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| >>Male Narrator: Exercise is good for your body, mind, and spirit... so is spending time in the great outdoors. On this episode of Georgia Outdoors, we'll explore a few ways to get outside and get healthy, coming up on Georgia outdoors |
| >>Female Narrator: Funding for Georgia Outdoors has been made possible by a grant from Mary Hall Singleton, and by the Imlay Foundation |
| >>Male Narrator: From hiking and biking... to canoeing and swimming, there are many ways to get your exercise outside... research suggests that even low impact activity in the outdoors stimulates endorphins and contributes to both mental and physical health Across Georgia, there are thousands of acres of land open for you to explore... Georgia's parks, national forests, wildlife refuges, lakes, and other public lands are great places for wildlife viewing, hiking, hunting, fishing, and general Enjoyment... For the more adventurous, Georgia state parks host an annual series of events to help you get in shape. The Tri-the-Parks Triathlon series is a challenging, competitive, and fun way to get out and enjoy the great outdoors... It's a warm summer day at High Falls State Park near Jackson Georgia, and these folks are ready to take the Triathlon challenge! |
| >>Woman: Welcome athletes and spectators to the Tri the Parks Triathlon series here at High Falls State Park! |
| >> Woman: This race is the final race of the six races Tri the Parks series! |
| >>Dunlop: Well, we looked at a lot of places and we felt that the state parks were a good fit. They're generally located near a lake, and they give you a good off road type setting where you're not in a congested area, just a good way to introduce the athletes to the parks that are in Georgia. We found as we started the series most people didn't know that there were any state parks, so it's just been a good way to kind of get people introduced to the parks and get the folks to come out. |
| >>Narrator: High Falls state park is located near Jackson, Georgia, and is well known for its scenic hiking trails and waterfalls... |
| >>Smith: High Falls State Park is a great place to come visit. The uniqueness is that we're in the Piedmont area, and the Piedmont area is a nice blend of different topography. We have the highest waterfall in the Piedmont area, a 121 foot elevation drop. |
| >>Narrator: The High Falls Triathlon attracts about 500 participants a year...And it's a classic sprint triathlon featuring swimming, biking, and running... |
| In order for the race to run smoothly, athletes use a designated transition area to set up the |

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| gear they will need later in the race, including bikes, towels, socks, and shoes. |
| >>Ellsworth: First shot at a triathlon. Trying to find something to keep me motivated to exercise. So, we're trying something new. My friend is teaching me how to set up my stuff, get everything prepped, get ready to roll. |
| >>Narrator: Once the gear is set, the racers head over to the lake to begin... |
| >>Man: In 5...4...3...2...1...start! |
| >>Dunlop: Today's race, it's a 600 meter swim- all of our swims are 600 meters |
| >>Narrator: With so many people competing in the event, it can be difficult to keep track of athletes... To help race officials observe competitors, Each swimmer is placed in a group known as a "swim wave" ... |
| >>Dunlop: Swim wave, wave number 2 is all males 30-39, and that's all yellow caps. |
| >>Dunlop: It's always real important to us to have a good swim start to keep accountability of everybody so we can track the swimmers in and out of the water, and we generally have about 5 to 8 swim waves, each wave wears their own colored swim cap, it helps us monitor them, and then all the lifeguards on course can keep track of the swimmers. |
| Even though it's only the first leg of the race, the swim can be strenuous... |
| >>Warchol: Well I used to do just running and biking, and then um it was getting a little bit boring, so a friend of mine talked to me about doing triathlons, and I started doing them last year. And the swimming has been the hardest part, because I haven't swum since I was in college, actually was the last time. |
| >>Narrator: After the swim, contestants move to the transition area so they can prepare for the bike ride |
| >>Narrator: Once the race begins, the sailors take off quickly! Sailing requires a serious team effort...The teams move fast and employ some dazzling techniques. |
| >>Dunlop: They come up from the lake and go into what's called the transition area and they come in, they've got their bike and gear all set up, they come in as fast as they can, take their swim goggles off, put their bike gear on, and head out for the bike ride. |
| >>Narrator: For some athletes, the transition areas provide a much needed, although brief, break... |
| >>Aziz: Having a great time, waiting on my son who's swimming right now, so I'm thinking he'll probably be up here in about five minutes. |
| >>Narrator: Once athletes have swapped their swim caps for shoes, they can leave the transition area and begin the bike ride. |
| >>Dunlop: On this course the bike ride left the park, all the courses leave the park... We did a 14.2 mile loop essentially down to High Falls Rd., up to highway 36 and back to High Falls Park Rd. |
| >>Narrator: The ride through the park can be an exhilarating experience... |
| >>Collins: It's a team sport that's not a contact sort. It does not require strength. As a woman, and I race sailboats, one of the things is that I can be as good as any man on the course because it's a mental sport more than a physical sport. It's sort of like playing chess. |

