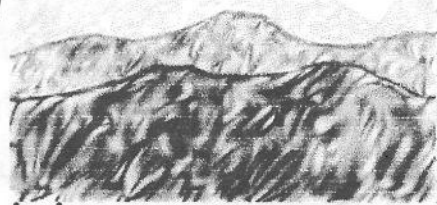


# TENNESSEE TRAILS



The monthly newsletter of the Tennessee Trails Association

*MISSION: To promote, construct, and maintain a statewide system of hiking trails, and to work for the conservation of natural resources inherent to this objective. Sponsor for the Cumberland Trail.*

Happy  
New  
Year

## Contents

Letter from the President  
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Corrections & additions  
Tidbits & hints  
Breakaway 1998 news  
Cumberland Trail news

## ***Tidbits and Hints***

### **Cold Weather Hiking**

*"There is no bad weather; only bad clothing."*

-- Wolfgang Braun

### **Winter Layering:**

The traditional garb for combating cold is the bulky parka. That's OK for someone not expending much energy. It traps body moisture and then allows too much cool down during evaporation. To stay warm and comfortable during a range of outdoor activities, you have to allow moisture from your body to move away while keeping body heat in. The way to do that is to dress in layers.

Layer 1 is for wicking the moisture away from your skin. The thin material touches your skin and should be soft, lightweight and pliable. Polypropylene or silk work well. Silk is usually more difficult to clean though. Either will keep you dry. Cotton absorbs the moisture and holds on to it so its not a good choice for the layer adjacent to your skin.

Layer 2 is for insulation. You want protection from the cold by trapping warm body air but allows enough ventilation to let moisture out. This may be several layers, e.g., light shirt, outer shirt and sweater. This is the part that you add to or remove as the day warms

(Cont'd on pg 2)

## ***Letter from the President of the TTA***

I received two honors at the Annual Meeting at Norris Dam. The first was being chosen as President of TTA for 1998. I am very proud of this recognition, and look forward to furthering the interests of hiking in Tennessee during this coming year.

The second honor was in receiving the coveted Golden Squirrel Award.

Now, there is a certain amount of irony in being elected leader of an organization at the same time you are being recognized for finding 50 ways of losing your hikers! (For the record, the losses were all temporary and my real goal is to gain members for TTA, not lose them!)

I am reminded of the old adage that the only way a person can avoid making mistakes is to simply not do anything. Likewise, the only way to avoid losing hikers on a trip is to not lead any trips. We need more people willing to share their love and enjoyment of hiking our trails with others, even if it does mean running the risk of getting your hikers lost occasionally. I would encourage everyone who has enjoyed participating in one of your chapter outings to try your hand as a hike leader. Start by leading a hike on your favorite trail, and work up to the one you've always wanted to do, but couldn't find someone to lead a hike there.

Who knows, you might be the one that takes home the Golden Squirrel next year. Unless, of course, they allow repeat winners. I am working on finding that 51st way!

Jim Poteet

up or when you take a long lunch break in a windy, scenic spot.

Layer 3 allows moisture to pass away from the body while it also keeps rain or snow out. Impossible? No, Gore-tex™ will do the job, but is expensive. There are some alternatives. If you're out for the day and there's no chance of rain, a windbreaker keeps the wind from whishing through the insulating layer and removing that heat too quickly.

Don't forget these layering principles for your head, feet and hands.

### **REMINDER**

*Be sure to check the mailing label for expiration of your membership. You wouldn't want to miss out on any of those great hikes!*

### ***Editor's note***

Hi,

As you may notice, I've become the new editor for the TTA newsletter and since this is new to me, I'll make some mistakes. Bear with me. Arleen Barnett has done a super job and it will be difficult to follow her.

I'll do my part but I'd like some help from all you folks. You enjoy hiking so take that extra step and continue to let your local coordinators or me know about your favorite trails and results of your hike. Also, this is your newsletter so feel free to make suggestions, point out errors or omissions and tell me what you like - or dislike in the newsletter. The back page shows several ways to get in touch with me.

