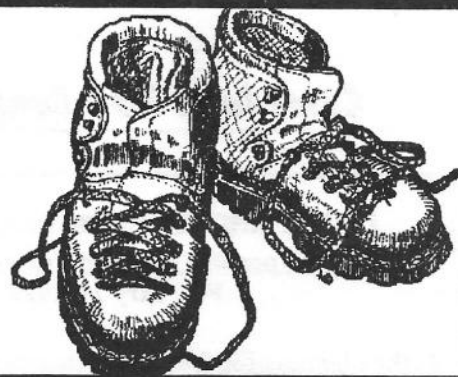


TENNESSEE TRAILS

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.

Hikers Wanted!!

LaFollette Chapter Starter Hike

Come Out and Support a New TTA Chapter!

Lying under the green slopes of the eastern escarpment of the Cumberland Plateau, the communities of LaFollette, Jacksboro, and Caryville, home of Cove Lake State Park, will host a starter hike on February 27th to help create a new Chapter of TTA. Hikers will meet at the LaFollette Tank Springs Trailhead of the Cumberland Trail at 9 a.m. EST to hike a short portion of the C.T. and hold a meeting to create a TTA Chapter. The hike will be 3 miles roundtrip and it is rated moderate.

Come Out and Support a New TTA Chapter! Contact Phil Carr of LaFollette at 423-562-7495 or Faith Dippold of Jacksboro at 423-566-8026 or efdippold@webtv.net for additional information.

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Spring BreakAway '99!!

Volunteers Needed!!

March 7-27th

BreakAway is once again here and we're all set to host five universities on the trail this year: Washburn University, the Universities of Vermont and S. Carolina, and Michigan & Wayne State. This year's programs will be hosted at the Church of God Camp at Signal Point and at Cumberland Mtn. State Park in Crossville.

What's BreakAway?? BreakAway is an alternative spring break program for university students giving them an opportunity to give back to their communities. Students join us to learn of trail building, Tennessee's flora and fauna, leadership team skills, and explore the wonders of our rich forests.

We need volunteers to help lead the students in trail activities...no experience needed. Mark your Calendars for March 7-27th and join us to work on Tennessee's trails and with our future conservationists!!

See The Cumberland Trail winter '99 newsletter for site information, accommodations, a calendar, and a registration form. For additional information contact Rob Weber at 423-533-2620 or robweber1@prodigy.net.

Cumberland Trail Conference:

Help Plan the Cumberland Trail

Explore possible routes in Frozen Head S. P.
February 21, 1999

In the planning for the Cumberland Trail State Park we are considering two routes within the Frozen Head Segment in Morgan County. The first follows the Emory River downstream from the Nemo bridge to the Camp Austin bridge. The route passes through Lone Mountain State Forest, crosses Little Brushy Mountain, and enters Frozen Head on the Beech Fork trail. The second route follows the Emory River upstream from the Nemo Bridge to Montgomery and follows Bird Mountain to Frozen Head.

We will meet at 8:30 a.m. EST at the Frozen Head Visitor's Center. We will explore one of the following approaches within Frozen Head State Park:

1. Southern - Beech Fork.
2. Western - Bird Mountain.
3. North-Eastern - Smoky Mountain.

Contact David Reister of the Harvey Broome Sierra Group at 670-8991 or DBR@ORNL.GOV for additional information and to register for this outing.

Quarterly Board Meeting

The regular quarterly meeting of the TTA board will be held in Nashville in the offices of the Tennessee Department of Environment and Conservation, 401 Church Street, at 1:00 on Saturday afternoon, February 20. All elected state officers and chapter chairs or their designees are urged to attend. Any TTA member is welcome to attend and participate, as well.

BIG SOUTH FORK

Saturday 2/13. Angel falls Overlook. 6 miles, moderate. Meet at the Harrow Road Cafe at 9 Eastern Time or at Bandy Creek Visitor Center at 10 Eastern time. Contact Eric Wilson at 423 628 2817 or ERICAVI@infoave.net for information.