Sailing isn't just a sport for adults...small scale boats make it easier for kids to get involved.

>>Collins: Lake Lanier's sailing's club is very proud to have a very, very large and active juniors league. We have two types of boats racing. One is the optimums prams, which are referred to as the optis. The other types of boats are called 420s. The optimums prams I believe are 8 feet long. That's where the little young, young children start out. We have some very good sailors start out in the opti fleet.

Narration: From pint sized boats like these - to luxury yachts – wind powered vessels come in many forms. Today's regatta also includes a race for the bigger boats...the cruising fleet. These boats follow a much longer route than the others. We tagged along with skipper Michael McCloud and his crew...

>>McCloud: Watch your pole guys on the jib!

>>McCloud: The crew has now been together in entirety for a year and a half. We're very diverse as far as even countries, we have somebody from Brazil, we have somebody from England, when you sail in the ocean or sail on the lake, you still have to have that team effort.

>>McCloud: So why don't we run a new line up under the lifeline!

>>Jackson: I grew up in England, in Northern England. When we moved down here, we found a house and came up to look for sailing; we met a group of people. This is the club on the lake that does the most racing.

>>McCloud: Flavio! Fifty Feet!

>>Narrator: Sailing over distances involves following the wind...to do this, the crew periodically must adjust the sail to harness the full power of the wind as it changes direction. When the skipper calls the order, the team acts quickly.

>>McCloud: It may have shifted enough that we don't need to pull, but once you get it there let it forward, let it way forward.

>>Jackson: There's so many different facets on the boat. All the different sails. Pulling the sails up, pulling them down, and shifting them from side to side on the boat, if you got the timing down right it's a lot easier. The Skipper has to rely on his crew to trim his sails correctly and be on the high side of the boat if it's heeling too much, on the low side if it's not heeling enough. It's one of the true team sports.

>>Narrator: Sailing lingo is also important...

>>McCloud: A jibe is where the back end of the boat goes through the eye of the wind, so your sail main goes across. And a tack is when the bow of the boat goes through the eye of the wind. So if you're tacking you just go back and forth, if you're beating the weather. You'll go one side of the wind to the other side of the wind.

>>McCloud: On Lanier it seems to be more important to go where the velocity is. You go to where the wind is. It appears sometimes that you might actually sail a longer course, by

going to where the wind is, but you'll be much faster.

>>Narrator: The team pulls ahead early on, and maintain their lead...they win the race for their division, the first over the finish line!

>>Narrator: After the races are finished, the club hosts a dinner and entertainment back on the mainland...

While sailing on Lake Lanier is a fun and rewarding activity, sailing, and particularly racing requires training. If you want to get started, there are plenty of clubs on Lanier to help...

>>Collins: Well the first place I would go would be to a website called www.lakelaniersailing.com all of the clubs on the lake are listed on the website.

>>Narrator: You don't have to have a boat to ride the wind on Georgia's lakes...Windsurfing is a growing pastime. If you're interested in learning the basics, instructor Chuck Hardin will be glad to help. He runs Whitecap Windsurfing, a small windsurf gear and instruction company on Clark's Hill lake near Augusta.

>>Hardin: Every since I was a little kid I just I really wanted to be a surfer you know I saw those guys on the waves and I wanted to be out on the ocean on the waves surfing and I just always lived in land near this big lake here in Augusta Georgia. And I said wait a minute that's windsurfing surfing. I can do that I can windsurf up right here at the lake.

