



NORTON

2020 events calendar





JANUARY 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------------------------------------------------------|-------------------------|-----------------------------------|-----------|-------------------------------|--------|-----------------------------------------------------------|
|  | | | 1 | 2 | 3 | 4 |
| 5 | 6 Oil Painting Class | 7 | 8 | 9 Trash Treasures Workshop | 10 | 11 First Month Hike: Legion Park to High Knob Tower |
| 12 | 13 | 14 Outdoor Chat: SWVA Trout | 15 | 16 | 17 | 18 Youth Basketball League |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 Youth Basketball League |
| 26 | 27 | 28 | 29 | 30 | 31 | |



JANUARY 2020

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| <p><u>Oil Painting Class</u> Date: Monday, Jan. 6 Time: 10 a.m. Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>First Month Hike: Legion Park to High Knob Tower</u> Date: Saturday, Jan. 11 Time: 10 a.m. Location: Legion Park, 620 12th Street Cost: Free Details: Celebrate the start of 2020 with a hike from Legion Park to the High Knob Observation Tower and return. Wear sturdy shoes and weather-appropriate clothing. Bring water/snack. Distance/Difficulty: 9.5 miles/Strenuous. 4-5 hours. Group Limit: 10 people. Registration Required. Contact: Katie Dunn, kated@nortonva.org or (276) 679-1160</p> |
| <p><u>Trash Treasures Workshop</u> Date: Thursday, Jan. 9 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Different themed crafts each month demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>Outdoor Chat: Southwest Virginia Trout Streams</u> Date: Tuesday, Jan. 14 Time: 6 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: Free Details: Join Stephen Owens, a fisheries biologist with the Virginia Department of Game and Inland Fisheries, for a conversation about opportunities in the Norton area to fish for wild trout and fingerling stocked trout. Registration required. Contact: Katie Dunn, kated@nortonva.org or (276) 679-1160</p> |
| <p style="text-align: center;"><u>Youth Basketball League</u> Dates: Jan. 18-Feb. 22 Cost: \$10 per child.</p> <p>Details: The Norton Parks and Recreation Department will offer a Boys and Girls Basketball League (Ages 7 & 8). Registration forms will be available at Norton Elementary School and Norton Parks and Recreation Department. Games and practices will be held Saturday mornings at Norton Elementary gym. Registration deadline to be announced. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | |



FEBRUARY 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--------------------------------|-----------|-----------|--------------------------------------------------|-----------|------------------------------------------------------------------|
| | | | | | | 1 Youth Basketball League |
| 2 | 3 Oil Painting Class | 4 | 5 | 6 Outdoor Chat: Maple Syrup Production | 7 | 8 Winter Snack N' Paint Youth Basketball League |
| 9 | 10 | 11 | 12 | 13 Trash Treasures Workshop | 14 | 15 Youth Basketball League |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 Youth Basketball League |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 Monthly Hike: High Knob Recreation Area Lake Loop |



FEBRUARY 2020

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| <p><u>Youth Basketball League</u> Dates: Jan. 18-Feb. 22 Cost: \$10 per child. Details: The Norton Parks and Recreation Department will offer a Boys and Girls Basketball League (Ages 7 &8). Registration forms will be available at Norton Elementary School and Norton Parks and Recreation Department. Games and practices will be held Saturday mornings at Norton Elementary gym. Registration deadline to be announced. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>Oil Painting Class</u> Date: Monday, Feb. 3 Time: 10 a.m. Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p><u>Outdoor Chat: Maple Syrup Production</u> Date: Thursday, Feb. 6 Time: 6 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: Free Details: Join Phil Meeks with Wise County Cooperative Extension and Chris Allgyer with the Virginia Master Naturalists' High Knob Chapter for a conversation about local maple syrup production. Talk will focus on the process for collecting sap and making syrup, as well as its potential as an off-season forest product. Other tree species that can yield usable syrup will also be discussed. Registration required. Contact: Katie Dunn, kated@nortonva.org or (276) 679-1160</p> | <p><u>Winter Snack N' Paint</u> Date: Saturday, Feb. 8 Time: 11 a.m.-2 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$30. Covers all needed art supplies, including a 16x20 canvas and sweet snack. \$15 from each registration will benefit the Norton Friends and Farmers Market's Kids Bucks and Senior Tokens programs. Class Size: Limited to 20 adults. Registration Required. Local artist Susan Mullins will lead class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p><u>Trash Treasures Workshop</u> Date: Thursday, Feb. 13 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Different themed crafts each month demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>Monthly Hike: High Knob Recreation Area Loop</u> Date: Saturday, Feb. 29 Time: 10 a.m. Location: Meet at High Knob Observation Tower parking lot Details: Join us for a hike from the High Knob Observation Tower down the Chief Bengé Trail and around the Lakeside Trail in High Knob Recreation Area and return. Wear sturdy shoes and weather-appropriate clothing. Bring snack/water. Distance/Difficulty: 3-4 miles/Easy Group Size: 10 people. Registration Required Contact: Katie Dunn, kated@nortonva.org or (276) 679-1160</p> |



MARCH 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------------------|----------------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------|--------|---------------------------------------------------------------------------------------|
| 1 | 2 Oil Painting Class | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 Daylight Saving Time Trail Run/MTB Ride <i>(Canceled- COVID-19)</i> | 18 | 19 Trash Treasures Workshop <i>(Canceled- COVID-19)</i> | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 Monthly Hike: Mountain Fork <i>(Canceled-COVID-19)</i> |
| 29 | 30 | 31 | | | |  |



