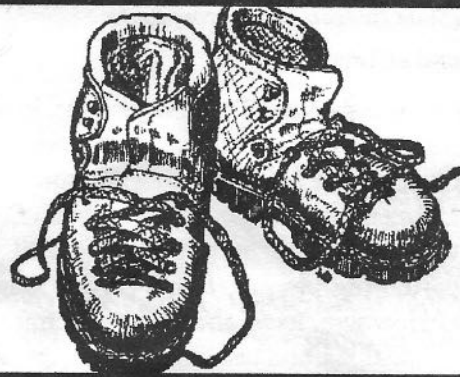


# TENNESSEE TRAILS

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.

## Hike for free? Not Exactly!

No, that doesn't mean that you are going to have to start paying someone a fee every time you go to a trail for a hike. But it does mean that the trails do cost different folks, in different ways. Take a look at the effort behind several articles in this newsletter. Money is just one of the measures of cost—volunteer's time is another cost, at least of equal importance. You will find articles on state and federal legislation dealing with funding, land donations and volunteer efforts. Appreciate the effort they have put in. Do your part by getting out and enjoying the trails and join in other ways if you can!

### Cumberland Trail State Park Back in State Budget!

It gives us great pleasure to announce that the Cumberland Trail State Park is back in the State budget thanks to the support of Governor Don Sundquist, Commissioner Milton Hamilton, and the diligence of our wonderful trail supporters. We, at Cumberland Trail Conference, appreciate all of your support and assistance during the "budget crisis". I would also like to extend a very personal thank you to Bob Brown, Sam Powell, and Donald Todd for their devotion

(See State Budget, pg 2)

#### Contents:

- CT State Park
- B-F Conservation Area
- Federal Legislation
- CT Special Events- Trail Day
- Hike Schedule & Reports
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### Bridgestone-Firestone Conservation Area

You are cordially invited to attend a Dedication for The Bridgestone/Firestone Conservation Area on Saturday July 17, 1999 at 11:00 A.M. This event is cosponsored by Tennessee Wildlife Resources Agency, The Conservation Fund and The Sparta-White County Chamber of Commerce.

A "Potluck Picnic" is planned for 12:00 Noon, please bring food for your family and a friend. TWRA will have some tables and chairs set up for lunch, but you might want to bring some lawn chairs just in case. A shelter will be provided.

If you are interested in seeing part of this wonderful 4000 acre gift from Bridgestone/Firestone, Inc., James Douglas, Manager for the BFCA-WMA is clearing a trail to the Caney Fork River (3 mile strenuous) and also a trail (easy) to an overlook with a view of the Gorge.

An auto tour to Buzzard's Roost Overlook is planned, this drive is outside the BFCA, you will need an off road ve-

(See New Conservation Area, pg 2)

(State Budget, cont'd from pg 1)

and efforts.

The Cumberland Trail Conference, in a public/private partnership with Tennessee State Parks, has responsibility for trail corridor landowner negotiations, trail construction and maintenance, and management of the trail in conjunction with Tennessee State Parks. It will take the support of partnering organizations, private landowners, corporate landowners, local and State governments, community organizations, and last but not least, the many volunteers who will help build and maintain this unique linear greenway.

While we are pleased with the outcome of the budget, the CTSP did take budget cuts. This makes your donation towards the creation of this greenway that much more important. Please consider making a contribution to CTC during the current summer fundraiser.

Thanks for the team effort!!

Rob Weber

Project Manager, CTC

For those of you who might not have been aware, the funding was about to be cut at the last minute. But an urgent plea for interested people to contact congressment was sent out. —ed note.

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(New Conservation Area, cont'd from pg 1)

hicle for the rough terrian and should take at least 3 hours.

You may also want to take the kids, 16 and under, to one of the two lakes for an afternoon of fishing.

If you wish to camp on the BFCA-WMA a special one-time primitive camping area, with a centralized firepit, will be available for this week end only.

