

# 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.

## DON'T LET LYME DISEASE TICK YOU OFF

Late March is when deer tick bites first spring into action, and their bite can transmit a nasty infection, call Lyme disease. The "seed" tick can cause a lot of damage "Lyme disease is the most common tick-related disease in the country. It's symptoms can mimic other disorders and it can be difficult to diagnose. Phase I is the incubation period, which can last from three to 32 days after being bitten by an infected tick. Symptoms may include a localized skin rash (usually in the shape of a bull's-eye), fatigue, fever, flulike symptoms, muscular pains and general malaise. Phase II can last two to 12 weeks after the bite. Symptoms are more serious and may include swollen lymph glands, numbness or tingling, arthritis, cardiac arrhythmias and congestive heart failure. Phase III can last several months to years after the primary infection and includes chronic skin disorders, neurologic disorders, chronic fatigue and psychiatric disorders. The outlook is good when Lyme disease is treated early, in Phase I. Antibiotics such as penicillin or amoxicillin are used. Non-steroidal anti-inflammatory drugs, such as ibuprofen, help with muscle aches and joint swelling. Treatment in later stages can be more difficult. That's why it's important to see your doctor as soon as you suspect you've been bitten, or if you have any of the symptoms listed here. Should you get the new vaccine? The Food and Drug Ad-

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### Contents:

Lyme disease  
Falling Water Falls  
Hikes  
Ticks

## Falling Water Falls Legislation

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## National Trails Day



**June 5, 1999**

*See several Chapter's hikes  
for activities to celebrate this  
day*

*July  
Aug  
Sept 9*

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(cont.)

ministration approved the first vaccine for Lyme disease, effective January 1. The LYMERix vaccine is up to 90 percent effective in preventing the illness. However, full immunity does not take effect until several months after a series of three shots. That means you should still take precautions:

- Wear long-sleeved shirts and long-legged pants. Choose light colors, which will help you spot ticks on clothing. Tuck pants legs into socks.
- Use insect repellent containing DEET or permethrin.
- Walk in the center of trails to avoid overgrown grass and brush.

After being in a wooded area, remove, wash and dry your clothes. Inspect the body thoroughly for ticks. They are small, about the size of a poppy seed, so look carefully. Brush off pets before they enter your home.

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**Clarification:** According to the Appalachian Trail Conference, the first woman to hike the entire AT was Mildred Lamb, with her husband, in 1952. The first woman to hike it solo was EMMA "Grandma" Gatewood in 1955. She did it at least twice.

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**BIG SOUTH FORK** Eric Wilson  
(423) 628-2817 [ericavi@InfoAve.net](mailto:ericavi@InfoAve.net)

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The Big South Fork Chapter is taking a break this month. Vi and Eric will be visiting with family and taking in an Elderhostel in Canada. We should be back in business in July. Meanwhile we have enjoyed exploring possible routes for the Cumberland Trail as it wends its way from Frozen Head to Cove Lake. Lots of wonderful wild woodlands between those parks. Give us a call if you would like to join in on the fun.

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**CLARKSVILLE** Suva Bastin  
(931) 645-2849 [Stevjune42@aol.com](mailto:Stevjune42@aol.com)

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## Clarksville June Hike Schedule

Clarksville Chapter meets the third Tuesday at 7:00 PM at The Crow Community Center - 211 Richview Road.

June 5 - National Trails Day - A section of The Cumberland Trail (to be selected), Call Suva Bastin 645-2849

June 19- Dunbar Cave Natural Area - Hike and Picnic! 10:00 A M Hike - Picnic later - Enjoy an easy hike, fellowship and food. A good time for newcomers to hike and visit. Bring a covered dish and/or picnic foods and drink. (Plates, forks, cups and ice furnished) Call Wanda Cumberland 9063338 or Suva Bastin 645-2849

June 26- Fiery Gizzard (Day Hike)-South Cumberland Recreation Area. Rated strenuous. plenty of water. or J.R. Tate 920-2692 This is a great hike. Bring lunch, snacks and Call June Miller 648-4195

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**COLUMBIA** John Coleman  
(931) 388-9318 [jbcoleman@hotmail.com](mailto:jbcoleman@hotmail.com)

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June 5th: National Trail's Day-Brady Mountain Leader: John Coleman [jbcoleman@hotmail.com](mailto:jbcoleman@hotmail.com) 931-388-9318

June 14: Chapter Meeting 7:00 pm 1st Presbyterian Columbia. Fellowship Hall Lower Level. Program: Greenways presented by Greenways Director for Maury County Hugh Bullock

June 26: Hike at Garrison Creek on Natchez Trace Moderate Meet 1st Pres 8:30 Hike leader Amy Ledbetter 931-388-6363.