Andy Stevens

## Breakaway 1998

Plan now to participate in the 1998 Breakaway Program sponsored by Tennessee Trails and the Cumberland Trail Conference. Come join us as we work on the Cumberland Trail from March 8 - 28. Trail work is done from Monday through Friday with Saturday and Sunday reserved for rest and relaxation.

The first two weeks will be spent rebuilding parts of Section 5 on Signal Mountain near Chattanooga. The last week will be spent on Section 1 near Norris Dam State Park.

The breakaway experience is not to be missed. The sense of accomplishment of building the trail along side the college students is worth the effort.

Please plan to spend at least a day with us. We depend on volunteers to supervise the students. We could not sponsor the breakaway program without the assistance of our volunteers.

More details will be in the next newsletter. If you wish to volunteer, please contact Rob Weber or Carolyn Miller. Rob's address is on the back of the newsletter. Carolyn is the 1998 Breakaway Coordinator. Contact Carolyn at [cardan@midtenn.net](mailto:cardan@midtenn.net) or by calling (W) 931/456-4195 or (H) 931/456-4465.

## Cumberland Trail News

Saturday, January 24

### TRAIL MAINTENANCE, CUMBERLAND TRAIL

This will be a service trip on our adopted our adopted section of the Cumberland Trail in the Prentice Cooper State Forest. This is an ideal time to perform routine maintenance as insects will not be a bother. Come join our trail crew, get some exercise, meet new friends, and have lots of fun. No experience necessary, all you need is enthusiasm for working outside in our parks and open space preserves. Bring water, lunch, long pants and sleeves, and sturdy shoes. Hopefully the weather will cooperate and we'll have a pleasant day to do this work. Tools will be furnished and all help appreciated. Contact Monty Matney at 344-1003 or Rodney Hornsby at 267-6371 to volunteer.

## Corrections & Additions

Big Mistake!!

Whoever bought the Amy Grant A Christmas Album CD at the annual auction; I did not mean to rig you off. Today I opened all the CD "things" on my player to reload & I found the Amy Grant CD in my Player- I am so sorry -- Please write me or call & leave your address so I can right this wrong-- I just picked up some CDs and headed out the door to the meeting-- never checking the containers. I'll blame this on the kids in my house. Please, be in touch. I feel terrible about this-

Norma Griffith  
8113 Stacy Square Court  
Nashville, TN. 37221

1-615-646-4839

### Annual Meeting; Thank You's.....

Norris Dam State Park was the setting for the 1997 annual meeting. The Tea Room lent itself to warmth and conviviality on Halloween weekend. Although the weather was damp, we had approximately 95 members who joined us for hikes or meals or lodging during the weekend. Thanks to everyone who helped make the event comfortable and relaxed. Special thanks to Mary Kelly, Plateau Chapter, for her role in registration (The most thankless, but most important task of all!) Thanks to E. TN. members Sally Jaunsen, Frank and Carolyn Stribling, Bill and Lee Monroe, Janie and Keith Mertz, Helen Kapral, Andrew and Diana Stevens for helping with details and food, and Doug Bean and John Bartlow for wood. Special thanks to all the hike leaders Ellen Bean, Russ Manning, Carol Kerr, Rob Weber, Bob Fulcher, Arleen Barnett, Harold Draper! Thanks to Coca Cola for donating soft drinks. Thanks to all the staff at Norris Dam State Park - superintendent Fred Tally, Connie and Joyce and especially Mike Scott for "Vern" stories on Halloween eve.

Thanks to Sally Jaunsen for representing TTA at River Sports in Knoxville for an annual trade show.



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## CLARKSVILLE

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No hike submitted.

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## CUMBERLAND MTN.

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January 23 - Chapter meeting at 7:30 Eastern Time in the Rugby Community Center. After a short business meeting and planning session for the 1998 hiking season, Jim Poteet will show slides and discuss hiking in the UK.

January 24 - Big South Fork; Maude's Crack area. A joint outing with the Nashville Chapter. Meet at Bandy Creek Visitor Center in the BSF at 10:30 Eastern Time. Call Jim Poteet 615-377-4777 or Eric Wilson 423-628-2817 for details.