Directions: Take I-40 to Cookeville and turn South at exit 288 which is Hwy 111 to Sparta, get off at 2nd Sparta exit and turn left (east) and follow Hwy 70 through Sparta and up the mountain 11 miles, turn right (south) on Eastland Road (look for Headstart sign) go about 6.5 miles (.8 miles past Scott's Gulf Road). Look on the right for a large gated entrance to the pastured farm with a BFCA-WMA TWRA sign.

It would be a great help in the planning for this event if you would let us know you are coming by calling Brenda Cardwell at 931-836-3552 or Email Ross Cardwell Riverwood@blomand.net.

Bridgestone/Firestone has been very pleased to know their gift of the 4000 acre Bridgestone/Firestone Conservation

Area is appreciated by the numerous thank you letters and notes they have received. If you haven't already, please send a note of thanks to:

Masatoshi Ono, President

Bridgestone/Firestone, Inc.

50 Century Blvd.

Nashville, Tennessee 372114

(and a carbon copy to Chris Karbowiak at the same address)

Check out the BFCA Tennessee Web Site: <http://www.state.tn.us/environment/epo/bridgfire/index.html>

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## IMPORTANT FEDERAL LEGISLATION

NOW IS THE TIME FOR ACTION on the most significant conservation funding initiative of this half-century - the Conservation and Reinvestment Act of 1999 (CARA)!!!!!!!

Early this year CARA was reintroduced in the U.S. House as H.R. 701 and in the Senate as S.25. Each bill contains three titles - Title I: Coastal Impact Assistance, Title II: Land and Water Conservation Fund and Urban Parks and Recreation, and Title III: State Fish and Wildlife Conservation.

Both bills dedicate 50% of Outer Continental Shelf Oil Lease revenues to fund the three titles, but H.R. 701 dedicates 10% to Title III while S.25 dedicates only 7% to Title III. Under H.R. 701 an estimated \$459 million annually would go to the various state wildlife management agencies, while \$900 million annually would go to the Land and Water Conservation Fund which, until 1981 had been Tennessee's major source of funding for conservation and outdoor recreation since 1965 (much reduced since 1981).

Three years ago, TTA along with many other Tennessee conservation and outdoor recreation organizations became a sponsor of "Teaming With Wildlife," the Wildlife Diversity Funding Initiative of the International Association of Fish and Wildlife Agencies. This initiative proposed a modest excise tax on certain outdoor recreation equipment (boots, binoculars, etc.) To provide a stable source of funding to state wildlife management agencies for conservation at non-game wildlife and its habitat and for related outdoor recreation and public education.

Non-game and endangered species comprise 89 percent of Tennessee's wildlife but receive less than 2 percent of the Tennessee Wildlife Resources Agency's (TWRA's) budget.

(Con't next page)

(Cont'd from previous page)

Especially lacking is funding for conservation of songbirds, turtles, small mammals, and the ecosystems that support them.

In February, 1996, President Harold Draper wrote on behalf of the TTA board: "Many of our founding members were hunters and fisherman very appreciative of our Tennessee Wildlife Resource Agency's progress in restoring habitat and rebuilding populations of game species. We also recognize that these efforts were funded primarily by our state's share of the federal excise taxes collected on guns, ammo and hunting and fishing gear.

"At the same time, most of our members have long felt that conservation of non-game wildlife and habitat is being seriously shortchanged. While hunting and fishing is important to many of us, all of our members become amateur naturalists on the hiking trail, and we enjoy and cherish our broader natural heritage. We have also become deeply concerned, especially in the last decade, at the threat to biological diversity posed by habitat destruction we continue to see on our favorite trails across the state.

"Clearly, we need a way to fund conservation of non-game wildlife as successfully as sportsmen have funded that of game species....The Directors of TTA believe the Wildlife Diversity Funding Initiative offers the most effective and fair way for our members to continue enjoying wildlife non-consumptively and to preserve biodiversity..."

H.R. 701 especially, and S.25 to a lesser extent, offer a way to meet the "Teaming With Wildlife" goals through funding from offshore oil revenues rather than an excise tax. Tennessee is now among the top ten CARA cosponsor states in Congress with 7 of its 11 member delegation responding either H.R. 701 or S.25. As of last month cosponsor members were Senator Frist and Representatives Clement, Duncan, Ford, Gordon, Tanner, and Wamp - Governors of 25 states including all the southeastern states except Tennessee have voiced support of CARA principles.

