

TENNESSEE TRAILS

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.**



Conservation and Reinvestment Act UPDATE

(Submitted by Bob Brown)

The Tennessee Wildlife Resources Agency (TWRA) has been our most effective state agency in protecting the large scale habitats that preserve bio-diversity and is responsible for managing tens of thousands of acres important to Tennessee hikers – which include the new Bridgestone/Firestone Centennial Wilderness (Scott's Gulf), the former TVA Columbia Dam on the Duck River and two huge wildlife management areas having long and vital stretches within the Cumberland Trail (Catoosa & Royal Blue).

The TWRA needs your support in getting an important piece of legislation, the Conservation and Reinvestment Act (CARA), through the United States Senate.

If this important piece of federal legislation passes this year, TWRA could receive \$6.4 million in funding dedicated to wildlife each year. The best news is that it would not involve any new taxes but it would come from existing funds from outer continental shelf oil and gas royalties. These funds would simply be reallocated from the general federal treasury and distributed to all states.

The CARA legislation is important to everyone who enjoys wildlife. It will provide needed dedicated and reliable funding and allow states to repeat the success stories of game species for other fish and wildlife, including our vanishing songbirds and other declining species.

Presently, TWRA's non-game or rare animal program is being supported by the generosity of the Tennessee's sportsmen through our agency's budget. Money from the CARA bill will fund all of our non-game programs and would also allow more lands to be purchased for both game and non-game animals.

Incidentally, this same piece of legislation would add \$9.8 million to Tennessee's federal and state parks. And we all know how much our state parks need our help right now.

The GOOD news is that on May 11, 2000, the CARA bill passed the U.S. House of Representatives with a majority vote of 315 to 102. So we are halfway there. On June 14th the CARA bill #2123 will begin its journey through the U.S. Senate. CARA is expected to be more of a challenge in the Senate than in the House. There are 45 or 50 Senators who are current co-sponsors of CARA or similar OCS funding bills. Fifty-one votes would technically pass S-2123. Disruptive filibusters and points of order could be countered with 60 and 67 votes, respectively.

(cont. pg. 2)

New Hiking Trails at Edgar Evins State Park? You Betcha!!!

Well folks...it's happening...we are getting some new quality hiking trails right here in Middle Tennessee!!

On June 4, Libby Francis, Jack Bastin, Barbara Draude and Fount Bertram met with Park Ranger Wayne Morrison, Naturalist Jeremy Vaden and State Interpretive Specialist John Froeschauer at Edgar Evins State Park. We explored and flagged a trail route that; when it's completed; will include a lot of natural features such as views of the lake, an abundance of wild flowers and plants, huge first growth trees and rock formations. There is also a very old cemetery and a salt lick. Our first trail building project will be the development of a 4-mile loop. (It will eventually connect with another 5-mile loop that will have some spectacular overlooks of the lake.)

We have scheduled several workdays in July (see details in the Murfreesboro Chapter news on page 4). Our goal is to have some of the 4-mile section open for a special dedication during the park's "25th Anniversary" celebration scheduled August 5th. We will be working the weekends of July 1-2, July 15-16, and July 29-30. Each weekend has its' options, one, to go home at the end of each workday and return the next day or, we can do a camp-over. The park has and will furnish the trail building tools we need, EXCEPT pick-maddocks. Therefore, anyone having these are asked to bring them.

I know the weather is going to be warm (okay, hot!), but here is an opportunity to have trails that are interesting and rewarding right here in our Middle Tennessee area! Please make every effort to help us build them. Together we can make the trail and be a part of the "Silver Anniversary" of the park.

For further information and to sign on for any or all of the workdays call Fount Bertram: 615-765-5357 or e-mail him: fwbertram@hotmail.net

BLISTER BUSTING TIPS

Make sure your boots fit properly and are broken in. (Broken in can be defined as having put 50 miles on your boots.)

Treat leather boots with saddle soap, mink oil, or a compound recommended by the manufacturer – most recommend Nikwax brand.

Wear sock liners (do not use cotton; instead use a wicking fabric like polypropylene or Thermax that moves the moisture away from your skin) and heavy, cushioned socks. It's best to buy a brand made especially for hiking. Thorlos are a popular brand among long-distance hikers. (See sock article on page 2.)

If you have a habitual blister spot (the back of the heels is a common one), put a piece of medicine/adhesive tape or moleskin over it before you even start walking.

(cont. pg. 2)

Letters from Libby TTA's President

Dear friends,

Thank you so much to everyone who helped make National Trails Day on June 3 such a great success. I counted at least 18 hikes offered that day utilizing as many as 25 volunteers helping to lead the hikes. I have had reports of hiking groups consisting of as few as 5 hikers while others had as many as 26 hikers, and one with at least one dog. One hiking group had 14 newcomers! (Way to go!) I was also impressed with the variety of activities offered, from a tree-hike on a university campus, to trail maintenance, to an overnight backpack. The success of the Tennessee Trails Association depends on you – the volunteers - willing to lend a helping hand. And, we need more of you, especially in the area of hike leaders. Selecting a hiking trail or activity to lead need not be difficult. Planning can be as simple as a local day hike on your favorite wooded trail or as enlightening as an inner-city historical walk or as detail-ridden as one must do to plan for a picnic. The choice is totally up to you. There's something for everyone and believe it or not: "if you lead it, they will come." Once you've determined where you want to go, all you have to do is notify your chapter chair or hike coordinator where you want to go, provide them with the details of when, where, length of hike and what members need to bring. They notify the newsletter editor and voila, you're set. Think now about your favorite destination or of a new place you've been wanting to check out. Go ahead give trip-leading a try. It's a real service to TTA and you will meet a lot of nice people along the way. Don't be shy!