MARCH 2020

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| <p>Oil Painting Class Date: Monday, March 2 Time: 10 a.m. Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p>Daylight Saving Time Trail Run and Mountain Bike Ride (CANCELED-COVID-19) Date: Tuesday, March 17 Time: 5:30 p.m. Location: Norton Reservoir parking area, Flag Rock Recreation Area. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Details: Celebrate the start of Daylight Saving Time by participating in a celebratory run or bike ride on Norton's Flag Rock Area Trails. Contact: Katie Dunn, kated@nortonva.org or (276) 679-1160</p> |
| <p>Trash Treasures Workshop (CANCELED-COVID-19) Date: Thursday, March 19 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Different themed crafts each month demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p>Monthly Hike: Mountain Fork (CANCELED-COVID-19) Date: Saturday, March 28 Time: 9 a.m. Location: Meet at Norton Municipal Lot, 725 Park Avenue Details: Join us for a hike on the Chief Benge Trail from the Mountain Fork trail crossing to the High Knob Recreation Area and return. Wear sturdy shoes and weather-appropriate clothing. Bring snack/water. See https://highlonesometrails.wordpress.com/2016/07/06/chief-benge-scout-trail-section-1-high-knob-recreation-area-to-mountain-fork/ for more trail information. Distance/Difficulty: 5.1 miles/Moderate Group Size: 10 people. Registration Required. Contact: Katie Dunn, kated@nortonva.org or (276) 679-1160</p> |



APRIL 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------|--------|---------------------------------------------------------------------------------------|
| | | | 1 | 2 | 3 | 4 |
| 5 Norton Easter Egg Hunt (Canceled-COVID-19) | 6 Oil Painting Class (Canceled-COVID-19) | 7 | 8 | 9 Trash Treasures Workshop (Canceled-COVID-19) | 10 | 11 |
| 12 | 13 | 14 Group Mountain Bike Ride (Canceled-COVID-19) | 15 | 16 Flag Rock Group Trail Run (Canceled-COVID-19) | 17 | 18 Monthly Hike: Bark Camp Lake Outdoor Yoga (Canceled-COVID-19) |
| 19 | 20 | 21 Group Mountain Bike Ride (Canceled-COVID-19) | 22 | 23 Flag Rock Group Trail Run (Canceled-COVID-19) | 24 | 25 Great American Cleanup (Canceled-COVID-19) |
| 26 | 27 | 28 Volunteer Trail Work Night (Canceled-COVID-19) Outdoor Yoga Class (Canceled-COVID-19) | 29 | 30 Flag Rock Group Trail Run (Canceled-COVID-19) | |  |



APRIL 2020

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| <p>Norton Easter Egg Hunt (CANCELED-COVID-19) Date/Time: 4 p.m. on Sunday, April 5 Location: Norton City Park Details: Join the City of Norton for its annual Easter Egg Hunt. Children ages 9 and under will hunt for more than 1,000 eggs. The Easter Bunny will also be in attendance. An Easter hat and bonnet contest will also be featured. This is a free event. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p>Oil Painting Class (CANCELED-COVID-19) Date: Monday, April 6 Time: 10 a.m. Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p>Trash Treasures Workshop (CANCELED-COVID-19) Date/Time: 5 p.m. on Thursday, April 9 Location: Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Different themed crafts demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p>Group Mountain Bike Rides (CANCELED-COVID-19) Dates/Time: Rides start at 6 p.m. on Tuesdays (April 14 & 21) Details: Join guides Andy Mullins and Abby O'Hare for weeknight mountain bike rides on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. Rides will be tailored to attendees in terms of length and difficulty. All rides will start at the Norton Reservoir trailhead. See https://goo.gl/maps/oaxUbVudtCR2 for driving directions. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p>Flag Rock Group Trail Runs (CANCELED-COVID-19) Dates: Thursday, April 30 Time: 5:30 p.m. Details: Weeknight Group Trail Runs. All paces welcome. Distance determined based on attendance. All runs will start at the Norton Reservoir trailhead. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2 Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Outdoor Yoga Classes (CANCELED-COVID-19) Dates/Times: 6 p.m. on Tuesday, April 28 Locations: Tuesday class held at Clear Creek Park, 245 12th Street SE. Details: Join yoga instructor Jen Adams for hourlong outdoor yoga classes. Cost: \$5 per person. Pre-Registration encouraged. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p>Monthly Hike: Bark Camp Loop (CANCELED-COVID-19) Date/Time: 9 a.m. Saturday, April 18 Location: Meet at Norton Municipal Parking Lot, 725 Park Avenue Details: Join us for a hike on the Bark Camp Loop Trail at Bark Camp Recreation Area. Wear sturdy shoes and weather-appropriate clothing. Bring snack/water. Distance/Difficulty: 3.5 miles/Easy Group Size: 10 people. Registration Required. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Volunteer Trail Worknight (CANCELED-COVID-19) Date/Time: 6-8 p.m. Tuesday, April 28 Details: Help maintain and expand Norton's Flag Rock Area Trails system during monthly trail worknights. Tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work will be announced closer to each event. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p style="text-align: center;">Great American Cleanup (CANCELED-COVID-19) Date/Time: 9 a.m.-1 p.m. on Saturday, April 25 Location: 765 Park Avenue SW, Norton Details: Join Norton Parks and Recreation and the Upper Tennessee River Roundtable for the annual Great American Cleanup. All cleanup supplies provided. Contact: Michele Knox, Norton Parks and Recreation Director, 276-679-0754</p> | |



MAY 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------|--------|---------------------------------------------------------------------------------------------|
| | | | | | 1 | 2 |
| 3 | 4 Oil Painting Class (Canceled-COVID-19) | 5 Group Mountain Bike Ride (Canceled-COVID-19) Outdoor Yoga Class (Canceled-COVID-19) | 6 | 7 Flag Rock Group Trail Run (Canceled-COVID-19) | 8 | 9 |
| 10 | 11 | 12 Group Mountain Bike Ride (Canceled-COVID-19) | 13 | 14 Trash Treasures (Canceled-COVID-19) Flag Rock Group Trail Run (Canceled-COVID-19) | 15 | 16 Outdoor Yoga Class (Canceled-COVID-19) |
| 17 | 18 | 19 Group Mountain Bike Ride (Canceled-COVID-19) | 20 | 21 Flag Rock Group Trail Run (Canceled-COVID-19) | 22 | 23 |
| 24 | 25 | 26 Volunteer Trail Work Night (Canceled-COVID-19) Outdoor Yoga Class (Canceled-COVID-19) | 27 | 28 Flag Rock Group Trail Run (Canceled-COVID-19) | 29 | 30 Online Outdoor Chat: Wildflower Hike (Will be posted online due to COVID-19) |
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MAY 2020