*Only a few weeks are left to find cosponsors for H.R. 701! The House is aiming to "mark up" and vote on H.R. 701 in July.*

**Your support is needed to pass CARA (preferably H.R. 701). Please contact your Congressman and Senators as well as Governor Sundquist. You can do this by simply calling their local offices or by sending a fax or letter.**

Bob Brown

## **150 HIKERS & TRAIL WORKERS PARTICIPATE IN C.T. SPECIAL EVENT ON NATIONAL TRAILS DAY**

They came from near and far; one gentleman even left West Tennessee at 2 o'clock in the morning to hike Brady Mountain near Crossville! Our youngest hiker was Brock Bilbrey, a 6-year-old hiker and trail worker from Kingston. Yes, Brock has painted blazes on the Devil's Breakfast Table portion of the CT with her Dad's expert supervision! Our oldest hiker was a woman from Franklin, TN reported to be 90 years old (just kidding, Vera!) who has painted blazes on almost all 65 miles of the Cumberland Trail currently open, along with her able assistant, Susan Weber of Pikeville. Twenty folks met at the Iron Furnace in Cumberland Gap to do trail maintenance and hike the 2 miles of the CT in the National Park, hosted by the Cumberland Gap Hiking & Biking Club. Afterwards everyone replaced the calories they'd burned working and hiking with a picnic lunch.

The Cove Lake State Park location proved us wrong — when we dropped off T-shirts and refreshments for 60 people, Cove Lake TTA Chapter members said we'd have a lot of T-shirts and cookies left over. Well, 60 hikers and trail workers showed up and there wasn't a T-shirt to spare. They even had to go out and buy some more cookies and sodas for the 35 Scouts that Phil Carr brought from LaFollette.

The East Tennessee TTA Chapter showed up not to hike but to work on the Cumberland Mtn. Segment @ Cove Lake. Thank you Harold Draper and crew for showing us what it takes to make these trails happen.

Another 52 hikers appeared at Cumberland Mountain State Park for the Black and Brady Mountain hikes, and Stinging Fork and Piney River hikes. The last group to return, surprise, surprise, was the Piney River crew, who just HAD to play in the wonderful swimming holes on a hot June day.

The Chattanooga hikers had a tick-picking contest on their excursion in Prentice Cooper State Forest — but it was worth it for the spectacular views of the Tennessee River Gorge and the flame azalea and rhododendron in bloom.

Hikers on the Obed Wild & Scenic River Segment near Frozen Head State Park christened the newly completed Morgan Fentress railbed portion of the Devil's Breakfast Table hike, and enjoyed the wildflowers and wonderful rock formations on the Alley Ford hike.



**A BIG THANK YOU TO ALL THE HIKE LEADERS,  
VOLUNTEERS & SPONSORS WHO MADE THIS  
EVENT POSSIBLE!!!!**

Cumberland Trail T-Shirts were made possible by:

- **Ernie Blankenship**, Special Asst. to the Commissioner, Tennessee Dept. of Environment & Conservation
- **General Shale Products**, Johnson City
- **Eastman Chemical**, Kingsport
- **Woodward Marketing**, Franklin
- **Stowers Machinery**, Knoxville
- **Willamette Industries**, Kingsport

**Additional Sponsors:**

Claiborne County Chamber of Commerce  
Continental Factory Outlet of LaFollette  
Cumberland Gap Hiking & Biking Club  
Campbell County Chamber of Commerce  
Cove Lake State Park  
Cumberland Mountain State Park  
Frozen Head State Park  
Darnell's Grocery, Wartburg  
Sav-A-Lot Grocery, Wartburg  
Flowers Bakery, Crossville  
Prescott Bottling, Manchester  
Cumberland Mountain State Park  
Greater Cumberland Co Chamber of Commerce  
Rhea County Chamber of Commerce  
Dodge City Outfitters, Chattanooga  
The Adventure Guild, Chattanooga  
Chattanooga Bakery, Chattanooga  
Upper Cumberland Chapter of TTA

