

# TENNESSEE TRAILS

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.*

## **Breakaway '98**

Have you ever been on a hike and wondered just how that trail came to be? Well, its generally due to a group of volunteers who set out to make a place in the woods to share with others. Such a group is the Cumberland Trail Conference. Their next major Cumberland Trail campaign, called Breakaway '98, will be in 2 periods from March 8 through March 28. The effort uses local volunteers and college students from other states. Volunteers are needed. Experience is not a criteria to take part. Carolyn is the Coordinator and can be reached at [cardan@midtenn.net](mailto:cardan@midtenn.net) or by calling (W) 931-456-4195 or (H) 931-456-4465. An alternate contact is Rob Weber and can be reached by phone at (423) 533-2620, email [robweber@prodigy.net](mailto:robweber@prodigy.net) or mail to Rt. 1, Box 219A, Pikeville, TN 37367.



## **Tidbits & Hints**

**Hiking boots** are made of so many different materials that this short article can't possibly tell you everything you need to know when thinking of buying a new pair. Most of our hikes in the TTA are day hikes so if you don't plan to do any extensive backpacking you might want to eliminate some of the heavier boots from consideration. And if you always pick easy terrain, you might even get by with sneakers. Be very careful with that choice since sneakers usually don't have good tread or offer water and ankle protection. Features to look for are comfort, light weight, some waterproofing, tread and ankle protection.

Let's look a quick look at boot types and uses. The heavy weight boots are intended for long distance hikes where you need dry feet, rugged materials and the best traction available. The light weight boots are intended for short hikes and are often worn as a casual everyday shoe. The mid-weight boots are likely the best choice for most TTA hikers. They offer reasonably good traction,

### Contents

Breakaway '98  
Tidbits & Hints  
Meeting Notice  
Editor's note  
Hiking schedule and reports

## ***Tidbits & Hints*** (cont'd)

some water and ankle protection and are fairly durable.

Lets review some things to look for when you walk into the shoe or boot store. Comfort is top on the priority list. Take the same type of socks that you'd wear on hikes when you try on the boots. Put both boots on and walk around the store and notice tight areas or where rubbing occurs. The sole provides traction so take a close look. Some trail inclines are muddy and you'll need at least 1/8 inch lugs on the bottom. Waterproofing is provided by many components of the boot. The welt joins the upper to the sole and may be stitched, glued or both. Modern glues can do a good job of bonding and waterproofing but a visual inspection of the boot can't tell you much about the glue quality. If you see separation after the first couple of hikes, return the boot to the store. Boot price is not always a good indicator of glue quality. The boot upper protects your foot and provides comfort. The mid-weight boot often is a combination of leather and nylon. Waterproofing may be provided against a stream depth of a couple of inches up to the height of the boot. The tongue must be sewn in and sealed if you expect to keep water out at that level. Look at different brands and weights in the store to educate yourself more.



Mid-weight hiking boots are best for hikes of up to about 4 hours, and can support backpacks from 1-15 lbs. These boots are often made of both nylon and leather, and are more flexible. Some are waterproof. Most TTA hikers should do well with light to mid-weight boots that have decent tread and have as much waterproofing as you can find. *end*

## ***Meeting Notice***

The regular quarterly meeting of the TTA Board of Directors will be held in Nashville at 1:00 pm on Saturday, Feb 21, in the offices of the State Department of Environment and Conservation, 4th Avenue and Church Street. *All members are invited to attend.*

- Jim Poteet -

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

The newsletter was late in January for several reasons. All the effort that goes into it is on a voluntary basis, except for the printing. The hiking schedules, reports, upcoming events, political issues, membership lists, newsletter folding and mailing are all big jobs that are done with dedication. The volunteers are spread throughout the state and work remarkably well together. In today's terms, we are a "virtual" organization. It works remarkably well.

I'll occasionally include photos in the newsletter as space permits and as they are available to me. If you would like some included, please send a print with appropriate information and whether you want it returned.

If I missed some corrections, please let me know again.

