoky Mtn Institute at Tremont Come out to Tremont for a celebration of Citizen Science Day. Learn how you can contribute to on-going field research in the national park and your backyard! Bring the whole family for an awesome hands-on introduction to citizen science activities Projects featured include bird banding, Otter Spotter and Bioblitz using iNaturalist, Monarch butterfly tagging,

phenology through Project Budburst, soil respiration monitoring, terrestrial and aquatic salamander monitoring, and more. Bird Banding will start at 6am. All ages. Event is free, no registration necessary.

MAY 28

KTC EXPO 10K AND 5K ON THE 100 BLOCK Knoxville Track Club 8:00 am at Jackson Ave - Broadway & Gay Streets The EXPO 10k/5k on The 100 Block is more than a race: It is Knoxville's oldest and most beloved community-running event. In its 39th year, it is truly a tradition. It is the only race that celebrates the family by having mother/son, mother/daughter, father/son, father/daughter, wife/husband, and three generations categories. It is the Knoxville Track Club's event of the year. The race will take place at the 100 Block and will be staged in the large lot on Jackson Avenue (between Broadway and N. Gay St.) It will be one loop for the 5k and two loops for the 10k through beautiful 4th and Gill. It will be USATF certified. For details and to register online visit: <http://www.ktc.org/RaceExpo.html>

HIKE INJUN CREEK, TED'S BRANCH, LITTLE RHODODENDRON CREEK, & RHODODENDRON CREEK OFF-TRAIL Smoky Mountain Hiking Club TBA - Contact Ed and Pam Fleming at edwrdfm@aol.com for meeting time and place. We will begin this hike at the Greenbrier Ranger Station going up Injun Creek to a little past the former school site where we will cross the creek then climb up through the Joe Hollow and over James Ridge to Ted's Branch. Going down this branch, we will see a couple of home sites and a rare building site with logs still standing. Next we will climb to the dividing ridge between this drainage and Little Rhododendron Creek where we will follow an old road out the ridge to a home site with another out building with

standing logs still evident. After working our way down this fork of Little Rhododendron Creek, we will come to another home site at the confluence of this prong and the left prong of the creek which we will go up following the stream and an old road that will take us across Blazed Pine Ridge then down to the Grapeyard Ridge Trail on Rhododendron Creek. We will be on trails for the return to the starting place passing another school site and a couple of cemeteries, which we may also visit. Hike: around 8 miles, rated difficult due to some thick vegetation and steep terrain.

DAYHIKE - HYATT RIDGE, GSMNP - BIODIVERSITY TOUR ANCIENT GEOLOGY Harvey Broome Group of the Sierra Club
TBA - Must pre-register with Mac Post at mpost3116@aol.com to register. We will access Hyatt Ridge on a loop that includes Hyatt Ridge Trail and Beech Gap Trail from the Straight Fork Road. We will cross a rock formation, called the basement complex, upon which the North American continent rests. These billion- year old rocks are exposed through a "window" in the newer 200 million year old sandstone rocks that comprise most of the Smokies. They are exposed here from a mountain building event where the basement rocks were pushed or slid up and over the newer rocks along what is called the Greenbriar Fault. This 8-mile hike gains then drops 2000 feet in elevation and so is strenuous and rated difficult.

RIDE FOR THE WILD SIDE Zoo Knoxville and ORNL FCU 8:30 am at Zoo Knoxville Ride for the Wild Side, presented by ORNL Federal Credit Union, is Zoo Knoxville's first bike ride event. Choose from three different routes (50 miles, 30 miles or 10 miles), which travel from the zoo and continue through historic East Tennessee. Zoo Knoxville is a 501(c)(3) charitable, non-profit organization that relies heavily on the generosity and support of our guests and donors. Ride for the Wild Side will raise money for

the zoo's education, conservation, and animal care programs. Your participation in this event is a valued contribution toward the zoo's success! The after party will commence on zoo grounds right after you end the ride. There will be a private tent with food and beverages. Riders will enjoy food and two complimentary beers (age permitting) from Central Flats and Taps. Following the party, you can walk around and enjoy Zoo Knoxville. 50, 30 and 10-mile courses developed and supported by Race Day Events. This ride is not being timed so you can take your time and our SAG crew will be present if you have any problems. Register online.

