

# Sign up now for unique Mountain Crawl race

BY LISA HOBBS  
Reporter for the Southern Standard  
(McMinnville, Tennessee)

Sign up now for the second annual McMinnville Mountain Crawl slated for Aug. 6 at 2 p.m. The unique race has participants climbing and crawling through Cumberland Caverns, then biking to the Barren Fork River and kayaking. The event is a production of the Warren County Chamber of Commerce. "We're excited to bring the race back this year," said Chamber president Mandy Eller. "The Mountain Crawl

highlights some of our best tourism assets. Nearly all of the participants last year were locals, but this year we are seeing the opposite. Most participants are coming from out of town. We attribute that to including the kayaks this year since it is easier to bring a group of friends with just bikes than it is to also carry kayaks."

McMinnville Mountain Crawl can be completed as an individual or a relay team. The race starts at Cumberland Caverns at 2 p.m. Participants charge into the cave to the Ten Acre Room where they will be faced with

climbing and crawling challenges.

When finished, they will bicycle nine miles to near downtown McMinnville, taking Highway 8 to Highway 127 with views of Ben Lomand Mountain and winding roads to Pepper Branch Park where kayaks await for the final leg, a race to Smooth Rapids on the Barren Fork River.

All kayaks are included for the race courtesy of Smooth Rapids.

This year racers will cross the finish line to enjoy the second annual Reggae at Smooth

Rapids music festival. All participants will receive an event T-shirt, will be treated to pizza from Papa Johns after the race, and will receive a free month of visits from Carbine Crossfit.

Prizes include three Orion 45-quart coolers, a Yeti cooler courtesy of Towee Boats, Bluegrass Underground tickets, Adventure Tour tickets from Cumberland Caverns, and kayaking and camping packages from Smooth Rapids. All winners will receive three months of Carbine Crossfit visits.

All proceeds from the race fund the Warren County

Chamber of Commerce to help with the administrative costs of such programs as the Foundation for Educational Progress in Warren County, which houses the Books from Birth program as well as the Citizens for Progress Scholarship fund, tourism initiatives, and other various programs that promote a strong, healthy business climate in Warren County.

For more information or to register, go to active.com or call the Chamber of Commerce at 473-6611. Registration is \$35 per individual and \$100 per team prior to race day.

# Bonnaroo boosts Rotary River Cleanup Project

BY LISA HOBBS  
Reporter for the Southern Standard  
(McMinnville, Tennessee)

This year's river cleanup effort in Warren County received an added boost from Bonnaroo by way of a grant to purchase boats for the event.

McMinnville Breakfast Rotary Club spearheads a River Cleanup Project each year to preserve the county's waterways. This year, thanks to a partnership between the club and Main Street McMinnville, a grant was awarded to Main Street McMinnville by the Bonnaroo Works Fund through the Community Foundation of Middle Tennessee, which made it possible for Main Street to purchase four new jon boats and paddles, just in time for this year's cleanup.

"McMinnville is a river city," said Randy Garrison, past president of Main Street McMinnville and member of Breakfast Rotary. "The Barren Fork River is



Photo provided

**Main Street McMinnville partnered with McMinnville Breakfast Rotary Club for its cleanup effort along the river on July 16. Main Street obtained a grant from Bonnaroo Works Fund through the Community Foundation of Middle Tennessee to purchase four new jon boats to be used during the preservation event. Pictured, from left, Paige Chastain, Randy Garrison, Debbie Sain, Vanessa Miller and Brook Holmes. Seated is Neal Cox.**

the source of our water supply, provides an abundance of outdoor recreation and is a setting of great natural beauty in our city and county. We need to be good stewards of this

abundance that God has given up, and the annual river cleanup is an important way of doing that."

"McMinnville Breakfast Rotary saw that need, years ago, and

responded in a manner that has had a great positive impact on our natural environment," said Garrison. "Main Street McMinnville is proud to be a part of this endeavor to preserve and protect

our rivers."