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| <p>Oil Painting Class (Canceled-COVID-19) Date: Monday, May 4 Time: 10 a.m. Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p>Group Mountain Bike Rides Canceled-COVID-19 Dates/Time: Rides start at 6 p.m. on May 5, 12, & 19 Details: Join guides Andy Mullins and Abby O'Hare for weeknight mountain bike rides on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. Rides will be tailored to attendees in terms of length and difficulty. All rides will start at the Norton Reservoir trailhead. See https://goo.gl/maps/oaxUbVudtCR2 for driving directions. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p>Flag Rock Group Trail Runs (Canceled-COVID-19) Dates: Thursdays: May 28 Time: 5:30 p.m. Details: Weeknight Group Trail Runs. All paces welcome. Distance determined based on attendance. All runs will start at the Norton Reservoir trailhead. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Trash Treasures Workshop (Canceled-COVID-19) Date: Thursday, May 14 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Different themed crafts demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p>Outdoor Yoga Classes (Canceled-COVID-19) Dates/Times: 6 p.m. Tuesday, May 26 Locations: Clear Creek Park, 245 12th Street SE Details: Join yoga instructor Jen Adams for an hourlong outdoor yoga class. Cost: \$5 per person. Pre-Registration encouraged. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Volunteer Trail Worknight (Canceled-COVID-19) Date/Time: 6-8 p.m. Tuesday, May 26 Details: Help maintain and expand Norton's Flag Rock Area Trails system during monthly trail worknights. Tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work will be announced closer to each event. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p style="text-align: center;">Outdoor Chat: Wildflower Hike This event will be moved online due to COVID-19. Details: Join Phil Meeks with Wise County Cooperative Extension for a guided spring wildflower hike in Flag Rock Recreation Area. See www.facebook.com/explorenortonva and www.explorenortonva.com for video of this outdoor chat. Chat will be posted by May 30. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | |



JUNE 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|  | 1 Oil Painting Class (Canceled-COVID-19) | 2 Group Mountain Bike Ride (Canceled-COVID-19) Outdoor Yoga Class (Canceled-COVID-19) | 3 | 4 Flag Rock Group Trail Run (Canceled-COVID-19) | 5 Fantastic Fridays Waterslides (Canceled-COVID-19) | 6 |
| 7 | 8 | 9 Group Mountain Bike Ride | 10 | 11 Flag Rock Group Trail Run (Canceled-COVID-19) | 12 Fantastic Fridays Waterslides (Canceled-COVID-19) | 13 Coal Country Classic Bike Race Outdoor Yoga |
| 14 Best Friend Festival (Postponed-COVID-19) | 15 Best Friend Festival (Postponed-COVID-19) | 16 Best Friend Festival (Postponed-COVID-19) Group Mountain Bike Ride Norton Farmers Mini Market | 17 Norton Farmers Mini Market Best Friend Festival (Postponed-COVID-19) | 18 Flag Rock Group Trail Run (Canceled-COVID-19) Best Friend Festival (Postponed-COVID-19) | 19 Best Friend Festival (Postponed-COVID-19) Fantastic Fridays Waterslides | 20 Best Friend Festival (Postponed-COVID-19) |
| 21 | 22 | 23 Norton Farmers Mini Market Group Mountain Bike Ride | 24 Norton Farmers Mini Market | 25 Flag Rock Group Trail Run (Canceled-COVID-19) | 26 Fantastic Fridays Waterslides (Canceled-COVID-19) | 27 Online Outdoor Chat: Salamander Hike (Chat moved online due to COVID-19) |
| 28 | 29 | 30 Farmers Market Outdoor Yoga Class Volunteer Trail Work Night | | | | |



JUNE 2020

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| <p>Norton Friends and Farmers Market ** Due to COVID-19, the Norton Farmers Market will host Mini Markets at least until July 1. These Mini Markets will be held every Tuesday and Wednesday at the market building beginning June 16. See market Facebook page and website for more details. ** Dates: Tuesdays: June-September Time: 4-6 p.m. Location: Norton Friends and Farmers Market Building, 815 Park Ave. SW More Information: www.nortonva.gov/farmersmarket</p> | <p>Oil Painting Class (Canceled-COVID-19) Date/Time: 10 a.m. on Monday, June 1 Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p>Outdoor Yoga Classes Dates/Times: 6 p.m. on Tuesday, June 30 and 10 a.m. on Saturday, June 13 Locations: Tuesday classes held at Clear Creek Park, 245 12th Street SE, and Saturday class held at the Upper Campground in Flag Rock Recreation Area, 1348 Flag Rock Road. Details: Join yoga instructor Jen Adams for hourlong outdoor yoga classes. Cost: \$5 per person. Pre-Registration encouraged. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Group Mountain Bike Rides Dates/Time: Rides start at 6 p.m. on Tuesdays (June 9, 16, & 23) Details: Join guides Andy Mullins and Abby O'Hare for weeknight mountain bike rides on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. Rides will be tailored to attendees in terms of length and difficulty. All rides will start at the Norton Reservoir trailhead. See https://goo.gl/maps/oaxUbVudtCR2 for driving directions. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p>Flag Rock Group Trail Runs (Canceled-COVID-19) Dates/Time: 5:30 p.m. Thursdays: June 11, 18, & 25 Details: Weeknight Group Trail Runs. All paces welcome. Distance determined based on attendance. All runs will start at the Norton Reservoir trailhead. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Fantastic Fridays Waterslides (Canceled-COVID-19) Dates: June 12, 19 & 26 Times/Locations: To Be Announced Details: Beat the summer heat with waterslides and summer activities held in Norton City parks in June and July. Waterslides are free. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p>Best Friend Festival (Postponed) Dates: Due to COVID-19, the 2020 Best Friend Festival will not be held June 13-20. Organizers are hoping to instead hold some festival activities during Norton's annual Independence Day Celebration on July 3-4. More details will be released soon. Details: Annual summertime festival in downtown Norton. See www.facebook.com/bestfriendfestival for festival information and schedule.</p> | <p>Coal Country Classic Bike Race Date/Time: Saturday, June 13 from 9 a.m.-3 p.m. Cost: See www.bikereg.com/coal-country-classic-ride--race Details: Hosted by Lonesome Pine Cycling. 70-mile bike ride through Southwest Virginia and Eastern Kentucky. Race starts and finishes in downtown Norton.</p> |
| <p>Online Outdoor Chat: Salamander Hike This event will be moved online due to COVID-19. Details: Join Wally Smith, herpetologist and associate biology professor at the University of Virginia's College at Wise, for a salamander hike in Flag Rock Recreation Area. See www.facebook.com/explorenortonva and www.explorenortonva.com for video of this outdoor chat. Chat will be posted by June 1. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Volunteer Trail Worknight Date/Time: 6-8 p.m. Tuesday, June 30 Details: Help maintain and expand Norton's Flag Rock Area Trails system during monthly trail worknights. Tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work announced closer to each event. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |



JULY 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------|
| | <p><u>To Be Announced:</u></p> <p>Woodbooger Chase Triathlon</p> <p>Kids Fishing Day</p> | | 1 | 2 Flag Rock Trail Run (Canceled-COVID-19) | 3 Independence Day Celebration Best Friend Festival | 4 Monthly Hike: Little Stony Falls Best Friend Festival |
| 5 | 6 Oil Painting Class Tennis Camp | 7 Farmers Market Group Mountain Bike Ride Outdoor Yoga Class Tennis Camp | 8 Tennis Camp | 9 Flag Rock Trail Run (Canceled-COVID-19) Trash Treasures | 10 Friday Waterslides (Canceled-COVID-19) | 11 |
| 12 | 13 Art Camp | 14 Farmers Market Group Mountain Bike Ride Art Camp | 15 Art Camp | 16 Flag Rock Trail Run (Canceled-COVID-19) Art Camp | 17 Friday Waterslides (Canceled-COVID-19) | 18 Outdoor Yoga Class |
| 19 | 20 Outdoor Adventure Camp | 21 Farmers Market Group Mountain Bike Ride Outdoor Adventure Camp | 22 Outdoor Adventure Camp | 23 Flag Rock Trail Run (Canceled-COVID-19) Outdoor Adventure Camp | 24 Friday Waterslides (Canceled-COVID-19) | 25 |
| 26 | 27 Outdoor Chat: Backpacking (Moved to digital due to COVID-19) Environmental Activity Camp | 28 Volunteer Trail Worknight (Canceled-COVID-19) Outdoor Yoga Farmers Market Environ. Activity Camp | 29 | 30 Flag Rock Trail Run (Canceled-COVID-19) | 31 | |



JULY 2020

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| <p><u>Norton Friends and Farmers Market</u> Dates: Tuesdays: June-September Time: 4-6 p.m. Location: Norton Friends and Farmers Market Building, 815 Park Ave. SW More Information: www.nortonva.gov/farmersmarket</p> | <p><u>Flag Rock Group Trail Runs (Canceled-COVID-19)</u> Dates: Thursdays: July 2, 9, 16, 23, & 30 Time: 5:30 p.m. Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. Distance determined based on attendance. All runs will start at the Norton Reservoir trailhead. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p><u>Independence Day Celebration & Best Friend Festival</u> Date: Friday, July 3, and Saturday, July 4 Location: Downtown Norton Cost: Free. Details: Festivities include an Independence Day parade, music, fireworks, and more. Some of Best Friend Festival events will also be held. Stay tuned for details. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>Monthly Hike: Little Stony Falls</u> Date: Saturday, July 4 Time: 9 a.m. Location: Meet at Norton Municipal Parking Lot, 725 Park Avenue Cost: Free Details: Join us for a hike on the Little Stony Falls National Recreation Trail. Wear sturdy shoes and weather-appropriate clothing. Bring snack/water. See https://highlonesometrails.wordpress.com/2015/11/24/little-stony-gorge-national-recreation-trail/ for more trail information. Distance/Difficulty: 5.4 miles/Moderate. Group Size: 10 people. Registration required. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p><u>Oil Painting Class</u> Date: Monday, July 6 Time: 10 a.m. Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>Tennis Camp</u> Dates/Time: July 6-8. Boys and Girls Grades K-3: 8:30-10 a.m.; Grades 4-7: 10-11:30 a.m. Location: Norton City Park Tennis Courts Cost: Norton Residents, Free; Non-Residents: \$35 Details: Learn basic tennis skills, including forehand, backhand, and serve. Social distancing will be practiced. Hand sanitizer will be available. Camps may be subject to change. Participants must pre-register for all camps. Camp size is limited. Registration forms available at Norton Parks and Recreation Department, 201 Park Ave. NE. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.</p> |
| <p><u>Group Mountain Bike Rides (Canceled-COVID-19)</u> Dates/Time: Rides start at 6 p.m. on Tuesdays (July 7, 14, & 21) Details: Join guides Andy Mullins and Abby O'Hare for weeknight mountain bike rides on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. Rides will be tailored to attendees in terms of length and difficulty. All rides will start at the Norton Reservoir trailhead. See https://goo.gl/maps/oaxUbVudtCR2 for driving directions. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p><u>Outdoor Yoga Classes</u> Dates/Times: 6 p.m. on Tuesdays, July 7 & 28 and 10 a.m. on Saturday, July 18 Locations: Tuesday classes held at Clear Creek Park, 245 12th Street SE, and Saturday class held at the Upper Campground in Flag Rock Recreation Area, 1348 Flag Rock Road. Details: Join yoga instructor Jen Adams for hourlong outdoor yoga classes. Cost: \$5 per person. Pre-Registration encouraged. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p><u>Trash Treasures Workshop</u> Date: Thursday, July 9 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies.</p> | <p><u>Fantastic Fridays Waterslides (Canceled-COVID-19)</u> Dates: July 10, 17, & 24 Times: To Be Announced Location: To Be Announced. Cost: Free.</p> |