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**COVE LAKE** Siler McCarty  
(423) 566-1291 [emccarty@highland.net](mailto:emccarty@highland.net)

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On Sat., April 17, we enjoyed a great hike down the Pinnacle Trail by Cumberland Gap. We had a very good turnout, with 22 hikers. It started out as a very beautiful day. We car-pooled to the top of the Pinnacle and looked over the whole area. You could see for miles. After a short history lesson we started off, guided by 2 of man's best friends-dogs, of course. We hiked up and down a few hills and then down into a beautiful valley

with a waterfall surrounded by rododendrons. We listened to the peacefulness of the waterfall and birds for awhile then continued on. To our surprise, the riverbed was still there but the water disappeared underground—one of the mysteries of nature. We made it to Skylight Cave for our lunch. The kids and a few adults explored a little. It was very cool inside. After our lunch we finished with a leisurely walk to the picnic area in the nick of time—it started sprinkling when the cars were in sight. Some of us ended the pleasant day with a folk-music concert at the Visitor's Center and afterwards went to the Lost Squadron Museum in Middlesboro. (Written by Laurie Salveson, Secretary of Cove Lake Chapter)

**SATURDAY, JUNE 12, TWIN ARCHES/CHARIT CREEK.** The Cove Lake Chapter will sponsor this hike within a portion of the Twin Arches Loop Trail of the Big South Fork. Debra Nelson will be our leader for this approximately 2 mile hike. The trail includes some steep stairs and is rated moderate in difficulty. Come join us for a scenic view of Cherit Creek! Interested hikers should meet at the parking lot of the Eagle Mart in Jacksboro at 8 a.m. on June 12. Bring a sack lunch and plenty of water. For more information on the hike (and alternate rendezvous points), please contact Debra at 562-4941 (work number-days).

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**EAST TENNESSEE** *Esther R Ruffner*  
(423) 281-0567 [eruffner2@tva.gov](mailto:eruffner2@tva.gov)

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Saturday, June 5, Tennessee Trails will sponsor a Work Day on the Cumberland Trail for National Trails Day. The public is invited to participate. National Trails Day was created in 1993 to promote awareness of and appreciation for trails and to encourage the formation of partnerships by grassroots organizations and public land management agencies. Participants should meet at the Cracker Barrell at Lake City at 8:30 a.m. to carpool to the trailhead near LaFollette. Workers should bring clippers or hand saws, lunch, and plenty of water. For more information, call Harold Draper at 689-7757. Anyone wishing to eat breakfast with the group prior to leaving for the trail should arrive by 7:30 a.m.

**JUNE 12**—East Tennessee Chapter will sponsor a hike on the Honey Creek Trail at Big South Fork on June

12. The hike will be approximately 5.5 miles and is rated difficult. The Honey Creek area is a beautiful area; however, hikers should be prepared for ascending and descending caged ladders, slippery rocks, wading creeks, climbing over and around boulders, and hiking through rhododendron. Bring lunch and water and dress appropriately for the weather. To carpool, meet behind Hardees at the Kingston Exit off I-40 at 8:30 a.m. EDT or meet at the Bandy Creek Visitors Center at Big South Fork at 10:00 a.m. EDT. Call Keith at 423376-4827 if you have questions.

**JUNE 26**—Join the East Tennessee Chapter for our annual picnic on June 26 at 11:00 a.m. EDT at Norris Dam. Meet at the Aquatic Biology Lab parking lot. It is located approximately 1 mile south of Norris Dam on Highway 441. The picnic will be held at the covered pavillion behind the TVA security office on the right just before the Norris Dam overlook. Please bring a covered dish and plan to join us for a short easy 3-4 mile hike after lunch. Please call Ken Cole at 494-6810 to make your reservation.

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**MURFREESBORO** *Fount Bertram*  
(615) 765-5357 [fjwbertram@hotmail.net](mailto:fjwbertram@hotmail.net)

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June 19, 1999. Hike Bowater's North Chicamauga Creek trail, have a swim in the clear waters, then go into town for Chattanooga's Riverbend festival. This is a moderate 8 mile hike. Boots are an absolute requirement. Bring lunch, water, something to swim in (besides your underwear please), and plan to have a good time all day. Phone Heloise at 254-5461(w) or 896-6278 (h), or e-mail her at [hshilstat@hardaway.net](mailto:hshilstat@hardaway.net).