- Andy Stevens -

*View along the Big South Fork*



## CLARKSVILLE

### Clarksville TTA hikes, Jan.-June 1998

JAN. 24,25	Reelfoot Lake Trip	James McKenzie, 502-424-5285
JAN. 31	Fort Donaldson and Keel Springs	June Miller, 648-4195
FEB. 7	Indian Town Bluff, Ashland City	Chuck Dewese, 553-8683 or Wanda Cumberland, 906-3338
FEB. 14	Pennyrile Forest State Park, Ky.	Jim Hampton, 647-5899
FEB. 21	Lake Barkley St. Park (Kentucky) (3 short hikes, 4-5 miles total)	Celia Flynn, 648-9946
FEB. 28	Radnor Park, Nashville (4.5 miles, moderate)	Eileen Hurt, 615-244-1669
MARCH 7	Lake Malone St. Park, (3 miles-easy) in Kentucky	James McKenzie, 502-424-5285
MARCH 14	Edwin Warner Park, Nashville	June Miller, 648-4195
MARCH 21	Hematite Lake Hike (LBL)	Marilyn and Ray Carroll, 648-9739
MARCH 28	Fall Creek Falls Hike	June Miller, 648-4195
APRIL 4	Greeter & Suter Falls-Altamont Suter falls hike to be lead by Park Ranger	Jim Hampton, 647-5899
APRIL 5	Sunday pm-Cheatham Dam, Lock B	Jack Held, 645-1348
APRIL 11	Indian Town Bluff, Ashland City	Wanda Cumberland, 906-3338
Easter Weekend		
APRIL 18	Sewanee\Buggy Top Trail and cave 4.5 miles difficult, led by Park Ranger, Ray Eason(meet there 10am).	Suva Bastin, 645-2849
APRIL 19	Sunday pm-Pennyrile Forest, Ky.	John Lenkes, 551-4333
APRIL 25	Frozen Head State Park	Wanda Cumberland, 906-3338
APRIL 26	Sunday pm-Radnor Park, Nashville	Jack Held, 645-1348
MAY 2	Rugby, Tenn. hike	Eileen Hurt, 615-244-1669
MAY 3	Sunday pm-Rotary park	Charles Putnam, 362-3669
MAY 9	LBL (Fort Henry/Telegraph trail)	John Lenkes, 551-4333
MAY 16	Canal Loop Trail (north LBL)	Jack Held, 645-1348
MAY 23	Old Stone Fort (I-24)	Ann Lowe, 645-1454
Memorial Day Weekend		
MAY 30	Lake Barkley State Park(Kentucky)	Celia Flynn, 648-9946
JUNE 6	Nathan B. Forest Hike	Suva Bastin, 645-2849
JUNE 13	Long Hunter St. Park -4 miles	Eileen Hurt, 615-244-1669
JUNE 20	Ashland City, Rails to trails	Charles Putnam, 362-3669
JUNE 27	Virgin Falls, near Sparta	Jim Hampton, 647-5899

---

## **CUMBERLAND MTN.**

---

February 14 - Middle Creek Nature Trail, BSF. Meet at Bandy Creek Visitor Center at 10:30 Eastern time. Call Eric Wilson or Vi Biehl at 423 628 2817 for details.

---

## **EAST TENNESSEE**

---

No monthly meeting in February.

February 7 (Saturday) - Cumberland Trail Maintenance led by Harold Draper. Meet at 7:30 a.m. for breakfast (or at 8:30 a.m. to leave immediately) at the Cracker Barrel Restaurant in Lake City. (I-75 exit 129). We will begin at LaFollette and head southwest, conducting light maintenance, including minor blowdown removal and trimming branches. Total round trip distance will be six miles. Hikers should bring lunch, drink and trail tool (latter is optional). Call Harold at (423) 689-7757 for more information.

February 22 (Sunday) - Norris Watershed led by Judith Bartlow. meet at Norris Middle School at 9:30 a.m. to carpool 5 miles. We will hike a series of connecting trails, including Hi Point Trail, Lakeside Loop, and Eli Nine Sinkhole Trail. Length is approximately 5.5 miles. Bring lunch and a drink. Call Judith at (423) 494-9421 for more information.

### **Trip Report**

Park Ranger Alan Wasik led 10 people on an excellent winter hike at Big Ridge State Park. We ate lunch at the site of an Indian ambush, and visited the Sharp's Station, site of early fort. We even had a special, unplanned, secret adventure.

22 people gathered for a New Year's potluck at the Bartlow's in Norris. Jim and Dotty Lowe, members from Robbinsville, N.C., drove all the way for the occasion! We had great food and a short hike to walk off some holiday stuffings.