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| <p>Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Different themed crafts demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p>Details: Beat the summer heat with waterslides and summer activities held at Norton City parks in June and July. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p>Art Camp Dates/Time: 2-5 p.m. July 13-16 Location: Flag Rock Recreation Shelter No. 2 Cost: Norton Residents, Free; Non-Residents: \$30 Details: Open to youth ages 10-17. Learn watercolor and acrylic painting techniques. Each child will receive his/her own supplies. Snacks will be provided. Social distancing will be practiced. Hand sanitizer will be available. Camps may be subject to change. Participants must pre-register for all camps. Camp size is limited. Registration forms available at Norton Parks and Recreation Department, 201 Park Ave. NE. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p>Outdoor Adventure Camp Dates/Time: 10 a.m.-2 p.m. July 20-23 Location: Norton Reservoir/Flag Rock Recreation Area/Norton Community Center Cost: Norton Residents, Free; Non-Residents: \$75 Details: Open to grades 7-12. Experience a variety of outdoor activities, including canoeing/kayaking/paddle boarding, team building exercises, fishing techniques, archery, wilderness survival skills, and hiking. Lunch will be provided. Social distancing will be practiced. Hand sanitizer will be available. Camps may be subject to change. Participants must pre-register for all camps. Camp size is limited. Registration forms available at Norton Parks and Recreation Department, 201 Park Ave. NE. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p>Monthly Outdoor Chat: Backpacking 101 (Moved online) Date: Monday, July 27 Time: 6 p.m. Location: Norton Event Center, 815 Park Ave. SW, Norton Details: Join avid backpackers Chelsea and Justin Barnes for an introductory chat about backpacking, including how to get into backpacking, the gear you'll need, how to plan, and suggested trails to travel. Registration is required. Chelsea and Justin will also be leading an optional group backpacking trip in August. Trip date TBA. Contact: Katie Dunn, kated@nortonva.org or (276) 679-1160</p> | <p>Volunteer Trail Worknight (Canceled-COVID-19) Date/Time: 6-8 p.m. Tuesday, July 28 Details: Help maintain and expand Norton's Flag Rock Area Trails system during monthly trail worknights. Tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work will be announced closer to each event. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, kated@nortonva.org or (276) 679-1160</p> |
| <p>Environmental Activity Camp Dates: July 27-29 Time: 10 a.m.-12 p.m. Location: Clear Creek Park Cost: Norton Residents, Free; Non-Residents, \$20. Details: Theme: All About Bugs. Camp will feature fun-filled activities with a theme-related craft, snack, and story or game each day. Explore Clear Creek to see where some bugs live. Discover which bugs like trees and plants. Search for hidden bugs in an egg hunt. Open to grades 2-5. Lunch will be provided. Social distancing will be practiced. Hand sanitizer will be available. Camps may be subject to change. Participants must pre-register for all camps. Camp size is limited. Registration forms available at Norton Parks and Recreation Department, 201 Park Ave. NE. Contact: Call Michele Knox, Norton Parks and Recreation Director, at (276) 679-0754 for details.</p> | <p>Woodbooger Chase Triathlon (Canceled-COVID-19) Date: This event was moved from June due to COVID-19. A new date/time will be announced soon. Location: Flag Rock Recreation Area Details: Fourth annual triathlon that challenges participants to canoe/kayak, run, and mountain bike. Part of Best Friend Festival. See www.facebook.com/bestfriendfestival.</p> |
| <p>Kids Fishing Day (Canceled-COVID-19) Date/Time: This event was moved from June due to COVID-19. A new date/time will be announced soon. Location: Norton Reservoir. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Details: Open to children ages 12 and under. Part of Best Friend Festival. Free. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | |



AUGUST 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------------|-------------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------------|
| | | | | | | 1 |
| 2 | 3 Oil Painting Class | 4 Farmers Market Outdoor Yoga Class Group Mountain Bike Ride (Canceled-COVID-19) | 5 | 6 Flag Rock Group Trail Run (Canceled-COVID-19) | 7 | 8 Fit Farmer 12K Trail Run High Knob Music Festival (Canceled-COVID-19) |
| 9 | 10 | 11 Farmers Market Group Mountain Bike Ride (Canceled-COVID-19) | 12 | 13 Flag Rock Group Trail Run (Canceled-COVID-19) Trash Treasures | 14 | 15 High Knob Outdoor Fest (Trips Only) Outdoor Yoga Class |
| 16 | 17 | 18 Farmers Market Group Mountain Bike Ride (Canceled-COVID-19) | 19 | 20 Flag Rock Group Trail Run (Canceled-COVID-19) | 21 | 22 |
| 23/30 | 24/31 | 25 Farmers Market Outdoor Yoga Class Volunteer Trail Work Night (Canceled-COVID-19) | 26 | 27 Flag Rock Group Trail Run (Canceled-COVID-19) | 28 | 29 Flag Rock BioBlitz |



