

Okay, May is Bike Month so this latest edition of the Swamp Rabbit Hoppennings is definitely a little bike heavy but I still hope you enjoy and find something fun to join in on this month. So here we go in no particular order:

- **Coming soon: Trail connecting TR High School and the George I. Theisen Family YMCA** – Join other trail fans Monday, May 6th at 11am as we cut the ribbon with a chainsaw as Bryan Frazer and the team at Foothills Contracting get started building a 1.8 mile trail that will connect the Green Line of the Swamp Rabbit Trail Network to the YMCA and all the neighborhoods in between. Event is taking place at the Y 100 Inspirational Way, Travelers Rest. Construction is slated to wrap up by the end of the year. Mother Nature please be nice to us...
- **Bike to Artisphere and leave it with the valet** – Once again the volunteer valets of Bike Walk Greenville remind you that bikes get the best parking at Artisphere. So roll under Artisphere on the Green Line of the Swamp Rabbit and park your bikes, strollers, rollerblades, etc. in the shade under the Main St bridge. Buy some art and buy a sweet new Swamp Rabbit Trail shirt to show that you are cultured. May 11th and 12th.
- **Bike Commuting Curious?** -Pick the brain of @RebelWithoutaCar at Swamp Rabbit Café on May 17th @ 5:30pm as we wrap up Bike to Work Week. Mary has been a bike commuter in Greenville for 9 years now commuting 4 miles to daily. Yes in the snow, no not uphill both ways, that's just silly. And yes, of course, in the rain and the heat. If you already bike commute, bring your rig to show off and share any inventive ideas you've developed.
- **Eat out and round up at Fireforge** – From now until the end of June make a date to soak up the good vides and good food at Fireforge. Then when you pay the bill be sure to "Round Up" to show your support of Bike Walk Greenville's on-going work bringing better walking and biking infrastructure across Greenville County. Come on Tuesday nights if you are especially fond of live Bluegrass music. Or come on May 15th for a good ole game of Bingo.
- **Positive affirmations** – Over the years I have been collecting positive affirmations to be used one day when the perfect wall on the trail presents itself. Until then I thought I would end this Hoppennings with one in the library. It comes from Dennis D who describes himself as an O. F. He uses it to motive himself to keep in shape with his grandkids. See the bottom of this Hoppennings for it. Keep sending in those affirmations, with or without the author's name. And if you have that perfect wall along the trail in mind let me know. Bonus if you own that wall!
- **Ride of Silence** – not all trips on a bike can be on a Shared-Use Path. Not all road crossings can have a bridge over them. When cars and bikes collide people usually die. The Ride of Silence is a global event in remembrance of those that have lost their lives while riding a bike. The Greenville Spinners will be hosting the local ride starting in Unity Park at the intersection of Mayberry St and Delano Dr. The ride is suitable for all abilities. May 15th, 7pm. [Details](#)
- **Joe to help you on your Go** – During Bike to Work Week (May 13-17) all bike commuters are invited to make a quick pep-up stop and grab a free drip coffee at Swamp Rabbit Café and Grocery and the Swamp Mart (on Main St in Greenville) on their way to work.