Sunday 2/21. Colditz Cove. 1.5 miles, moderate. Meet at the Harrow Road Cafe at 1 Eastern Time. Contact Vi Biehl at 423 628 2817 or ERICAVI@infove.net for information.

CLARKSVILLE

February 13, Saturday - Putnam Farm hike. Come hike and tramp Jo & Charlie Putman's farm in Woodlawn, TN. This should be an easy hike. Meet at 9:30 am at the Kroger parking lot on Dover Road. Call Charlie at 362-3669 for more information.

February 27, Saturday - Montgomery Bell State Park hike. Get ready for Spring! 12 miles rated easy. Bring lunch and drink. Meet at Big Lots, Riverside Drive at 8:30 am. Call June Miller at 648-4195 or Suva Bastin at 645-2849.

Annual New Year's Eve Hike Report

At 10:00 pm, Clarksville TTA once again gathered around the gazebo on historic public square. The breeze was frigid; hats, gloves and scarfs were abundant. Seventeen pair of boots set the pace and clicked off the miles. At 12 o'clock we were inside, warm, and toasting the New Year. Good Times! Good Friends!

COLUMBIA

Program Meeting--February 16, 7:00PM. People in the Columbia area are very excited about forming a new chapter. While still in the organizational stages, we will hold our February meeting again in the Red Room of the Memorial Bldg, 308 West Seventh Street, Columbia, across from the Polk Home.

February Hike--February 20, Montgomery Bell State Park. Meet at 9:00 at the Memorial Bldg for car pooling, or at the

Nashville Chapter Hikes for February 1999:

FEBRUARY 6 - COCKRILL BEND ON THE CUMBERLAND

Call Jane Whitson at 616 - 292-9827 for more information and to register for this hike.

FEBRUARY 7 - BEAR WALLER GAP

Jim Poteet is the coordinator for this hike. This is a 5 to 6 mile, one-way hike which is rated moderate. Call 615 - 824 - 7666 for more information and to register.

February 14 - Beaman Park

Take your Honey some place wild for Valentines Day. Meet Forrest Evans and other Friends of Beaman Park at the spring on Little Marrowbone Road at 1:00 pm for another exploration of this park. Register by calling Forrest at 615 - 876 - 1981 or 615 - 876 - 0100, or call Nancy Dorman at 616 - 299 - 9586.

FEBRUARY 21 - OLD STONE FORT

For those who are looking for an easy hike, this is about 4 miles and is rated easy. Charlie and Jennifer Hann will meet hikers at 8 am at the Bell Road Target parking lot. Call 615 - 941-1503 to register.

FEBRUARY 21 - CONNECT THE GULFS

We will hike from Big Creek Gulf to Savage Gulf via the Connector Trail. This 16-mile hike is rated very difficult. All participants must previously hiked 15+ miles and be able to maintain a 3 mile per hour pace. Everyone must register by Thursday, February 11, due to the extensive car shuttle. Call Anne Wesley at 615 - 851 - 1052 to register.

FEBRUARY 27 - RADNOR LAKE TRAIL

Again, for an easy hike and an opportunity to socialize, join Judy Wood at Radnor Lake. We will meet at the Visitor's Center at 9:30 and will hike around the lake. This is a short, level trail, and we invite anyone who has never hiked to participate. After the hike we will go to Davis-Kidd for coffee and sweets. Call Judy at 615 - 376 - 3416 (work phone) to register.

BACK BY POPULAR DEMAND – Elizabeth Gerlock with the latest hiking information. Call the Nashville Chapter's Hiking Hotline at 615-367-7045.

park office at 10:00. This is a moderate hike. Call Libby Francis in Nashville at 615-889-5718, or Hugh Bullock in Columbia at 931-380-8401 (work) or 931-388-4653 (home) for more information about the meeting or to pre-register for the hike.