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## EAST TENNESSEE

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Chapter Chair is Judith Bartlow

Treasurer is Keith Mertz

Trail maintenance coor. is Harold Draper

**Trip Reports...**Sally Jaunsen led a hike for 8 folks to Twin Creek Trail in the Smokies in Nov. We dined at a diner for dinner in Pigeon Forge afterward.

The House Mtn. hike in December was a cold, snowy day, but Harold and Judith braved the weather for a great hike. If you don't know about House Mtn., you're missing something special. It's a panting climb to the top, but views are terrific. It's close to Knoxville, and the 5 mile trail is just right. Put this one on your list.

Meets the 3rd Tuesday of the month at First Presbyterian Church in Oak Ridge on the corner of Oak Ridge Turnpike and Lafayette at 7:00 p.m. in Room 101.

### Schedule:

January 4 (Sunday) - The Christmas potluck at the Bartlows will be a New Year's Potluck. Bring a covered dish to John and Judith's home in Norris at 1:00 p.m. on Sunday afternoon. Drinks provided. A get together and thank you to all our hike leaders for 1997! Hike from Reservoir Hill to Observation Point in the Norris Watershed following lunch. Call Judith at 494-9421 for directions.

January 10 (Saturday) - Big Valley Trail at Big Ridge State Park - includes Sharp's Station Trail. 6 mile loop of moderate difficulty. Features include the site of an Indian ambush in 1794, the first of two settlements west of the Appalachians, an old mill and cemetery. Meet in front of Norris Middle School at 8:30 a.m. to carpool to Big Ridge. Bring lunch and drink. Questions? Call Judith at 494-9421.

January 20 (Tuesday) - Monthly meeting in Oak Ridge at 7:00 p.m. Guest is Rob Weber, Cumberland Trail Coor. Rob will present a slide show on the Cumberland Trail and Breakaway. Refreshments provided.

January 31 (Saturday) - North Ridge Trail in Oak Ridge. Celia Nobles and Helen Kapral will lead an easy 6.1 mile hike on city greenbelt. This trail was designated a National Recreation Trail in 1973. Meet at 10 a.m. in the Winn Dixie parking lot, 115 South Illinois Ave., Oak Ridge. Bring lunch and a drink. Questions? Call Helen at 482-1482 or Celia at 483-6337.

February 7 - Cumberland Trail Maintenance

February 22 - Norris Watershed

March 14 - Starr Mtn.

March 28 - Natural Arch

April 18 - Frozen Head and Lone Mtn.

April 25 - Grassy Branch and Falls Branch

May 9 - Old Settlers Trail

May 25 - Oak Ridge Greenways

June 6 - Hemlock Bluff workday

June 13 - Cucumber Gap

June 20 - Cove Lake Evening Hike and Picnic

July 11 - Roan Mtn. Overnight

July 26 - Flats Mtn. August 9 - Piney River

September 12 - Max Patch

September 26 - Cumberland Trail Maintenance

October 10 - Henwallow Falls

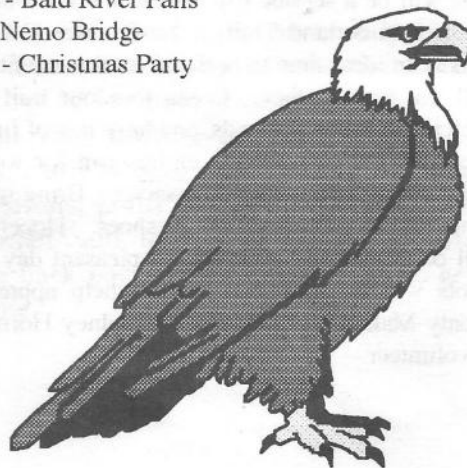
October 24 - Cheroke Skyway

November 15 - Big South Fork

November 28 - Bald River Falls

December 6 - Nemo Bridge

December 12 - Christmas Party



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## MEMPHIS

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\* monthly meeting: 7 p.m. Thu., Jan. 15 at Davis-Kidd. John Martin will show slides of his trip last summer through Ireland.