Murfreesboro Chapter Meets Third Tuesday, 7:00 p.m., Church, 1403 E. Main St., St. Marks United Methodist Call Fount Bertram (615)765-5357 June 19 Hike North Chicamauga Creek and have a swim, then stay for Chattanooga's Riverbend music festival. This is a moderate 7 plus mile hike. We will not go to the camping area. Boots are an absolute requirement. Date will depend on festival schedule. Call Heloise 615-254-5461 work or 615896-6278 home or e-mail [hshilstat@hardaway.net](mailto:hshilstat@hardaway.net).

June 26,27 Hike and camp at Pickett State Park. Fount Bertram will lead the 10 mile Hidden Passage Hike on



June 26th, and on the 27th will go to Colditz Cove. (615)765-5357; fwbertram@hotmail.com.net.

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**NASHVILLE** *Dave Walton*  
(615) 646-5355

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Celebrate National Trails Day on the Trail! Saturday, June 5 is National Trails Day and the Nashville chapter is offering several hikes locally. They're all moderate in length and difficulty and they're all close to home, so observe the day by putting in a few miles. Of course if something more strenuous is your cup of tea, you can find that, too. Check all the chapter schedules in this issue. (And for TTA hikes in the mid-state, always check the Hiking Hotline at 367-7045).

Nashville Chapter Fundraiser! The TTA bandana remains on sale for only six dollars a pop with half of the proceeds going to the Releaf Nashville project. Releaf Nashville replaces trees lost in the April 1998 tornado, an effort requiring several years and many thousands of dollars. More trees will be planted this fall, so help defray the cost of the job by picking up a bandana or two. Orders for bandanas must be submitted separately from orders for other TTA merchandise. Send check or money order (payable to TTA) to: Bandana, 2104 Snook Dr., Nashville, Tn 37210. Add \$1 for shipping.

June Program Meeting! Return of the TTA Travelogue! Nashville chapter member Mary Donaldson will present "Five Days in February," documenting her sojourn in Guatemala this winter. You'll be transported by the street vendors, the splendor of Lake Atitlan and most of all by the curious and reclusive icon Maximon, who is most pleased with his guests if they come bearing cigarettes and hooch...Hyperbole aside, the images are fascinating. This is stuff you don't see on the trail at Bearwaller Gap. Bring a friend! Tuesday the 22nd, 7:30 at Radnor Lake Visitor Center.

**Nashville Chapter Hikes for June 1999:**

June 5 (Saturday) - National Trails Day We have three hikes scheduled to celebrate National Trails Day. Call the hike coordinator for details: Percy Warner Park/Warner Woods - Guerry Jameson 615 316 9972; Long Hunter State Park/Volunteer Trail - Libby Frances 615 889 5718; Radnor Lake Park/Lake Trail, Gainer Ridge and South Ridge - Cherri Zaske 615 386 3689

June 5 (Saturday) - Beaman Park The Friends of Beaman Park will celebrate National Trails Day by continuing the trail building project that was started earlier this spring. So bring your experience or your enthusiasm and join us at the spring on Little Marrowbone Road at 9 am. Call Forrest at 615 876 1981 or 615 876 0100, or call Nancy Dorman at 615 299 9586 for further details and to register.

June 12 (Saturday) - Cardwell Mountain Dave Walton leads this hike to the top of one of the mid state's highest mountains. Enjoy deep hardwood forests, mighty sandstone cliffs, and significant elevation change. The length is 6 miles and it is rated moderate. The trail is located outside of McMinnville, so this is basically an all-day affair. Pack a lunch! Meet at I24 and Bell Road in the Target parking lot at 8 am. Pre-register with Dave at 615 646 5355.

June 13 (Sunday) - Bear Waller Gap Jennifer and Charlie Hann are taking us to Cordell Hull Dam to hike the trail that follows the reservoir at Horseshoe Bend in the Cumberland River. This hike is just under 6 miles, rated moderate with some climbing. Meet in the parking lot at Kinkos on Donelson Road at 8 am, and register by calling 615 941 1503.

June 19 (Saturday) - Stone Door, Ranger Falls, and Greeter Falls Frequent readers of this newsletter know that we have James Leininger to thank for some of our most interesting, and challenging, hikes. Please pre-register by calling James at 615 309 8611.