EAST TENNESSEE

The East Tennessee Chapter of Tennessee Trails hiking club will hold its regular bi-monthly **meeting** on February 16, 1999, beginning at 7:00 p.m. at the First Presbyterian Church of Oak Ridge in Room 101. First Presbyterian Church is located on the corner of the Oak Ridge Turnpike and LaFayette Drive. The meeting room is in the back of the church. Park in the area just off LaFayette behind the church.

February 6 hike - Tennessee Trails Association will sponsor a hike in the House Mountain State Natural Area in Northeast Knox County. We will leave the parking area on Hogskin Road at 10:00 a.m. The hike will include the New Trail, the West Overlook Trail, the East Overlook Trail, and return via the Mountain Trail. From the overlooks, we will have wonderful views of Clinch Mountain and the Great Smoky Mountains. Total distance will be 5.8 miles. The trails are rated difficult. The ascent and descent involves steep terrain with several switchbacks. Meet in the Home Depot parking lot off Washington Pike at 9:30 a.m. or meet in the parking area at the House Mountain State Natural Area at 10:00 a.m. Cars can be left in the far corner of the Home Depot lot in the area across from the St. Mary's Medical Clinic. Call Esther Ruffner, 281-0567, if you need more information. Dress appropriately for the weather, and bring a lunch and water.

Saturday, February 20th, Hemlock Bluff Trail. This is a moderate 7 mile hike on a TVA trail on Norris Lake. The terrain is varied with short steep climbs. Features include oak-hickory forests, beech groves, old home sites, bluffs and rock outcrops, and excellent views of Norris Lake. Meet at Norris Middle School at 9:00 a.m. to carpool to the trailhead. Dress warmly. Bring lunch and a drink. For more information or a free brochure of area, call Judith at 632-1592.

March 13, 1999 -- Snow Falls trail We will take the Snow Falls branch of this popular Bowaters Laurel-Snow Pocket Wilderness trail. We climb out of the scenic Richlands Creek gorge for spectacular view from Buzzards Point and Dunn overlook. If the creek is not too high we then go to trail's end at Snow Falls. Seven to eight miles of moderately dif-

ficult hiking, 90 miles round trip driving. Meet at Hardee's at Kingston I-40 exit to leave at 8:30 am EST, or meet at the trail head at 10:00. Leader, Don Coffman, 423-376-5842.

MEMPHIS

* Feb. 18: **monthly meeting** at Germantown Library, 7 p.m. Thursday. Debbie Gilbert will talk about hiking in British Columbia.

* Feb. 13-14 (Sat.-Sun.): PETIT JEAN STATE PARK, near Morrilton, Arkansas. Probable hikes include the Cedar Falls, Cedar Creek, and Seven Hollows trails. Hikes are of moderate difficulty and usually scenic. We have a room reserved at the inn. For more information on accommodations, call Norma McMinn at 901-785-1479.

* Feb. 21 (Sun.): OVERTON PARK SOCIAL HIKE. Meet at 1 p.m. at the big pavilion off East Parkway, for an easy tour through Memphis' best city park. Hike leaders are Debbie Gilbert and Sunny the Wonder Dog. For more info, call 454-0613.



MURFREESBORO

February 6 (subject to weather) Eagle watch and hike at Guntersville Lake, Alabama. This is an easy 6 mile hike. We will not get an early start but will be there to see the eagles return to their nest. Must preregister. Call Heloise at 615-254-5461 at work or 615-896-6278 at home or email to hshilstat@hardaway.net

February 6 (subject to weather) Camping at Guntersville Lake the night of Feb 6. Must preregister with Mike Harvey at 615-893-9594 or email mike.harvey@wrightind.com.

The Murfreesboro Chapter had scheduled a hike and our monthly meeting, as well as our Holiday Season get together for December 12. We had 26 members and guests that had called to go on the outing. The day, however, didn't prove too conducive for hiking and a total of 8 hardy souls showed up.