>>Hardin: The wind is pushing on the sail, and just weather veining the sail downwind

>>Hardin: in any other board sport is really only one kind of is one sort of balance going on it's you on the board. And windsurfing you really got three kinds of balance going on. It's you on the board, it's getting that sail up and keeping it up there balanced, but then you also got to balance the angle of the sail to create lift. ...so what I do is us a simulator that's up on land. It's a bracket that's up on land with a pivot and that gives everyone the chance to be up on a solid surface and work on getting the sail up getting it balanced

>>Schnetzka: I wanted to try something new and I thought about windsurfing, but I've never actually seen anybody windsurfing in person, I've only seen it on TV shows, and I was very surprised that GA had it, I was thinking maybe on the Chesapeake bay area, or on the coastline I'd find something, but not on a lake in Georgia.

>>Hardin: Out on the open water, there's no rocks, there's no pinecones, so you don't have those references points, you know you tend to be looking down, so it's hard to sense when you've come all the way around, other than becoming aware of that wind behind your back, and sort of feeling that.

>>Narrator: Before the group takes on the wind, they must demonstrate balance on the board...

>>Hardin: Put people out on a board, by themselves, without a sail at first, so they get the feel of balancing on a board....I can put um then I can bring the sail out to the board which we have anchored to the bottom of the lake at first. Get them to get the feel of what it feels like to sail up and put it all together.

>>Hardin: When I feel like they got it all together, all three parts. I take them loose from that anchor on the bottom of the lake and off they go. Not fast the first day cause usually

we don't have a lot of wind in the summer time and if they did they wouldn't be able to handle it. So it's going slow the first day but they get all the basic tools they need to take the sport from there.

>>Zoltan Kocsis: I started like a month ago. I'm trying to keep out my kids from television, so I'm trying to find them some fun stuff to do.

>>Zuzana Kocsis: I hadn't really heard of windsurfing all that much until my dad started doing it, and I thought it was fun, so we went a couple of times a week ago and then we came here. It's nice that you don't, it doesn't use up any energy except the wind, you're just standing there and it kinda pushes you along.

>>Hardin: I think the most common reaction I get is they're shocked and surprised how well they do. They exceed their expectations by how well they do. It's not as hard as they thought it was gonna be they're very pleased and so they're excited with their experience.

>>Hardin: There you go! Good job! Now you got it!

>>Zuzana Kocsis: It was really nice to hear like why it actually works, and know it before I got on the water.

>>Schnetzka: I loved it! It was great. It was better than I thought it would be. I was a little apprehensive coming into it not having the experience or anything, but he's an absolutely great instructor, just a fantastic instructor, and guaranteed we'd be up and sailing, and we were, so, I was very happy with it. Yeah I'm already going to talk to chuck and see when I can come out again, and...I think this might be my sport.

>>Hardin: in a lot of ways it safer and easier to surf on a lake. A lot of issues on the ocean with tides and things that happen you don't have to worry about on the lake. Clarks Hill Lake here is particularly well suited. I know everybody that wind surfs in the state. And they'll tell you this is the most user friendly lake for windsurfing.

>>Narrator: 39 miles long, and with 1200 miles of shoreline, Clarks Hill Lake, known to South Carolinians as lake Strom Thurmond, is the largest manmade lake east of the Mississippi. There are two other reservoirs located on the savannah river – Lake Richard B. Russell, and Lake Hartwell.

As the backwaters of these reservoirs were filled, land that was once inhabited was submerged...Georgia's lakes contain a number of sunken cities.

Bobby Brown State Park on Clark's Hill is located at the site of what was once Petersburg, a city built on the tobacco and cotton trade.

>>Elliot: Petersburg was established in 1786. It was a prime spot for the town because of the confluence of the Broad and Savannah Rivers.

If you go out to look at Petersburg you think there's not much left of it.

But in reality there is a whole lot to Petersburg left it's just under your feet or under the water

>>Narrator: Alatoona Lake, northwest of Atlanta, also holds great history. Beneath these waters lie the remains of Etowah, a city built on the iron industry...

>>Purvis: The old town of Etowah had been a flourishing town. In the 1800's it had been burned during the civil war by Sherman's troops on his march to Atlanta. There's no sign of it anymore except for an iron furnace that is on the national historic register. Iron works had employed 4,000 people and it was owned by Mark Cooper who was also one of the major people in Georgia to bring in the western and Atlantic railroad to this area.

