

# SAU hosts Southern 6 trail race Feb. 21

## School menus

Provided by Hamilton County Schools. USDA is an equal opportunity provider and employer.

*Hamilton County Schools breakfast and lunch menus, Feb. 10-16.*

**Wednesday, Feb. 10**  
Scrambled Eggs / Whole Grain Muffin

Breaded Chicken Nuggets  
OR Breaded Fish Patty on Bun  
Whole Grain roll  
Oriental Style Mixed Vegetables  
Whole Kernel Corn  
Fresh Fruit / Rosy Applesauce  
Lowfat Milk of Choice  
Birthday Celebration Dessert

**Thursday, Feb. 11**  
Chicken Biscuit OR Plain Biscuit

Cheesy Ham & Rice OR Chicken Patty on Bun  
Yeast Roll  
Steamed Broccoli  
Potato Wedges  
Garden Fresh Side Salad  
Fresh Fruit / Chilled Canned Fruit  
Lowfat Milk of Choice

**Friday, Feb. 12**  
Sausage Nuggets (3)

Parent Teacher Conferences — half day

**Monday, Feb. 15**  
President's Day — no school

**Tuesday, Feb. 16**  
Pancake on a Stick

Mozzarella Stuffed Bread Sticks (2) OR Sloppy Joe Sandwich  
Seasoned Green Beans  
Whole Kernel Corn  
Fresh Fruit / Chilled Canned Fruit  
Lowfat Milk of Choice

By HANNAH CAMPBELL  
COMMUNITY NEWS WRITER

The Wilderness Trail Running Association, affectionately known as the Boonies, and title sponsor Rock/Creek Outfitters present the first trail race of their 2010 series in partnership with Southern Adventist University Sunday, Feb. 21 at the school's Biology Trail.

The Southern 6 six-kilometer walk and run race is part of the eight-race Rock/Creek Trail Race Series.

"I think people love the camaraderie and the sense of community that they find at an event like this," said race director and Boonies president Jonathan Mobley.

Mobley said the Southern 6 is an accessible race that first-timers can try. He said he hopes racers will return to the relatively short and simple trail often.

"It's as easy as driving up and parking and jumping on the trail," Mobley said. "It's beautiful up there. It's really pretty."

For the first time this year, the Southern 6 will include a Kiddie K after the main race.

"We're really wanting this to be a family event," Mobley said.

Proceeds from the race will benefit SAU's new Outdoor Education Center, to be complete in mid-March.



Southern Adventist University's outdoor leadership program is teaming up with the Wilderness Trail Running Association and Rock/Creek Outfitters to put on the first race in the Rock/Creek Trail Race Series at the SAU Biology Trail Feb. 21. From left are Joy McKee, SAU Corporate Foundation relations; Lauren Ledford, SAU outdoor

leadership adventure program director; Lynda Colosimo, SAU volunteer assistant; Jonathan Mobley, Wilderness Trail Running Association president and Southern 6 race director; and Ben Eudy, SAU outdoor leadership operations director.

PHOTO BY HANNAH CAMPBELL

"It's just an area we can call our own and adapt to our needs," said Ben Eudy, operations director for the outdoor leadership program.

Eudy said the new building, near the Biology Trail and the department's ropes course, will have undergraduate classrooms and offices for this semester's nine graduate assistants.

Mobley said the Boonies, Rock/Creek and SAU all

believe in good stewardship of bodies and of natural spaces, making this race partnership a perfect one.

"They really value recreation and so do we," he said.

Mobley said the Boonies is committed to all area trails "and making the Chattanooga community

aware of the scenic beauty of their city."

In fact, he said, the organization may demonstrate its mission in new ways this year.

"Keep a look out," he said.

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### MORE INFO

**WHAT:** Southern 6 six-kilometer trail race.

**WHEN:** Sunday, Feb. 21. Race begins at 1 p.m. Kiddie K will follow at about 2:30.

**WHERE:** Southern Adventist University's Iles P.E. Center, 4870 University Drive.

**REGISTRATION:** Register online at [www.rockcreek.com/southern6](http://www.rockcreek.com/southern6) by 11:59 p.m. by Feb. 11 to receive a free Southern 6 T-shirt. Day-of registration and packet pickup starts at 11 a.m. Feb. 21.

**COST:** Cost is \$30 for Southern 6 racers ages 10 and up, \$20 for SAU students and \$10 for the Kiddie K.

**MORE INFO:** Collegedale potter Loren Howard will provide mugs to Southern 6 winners. Event also includes a performance by the SAU jazz band, videos and photos from last year's race, and raffle and door prizes.

The Boonies hosts regular training runs on Wednesdays and Sundays in all areas of Chattanooga. For more information visit [www.runintheboonies.org](http://www.runintheboonies.org).

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