- **Bicycle Songs** – When you just read “Bike Songs” did you start signing the lyrics to Bicycle Race by Queen? What other songs talking about bikes come to mind? Have you heard Sunshine by Atmosphere? Send me your songs. Let’s make a playlist for Bike Month. Who knows you may hear it at one of these fun events mentioned here.
- **Momentum Bike Club Youth Led Ride** – May 25th, MBC uses the platform of cycling and mentoring relationships to promote health and well-being with the youth of our community. This is an all abilities ride. All activities will be led by middle and high schoolers. Come out and spend time with Greenville’s future leaders. More details [here](#).
- **Buy a shirt and support the Swamp Rabbit** – Locally designed by Defender Creative Studio. Locally made by Dapper Ink. Sales support your local Swamp Rabbit Trail. And yes, of course, sold locally at Swamp Rabbit Café and Grocery and Reedy Rides. All the cool kids are wearing them. Go check them out.
- **Bike Polo** – If you don’t know about it, you don’t know what you are missing. If you do know about it, you are giddy that there is now a club in Greenville. Next pick-up play is 1-5pm, May 19th at the Pavilion. Check out [this link](#) for all things Greenville Bike Polo.
- **Swamp Rabbits Youth Off-Road Cycling Camp** – Once again this summer camp is on the recently expanded trails at Trailblazer Park in downtown Travelers Rest. Help the next generation build the skills and confidence that comes with riding in the woods. June 17-21. [Details here](#).
- **7000 tennis balls** – no I am not talking about Henry’s, the yellow Labrador, last dream. That is how many old tennis balls have been collected and recycled locally through a Keep Greenville County Beautiful program. [Click here](#) for more details, including where to drop off those balls, sorry Henry.
- **Rodney - thanks for the memories and the legacy** – On April 23rd, Rodney Cox retired and promptly headed off to a 4-day bluegrass festival. Rodney, thank you for all the dedicated service you invested in maintaining the Swamp Rabbit Trail! Scott, who said in his interview “that besides me, there is no one else that has more passion for the trail” has been promoted into the Rodney’s position. Scott has been working on the trail for nearly 14 years. The trail will remain in good hands Rodney. Thank you sir
- **Give back to the dirt you ride** - Upstate SORBA is our partner helping us maintain and expand our dirt trails. They can frequently be found sculpting trails at Lakeside and Pleasant Ridge. They also help other land managers like the Conestee Foundation. If you want to make a deposit into the Bank of Karma help out during the trail work day at Conestee Nature Preserve on May 18th. [Details here](#)
- **Short-track Cross-County Mountain Bike Races** – Races for the “never done its” to the “I have a permanent bike shorts tan line”. 4 races this summer at Trailblazer and Lakeside Parks for all ability levels. While you won’t do as many laps as the road pros did in Greenville and Spartanburg a few weekends ago, short track races do have numerous laps so spectating is almost as fun as racing. [Details here](#)

- **We are breaking some eggs on the Blue Line** – As part of ReWa’s 100th anniversary, we are working together with them to make improvements where the Blue Line of the Swamp Rabbit passes through the ReWa campus on the Reedy. Construction is underway on trail improvements, addition of educational information and murals.
- **Thanks to Eagle Scouts Nate A. and Jack M.** – Both of these young men were generous with their time and resources, installing bike repair stations. Nate put one at the storm shelter on the Green Line just south of downtown TR at Old Buncombe Rd. Thanks to a donation by the Trek Store and others, Jack installed a repair station for all those enjoying the bike skills park at Gateway Park also in Travelers Rest.
- **Join the SC7 Expedition** – SC7 is an organization to help people explore the most unique and beautiful places in South Carolina. The SC7 Expedition starts April 22 and uses the 350-mile Palmetto Trail as the guiding pathway for a cross-state exploration. Check out the [Expedition Field Guide](#) for all the details. On Day 10 the expedition will be on the Green Line of the Swamp Rabbit.
- **See something, say something** – if you want to report something about the Swamp Rabbit. Maybe someone going too fast down the trail, a tree down from a recent storm, let us know. Call or text me at 864.331.9631 or call the non-emergency Sheriff’s dispatch number at 864.271.5210 then pick option 8.
- **Don’t eat the Baton** – Stecca 2-mile relay. With all the bike heavy bullets above I thought we’d end with a reward of Stecca. Free run, free HOKA shoes to try, and free stecca to share amongst your other 4 team members. Start is of course at Swamp Rabbit Café and Grocery so you know the Stecca will be fresh. [Sign up here before it fills up.](#)

Congrats on making it to the end of this longer than usual Hoppenings. Thank you all for being engaged in our community! Here is that positive affirmation from Dennis that I promised: “Someday I may not be able to do this. Today is not that day.”

Get out there and have a great day.

Sincerely,

Ty