**We'd like to recognize our volunteer hike leaders and registration & refreshment coordinators who made it a fun day for everyone and didn't lose any hikers!!**

**Cumberland Gap Hiking & Biking Club** –Larry & Virginia Giles, Barbara Smith

**Cove Lake TTA Chapter** –Siler & Emma McCarty, Ed & Faith Dippold, Nancy Green, Lori Salvesson, Phil Carr

**Obed Wild & Scenic River Segment CT Trail Stewards** – John Bilbrey, David Reister, Warren & Carol Devine

**Plateau TTA Chapter** –Rob and Susan Weber, Carolyn Miller, Charles & Leigh Jones, Bob & Jean Bowman, Jim Lifsey, Vicki Perdue, Joe & Carol Schulte, Bob and Ruth Worshik

**Chattanooga Sierra Club** – Monty Matney, Rodney

*Hornsby, Bill Lieper*

*Tennessee River Gorge CT Trail Stewards – Sam and Emilie Powell*

*Nashville Chapter of TTA  
Mike DiFiore*

*Plateau Chapter of TTA  
Arleen Barnett*

And last, but certainly not least, Tennessee State Parks provided vans and staff to help shuttle hikers — thanks to all the drivers, including Charlie Tate, John Froeschauer, and Dare Bible.

Thank you Terry Bonham, Lola Potter, Ellen Williams, Allison Brayton, and Cathy Larrieu of the Tennessee Department of Environment and Conservation for assistance with media and publicity and State Parks website promotion of the event.

## Hiking Schedule & Reports

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

Saturday, July 10. Meeting of the Waters. Meet at Harrow Road Cafe at 10:30 Eastern time. Assuming that it is going to be hot this month, it seemed as if a short, cool hike would be in order. The loop trail to the meeting of the Clear Fork and Whiteoak in Rugby is an easy two miles and goes right past the historic Gentlemen's Swimming Hole where we can stop for a dip. After the hike and swim, continue to Eric and Vi's for a light lunch. Call or write Eric or Vi by thursday 7/8 to register for this event. [423 628 2817 or [ericavi@infoave.net](mailto:ericavi@infoave.net)]

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**CLARKSVILLE** *Suva Bastin*  
(931) 645-2849 *Stevjune42@aol.com*

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

July 10 – White water rafting. Call John Lenkes at 551-4333.

July 17 – TWRA hike along the Cumberland River in Woodlawn, TN starting at 7:00 AM. It's a 5-mile easy hike. Call J.R. Tate at 920-2692.

July 31 – Fort Donelson in Dover, TN. Six miles, moderate. Bring lunch and plenty of water. There will be swimming at Kentucky Lake (Paris Landing) after the hike for anyone interested. Call Suva Bastin at 645-2849.

**North-South Trail Expedition Report**  
**Land Between the Lakes**  
April 5-9, 1999

The time had finally come, what four eager TTA Clarksville Chapter hikers had been waiting for since last September; a backpacking outing at TVA's Land Between the Lakes! The packers ventured the North-South Trail, a 65 mile hike that meanders between the Kentucky and Barkley Lakes. The Tennessee River and the Cumberland River respectively form the lakes, located in Western Kentucky and extreme Northwestern Middle Tennessee.

On Monday, April 5, Suva Bastin, John Lenkes, J.R. Tate ("Model T"), and Wade Winters began their journey at the northern end of the trail. Chuck Dewese joined the clan for one day and night. Spring was in the air as the hikers noticed the leaves budding, wild flowers popping out of the ground, and grass painting the landscape green. The birds provided melodically music throughout the woods. The branches of the trees waved in the warm breezes.

The northern half of the trail took the TTA hikers up and down hills and valleys along Kentucky Lake. At some high points, one could view the crystal blue lake for miles in both directions. The southern end treated the backpackers through groves of deciduous trees and lush green pines. The smell of pine needles drifted throughout the forest. The hikers also noticed that by now the trees were fully green with dogwoods, bradford pears, and red buds dotting the area.