We shortened our hike schedule and only did the upper part of the Great Stone Door. It was decided that due to the rain, a safety factor would have to be considered and we didn't do Greeter Falls as planned. We did manage to get wet on the part of the hike we did.

After doing the Great Stone Door upper trail, we squished in to the Davy Crockett Restaurant in Manchester, for lunch and visiting. The food was good and the company was wonderful. All in all it was a good outing despite the rain.



NASHVILLE

Program meeting for February - Marty Marina, Executive Director of Greenways for Nashville, and formerly Development Director with The Nature Conservancy of Tennessee, will speak about construction of a city wide greenway system in Nashville. The meeting date is Tuesday, February 23 at 7:30 pm at the Radnor Lake Visitor Center.

February 6 - Cockrill Bend on the Cumberland Call Jane Whitson at 616 - 292-9827 for more information and to register for this hike.

February 7 - Bear Waller Gap Jim Poteet is the coordinator for this hike. This is a 5 to 6 mile, one-way hike which is rated moderate. Call 615 - 824 - 7666 for more information and to register.

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Back by popular demand - Elizabeth Gerlock with the latest hiking information. Call the Nashville Chapter's Hiking Hotline at 615-367-7045.

PLATEAU

Plateau Chapter **Meeting**, Thursday, February 18th, 7:00 p.m., at Crossville Housing Authority

February 13th – North Old Mac at Frozen Head State Park, 6.5 miles, Moderate. Meet at 8:00 a.m. CST at Cracker Barrel in Crossville, TN (Exit 317 on I40). Contact Charlie and Leigh Jones at 931-277-3228 to register for this hike or to obtain additional information.

February 27th – The Sinks at Cumberland Cove, 4 miles, moderate. Meet at 9:00 a.m. CST at the old Citco Gas Station (now closed) located on Hwy 70 across from the Cumberland Cove entrance. Contact Jim Lifsey at 931-839-3939 to register for this hike or to obtain additional information.

UPPER CUMBERLAND

The Christmas party held on December 12th at Barbara Phifer's house was enjoyed by 21 people despite the fact that it was a rainy, rainy afternoon. Dave and Carol Anderson; Nancy and Eugene O'Neal; Helen and John Anglemier; Nora and Paul Miller; Susan Griego and her four children, Sam, Charlie, Amanda, and Abigail; Richard and Diane Miller and son, Simon; Ross and Brenda Cardwell; Carol Swindell; Janice Garman; and of course, Barbara attended. The food was great and the socializing was so much fun we forgot to discuss business which was of the utmost importance. No hikes have been planned.

Ninety-two dollars plus many gifts were generously provided by our members for a needy family in Jamestown we adopted for the holidays. Barbara purchased some toys with the money and gave the rest in a gift certificate. A letter from Head Start was received thanking us and reporting the father is now being taught to read.

Since attendance at hikes this summer and fall has been very low, reorganizing our chapter is being considered. There has even been talk of disbanding the chapter, but thanks to Denise Charvoz, we will have a meeting to discuss other avenues. It appears there is sufficient interest in the group to continue. The biggest changes talked about at this point are hiking only once per month and discontinuing our

chapter newsletter. Specific duties need to be assigned to keep the chapter running smoothly. By joining the state chapter which cost \$25 yearly single membership or \$35 for a family, an excellent newsletter is included which lists hikes of all the Tennessee chapters.

Please try to attend the meeting on Thursday, February 4th at Ryans Family Steak House on South Jefferson Street in Cookeville at 6:00 to help us decide what steps to take to keep our chapter going. If you cannot attend, you can let any of the following people represent your thoughts and ideas.

Barbara Phifer 931-537-6852

Nora Miller 931-526-9252

Helen Anglemier 931-858-5947

Denise Charvoz 931-738-3595

Hope to see you there--This really is important!!!