>>narrator: On the banks of Alatoona Lake, Red Top Mountain State Park offers swimming, hiking, and many other activities. To honor the history of the area, the park hosts regular iron pour demonstrations, allowing visitors to relive what was once a way of life here.

>>Fleming: We have a replica of an iron furnace here on the site and the casting shed. Um, due to this area was the name of Red Top coming from the iron ore. The public, they can buy scratch blocks. And, they can scratch whatever they want to into the block, and then when we pour the melted iron into the block and it hardens, then they've got a souvenir that they can take home. But it's a real exciting program because it deals with fire and the furnace gets up to about 3000 degrees heat, neat to see especially at night when you see the flames shooting up out of the top of the furnace probably fifteen feet off the ground.

>>Narrator: Alatoona is also the site of a major civil war battle.

>>Purvis: The battle of Allatona Pass was fought here in 1864 on October 5th This was not some small affair there it was a half day battle were several thousand casualties were involved in this battle. You can still see the entrenchments that the union army built. One of the best things to see at the battlefield would be the pass itself; it's a remarkable thing of engineering from the 1860's. Dynamite was used, and it's pretty much a cut through the mountain several hundred feet up on each side.

>>Narrator: Lake Allatoona draws more than 6 million visitors a year. With this many people passing along its shores, it takes a lot of work to keep the lake clean. In the fall, Allatoona hosts a trash pick up that's grown to attract an average of 5000 volunteers a year!

>>Bjornson: This event is a national public's lands day event and we call it the great lake Allatoona clean-up. We've done it for 20 years

We have 270 miles of shoreline we are trying to clean up here at Allatoona Lake.

When we started in 1986 we collected 36 tons of trash the first year. Now we're on an average of 12 to 13 tons every year. We do see a big difference and we hope that the boaters that come out here in the summer see a big difference too.

>>Narrator: All sorts of volunteers come out to help clean up the lake...These girl scouts prove that you're never too young to start making a difference in your world!

>>Harris: Well it's our service project to come out and help clean up. And so we all get together, and just get the girls out here and picking up trash, and hopefully they'll remember the next time they're out here not to leave anything.

>>Narrator: Trash also comes in all shapes and sizes...

>>Girl Scout: Picking up bobbers, beer bottles, beer cans, glass, stuff like that.

>>Girl: I just found a big old tire in the lake and I said, I'm gonna get that tire, so, woo-hoo!

>>Boy Scout 1: Shotgun shell.

>>Boy Scout 2: CO2 Cartridge.

>>Boy Scout 3: A toilet.

>>Boy Scout 4: I picked up a shoe. Alright? A dirty old shoe.

>>Boy Scout 5: We got that crate.

>>Scout Leader: Good! Set her down!

>> Boy Scouts: Yeah! Wooooo!

>>Scout Leader: There you go! That's the team I know!

>>Narrator: The day ends with a party complete with food, games, and prizes...They even have a prize for the strangest object found.

>>Man: Second place, who brought the toilet seat?

>>Narrator: But the true reward today is leaving the lake a cleaner place.

>>Bjornson: The community love this lake and they wanted to keep it pristine or at its natural state. And it helps us too to have that many volunteers. I think that shows a lot for the lake.

>> Male Narrator: One of the most popular ways to experience Georgia's lakes is by boat. Boating safety is a major concern along our waterways. Here are a few ways you can stay safe...

Wear a life jacket. Floatation devices are required onboard for every passenger, and riders under the age of eight must wear a life jacket at all times.

Check the weather before you go out. Be prepared for storms to avoid getting in over your head.

Alcohol is involved in about 1/3 of all fatal boating accidents. So don't drink when operating a vessel.

Take a boating safety course, and pick up a copy of the Georgia boating safety guide, available online at

www.boat-ed.com/ga

>>Male Narrator: While lakes such as Allatoona and Lanier are well traveled and well known, several of our lakes offer a less developed but no less enjoyable experience, nestled in the foothills of the blue ridge mountains, carter's lake is a hidden gem.

>>Lackey: Carters Lake is in Northwest Georgia it's on the Cousawatee River. There are several things actually that are very special about Carters Lake. Number one it's the deepest lake in Georgia and its over 450 ft. deep in its deepest locations and it averages over 200 ft deep. Also the dam here is the highest earth and rock filled dam east of the Mississippi. The thing we think is very special about the lake though is that there is no private development along the shoreline it's a completely pristine natural environment just a real pleasure for people to come and boat and enjoy.