The hikers carried their camping gear inside their backpacks. One inexperienced backpacker discovered he had brought too much food. Blisters were aching his feet due to the extra weight. Ofcourse "Model T" had no hardships. Experience was on his side as he had previously hiked the Appala-

chian Trail three times.

Fetching water was no obstacle for the trail blazers. Clear cool running streams twisted and turned throughout the North-South Trail. However, their water supply was still purified using potable aqua tablets.

Mother Nature was very kind to the hikers for most of the time. Throughout the five day excursion, the weather was sunny with highs in the low to mid 80s and nighttime lows only in the 60s. It had rained two nights. During the first night of the journey, however, Mother Nature unleashed her fury. The campers were pounded by five vicious springtime thunderstorms one right after the other. By daybreak, the sun had chased the beast away and smiled brightly upon the hikers.

On Friday, April 9, the foursome had conquered their destiny. They had explored 65 miles of the great outdoors. No one was injured, ill stricken, and received any tick or insect bites. Five days away from civilization, who could ask for anything more?!!!

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

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Sat., July 17—Honey Creek Loop, 5.5 miles, rated difficult. Meet behind Eagle Market at 8:00 a.m. and carpool to Big South Fork. If you like a challenge, come with us for some ladders, boulder passages, stream crossings, and numerous waterfalls and rock houses. This is noted to be one of the best hikes in the Big South Fork area. Call leader Laurie at 907-0951 with questions.

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

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**Report**

Two of us turned out for the work event on Saturday, June 6. We mostly cleared the section where the local utility had blocked the trail near the railroad trestle at LaFollette, but we did walk on up to the ridgetop and removed some brush along the ridgetop trail overlooking La Follette to the south and the Ollis Creek valley to the north. It is a steep and rocky trail in places but we may want to do a chapter hike there sometime.

**Burnt Mill Bridge, May 16, 1999 Report**  
Five TTA members and six visitors hiked the Burnt Mill

Bridge loop on a clear, cool May day. Although all of the early spring flowers were gone, there were enough of the later ones to make this a very good flower walk. A few Gay Wings were still in bloom. The trail was soft, the river full and inviting, and the hiking company quite good. Come with us when we next hike this trail, one of the best flower displays in all of Big South Fork.

July 20—Don Coffman will lead a 3 to 5 mile nature walk on various trails at Ijams Nature Center in Knoxville. The Center has some new trails opened this year and this should be an interesting and informative walk. Meet at 6:45 p.m. in the parking lot at the Nature Center at 2915 Island Home Avenue in Knoxville. This hike will begin late evening to take advantage of the cooler temperatures. Plan to have dinner either before or after the hike. Bring water and dress appropriately. For more information, call Don at 423-376-5842.

July 31—Esther Ruffner will lead a hike on the Middle Prong Trail in the Tremont Area of the Great Smoky Mountains National Park. This is a moderate 8-mile round trip hike from the end of Tremont Road to the junction with the Greenbriar Ridge Trail. Most of the trail follows an old railroad bed and is easy to moderate with about a 1200-foot climb in elevation. Features include waterfalls and cascades, and historic logging remnants. Bring lunch, lots of water, and dress appropriately. Meet at the Western Plaza Shopping Center off Kingston Pike near the Kingston Pike entrance at 8:00 a.m. or meet at the trailhead at 9:00 a.m. To get to the trailhead: Go to the "Y" in Townsend and go towards Cades Cove. From the "Y", go 0.2 mile and turn left onto Tremont Road. At 2.3 miles, you will see the entrance to the Great Smoky Mountains Institute at Tremont on the left. Continue on the main road which will become a gravel road and follow it for 3.1 miles to a gate and parking circle. For additional information, call Esther at 281-0567.

August 8—Diana Stevens will lead a walk in the U. T. Trial Gardens off Neyland Drive and along the riverfront. It will be an easy 3 to 4 mile hike. Meet at 6:00 pm at the parking lot entrance to the trial gargens. Call 494-0852 for more information.

