



Join TSRA in TEC's National Clean-up Day

Greater Nashville Litter Clean-up Event Oct. 7-8, 2023

The Greater Nashville Litter Cleanup, organized by Tennessee Environmental Council (TEC) and partners, is a **Davidson County litter cleanup** day taking place on **October 7, 2023**. TEC's goal with this event is to clean up at least 15,000 pounds of litter in one day/weekend across the entire County! "Cleanup Leaders" will take the initiative to organize a cleanup in their community, particularly at locations adjacent to creeks and waterways.



Buddy Koonce will be taking the lead for TSRA's involvement along Whites Creek. [Register Here](#).

Thank you [Belmont University Office of Service-Learning](#) for hosting us at the Community Connections Fair on September 8, 2023. And supporting nonprofits in Middle Tennessee. Volunteer with us. [#BelmontOSL](#)
[#RiverConservation](#)
[#paddletsra](#)



Upcoming Events

[Full Calendar](#)

1st Saturday Paddle/ Clean Up	Oct 7
3rd Sat Paddle	Oct 21
TSRA Board Meeting	Oct 26



Thank you for celebrating Lost Loon with us!

Beautiful weather, lots of singing and creative costumes made for a joyful Lost Loon on September 17 this year. Our talented race teams and volunteers arrived with great cheer to celebrate the outdoors at Long Hunter State Park.

In addition to cycling, canoeing and trail running, our race team themes revealed a wonderful review of American history, our favorite movies, vacation destinations and flowers for everyone. Competing in costume while singing is harder than it looks! Even Couchy the sea monster made his first appearance at Lost Loon and enjoyed the festivities.

We so appreciate all of our race teams, volunteers from TSRA and Friends of Long Hunter and Loonies of all ages who joined us this year for TSRA's fall fundraiser. Thank you for helping us raise funds for river conservation and train the next generation of conservationists. Our Lost Loon history includes teams with multiple generations of triathletes impressing us with their outdoor skills and enthusiasm.



Lost Loon is a family-friendly triathlon and the loonies themselves make the competition unique each year. Missed the Loon this year? Check out our pictures on our [Facebook page@lostloontriathlon](#) and join our email list at www.lostloons.com to receive notifications for next year's event. Until then, may the Loon be with you as you continue to celebrate the outdoors!



Participating in the Cumberland River Compact's Dragon Boat Race this year was a wonderful experience. A mix of experienced TSRA racers helped mentor the newcomers. The riverside was filled with an amazing energy from all the great teams that participated.

The weather couldn't have been better and all the participants encouraged each other, of course you had to have a little good spirited trash talking.

There were some very creative team names that you had to appreciate and couldn't help but laugh about. TSRA's teamwork helped to advance the team to the finals. After a day of fun and good spirit it will definitely be an event to look forward to next year.

By, Bryan Mayhew

Paddles Up!

TSRA Dragon Boat



paddletsra.org



Trip Report “3rd Sat Paddle”

Roaring River

By Trip Leader, Steve Morris

We had a great group of paddlers and a wonderful day on the Roaring River this month for the “3rd Saturday Paddle” of September, held on the 23rd. We paddled 6 river miles from the Boils down to Roaring River Park.

The weather was excellent! The temperature was in the high 80’s, sunny with big white puffy clouds, no wind and cool water. Abundant wildlife was everywhere we turned. We couldn’t ask for a better day to get outside.

The first 3.5 miles of this river section is like a big creek. It has cold spring water and abundant fishing possibilities with all sorts of wildlife all around. The last 2.5 miles of the river becomes a lake paddle that is backwater of Cordell Hull Reservoir of the Cumberland River. However, this Lake is very remote and becomes wider as you near the park. It is a beautiful lake area with forested banks on each side. There were groves of cattails and tall grasses and birds everywhere.



An “Anhinga” entertained us for a quarter mile as it floated along with us and dove for fish and reappeared then dove again over and over. What a treat. We also saw the largest snapping turtle I have ever seen just chilling on a deadfall tree.



Life Jacket Essentials

by, ANDe Demitri

A properly fitting life jacket is essential for safety on the water. It can keep you afloat if you fall overboard, and it can also help you stay warm in cold water. There are a few things to keep in mind when choosing a life jacket:

- Size: The life jacket should fit snugly but not too tightly. You should be able to move your arms and legs freely, but the life jacket should not ride up over your head or come undone.
- Type: There are different types of life jackets available, each designed for a specific activity. For example, there are life jackets for boating, fishing, swimming, and paddling. Some life jackets just help you stay afloat and some help keep your face above water. The latter types are a good choice for poor swimmers, children, and those with limited use of their arms and legs.
- Color: It's a good idea to choose a brightly colored life jacket so you're easy to see in the water.

Once you've chosen a life jacket, it's important to make sure it fits properly. Here's how to do it:

1. Put on the life jacket and zip it up and/or fasten it.
2. Have someone check to make sure the life jacket is snug but not too tight. If it's too loose or too tight adjust the straps before trying another lifejacket.
3. Bend your arms and legs to make sure you can move freely.
4. Tilt your head back and make sure the life jacket will keep your chin above water. If the life jacket doesn't fit properly, try a different size or type. It's important to have a life jacket that fits well so that it can do its job and keep you safe in the water.

Here are some additional tips for wearing a life jacket:

- Always wear a life jacket when you're on the water, even if you're a strong swimmer.
- Make sure the life jacket is buckled and secure before you start your activity.
- If you fall overboard, don't panic. Remember, the life jacket's job is to keep you afloat. Your job is to get yourself to safety.
- Wave your arms and shout for help.
- If you're wearing a life jacket with a whistle, blow it to signal for help.

Wearing a life jacket is one of the most important things you can do to stay safe on the water.

By following these tips, you can help ensure that you're prepared for any water related emergency.



PROTECT THE PINEY

Protect Hickman County and
Stop the Pinewood Surf Club

In an effort to **Save the Piney** and get more folks aware of the intent of the Pinewood Surf Club and it's negative impact on the Piney River, **TSRA joined Harpeth Conservancy and Protect the Piney at Centerville's 200 Year Birthday Celebration.** Held on the square in Centerville on September 23, 2023.



Thanks to Samantha Satterfield and Karen Bucher of TSRA for manning and spreading the word at the booth with Harpeth Conservancy and Save the Piney.



ProtectThePiney.com

Join us today and
protect the Piney.