AUGUST 2020

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| <p><u>Norton Friends and Farmers Market</u> Dates: Tuesdays: June-September Time: 4-6 p.m. Location: Norton Friends and Farmers Market Building, 815 Park Ave. SW, Norton. More Information: www.nortonva.gov/farmersmarket</p> | <p><u>Oil Painting Class</u> Date/Time: 10 a.m. on Monday, Aug. 3 Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p><u>Flag Rock Group Trail Runs (Canceled-COVID-19)</u> Dates: Thursdays: August 6, 13, 20, & 27 Time: 5:30 p.m. Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. Distance will be determined based on attendance. All runs will start at the Norton Reservoir trailhead. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p><u>Group Mountain Bike Rides (Canceled-COVID-19)</u> Dates/Time: Rides start at 6 p.m. on Tuesdays (August 4, 11, & 18) Details: Join guides Andy Mullins and Abby O'Hare for weeknight mountain bike rides on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. Rides will be tailored to attendees in terms of length and difficulty. All rides will start at the Norton Reservoir trailhead. See https://goo.gl/maps/oaxUbVudtCR2 for driving directions. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p><u>Fit Farmer 12K Trail Run</u> Date/Time: 9 a.m. Saturday, August 8, Flag Rock Area Trails system Cost: March 25-May 31: \$30; June 1-August 5: \$35; Race Day: \$40. Details: The Norton Friends and Farmers Market's third annual Fit Farmer 12K Trail Run benefits the market's Senior Supplement Nutrition Program. Visit www.fitfarmertrailrun.wordpress.com, www.facebook.com/fitfarmertrailrun.</p> | <p><u>High Knob Music Festival (Canceled-COVID-19)</u> Date: Saturday, August 8 Location: High Knob Recreation Area Details: Annual music festival held at High Knob Recreation Area. See www.facebook.com/highknobmusicfestival for details.</p> |
| <p><u>Trash Treasures Workshop</u> Time/Date: 5 p.m., Thursday, Aug. 13, Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Different themed crafts demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>Outdoor Yoga Classes</u> Dates/Times: 6 p.m. on Tuesdays: August 4 & 25 and 10 a.m. on Saturday, August 15 Locations: Tuesday classes held at Clear Creek Park, 245 12th Street SE, and Saturday classes at the Upper Campground in Flag Rock Recreation Area, 1348 Flag Rock Road. Details: Join yoga instructor Jen Adams for hourlong outdoor yoga classes. Cost: \$5 per person. Pre-Registration encouraged. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p><u>High Knob Outdoor Fest</u> Date: Saturday, August 15 Location: Downtown Norton/Flag Rock Recreation Area/High Knob Details: Third annual festival will feature outdoor recreation trips and activities. Due to COVID-19, this year's festival will not feature downtown festivities, including food trucks, vendors, or live music. Those activities will resume in 2021. www.highknoboutdoorfest.wix.com/highknoboutdoorfest Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org</p> | <p><u>Volunteer Trail Worknight (Canceled-COVID-19)</u> Date/Time: 6-8 p.m. Tuesday, August 25 Details: Help maintain and expand Norton's Flag Rock Area Trails system during monthly trail worknights. Tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work will be announced closer to each event. Contact Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p><u>Monthly Outdoor Chat: 2nd Annual Flag Rock BioBlitz</u> Date/Time: 8 a.m.-5 p.m. Saturday, August 29 Location: Flag Rock Recreation Area Details: Explore Flag Rock Recreation Area and record as many species of plants, animals, and other organisms as possible. Stay tuned for more details. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org</p> | <p><u>Youth Flag Football League</u> Dates: To Be Announced. Games and practices held at Little League Fields at Norton Elementary & Middle School. Details: Norton Parks and Recreation Department will offer a Boys and Girls Flag Football League (Ages 4-6). Cost: \$10. Registration forms available closer to season. League instructional. Score not kept. Every child plays at least half of every game. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |



SEPTEMBER 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------------|---------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------|
| | | 1 Farmers Market Group Mountain Bike Ride <i>(Canceled-COVID-19)</i> | 2 | 3 Flag Rock Group Trail Run <i>(Canceled-COVID-19)</i> | 4 | 5 Woodbooger Geocache Event <i>(Canceled-COVID-19)</i> Monthly Hike: High Butte |
| 6 | 7 | 8 Farmers Market <i>(Canceled-COVID-19)</i> Group Mountain Bike Ride <i>(Canceled-COVID-19)</i> | 9 | 10 Flag Rock Group Trail Run <i>(Canceled-COVID-19)</i> Trash Treasures Workshop | 11 | 12 Benge's Revenge Bike Race |
| 13 | 14 Oil Painting Class | 15 Farmers Market <i>(Canceled-COVID-19)</i> Group Mountain Bike Ride <i>(Canceled-COVID-19)</i> | 16 | 17 Flag Rock Group Trail Run <i>(Canceled-COVID-19)</i> | 18 | 19 |
| 20 Mountain Fork Half Marathon | 21 | 22 Farmers Market <i>(Canceled-COVID-19)</i> Group Mountain Bike Ride <i>(Canceled-COVID-19)</i> | 23 | 24 Flag Rock Group Trail Run <i>(Canceled-COVID-19)</i> | 25 | 26 High Knob Naturalist Rally (Digital) |
| 27 | 28 | 29 Farmers Market <i>(Canceled-COVID-19)</i> Volunteer Trail Work Night <i>(Canceled-COVID-19)</i> | 30 | | | |