>>Lackey: here at Carters Lake we have just about any out door activity you can think about and we're very family oriented. Campgrounds, picnic areas, several boat launching areas, and fishing is real popular here Gaining in popularity is bird watching...

>>Male Narrator: At any of our lakes, you're bound to encounter a diversity of wildlife. Our reservoirs are particularly good for bird watching...birds of prey, wading birds, and smaller species all congregate around the water.

Along the Chattahoochee River in South Georgia...Lake Walter F. George and Lake Seminole are both stops along the southern rivers birding trail...a collection of 29 sites in south Georgia determined to be excellent for bird watching.

>>Jernigan: Lake Walter F. George is on the Chattahoochee river, below Eufaula, Alabama. A lot of people are familiar with lake Eufaula. It's the same area. Congress named it Walter F. George Lake. It's the official name.

We have eagles that feed below the dam, in the winter time on a daily basis sometimes as much as 16 at a time. We have the ospreys...we have the rookeries around the lake; we have cormorants, egrets and herons.

Walter F. George Dam attracts a wide variety of birds. There's a lot of fish that get in that area. When the water is lower they're trapped, and its easy pickings for the birds. They're attracted by the sound as well, the rushing water, but we do get a lot of them just because it's so easy to catch the fish there.

>>Narrator: Another hot spot for birding on the Southern Rivers birding trail is Lake Seminole, a reservoir built where the flint, Chattahoochee, and spring rivers merge to become the Apalachicola River. Throughout the year, you'll find a variety of birds here...eagles, cormorants, and great blue herons to name a few.

>>Narrator: But the main wildlife related activity out on the lake is fishing.

We joined fishing guide Randy Weaver for an excursion out on the lake.

>>Weaver: Here on Lake Seminole we've got thirty eight thousand acres of water, we've got two hundred of fifty islands on it, and our average depth is not but seven and a half foot. I have been fishing this lake now approximately twenty one years. I would say that primarily people that come here to lake Seminole and fish with me want to catch large

mouth bass. Seminole is kind of known for its catching bass. And a lot of big fish come off Seminole, so people really like to come here and catch them a big bass.

Narrator: It doesn't take long for Randy to hook one for the fish this lake is known for.

>>Weaver: There's a fish right there. Close to the boat. All right. Pretty little fish.

Narrator: Though Lake Seminole is known for bass fishing, there are many other species to angle for on its waters.

>>Weaver: We also fish for people know them as crappie, they call them speckled perch, we've got a lot of those, we've got the bigger variety of them, we have also got the black crappie and the white crappie, we've got people that come here and fish for what we call a jackfish here which is a chained pickerel, a grass pike, and they get to be pretty good size in here. You know what I like about Lake Seminole twelve months out of the year a fish can be bought. Even if your bass aren't biting, say the water gets too cold, there's something else that you can always be catching.

>>Narrator: Ask an angler why the fishing is so good here, and they'll probably point out the vegetation. One Non-Native plant that's abundant throughout the lake is hydrilla – an invasive exotic introduced in the 1950's. Because this plant spreads like kudzu across the water, and can affect oxygen levels and fish populations, biologists from the department of natural resources work to control the spread, and conduct regular surveys of fish numbers here...

>>Kilpatrick: Hydrilla has become a very hot topic here. Lake Seminole is a very shallow entropic lake it has a lot of nutrient, and therefore it's perfect. The stage is perfect for an exotic species such as hydrilla to really spread. Hydrilla is not necessarily a bad thing, but it grows so fast it can completely choke out areas. The bass fishermen love it. Bass ... like to relate to vegetations edges, and it conserves ambush places for them to capture prey. And too much of a good thing can actually depress the fishery. Too much hydrilla can completely choke out areas of the lake. So we would like to see treatment of hydrilla continue.

Narrator: The balance between natural ecosystems and our desire to utilize these resources is a delicate one. Built by humans, our reservoirs are managed and maintained for Georgians to use...whether boating, fishing, or enjoying a beautiful sunset, Georgia's great lakes offer many opportunities to get out and enjoy yourself on the water.

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