This is the ninth year for the cleanup effort. The event has grown since its initial effort that attracted a handful of volunteers and focused on three miles of river. This year, the annual event attracted 375 volunteers who cleaned 40 miles of river and removed six tons of trash and 320 tires.

Boats are always needed.

"One of the greatest needs, after our volunteers, is boats or barges to haul the trash taken from the river to the pickup points where it is collected by the city of McMinnville," said Neal Cox, a member of Breakfast Rotary and coordinator of the cleanup event. "This is where Main Street McMinnville stepped in and helped us out in a big way. Main Street McMinnville's contribution to McMinnville Breakfast Rotary of four new jon boats and paddles made a significant difference in how much trash we col-

lected and how quickly and easily we got it to the pickup points."

The Bonnaroo Works Fund annually awards grants to middle Tennessee organizations in the areas of the arts, education and environmental sustainability. This is the second year Main Street McMinnville has received a grant through the Community Foundation of Middle Tennessee. Last year's grant made it possible for the organization to purchase receptacles for collecting aluminum cans for recycling which are used during Main Street Live summer concert series and other downtown events.

"We are grateful to the Bonnaroo Works Fund and the Community Foundation of Middle Tennessee for helping us to maintain a cleaner, more beautiful community and river," said Paige Chastain, Executive Co-Director of Main Street McMinnville.

The cleanup effort was held July 16.

# Health Department to offer expectant parent workshop

BY LISA HOBBS  
Reporter for the Southern Standard  
(McMinnville, Tennessee)

The birth of your baby will be one of the most memorable events in your life. Warren County Health Department will be offering a free workshop on Aug. 5 to help expectant parents prepare for their bundle of joy.

"We feel it is important for families to be as prepared as possible for the moment their baby is born," said Warren County

Health Department director Andrea Fox.

The Warren County Health Department is offering the fun and informative prenatal workshop to educate expectant parents on the latest baby information. Topics will include prenatal care, safe sleep practices, recommended immunizations, car seat safety, nutrition, substance abuse prevention, baby spacing and breastfeeding.

Fox adds, "Early prenatal care and educating

mothers on the importance of proper nutrition and good health habits have been important factors in the ongoing effort to decrease infant deaths."

In 2013, there were 542 infant deaths in Tennessee, according to the Tennessee

Department of Health Division of Policy, Planning and Assessment.

A prenatal workshop is a great way for expectant parents, grandparents and other family members to learn about and prepare for a healthy pregnancy

and baby. The goal is to provide participants with information to minimize fears and make informed decisions while pregnant and when the baby arrives.

The Aug. 5 workshop will be from 1-3:30 p.m. at

the Warren County Health Department. To register for this event, contact Warren County Health Department Nutrition Educator Allison Keith at (931) 473-8468. Refreshments and incentives offered for attending.

**Turner & Sons Nursery**  
**Free Stone Peaches For Sale**  
Available at the Nursery Mon. - Fri.  
Also available at the Farmer's Market  
Saturday Only  
934-2355  
10647 Smithville Hwy.

**Beginners Photography**  
Instructor: Bruce Atmp  
Tuesdays at 6:30 PM  
McMinnville Civic Center  
August 2 - September 6  
\$50.00 - 6 Week Course  
For more info, Call Kendra  
931.473.1212  
Learn the basics of photography and how to properly use your camera

**Photography Part 2**  
Instructor: Bruce Atmp  
Tuesdays at 5:00 PM  
McMinnville Civic Center  
August 2 - September 6  
\$40.00 - 6 Week Course  
This is an intermediate course for those who have already taken beginners photography and are comfortable using their own camera. For more info call 931-473-1212

**Hubert & Billie Gray Boyd Indoor Estate Sale**  
to benefit Boyd Christian School

art  
Christmas  
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vases  
Electronics  
fireplaces  
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antiques  
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**Saturday, June 30<sup>th</sup>, 6:00 a.m.**  
**Early Bird Sale Thurs. 6:00-9:00 p.m. and Friday 9:00-11:00 a.m.**  
**@ BCS—806 Morrison Street, McMinnville**