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

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Meets monthly on third Tuesday, 7:00 p.m., St. Marks United Methodist Church, 1403 E. Main Street. Call Fount Bertram (615)765-5357, or email [fwbertram@hotmail.net](mailto:fwbertram@hotmail.net).

July 4, 1999. Float the cold Caney Fork on the fourth! The trip will depend on what TVA is releasing but they usually

hold off so people can enjoy the river on this holiday. We probably will do the section from the first ramp below the dam to Betty's Island. Boats can be rented at Big Rock Market at 615858-9942. The last time I talked to them it was \$35 for six miles. The dam and Big Rock Market are on Buffalo Valley Road off I-40 between the Gordonsville and Smithville exits. Follow the signs to the dam. Afterwards, stop at MTSU in Murfreesboro on Rutherford Boulevard for the Middle Tennessee Symphony and fireworks. If TVA decides to generate we will float the Stones East Fork in Rutherford County. Heloise 896-6278 (home) and 254-5461 (work). Sorry no e-mail at work allowed. : (

August 15, 1999. Cool off at Rock Island half way between Sparta and McMinnville The only hiking you will have to do is about 1/4 mile over a plateau of hot rocks. There is a natural "tub", great swimming, good place for a float, and a spot where the water feels like champagne. Bring your things in a pack so you can have your hands free for climbing. No children under 12 please; and if you don't swim, bring and wear a PFD. Heloise 8966278 (home) and 254-5461 (work). Sorry no e-mail at work allowed. : (

September 25, 1999. Angel Falls Overlook by moonlight. Ok, this is copycatting a previous Chattanooga Sierra Club's outing. It was wonderful. We saw night blooming primroses! We'll start up in the dusk and up top for the full moon. This is a moderate six mile hike. Bring a flashlight and extra batteries, and wear boots!!!! This is a great place to camp overnight too. . Heloise 896-6278 (home) and 254-5461 (work). Sorry no e-mail at work allowed. : (

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

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Saturday July 10, 1999 At 10:00 Am Easy Four Mile Hike At Longhunter State Park Day Loop At Baker's Grove Longhunter Park Is Half Way Between I-40 East And I-24 East On State Hwy 171 On The East Side Of Nashville Easy Flat Hike With Overlooks Of The Lake. Meet At Baker's Grove Parking Lot At 10:00Am. Bring Water And Wear Strudy Shoes. Pre-Register By Calling James Leininger At 615.309.8611 Or Email At [Wjleiningr@aol.com](mailto:Wjleiningr@aol.com)

July 18 (Sunday) - Old Stone Fort For another easy hike, join the Hanns on this 6 trail which includes some elevation change. Bring water, particularly if the day is hot. Register with Jennifer and Charlie at 615 941 1503, and meet at 8 am in the parking lot of the Target at Bell Road and I-24.

July 25 (Sunday) - Pickett State Park Hidden Passage Trail



Jim Poteet is the coordinator for this hike. Jim lead a hike on this trail last year about the same time and found a bumper crop of wild blueberries. Join him to see if this year's crop is as good. Call 615 824 7666 to register.

July 31 (Saturday) - Rock Creek Loops This is a moderately strenuous but long hike at 12.5 miles. Bring lunch, plenty of water, and good boots. We will begin at the Rock Creek Loop trailhead in Big South Fork, and after covering part of that trail, connect over to the Rock Creek Trail in Pickett State Park. After completing that loop, we will connect back and finish up the rest of the Rock Creek Loop trail. Meet at 6:45 am at the Kinko's/KMart on Donelson Road. Call Doug Burroughs at 615 292 9307 to register on or after July 25th.

**Annual Nashville Chapter Picnic!** Make a special note now: the Nashville chapter will convene on this fourth Tuesday at picnic area #10 in Edwin Warner Park for our annual picnic. (Talk amongst yourselves. I'll give you a topic: why do we do this in one of the year's hottest months?) Anyway, we'll gather at 5:30 or so and, of course, it's pot-luck. If you're bringing Tahitian Surprise, my word to the wise is: the secret's in the walnuts. At this time, we'll also be filling in hikes dates for the rest of the year. So, if you have in mind to lead a hike in this tired old millenium, be thinking about your plans. Again: Tuesday, July 27, 5:30, Edwin Warner Park picnic area #10. In August, we'll return to Radnor Visitor Center for a "snaky presentation."