SEPTEMBER 2020

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| <p><u>Norton Friends and Farmers Market</u> Dates: Tuesdays: June-September Time: 4-6 p.m. Location: Norton Friends and Farmers Market Building, 815 Park Ave. SW, Norton. More Information: www.nortonva.gov/farmersmarket</p> | <p><u>Group Mountain Bike Rides (Canceled-COVID-19)</u> Dates/Time: Rides start at 6 p.m. on Tuesdays (September 1, 8, 15, & 22) Details: Join guides Andy Mullins and Abby O'Hare for weeknight mountain bike rides on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. Rides tailored to attendees in terms of length and difficulty. All rides start at Norton Reservoir trailhead. See https://goo.gl/maps/oaxUbVudtCR2 for driving directions. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p><u>Flag Rock Group Trail Runs (Canceled-COVID-19)</u> Dates/Time: 5:30 p.m. Thursdays: September 3, 10, 17, & 24 Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. Distance determined based on attendance. All runs will start at the Norton Reservoir trailhead. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p><u>Woodbooger Geocache Event (Canceled-COVID-19)</u> Date: Saturday, Sept. 5 Location: Flag Rock Recreation Area/High Knob Details: Third annual geocaching event that challenges participants to find caches in Flag Rock Recreation Area and other sites in the High Knob region. Contact: Rick Watts, biblemanrick@hotmail.com or (276) 365-2091 Website: https://www.geocaching.com/play/geotours/woodbooger</p> |
| <p><u>Monthly Hike: Roaring Branch Trail to High Butte Overlook</u> Date/Time: 9 a.m. Saturday, September 5 Location: Meet at Norton Municipal Parking Lot, 725 Park Avenue SW Details: Join us for a 7.8-mile hike on the Roaring Branch Trail to High Butte Overlook and return. Difficulty: Strenuous. Wear sturdy shoes and weather-appropriate clothing. Bring snack/water. See https://www.alltrails.com/trail/us/virginia/roaring-branch-trail for more information. Limited to 10 people. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p><u>Trash Treasures Workshop</u> Date/Time: 5 p.m. Thursday, Sept. 10 Location: Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Different themed crafts demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p><u>Oil Painting Class</u> Date/Time: 10 a.m. on Monday, Sept. 14 Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>Benge's Revenge Bike Race</u> Date: Saturday, Sept. 12 Details: Annual bike race that offers 25- and 70-mile ride options. Organized by Norton Kiwanis Club. Contact: See http://www.bengesrevenge.com/ for more information.</p> |
| <p><u>Mountain Fork Half Marathon</u> Date/Time: 9 a.m. Sunday, September 20 Location: Norton Reservoir & High Knob Observation Tower Cost: March 25-May 31: \$50; June 1-July 31: \$55; August 1-September 16: \$60. Race day: \$65. Details: The inaugural Mountain Fork Half Marathon will start/finish at the High Knob Observation Tower. The 13.6-mile loop runs through the Mountain Fork watershed primarily on gravel roads. Registration: www.mountainforkhalf.wix.com/mtnforkhalf</p> | <p><u>Volunteer Trail Worknight (Canceled-COVID-19)</u> Date/Time: 6-8 p.m. Tuesday, September 29 Details: Help maintain and expand Norton's Flag Rock Area Trails system during monthly trail worknights. Tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work will be announced closer to each event. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p style="text-align: center;"><u>High Knob Naturalist Rally (Digital Due to COVID-19)</u> Date: Saturday, Sept. 26 Cost: Free Details: The Clinch Coalition will hold its annual Naturalist Rally at High Knob Recreation Area. Visit www.clinchcoalition.net for more details.</p> | |



OCTOBER 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------------|--------------------------------|----------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| | | | | 1 Flag Rock Group Trail Run (Canceled-COVID-19) Outdoor Chat: Full Moon Hike (Canceled-COVID-19) | 2 | 3 High Knob Hellbender 10K Woodbooger Fest (Canceled-COVID-19) |
| 4 | 5 Oil Painting Class | 6 Group Mountain Bike Ride (Canceled-COVID-19) | 7 | 8 Flag Rock Group Trail Run (Canceled-COVID-19) Trash Treasures Workshop | 9 | 10 |
| 11 | 12 | 13 Group Mountain Bike Ride (Canceled-COVID-19) | 14 | 15 Flag Rock Group Trail Run (Canceled-COVID-19) | 16 | 17 Cloudsplitter 100 |
| 18 Cloudsplitter 100 | 19 | 20 Group Mountain Bike Ride (Canceled-COVID-19) | 21 | 22 Flag Rock Group Trail Run (Canceled-COVID-19) | 23 | 24 Monthly Hike: Twin Cliffs Overlook |
| 25 | 26 | 27 Volunteer Trail Work Night (Canceled-COVID-19) | 28 | 29 Flag Rock Group Trail Run (Canceled-COVID-19) | 30 | 31 |



OCTOBER 2020

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| <p>Flag Rock Group Trail Runs (Canceled-COVID-19) Dates/Time: 5:30 p.m. on Thursdays: October 1, 8, 15, 22 & 29 Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. Distance determined based on attendance. All runs will start at the Norton Reservoir trailhead. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2 Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Outdoor Chat: Full Moon Hike (Canceled-COVID-19) Date/Location/Time: Thursday, October 1. High Knob Observation Tower. Pre-Event Hike: 5:30-7 p.m. Astronomy Presentation: 7:30 p.m. Details: Join us for an astronomy presentation and full moon viewing at the High Knob Observation Tower with Lucian Undreiu, associate professor of physics at UVa-Wise. An optional three-mile hike will be held before the presentation. The hike starts at 5:30 p.m. and will involve a trek from the observation tower parking lot to the High Knob Recreation Area lake and return. All participants encouraged to wear sturdy shoes and bring a headlamp/flashlight. Event is weather-dependent. Event is free. Group Size: Hike limited to 10 people. Astronomy presentation limited to 20 people. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160. Pre-Registration Required.</p> |
| <p>High Knob Hellbender 10K Date/Time/Location: 10 a.m. Saturday, Oct. 3 in downtown Norton/High Knob Details: Seventh annual running race that climbs more than 2,000 feet from Downtown Norton to the High Knob summit. www.highknobhellbender.wordpress.com or www.facebook.com/highknobhellbender</p> | <p>Woodbooger Fest (Canceled-COVID-19) Date/Time/Location: 6-10 p.m. Saturday, Oct. 3. Flag Rock Recreation Area. Details: Seventh annual event that celebrates Flag Rock Recreation Area and the "Woodbooger," a mythical Bigfoot-like creature rumored to roam Flag Rock. See www.woodboogerfest.com</p> |
| <p>Oil Painting Class Date: Monday, Oct. 5 Time: 10 a.m. Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p>Group Mountain Bike Rides (Canceled-COVID-19) Dates/Time: Rides start at 6 p.m. on Tuesdays (October 6, 13, & 20) Details: Join guides Andy Mullins and Abby O'Hare for weeknight mountain bike rides on the Flag Rock Area Trails system. Rides will be tailored to attendees in terms of length and difficulty. All rides will start at the Norton Reservoir trailhead. See https://goo.gl/maps/oaxUbVudtCR2 for driving directions. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p>Trash Treasures Workshop Date/Time: 5 p.m. Thursday, Oct. 8 Location: Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p>Cloudsplitter 100 Dates: Oct. 17-18 Location: Downtown Norton/High Knob Details: Fourth annual trail running event that offers 25-kilometer, 50-kilometer, 100-kilometer, and 100-mile options. See www.cloudsplitter100.com.</p> |
| <p>Monthly Hike: Pine Mountain Trail to Twin Cliffs Overlook Date/Time: 9 a.m. Saturday, October 24 Location: Meet at Norton Community Center, 201 Park Avenue NE Details: 4.4-mile moderate round-trip hike on the Pine Mountain Trail to Twin Cliffs Overlook. Wear sturdy shoes and weather-appropriate clothing. Bring snack/water. See https://highlonesometrails.wordpress.com/2016/01/01/pine-mountain-trail-pound-gap-to-twin-cliffs-overlook/ for more information. Hike limited to 10 people. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Volunteer Trail Worknight (Canceled-COVID-19) Date/Time: 6-8 p.m. Tuesday, October 27 Details: Help maintain and expand Norton's Flag Rock Area Trails system during monthly trail worknights. Tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work will be announced closer to each event. Contact: Andy Mullins, amullins@gmail.com, or Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |



NOVEMBER 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| 1  | 2 Oil Painting Class | 3 | 4 | 5 Flag Rock Trails Lunch Run <i>(Canceled-COVID-19)</i> | 6 | 7 |
| 8 | 9 | 10 Outdoor Chat: High Knob Meteorology <i>(Canceled-COVID-19)</i> | 11 | 12 Flag Rock Trails Lunch Run <i>(Canceled-COVID-19)</i> Trash Treasures Workshop | 13 | 14 Monthly Hike: Laurel Fork Trail |
| 15 | 16 | 17 | 18 | 19 Flag Rock Trails Lunch Run <i>(Canceled-COVID-19)</i> | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 Dairy Queen Turkey Day 5K | 27 | 28 |
| 29 | 30 | | | | | |



NOVEMBER 2020

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| <p>Oil Painting Class Date: Monday, November 2 Time: 10 a.m. Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p>Flag Rock Area Trails Lunch Runs (Canceled-COVID-19) Dates: Thursdays: November 5, 12, & 19 Time: 12 p.m. Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. Distance determined based on attendance. All runs will start at the Norton Reservoir trailhead. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p>Monthly Outdoor Chat: High Knob Meteorology (Canceled-COVID-19) Date: Tuesday, November 10 Time: 6 p.m. Location: Norton Community Center, 201 Park Ave. NE Details: Join Wayne Browning, local climatologist, for a discussion of meteorology on High Knob. Talk will focus specifically on how High Knob influences the weather and climate and how this translates to the mountain's abundant biodiversity. Pre-registration required. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Trash Treasures Workshop Date: Thursday, November 12 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Different themed crafts demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p>Monthly Hike: Laurel Fork Trail Date/Time: 9 a.m. Saturday, November 14 Location: Meet at Norton Municipal Parking Lot, 725 Park Avenue SW Details: Join us for a 3-mile round-trip hike on the Laurel Fork Trail near Pound. Wear sturdy shoes and weather-appropriate clothing. Bring snack/water. See https://highlonesometrails.wordpress.com/2016/05/20/laurel-fork-trail/ for more information. Difficulty: Moderate. Group Size: 10 people. Registration Required. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> | <p>Dairy Queen Turkey Day 5K Date: Thursday, Nov. 26 Details: Sixth annual 5K race held on Thanksgiving Day in Downtown Norton. See www.facebook.com/DQTurkeyDay5K for details.</p> |



DECEMBER 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------------------------------------------------------|--------------------------------|---------|-----------|---------------------------------------------------------------------------------------------------|--------|-------------------------------------------------|
|  | | 1 | 2 | 3 Flag Rock Trails Lunch Run <i>(Canceled-COVID-19)</i> | 4 | 5 Norton Christmas Tree Lighting |
| 6 Norton Christmas Parade | 7 Oil Painting Class | 8 | 9 | 10 Flag Rock Trails Lunch Run <i>(Canceled-COVID-19)</i> Trash Treasures Workshop | 11 | 12 Monthly Hike: Pickem Mountain Loop |
| 13 | 14 | 15 | 16 | 17 Flag Rock Trails Lunch Run <i>(Canceled-COVID-19)</i> | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |



DECEMBER 2020

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| <p><u>Oil Painting Class</u> Date: Monday, Dec. 7 Time: 10 a.m. Cost: \$50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>Flag Rock Area Trails Lunch Runs</u> Dates: Thursdays: December 3, 10, & 17 Time: 12 p.m. Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. All runs will start at the Norton Reservoir trailhead. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |
| <p><u>City of Norton Christmas Tree Lighting</u> Date: Saturday, Dec. 5 Time: To Be Announced Location: Downtown Norton Details: Annual tree lighting held in downtown Norton. More details to be announced closer to event. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>City of Norton Christmas Parade</u> Date: Sunday, Dec. 6 Time: 6 p.m. Location: Downtown Norton Details: Annual Christmas parade held in downtown Norton. More details to be announced closer to event. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> |
| <p><u>Trash Treasures Workshop</u> Date: Thursday, Dec. 10 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$7. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Different themed crafts demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p> | <p><u>Monthly Hike: Pickem Mountain Loop</u> Date/Time: 9 a.m. Saturday, December 12 Location: Meet at Norton Reservoir Parking Lot Details: Join us for a 5-mile loop hike on the Flag Rock Area Trails system. See https://highlonesometrails.wordpress.com/2019/10/05/pickem-mountain-loop-flag-rock-area-trails-system/ for details. Wear sturdy shoes and weather-appropriate clothing. Bring snack/water. Difficulty: Moderate. Group Size: 10 people. Registration Required. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p> |