Saturday June 19, 1999 Stone Door to Greeter Falls and back Strenuous hike This is a twelve mile round trip on a rocky trail with one major elevation gain. This is an all day event bring water/food, and wear boots. We will start and finish at Stone Door with visits to Ranger Falls and Greeter Falls. Please pre-register by calling James Leininger at 615.309.8611 or wjleiningr@aol.com. Meet I-24/Bell Rd Target at 6:45am leaving at 7:00am.

June 26 - Hidden Springs Trail and Burgess Falls For our newcomers, we have scheduled a hike that is rated easy. Hidden Springs is a 4.5 mile trail in Cedars of Lebanon State Park that is unique because it passes through six different plant zones. After this we will drive further east to Burgess Falls State Natural Area and take a 1.5 mile hike along the Falling Water River Gorge that passes cascades and three different falls.

Because of the distance from Nashville, we will stop somewhere for lunch, either between the hikes or after Burgess Falls. Meet at the Kinkos on Donelson Road at 8 am, and call Judy Wood at 615 384 0634 to register.

Hiking Hot Line – all the latest information on hikes sponsored by the Nashville Chapter. Call 615 367 7045.

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## UPPER CUMBERLAND

*Denise Charvoz/Barbara Phifer (931) 738-3595*

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June 3—Meeting at Ryan's Family Steak House in Cookeville at 6:00.

June 5—Hike Brady Trail at Cumberland Mountain State Park for National Trails Day. Meet at Cumberland Mountain State Park at 8:00 for registration for the 8:30 hike. It is seven miles and rated as moderate in difficulty. More information can be found in the May issue of Tennessee Trails. Arleen Barnett, Special Event Coordinator (615-8335274), can answer questions. They would like a lot of feet on the trail—let's show our support. It was decided to donate \$50 from our treasury for the National Trails Day.

June 12—Marnell Cothran (931-738-5874) will lead a hike to beautiful Virgin Falls where no visible river flows to or from it. Meet at First Union Bank in Sparta at 8:00 or the trailhead at 8:30. Marnell is a very experienced hiker having hiked well over 1000 miles. This will be a great hike. It is about eight miles and rated as difficult to strenuous.

June 26—Hike and potluck dinner at Denise Charvoz, 1956 Board Valley Road in Sparta (931-738-3595) at 10:00. There is nice hiking at Denise's mountain bed and breakfast. Bring a little nourishment to eat on the trail and something to put toward the meal after the hike.

## TRIP REPORTS

The potluck at Barbara Phifer's on April 16 was attended by seven people. Although it was a small group, we had a delicious dinner and enjoyed the camaraderie. Thanks for opening your home to us again, Barbara.

Dave and Carol Anderson led a hike at Standing Stone on April 17. Six people attended, so we were all able to go in one minivan. Several people in the group were very knowledgeable about wild flowers, and pointed out the awesome blossoms.

A group of five ladies and one little girl walked Burgess Falls on April 19. The wild flowers were plentiful and amazing. After lunch, we went to an old farm near Gainesborough owned by one of the ladies. She had a gorgeous array of wildflowers by a small stream that passes through the property. Another wonderful day with Mother Nature, and the weather was simply perfect.

May 8—Carol Anderson led a hike at Black Mountain. Ten people attended this difficult walk to Windless Cave. The tough hike was well worth it for the six who went the whole distance. It was a very soothing place—the kind you imagine when you are trying relaxation or meditation. Several streams with falls meet near the cave and then go into the cave with wonderful noisy water sounds. On the way back, climbing some large rocks gave us a beautiful view, and we watched some men rappel down the steep side. Weather was, once again, perfect. Three of us went on to Ozone Falls, which is a superb waterfall, and then on to Roosevelt Mountain for a panoramic view of the area.

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## More on ticks:

Lyme disease is caused by a bacteria that is carried and transmitted through bites from several species of ticks. This disease was first recognized in 1976 and has now occurred in 47 states. Early signs of the disease include: a red rash which expands in concentric circles outward from the tick bite producing a "bull's-eye" effect. Later, flu-like symptoms occur which include headache, fever, chills, lethargy, and joint and muscle pain. In advanced untreated cases, there may be arthritis-like symptoms in the knees and shoulders and cardiac abnormalities. In most cases, antibiotics have shown to be an effective treatment of this disease, especially in early stages of the disease. There is no vaccine presently available for humans.

Lyme disease can also infect dogs, horses and cattle. In dogs, Lyme disease can cause fever, joint swelling, pain, arthritis, and lameness. Infected dogs may also exhibit a loss of appetite, depression and lethargy. This disease is rarely fatal



in dogs, but it can be debilitating and antibiotic treatments can be long and expensive. A vaccine against Lyme disease for dogs is available from a veterinarian and is an initial series of two shots, followed by a yearly booster shot.