Even though the days are still short and the weather's still cold, this is a good time to get out and try some of those short trails that are nearby. Bundle up and let that cold wind make those cheeks rosy. All those spring plants are still huddling underground, gathering energy for the joyful work ahead. Or, think about swatting at those bugs on hot summer days and dodging those nettles and poison ivy. Enjoy each season for its pleasures.

This is a bio from :**John Bilbrey**, 140 Highland Dr., Kingston, TN 37763

work phone 423-354-0101, home phone 423-376-2830

Youngest nature/trail experience:

Going for walks in the woods with my dad and brother at around 6-8 years old.

When did you hear about TTA? Why did you join?

Learned about TTA thru Rob Weber. Joined to be able to keep up with statewide hiking news.

Your first hike with TTA? Other memorable hikes?

In 1975, spent two weeks back packing in the Colorado Rockies and in 1977, spent a week on the AT in the Smokies. Both were very memorable trips.

Your favorite trail for all seasons?

Any trail, any season. Just being able to go is great, no matter when. Favorite is AT in the Smokies, Honey Creek in the Big South Fork and the Cumberland Trail in the Obed River section.

Been lost on a trail? When? Where? Why?

Not really lost, but during a section hike on the AT in '93, we were on the trail after dark and heavy fog, couldn't find the trail on top of Roan High Knob. Did find the parking lot and caught a ride into town.

Ever been frightened on a trail? Fears justified?

My wife and I were hiking in the Mt Rogers area when we were caught in a thunderstorm. We had to find shelter and wait out the storm.

Hobbies, besides hiking?

Camping, fishing, hunting, football, baseball

Employed? What doing?

Assisant Manager Bilbrey Furniture, Rockwood

Unusual sighting/encounter on a trail?

During a section hike on the AT in southwest Virgnina (96), we met "Lady Margaret." Margaret was a homeless person living in the shelters along the trail. What was really strange was that she claimed to be the heir to the throne in England. Hence the title "Lady Margaret". She was the talk of the trail all that week.



John Bilbrey at home on the trail

ADOPT-A-TRAIL

TRAIL MAINTENANCE VOLUNTEERS NEEDED! If you would like to be placed on a call list for trail maintenance, contact Rob Weber (423) 533-2620 for details.

If you are interested in maintaining a particular trail or section of trail, please contact Harold Draper, Adopt-A-Trail Coordinator at (423) 689-7757.

Hiking poles

The newest accessory in hiking today is the hiking pole. Although they have been popular with walkers in Europe for a long time, their popularity has just begun to increase in the US. But, why might you want one? How are they used, what features do they have, and do you need only one or a pair?

If your knees or any other part of your legs limit your hiking, a pair of poles can be used to relieve stresses in the weak area. These poles transfer force from your legs to your arms and shoulders. Swinging your arms with two poles does increase your energy use however. Some people even say that a pair of poles helps their back. Try to use the pair of poles in the correct rhythm, don't grip them too tightly and let the straps support some of your weight.

A single hiking pole is used differently. It is an aid to stability. It's used in crossing creeks, loose rocks and logs. In the fall, mine is especially useful for blocking all those spider webs that seem to be everywhere. It is often used as a link to pull someone up a steep rock or to sweep stickier bushes out of the way as you pass.

The features to look for depend on expected use and how much you want to pay. A simple smooth wooden stick will work fine but would become heavy in extended walking. Aluminum poles can cost \$130 for a pair and exotic fiber poles will cost more. Pole handles should be comfortable but those made of foam are not durable enough for extended use. Baskets on the end are used in snow and boggy soil; conditions not often found in Tennessee. Pole tips are usually carbide steel or rubber. I use Shoe Goo on the tip of my wooden pole to protect it and provide traction. Other optional pole designs include built in camera mounts, shock absorbers and special angles. - *Andy Stevens*

ORDER FORM

_____ Hiking Tennessee Trails, 5th Edition	\$12.95
_____ TTA Adopt-A-Trail Manual	3.00
_____ Round Traditional TTA Patch	3.00
_____ 25th Anniversary TTA Patch	3.00
_____ TTA Fanny Pack (Green with embroidered boot logo)	15.00
_____ TTA Window Decal	1.00

Prices include postage. Mail your check payable to TTA and mail to: Libby Francis, 2104 Snook Drive, Nashville, TN 37210. Please allow 4 weeks for delivery.