---

## **MEMPHIS**

---

### **MEMPHIS CHAPTER FEBRUARY NEWS**

Monthly meeting: 7 p.m. Thu., Feb. 19 at Davis-Kidd. Melissa Dooley of Carlson Travel will talk about summer adventure trips (biking, hiking, rafting, and horse-back riding) out West.

Feb. 7: BIG HILL POND STATE PARK, near Pocahtontas, TN. Carpool 7 a.m. at Davis-Kidd. Hike starts 9 a.m. at park's boat dock. About 8 miles, moderate terrain. Boots recommended. Contact: Debbie Gilbert, 901-454-0613.

Feb. 15: OVERTON PARK SOCIAL HIKE. For this Sunday-afternoon walk, meet at 1 p.m. at the picnic-area pavilion on East Parkway. Contact: Debbie Gilbert, 901-454-0613

Feb. 21: TISHOMINGO STATE PARK, Iuka, MS. Carpool 7 a.m. at Davis-Kidd. Hike starts at park visitor center at 10 a.m. About 6 miles, mostly easy terrain. This park has amazing rock formations -- you won't believe you're in Mississippi! Contact: Kathleen Dodd, 901-327-1910.



---

## MURFREESBORO

---

### Hikes

Twin Forks Tr	Feb 7	Mike Harvey	615-893-9594
Bear Wallow Gap Tr	Mar 7	Barbara Draud	615-895-5546
Sewanee Rim Tr	Mar 21	James Nichols	615-895-0914
Pickett S.P -overnight-day hikes	Apr 25, 26	Fount Bertram	615-765-5337
Beginner Backpack	Apr 18	Mark Hall	615-896-4345
Franklin Forest	May 2	Mike Harvey	615-893-9594
Accordian Bluff Tr	May 16	Maryedith McFarlin	615-896-1344
Citico Wilderness BP	May 23, 24, 25	Mike Harvey	615-893-9594
Canoe Float Trip	June 13	Mark Hall	615-896-4345February 17
St. Marks Methodist Church			
7:00 PM			

### Chapter Meeting

Dorsey Horne will present a program on Volksmarching, walking for points. Originating in Germany in the 1950's, interest in Volksmarching is growing in this country. The walks take place in cities, on beaches, in woods, in the open country and are made for anyone who likes to walk. Dorsey and his wife have worn out several baby strollers, taking their young children along with them. Although most of the walks are not strenuous, Dorsey has done several of the more difficult ones, including one at Big Bend.

---

## NASHVILLE

---

**Program Meeting**--February 24, 7:30 PM Radnor Lake Visitor's Center. Our own Jim Poteet will share stories and slides of his '97 hiking trip to Ireland. Jim's adventures and photographs are always entertaining. Plan to attend and bring a friend. Refreshments will be served following the meeting. If you are interested in helping with refreshments, or have an idea for a program please call Dave Walton at 646-5355. Your participation is important!!

February 8 - To hike at one of Nashville's newest outdoor destinations, meet beyond the ballfields below the elevated train tracks in the city's eastside Shelby Park. We will hike approximately 4 miles on the Shelby Bottoms Greenway. Meeting time is 1:00 pm on Sunday. Call Bob Barnett at 832-6484 to preregister.

February 28 - Follow the signs directing you to the Cumberland Caverns as you leave McMinnville to get to the Shellsford Trace and Cardwell Mountain Trails (part of the original Trail of Tears trek, the forced exodus of the Cherokee). For carpooling, meet at the far end of the Target parking lot on Bell Rd. off I-24 at 8:00 am. Meeting time in the Cumberland Caverns parking lot should be around 9:30 am. Please preregister for this 7-8 mile moderate hike by calling Bob Barnett at (615) 832-6484. If the weather goes beyond requirements for the proper clothing (see January newsletter), then we will consider turning this into a cave outing.

---

## UPPER CUMBERLAND

---

!!! CHANGE CHANGE CHANGE !!!

February 14, 1998: Chapter Meeting and Hike at 5-miles, Moderate  
Standing Stone State Park

We will hike the Lake Trail and may see some early wildflowers. The meeting will follow the hike, below the dam or at the pavilion if the weather is poor.

Meet at 10:00 a.m. at Penny's, 10:45 a.m. at Park Office.

February 28, 1998: Hidden Passage at picket SP 10 miles, Difficult  
Enjoy a wintry view from fantastic overlooks and ice sculptures beneath Indian rock houses on this trail that borders the Big South Fork Recreation Area.

Meet at Penny's in Cookeville at 8:00 a.m. Trailhead 10:00 a.m.