The most common carriers of Lyme disease are the deer tick and the western black-legged tick.

Inspection and removal of ticks reduces the risk of Lyme disease transmission. After crawling on a potential host, a tick may take up to a day to attach and feed, so you may be able to remove a tick before it has attached. In addition, the risk of disease transmission is related to the length of feeding so attached ticks should be removed promptly. Ticks tend to concentrate on the head, shoulders, neck and in ear canals. Remove embedded ticks with forceps, by gripping the tick carefully at the point of attachment and pulling upward in a slow but firm manner. Care should be taken when removing a tick from pets or humans to insure that the entire tick is completely removed from the skin (the head often breaks off). After removal, wash the wound with soap and water and apply alcohol or some other disinfectant to help prevent infection.

Around the outside of the home, tick numbers can be reduced by using residual insecticides such as carbaryl (Sevin®), chlorpyrifos (Dursban®) and diazinon. Follow label instructions. For tick control on pets, use only baths, sprays, and dips that are recommended by your veterinarian.

To check for ticks in your yard or acreage, you can drag a white cloth (such as an old pillowcase) through the vegetation as you walk. Ticks, waiting at the top of a blade of grass or shrub for a passing host to wander by, will grab hold of the cloth and be easy to see against the white background.

#### Summary

Lyme disease can be a serious health problem if left undiagnosed and untreated, but the disease is usually easily treated with antibiotics when in early stages. A red rash that resembles a "bull's-eye" is an early sign of the disease. Because the bacteria that causes Lyme disease is transmitted through tick feeding, efforts to reduce exposure to ticks will help reduce incidence of the disease. Management tactics include mowing tall grasses, avoidance of infested areas, wearing appropriate clothing and using tick repellents, inspection for and prompt removal of ticks, and insecticide sprays around the outside of the home. Tick management strategies utilizing several of these tactics will be the most effective.

Discovering a tick bite on yourself after a walk through the woods is never fun, but it's important to check for ticks because of what a bite can carry with it. Certain ticks

harbor bacteria that can cause disease in humans.

Here are some other tick-related diseases — besides Lyme disease — to be aware of:

**Ehrlichiosis** — Physicians have diagnosed several hundred cases of ehrlichiosis since 1986, when researchers first identified the disease.

Two types of ehrlichiosis affect humans. Human granulocytic ehrlichiosis (HGE) occurs mainly in the Upper Midwest and the Northeast. It's carried by the deer tick. Human monocytic ehrlichiosis (HME) is found mostly in **southern states**. The Lone Star tick (*Amblyomma americanum*) carries bacteria associated with HME. Both cause flu-like symptoms seven to 21 days after the bite. HGE is life-threatening in about 5 percent of cases.

**Babesiosis** — Sometimes mistaken for malaria, babesiosis can cause fatigue, fever, drenching sweats, muscle aches and headache. Symptoms may appear about a week after a tick bite. A one-celled blood parasite carried by the deer tick causes babesiosis. Most cases occur in New England and New York, although other states have reported it.

**Rocky Mountain spotted fever** — Despite its name, Rocky Mountain spotted fever usually occurs in the **eastern and southern United States**, typically from April to September. The dog tick (*Dermacentor variabilis*) is the primary carrier. Signs and symptoms appear three to ten days after the tick bite. They include fever, headaches, muscle aches and a red rash appearing between the second and sixth day of the fever. In severe cases, the disease can be fatal, especially in elderly people.

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"If there is one thing the AT teaches, it is low-level ecstasy--something we could all do with more of in our lives."

---Bill Bryson

"A Walk in the Woods"

## 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.

**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](mailto:stevens@usit.net) or  
phone 423-494-0852**

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Cumberland Trail: .....	Rob Weber (423) 533-2620; <a href="mailto:robweber1@prodigy.net">robweber1@prodigy.net</a>
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Memphis Board Representative: .....	Gloria Norrid (901) 382-4227; <a href="mailto:gloria.norrid@spcorp.com">gloria.norrid@spcorp.com</a>
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_____ TTA Adopt-A-Trail Manual	3.00
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_____ 25th Anniversary TTA Patch	3.00
_____ TTA Fanny Pack (Green with embroidery)	15.00
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*Prices include postage. Make your check payable to TTA and mail to: Libby Francis, 2104 Snook Drive, Nashville, TN 37210. Please allow 4 weeks for delivery.*

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