A HIKE FOR EVERYONE Great Smoky Hiking & Adventure Group TBA - Must preregister with JD Schlandt Trailhard@gmail.com for details A hike for everyone - 9 miles or 15+ your choice! Charlies Bunion a Must for Every Gshager
Option 1: This is a moderate 4.5-mile hike each way for a total of 9 miles. Our hike will start from the Newfound Gap parking lot where we will take the Appalachian Trail out to Charlies Bunion. So if you would like to participate in a beautiful hike to one of the most spectacular views in the park this is your chance. So pack a camera for this popular trek. After 4.5 miles of moderately challenging travel we will enjoy a sit-awhile panorama, atop a 5,565-foot knob (Charlies Bunion) with thousand foot drop-offs on three sides that stretches from Mount LeConte to the jagged peaks of the Sawteeth Range. Option 2: This is a difficult 15-plus mile continuation hike. After lunch atop the Bunion, we will be adieu to half of the group and continue on the "AT" and turn left on Dry Sluice Gap Trail" and follow it all the way to Bradley Fork Trail and back to our Campsites. The idea is to have enough hikers doing both options so we can car pool and avoid a shuttle.

FLY FISHING 101 Orvis Sevierville at 865-774-4162 9:00 am at Orvis Sevierville Fly Fishing 101 course includes free lessons on

fly-casting and outfit rigging.

HIKE BASKINS CREEK & FALLS Great Smoky Mountains Association at 865-436-7318 x222 10:00 am at Mynatt Park in Gatlinburg This 3-mile, round-trip hike takes you to one of the park's prettiest waterfalls. Along the way you will learn more about the natural and cultural history of this section of the Smokies. Program Leader: A native of the Roaring Fork area of Gatlinburg, TN, Stephen Lyn Bales is senior naturalist at Ijams Nature Center in Knoxville. He is the author of "Natural Histories" and "Ghost Birds: Jim Tanner and the Quest for the Ivory-billed Woodpecker." He has also written articles for Smokies Life, Smithsonian and Tennessee Conservationist. Bring: Water, lunch/light snack, all-weather gear, hiking boots, and binoculars. Fee: \$20 for members; \$35 for non-members, which includes an annual membership. FREE for Hemlock members and one guest. Meet at Mynatt Park pavilion to carpool to Rainbow Falls overflow parking.

HEALTHY HIKE: ROCK CREEK LOOP BSF Big South Fork National River & Recreation Area at 423-286-7275 10:00 am at Big South Fork NRRRA - Bandy Creek Campground Join Ranger Mary Grimm at the Rock Creek Trailhead for a strenuous 7.1-mile hike. This all-day hike passes along the gently flowing Massey Branch and Rock Creek with rock houses and large boulders. This is one of the only places in the Big South Fork area where the original railroad ties of Stearns Logging Railroad are still visible! Please wear weather appropriate clothing and shoes. Bring water and snacks too. Well-behaved dogs are welcome; however, leashes are required. Visitors can access the Rock Creek Trailhead from Highway 154. Turn on Divide Road and look for the Hattie Blevins Cemetery sign on your left. Rock Creek trailhead is at the end of the road.

FREE BIKE CLINIC West Bicycles at 865-671-7591 11-12 pm at
West Bicycles Free Monthly Bicycle Service Clinic - 11:00-Noon -
Please call to reserve your spot. Flat tire repair; gear and brake
adjustment; pre ride checklist; custom Emergency
tool/convenience kit recommendations

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Check the box to include the list of links referenced in the article.