\* Jan. 3: HERB PARSONS LAKE, Fisherville TN. Carpool meets 8:30 a.m. at the Shelby Farms soccer field parking lot. Hike starts 9 a.m. at the lake. About 6 miles, very easy. Contact Freddi Felt, 685-9915.

\* Jan. 11 (Sun.): SHELBY FARMS SOCIAL HIKE. Meet in the Patriot Lake parking lot by the paddleboats at 1:30 p.m. For info call Martye Burkett, 357-9183.

\* Jan. 16-18 (Fri.-Sun.): PETIT JEAN STATE PARK, Arkansas. For info on hikes and availability of cabins, call Norma McMinn, 785-1479.

\* Jan. 24: MEEMAN-SHELBY FOREST STATE PARK, Millington, TN. Meet at the visitor center at 9 a.m. to hike the Chickasaw Bluffs Trail. Contact person is Ken Novak, 377-9127.

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## MURFREESBORO

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No hikes submitted.

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## NASHVILLE

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### JANUARY - JUNE 1998 HIKES

### HIKING HOTLINE - 367-7045

January 4 - Old Stone Fort hike led by Charlie and Jennifer Hann. This winter hike is in an area with historical significance. Meet at 9:00 in the Target parking lot off Bell Road for an easy 6 mile hike. Call Charlie or Jennifer at 941-1503 for more information and to preregister.

January 11 - Bledsoe Creek State Park hike led by Bob Barnett. Call Bob at 832-6484 for more information and to preregister.

January 17 - Percy Warner Park - Mossy Ridge hike led by Vera Churcher. Meet at 8:30 at the trail head off the highway 100 entrance to Percy Warner park for a invigorating 4 1/2 mile hike. Call Vera at 373-8314 for more information and to preregister.

January 18 - Virgin Falls hike led by Jim Poteet. We will hope for frozen waterfalls and snow on this beautiful 8 mile loop. Meet at 7:00 a.m. at the K-Mart parking lot in Donelson. Call Jim at 377-4777 for more information and to preregister.

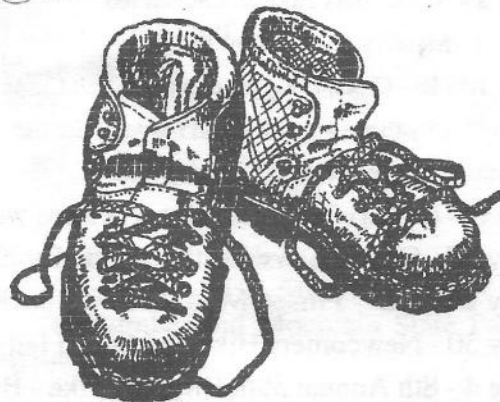
January 24 - Big South Fork - Maude's Crack joint hike with the Cumberland Mountain Chapter led by Jim Poteet. This hike was postponed from December and is in an area with an interesting history. On the last hike to the area speculation about the circumstances surrounding the naming of the rock formation occupied the hiking group for hours. Meet at 7:00 a.m. at the Donelson K-Mart parking lot. Call Jim at 377-4777 for more information and to preregister.

January 25 - Buggy Top Cave trip led by Charlie Hann. We will hike 1 mile to the cave and then explore. Bring 2 flashlights and a hard hat if you have one and plan to get wet and muddy. Meet at 9:00 a.m. at the Target parking lot at Bell Road. Call Charlie at 941-1503 for more information and to preregister.

January 25 - Volunteer Trail Day Loop led by Bob Barnett. Call Bob at 832-6484 for more information and to preregister.