The Nashville chapter continues to provide the latest information on their hikes on the Hiking Hotline, 615 367 7045.

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**PLATEAU** *Bob Bowman*  
(931) 456-5169

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#### Announcements:

There will not be any chapter meetings or hikes in July and August.

The Plateau Chapter hosted the hikes on the Grassy Cove Segment, Piney River Segment, and the Stinging Fork Segment of the Cumberland Trail for the CT Special Event on June 5th, National Trails Day. Thank you to the following people who helped to make this day a success:

Registration and Refreshment hosts—Bob and Ruth Worshik and Joe and Carol Schulte.

Hike Leaders—Bob and Jean Bowman, Charles and Leigh Jones, Rob and Susan Weber, Carolyn Miller, Jim Lifsey, and Vickie Perdue.

As always, your volunteer spirit is most appreciated!

Please take a look at the Bridgestone-Firestone Conservation notice elsewhere in this newsletter. Make an effort to participate and make use of the new area.

July 10—Hike at lower Piney River Trail. Meet at Penney's at 9:00, Cracker Barrel in Crossville at 9:45, or the trailhead @ Spring City at 10:30. Bill Jones (931-526-5317), a seasoned hiker, will lead this shorter hike. We will hike 3 to 4 miles and it is classified as easy. Several people have requested less strenuous hikes, so this should suit them to a T. It is also a good time to bring some of the younger kids along. We will walk along the river service road trail to the campground. There might be a chance to go swimming, so be prepared. Then we will take the longer Piney River Trail back. Hope to see you there.

We will take a rest in August because of the hot weather and many vacationing hikers. Hope to resume in September with new vigor.

Mid-September—Date to be announced. We plan on having a hike, picnic or maybe a cookout at Burgess Falls. We will socialize and do more hike planning for the next quarter.

#### TRIP REPORTS

May 15—Three of us ladies from Upper Cumberland Chapter (collective age 185) took the 5.63 mile very difficult hike at Honey Creek. We were so proud of ourselves to finish this hike despite a dunk in the creek and a couple of spills on rocks. Some angels in the form of two young men and a young boy came and gave us a little help and a lot of encouragement when we thought we might turn back. The flowers were stupendous. Afterwards, we rewarded ourselves with a delicious dinner in nearby Rugby.

June 3—The meeting at Ryan's Family Steak House was attended by six people. We planned a few events for the next quarter.

June 5—The hike at Brady Mountain was led by Rob Weber. Ron was a terrific and knowledgeable leader. There were about 27 people, only one from our chapter, walking the seven miles that was classified as moderate. The first mile or so was uphill, and then the ridge walking became less strenuous. We ate lunch on a humongous rock overlooking a spectacular view of Grassy Cove. Several other overlooks also provided us with great views. Beautiful spider worts, mountain laurel, and also fiery azaleas were in bloom along with prolific poison ivy. Although the thunder was threatening, it only sprinkled as we were in the van on our way back to the park for refreshments. It was a great day!

The Murfreesboro Chapter is hard at work planning the 1999 Annual meeting to be held November 5-7 at the Dubose Conference Center in Monteagle, TN. The meeting will begin with dinner Friday night (serving between 6-7 pm) and conclude with Sunday afternoon hikes. The agenda will include a bonfire on Friday night (please bring instruments for joining in the entertainment), the annual meeting and auction on Saturday night, and the annual Board meeting on Sunday morning.

The Debose center offers a variety of lodging choices (see the registration form) and will be serving our meals. Anyone requiring special meal arrangements should include that information on the registration form. The South Cumberland State Park and surrounding areas offer an outstanding choice of hikes for both Saturday and Sunday afternoon. A map and directions to the Debose Center are located on their web page at [www.deboseconf.com](http://www.deboseconf.com).

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### Hot Weather Hiking

Summer hiking requires some special considerations. Get used to the hot conditions gradually by training your body, drink plenty of water during exertion and try to avoid the hottest part of the day. Watch for dehydration, heat exhaustion and heat stroke.