Name _____ Address _____

City _____ State _____ Zip _____

Phone (H) _____ Phone (W) _____

MEMBERSHIP FORM

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

____ Student \$15.00
 ____ Individual \$25.00
 ____ Family \$35.00

____ Supporting, \$200, \$100, \$50, Other
 ____ Life Member \$500

NAME: _____ DATE: _____

Please print clearly

ADDRESS: _____ CITY: _____ STATE: _____

ZIP: _____ HOME PHONE: _____ WORK PHONE: _____

EMAIL ADDRESS: _____

PLEASE LIST ME WITH THE FOLLOWING CHAPTER:

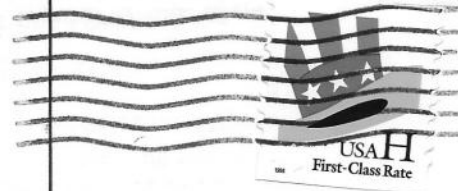
____ CLARKSVILLE
 ____ BIG SOUTH FORK
 ____ EAST TENNESSEE (Oak Ridge/Knoxville)
 ____ MEMPHIS
 ____ MURFREESBORO
 ____ NASHVILLE
 ____ PLATEAU (Crossville)
 ____ UPPER CUMBERLAND (Cookeville/Sparta)
 ____ AT LARGE

____ NEW MEMBER
 ____ RENEWAL

Mail to: **MEMBERSHIP DIRECTOR**
P.O. BOX 41446
NASHVILLE, TN 37204

NEWSLETTER SUBMISSIONS ARE DUE BY THE 10TH OF THE MONTH. MAIL TO: ANDREW STEVENS, 311 CROSS PIKE ROAD, CLINTON, TN 37716 or EMAIL: stevens@usit.net or phone 423-494-0852

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 Vice-President: Arleen Barnett (931) 839-2320; abarnett@usit.net
 Treasurer: **A** James Leininger (615) 309-8611 wjleiningr@aol.com
 Secretary: Patti Shaw (615) 889-6472
 Past President: Harold Draper (423) 689-7757; hmdraper@knoxnews.infi.net
 Past President: Rob Weber (423) 533-2620; robweber1@prodigy.net
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 East Tennessee Director-at-Large: Don Coffman (423) 376-5842 dcoffman@psfcc.cc.tn.us
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 Adopt-a-Trail: Harold Draper (423) 689-7757; hmdraper@knoxnews.infi.net
 Clarksville Chair: Wanda Cumberland (931) 358-3338
 Big South Fork Chapter Chair: Eric Wilson (423) 628-2817; ericavi@InfoAve.net
 East Tennessee Chair: Esther R. Ruffner (432) 281-0567; eruffner2@tva.gov
 Memphis Chair: Debbie Gilbert (901) 454-0613; MemFlyer@aol.com
 Memphis Board Representative: Gloria Norrid (901) 382-4227; gloria.norrid@spcorp.com
 Murfreesboro Chair: **A** Fount Bertram (615) 765-5357; fwbertram@hotmail.com
 Nashville Chair: Dave Walton (615) 646-5355
 Plateau Chair: Bob Bowman (931) 456-5169
 Upper Cumberland Chair: Denise Charvoz/Barbara Phifer (931) 738-3595
 TTA Web Page: <http://www.tn-trails.org>
 Cumberland Trail Web Page: <http://users.multipro.com/cumberlandtrail/>



Δ indicates a change

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



Your Membership Expires 2/99
Plane & 2 Mantis
5729 Stoneway Trail
Nashville, TN 37209