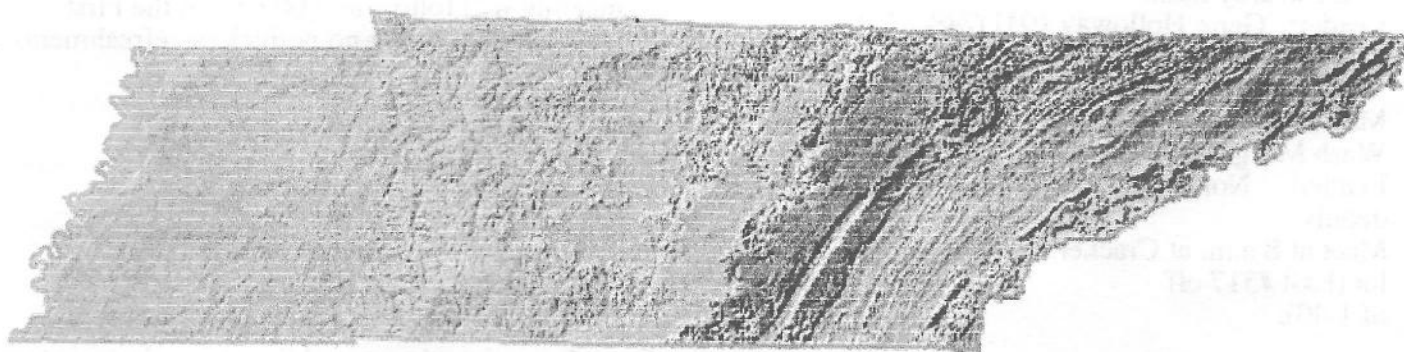
January 31 - Newcomers hike and social. Meet Jennifer Hann and other TTA members for a hike at Radnor Lake followed by a trip to the Davis Kidd tea room for a muffin, lunch, or whatever. Call Jennifer at 941-1503 for more information and to preregister.

*Sam @ visitors' ctr  
Sat*



February 1 - Frozen Head hike led by Jim Poteet  
 February 7 - Montgomery Bell hike led by Carol Watson  
 February 8 - Shelby Bottoms hike led by Bob Barnett  
 February 15 - ~~Bear Waller Gap~~ <sup>Cockrill Bend Time? meet? Target white bridge @ ip</sup> hike led by Janie Whitson  
 February 22 - Mousetail Landing hike led by Diane Manas  
 February 28 - Shellsford Trace/Cardwell Mountain (Trail of Tears) hike led by Bob Barnett  
 February 28 - Newcomers Hike and Social at Shelby Bottoms led by Julie Walsky  
 March 1 - Mystery hike led by Jim Poteet  
 March 7 - Cumberland Mountain State Park hike led by Bob Barnett  
 March 8 - Mullens Cove hike at Prentice Cooper State Forest led by Anne Wesley  
 March 14 - Hidden Passage hike at Pickett State Park led by Elizabeth Gerlock  
 March 17 - St. Patricks Day, Bicentennial Mall and Downtown Nashville led by Bob Barnett  
 March 21 - Nathan Bedford Forest hike led by Diane Manas  
 March 22 - North Chickamauga hike led by Anne Wesley  
 March 28 - Newcomers Hike and Social at Bicentennial Trail led by Ann Markham  
 March 29 - Shake Rag Hollow hike led by Charlie and Jennifer Hann  
 March 29 - Short Springs State Natural Area hike led by Bob Barnett  
 April 4 - Montgomery Bell State Park hike led by Julie Walsky  
 April 4 - Ramsey Cascades or Cataloochee hike led by Bob Barnett  
 April 5 - Fiery Gizzard Trail hike led by Charlie and Jennifer Hann  
 April 11 - Roaring Fork Nature Trail hike led by Bob Barnett  
 April 12 - Percy Warner Park hike led by Diane Manas  
 April 18 - Short Springs State Natural Area - Earth Day Trail Maintenance hike led by Bob Barnett  
 April 19 - Burnt Mill Bridge hike led by Jim Poteet  
 April 25 - Cedar Forest and Hidden Springs Trails at Cedars of Lebanon State Park - Earth Clean Up and Maintenance hike led by Bob Barnett  
 April 26 - Frozen Head hike led by Charlie and Jennifer Hann  
 May 2 - Piney River Backpack led by Libby Francis  
 May 2 - Newcomers Hike and Social led by Ann Markham  
 May 3 - Mystery Hike led by Jim Poteet  
 May 10 - Big Creek Loop hike in the South Cumberland Recreation Area led by Charlie and Jennifer Hann  
 May 11 - Twilight hike on Deer Trail and Inland Trail - Supper on the Bluffs of Percy Priest Lake and Full Moon hike on the Couchville Lake Trail led by Bob Barnett  
 May 16 - Garden of the Gods hike led by Anne Wesley  
 May 17 - Grassy Cove Section of the Cumberland Trail hike led by David Waldron  
 May 24 or 25 - Pinson Mounds hike - Jackson Cypress Grove Nature Center  
 May 30 - Newcomers Hike and Social led by Ann Markham  
 June 4 - 8th Annual 39th Birthday hike - Bicentennial Mall plus dinner led by Bob Barnett  
 June 6 - Radnor Lake hike led by Jennifer Hann  
 June 7 - Mystery hike led by Jim Poteet