Dehydration; On a normal day, we lose four liters of water which is generally replaced by the fluid we drink and the food we eat. The loss is significantly increased by exercise, sweating, diarrhea, temperature or altitude. With normal daily activities we lose approximately one to two liters of water via evaporation from the lungs. With exercise, that can jump to one cup per hour. With normal daily activities we do not sweat very hard so loss is minimal – about one to two liters per day. During heavy exertion, we can lose one to three liters of water per hour, which can easily amount to 8-10 liters of fluid over an afternoon of exercise. The effects of even mild dehydration are decreased coordination, fatigue, and impairment of judgment.

In the process of hiking uphill, we will begin to heat up from the exertion. Excess heat from muscle activity is absorbed by the blood. As our core temperature rises, our brain stem engages cooling mechanisms, such as vasculature of the skin. This dilation of peripheral vasculature increases the blood flow to the skin where the blood can be cooled. At the same time, to further increase the rate of heat loss from the skin, the brain stimulates the sweat glands to produce sweat. The evaporation of sweat from the skin increases the rate of cooling. Sweat consists primarily of water and some electrolytes, specifically sodium and chloride ions. But if for some reason either the sweating mechanism begins to fail or the sweat cannot evaporate, then the cooling mechanism will fail.

On hot, very humid days, our cooling mechanism is extremely inefficient, and it is easier to overheat because the sweat cannot

evaporate. The evaporation of sweat from skin accounts for 90% of our cooling ability but our ability to sweat diminishes as we become dehydrated.

Heat exhaustion is not a life-threatening illness. Little or no rise in body core temperature will be noted. Symptoms include fatigue, exhaustion, nausea, lightheadedness and possibly heat cramps. Heat exhaustion usually comes on several hours after exertion and dehydration. The individual may have even replaced the lost fluids, but not the electrolytes.

With enough rest and water, heat exhaustion is self-correcting. Heat exhaustion can be avoided by consuming enough water to replace the fluids lost, and eating salty foods or drinking an electrolyte solution.

Drink because you know you should, not because you feel thirsty. Maintain a pace that allows your body to adapt to the heat. If you feel the symptoms of exhaustion coming on, you're going too fast. It is especially important to pace yourself early in the hot, humid season. Your thermoregulatory system will become more efficient as it gets used to hot weather. Take a break during the hottest part of the day, the middle afternoon hours. Wear cotton clothing that lets air pass through and sweat evaporate. And wear a brimmed hat or cap to shade your heat-sensitive head.

Heat stroke, on the other hand, is a life-threatening emergency. Without proper care, heat stroke victims will most likely die. Once our cooling mechanism fails, core temperature rises rapidly. Death can occur in as little as 30 minutes. When the core temperature rises, the brain, which can only function in a very narrow temperature range, begins to fail. In an effort to cool the blood and lower the core temperature, the brain will dilate all the blood vessels in the skin. As a result, the skin becomes RED and HOT, but may still be WET. (Note: Classical heat stroke, suffered more commonly by the ill and/or elderly, usually produces DRY skin from severe dehydration.)

As the brain overheats, the individual may become disoriented, combative, argumentative, and may hallucinate wildly. The primary goal of therapy is to cool the victim as rapidly as possible. Since the sweating mechanism has failed, we have to sweat for the patient. The simplest and most effective method is to remove all non-cotton clothing and soak the victim with water, fanning to increase the rate of evaporation, and massaging extremities to encourage the return of cool blood to the core. With a limited supply of water, cooling the head and neck becomes the top priority. If available, ice packs should be placed at the neck, armpits and groin, in that order. All heat stroke victims must be transported to the hospital as quickly as possible, continuing the cooling process during evacuation.

With impaired mental condition, it is inappropriate to force fluids. Continue cooling externally in hopes the patient will recover enough to begin oral rehydration. Heat stroke, like all heat-related illnesses, is preventable. The same prevention methods that work for dehydration and exhaustion will work for heat stroke. Under conditions of exertion, it is probably impossible to drink too much water.



## 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.

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