March 8, 1998: Black Mountain 5miles moderate  
Drive to the top of Black Mountain near Crab Orchard, Tennessee. Hike to Windless Cave and back to check out this recently revitalized section of the Cumberland Trail. There may be wildflowers!

Meet at First Union Bank in Sparta at 8:00 a.m. Trailhead about 9:00 a.m.

March 14, 1997: Rock Island Hike/Chapter Meeting 5 Miles, moderate  
Hike the Collins River Loop Trail, the Rock Island Trail and others.

Meet at First Union Bank in Sparta at 8:30 a.m. Trailhead across from power station about 9:00 a.m. Meeting will follow the hike. After-hike lunch at Rock Island Market.

March 28, 1997: Savage Gulf Wildflower Hunt 7 Miles, moderate  
Hike from the Savage Gulf Ranger Station to hunt for wildflowers. We are betting you'll find some!

Meet at First Union Bank in Sparta at 8:00 a.m. Ranger Station about 9:00 a.m.

April 11, 1997: Hurricane Bridge hike /chapter Meeting 5 Miles, moderate  
Meet at Center Hill Lake's Hurricane Bridge Picnic Area for a hike on the new trail to Floating Mill. Meeting will follow the hike. Meet at the picnic area, off Highway 56, at 9:00 a.m.

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

---

## PLATEAU

---

No additional information provided.

*Big South Fork River from bridge* 



# MEMBERSHIP FORM

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

President:	Jim Poteet (615) 377-4777; <a href="mailto:jpotet@genesco.com">jpotet@genesco.com</a>
Vice-President:	Arleen Barnett (615) 832-6484; <a href="mailto:arleen.f.barnett@vanderbilt.edu">arleen.f.barnett@vanderbilt.edu</a>
Treasurer:	Judy Cleary (615) 473-4673
Secretary:	Evelyn Tretter (615) 859-0566
Past President:	Harold Draper (423) 689-7757; <a href="mailto:hmdraper@knoxnews.infi.net">hmdraper@knoxnews.infi.net</a>
Past President:	Rob Weber (423) 533-2620; <a href="mailto:robweber1@prodigy.net">robweber1@prodigy.net</a>
Director-at-Large:	Ray Burkett (901) 357-9183; <a href="mailto:RBurkett@SS.CC.TN.US">RBurkett@SS.CC.TN.US</a>
Director-at-Large:	Bertha Chrietberg (615) 896-1146
Director-at-Large:	Don Coffman (423) 376-5842
Membership:	Ninez Giles (615) 297-2281; <a href="mailto:ninez@juno.com">ninez@juno.com</a>
Cumberland Trail:	Rob Weber (423) 533-2620; <a href="mailto:robweber1@prodigy.net">robweber1@prodigy.net</a>
Adopt-a-Trail:	Harold Draper (423) 689-7757; <a href="mailto:hmdraper@knoxnews.infi.net">hmdraper@knoxnews.infi.net</a>
Clarksville Chair:	Wanda Cumberland (931) 906-3338
Cumberland Mtn. Chair:	Eric Wilson (423) 628-2817; <a href="mailto:ericavi@InfoAve.net">ericavi@InfoAve.net</a>
East Tennessee Chair:	Judith Bartlow (423) 494-9421; <a href="mailto:jpbartlow@tva.gov">jpbartlow@tva.gov</a>
Memphis Chair:	Debbie Gilbert (901) 454-0613; <a href="mailto:MemFlyer@aol.com">MemFlyer@aol.com</a>
Memphis Board Chair:	Gloria Norrid (901) 382-4227; <a href="mailto:gloria.norrid@spcorp.com">gloria.norrid@spcorp.com</a>
Murfreesboro Chair:	Mike Harvey (615) 893-9594; <a href="mailto:mike.harvey@wrightind.com">mike.harvey@wrightind.com</a>
Nashville Chair:	Dave Walton (615) 646-5355
Plateau Chair:	Mary Kelly (615) 456-7749
Upper Cumberland Chair:	Denise Charvoz (615) 738-3595
TTA Web Page:	<a href="http://www.tn-trails.org">http://www.tn-trails.org</a>
Cumberland Trail Web Page:	<a href="http://users.multipro.com/cumberlandtrail/">http://users.multipro.com/cumberlandtrail/</a>



Tennessee Trails Association  
 P.O. Box 41446  
 Nashville, TN 37204