June 10 - Twilight hike at Radnor Lake to Gainer Ridge - Full Moon hike on Lake Trail led by Bob Barnett  
 June 13 - Bernheim Forest hike led by Anne Wesley  
 June 14 - Honey Creek hike led by Charlie and Jennifer Hann  
 June 20 - Barren River State Park hike with lunch in State Park restaurant and swimming in the afternoon led by Bob Barnett  
 June 27 - Newcomers Hike and Social at Percy Warner Park led by Libby Francis




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## **PLATEAU**

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January 10th  
 Cumberland Mountain State Park; 5 miles, easy  
 Leader: Carolyn Miller (931) 456-4465  
 Meet at 9 a.m. at the boat dock. Bring along a salad or dessert that will go well with Sloppy Joes (which Sue Eldridge is making) and come to the Eldridge's house for lunch following the hike.

January 24th  
 Black Mountain; 3.7 miles, moderate  
 Leaders: Bill & Sue Eldridge (931) 456-4459  
 Meet at 9 a.m. at Cumberland Mountain State Park office parking lot.

February 14th  
 Cow Pen Trail near Cumberland Cove, close to Monterey; 2.5 miles, easy  
 Leader: Jim Lifsey (931) 839-3939  
 Meet at 9 a.m. at the Citgo station building on Hwy. 70 North across from the entrance to Cumberland Cove. Chili lunch at the Lifsey's following the hike.

February 28th  
 Upper and Lower Piney Falls Trail, Piney Falls State Natural Area near Grandview, TN; 3 miles, easy-moderate  
 Leader: Mary Kelly (931) 456-7749  
 Meet at 8 a.m. at Cumberland Mountain State Park office parking lot.

March 14th  
 Dunlap Coke Ovens in Dunlap, TN  
 Leader: Sara Senft (931) 456-6936 for more details.

March 28th  
 Stone Door Trail, Savage Gulf State Natural Area  
 7 miles, moderate-difficult  
 Leader: Gene Holloway (931) 788-1724  
 Meet at 8 a.m. at Cumberland Mountain State Park office parking lot.

April 11th  
 Piney River Trail; 10 miles, moderate  
 Leader: Charlie Jones (931) 456-5169  
 Meet at 8 a.m. at Cumberland Mountain State Park office parking lot.

April 25th  
 Nemo Bridge Trail, Obed Wild and Scenic River Segment of the CT  
 9 miles, moderate-difficult



Leader: Rob Weber (423) 533-2620  
Meet at 8:00 a.m. at Hardee's Restaurant on  
Peavine Rd.(Exit #322 off of  
I-40).

May 9th  
Elkmont, Great Smoky Mountains National Park.  
Less than a mile; easy stroll. We may decide to do  
another hike on one  
of the nearby trails.  
Leader: Gene Holloway (931)788-1724 for more  
details.

May 23rd  
Wash Morgan Hollow north of Cookeville, TN  
Leader: Nora Beck (931) 484-0161 for more  
details.  
Meet at 8 a.m. at Cracker Barrel restaurant parking  
lot (Exit #317 off  
of I-40).

June 13th  
Mystery Trail; details to be announced  
Leader: Bob Ames (931) 788-2973

June 27th  
Rock Creek Loop Trail; 7 miles, moderate  
Leader: Jean Bowman (931) 456-5169  
Meet at 7 a.m. at the Genesis Road BP Station  
(Exit #320 off of I-40).

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## UPPER CUMBERLAND

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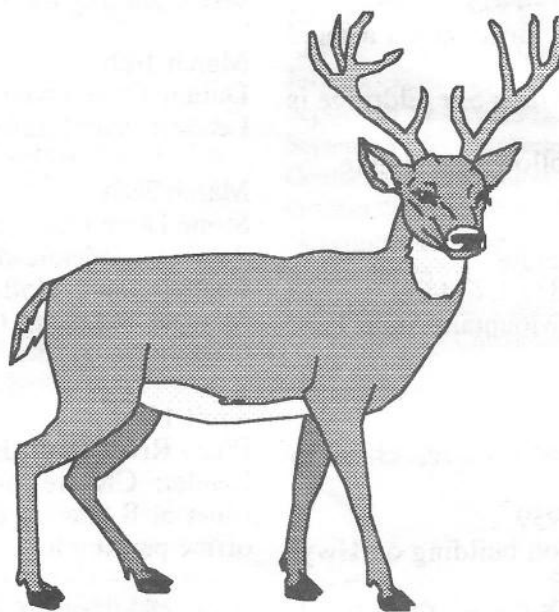
**January 10, 1997:**  
**Burgess Falls State Park**  
**2-miles,Hike and Chapter Meeting**  
**easy to moderate**

Meet at the trailhead at 12 noon. The monthly  
meeting will follow at 3:00 p.m. at the First  
Union Bank. Bring no potluck or refreshments.

**January 24, 1997:**  
**Virgin Falls, the back way**  
**5 miles, Difficult**

Meet at 9:00am at the First Union Bank.  
Hike is about 5 miles, classed as moderate to  
difficult.  
Bonnie Greene is hike leader.

For information about any hike or meeting, contact  
Marnell Cothran at 931-738-5874 or Nora Miller at  
931-526-9252.





## MEMBERSHIP FORM

Memberships are for one year, unless you have a Life Membership. YES, I want to join Tennessee Trails Association:

<input type="checkbox"/> Student	\$6.00	<input type="checkbox"/> Supporting, \$30, \$40, \$50
<input type="checkbox"/> Individual/Family	15.00	<input type="checkbox"/> Life Member \$500
<input type="checkbox"/> Corporate Sponsor	_____ (Amount enclosed)	

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

*Please print clearly*

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PLEASE LIST ME WITH THE FOLLOWING CHAPTER:

☐ CLARKSVILLE  
☐ CUMBERLAND MTN (Jamestown/Rugby)  
☐ EAST TENNESSEE (Oak Ridge/Knoxville)  
☐ MEMPHIS  
☐ MURFREESBORO  
☐ NASHVILLE  
☐ PLATEAU (Crossville)  
☐ UPPER CUMBERLAND (Cookeville/Sparta)  
☐ AT LARGE

☐ NEW MEMBER  
☐ RENEWAL

MAIL TO: MEMBERSHIP DIRECTOR  
P.O. BOX 41446  
NASHVILLE, TN 37204

NEWSLETTER SUBMISSIONS ARE DUE BY THE 15TH OF THE MONTH. MAIL TO: ANDREW STEVENS,  
311 CROSS PIKE ROAD, CLINTON, TN 37716 or EMAIL: [stevens@usit.net](mailto:stevens@usit.net) or phone 423-494-0852

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Adopt-a-Trail:	Harold Draper (423) 689-7757; <a href="mailto:hmdraper@knoxnews.infi.net">hmdraper@knoxnews.infi.net</a>
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Plateau Chair:	Mary Kelly (615) 456-7749
Upper Cumberland Chair:	Denise Charvoz (615) 738-3595
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Cumberland Trail Web Page:	<a href="http://users.multipro.com/cumberlandtrail/">http://users.multipro.com/cumberlandtrail/</a>