Also, of special note: On June 4th members from the Murfreesboro, Nashville, and Clarksville chapters along with Ranger Wayne Morrison flagged about 5 miles of trail at Edgar Evans State Park. Now we will need your help to clear the trail and lay the tread-work. Through Fount's continued work, the Murfreesboro chapter has scheduled several weekends of workdays in July to get the trail cut. See Murfreesboro Chapter's news on page 4 for additional information, dates and details.

Till next time, Libby Francis

CARA UPDATE

(cont. from pg. 1)

By sending a letter to the following, you can help CARA in Tennessee:

Thank:

Senator Bill Frist for his S-2123 co-sponsorship and confirm his continued support in expediting the above CARA timeline.

Tennessee Congressman for their CARA support and request their continuing influence, including Bob Clement, Harold Ford, Bart Gordon, Bill Jenkins, and John Turner.

Encourage:

CARA support from Senator Fred Thompson.

The web has made it easy for you to locate and write to your House and Senate Representatives on line. Please visit the following :

To find your House Rep:

www.legislature.state.tn.us/house/map/housemap.htm

To write your House Rep:

www.legislature.state.tn.us/house/members/Members.htm

To find your Senate Rep:

www.legislature.state.tn.us/Senate/Map/senmap.htm

To write to your Senate Rep:

www.legislature.state.tn.us/senate/members/Members.htm

BLISTER BUSTING TIPS

(cont. from pg. 1)

Pay attention! If there is any rubbing or soreness, STOP walking! Don't wait to see if your sock will rearrange itself. Chances are, it won't. And, don't try to tough it out until lunch or the end of the hike. You can't. If you don't stop, it will turn into a blister.

Check for the problem. Shake out socks and boots. Make sure the sock isn't folded or creased. Make sure toenails are pared.

If there is any visible irritation, even if it's just a tiny red spot, treat it immediately – medicine/adhesive tape or moleskin. If you're without, duct tape will do the trick.

Keep your feet dry. Change socks if necessary. Use gaiters to keep water (and pebbles) out of your boots. In heavy rain, put medicine/adhesive tape on trouble blister areas before you start walking. Even well broken in feet are prone to blister in wet weather.

Reprinted from Karen Berger's, "Blister Busting Tips," *Hiking and Backpacking: A Complete Guide* (New York: W.W.Norton, 1995), 25.

Proper Hiking Socks Help Keep Your Feet Warm,

Dry and Blister-free

Open up your sock drawer and take a look. Is it full of scratchy, stretched out raggy-wool tubes with holes in the toes and worn spots in the heels? If the answer is yes, it's time to upgrade. Those old raggy-wool jobs may have walked a million miles with you and seen you through thick and thin, but let's face it: they're dinosaurs.

Like everything else these days, even socks have become high-tech. And for us hikers, who depend so desperately on our feet, that's a darn -- pun intended -- good thing.

(cont. pg. 9)

MISSING IN

Appalachian Trail Conference

Documentary Video

"Five Million Steps"

Betty Porter, Memphis Chapter, is trying to locate the video "Five Million Steps" which was purchased many years ago by the TTA Board as a program resource. If it is still in circulation within TTA, please call Betty Porter to make arrangements for her to borrow it: 901-755-4740.

ACTION ...

While we're looking...

Bertha Chrietzberg, Murfreesboro Chapter, is trying to locate the slide carousel used back in the mid-70s, early-80s at chapter/community presentations of TTA hikes and activities. If you know of it's whereabouts, please call Bertha Chrietzberg so she can make arrangements to secure it: 615-896-1146.

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER:

Eric Wilson 423-628-2817 ericavi@infoave.net

Jul 15 O & W Bridge, Big South Fork RRA. This hike begins at Leatherwood Ford and follows the Big South Fork upstream 2.3 miles to the O & W Bridge. This will be a good hot-weather hike as we'll stay close to the river throughout. It will also be a good opportunity to hike a part of the John Muir trail whose expansion is being considered under the BSFRRRA General Management Plan. Bring plenty of water, lunch, and swimming suit and fishing rod, if so inclined. We will leave the Harrow Road Cafe in Rugby at 10 a.m. EDT. Questions and to pre-register call Peter Erickson: 423-628-1615 or e-mail him: chinese@highland.net

COVE LAKE CHAPTER

CHAPTER OFFICER:

Siler McCarty 423-566-1291

webmaster@tnrlca.org

Jul 22 Pickett State Park camp, hike and picnic. Vance Lawson is coordinating this event. The plan is to camp Fri eve, hike Sat morning, then follow-up the hike with a mid-afternoon picnic. Our hike is 1 ½-miles and rated easy. After our hike we'll regroup for a mid-afternoon picnic. For those not able to join us in the Fri night camp-over and wish to hike and picnic on Sat, you'll meet at 9 a.m. EDT and carpool from the Eagle Mart in Jacksboro. For additional information, to pre-register and obtain camp location, trail name, and to find out how you can help with the picnic call Vance Lawson: 423-562-6856.

HIKE REPORT:

On May 20 we hiked the River Bluff Trail at Norris Dam State Park. It was a very pleasant, easy hike. The trail provided a beautiful view of the river with much plant and wildlife to see, even though most of the spring flowers were gone. After the hike we enjoyed a lunch near the dam, then an antique car show at the Norris Park headquarters. (Submitted by the Ed Dippolds)

CLARKSVILLE CHAPTER

CHAPTER OFFICER:

Suva Bastin 931-645-2849 stevjune42@aol.com

MEETS: 3rd Tues, 7pm, The Crow Community Center, 211 Richview Rd

Jul 15 Devil's Backbone, Land Between the Lakes. This hike is 5 miles. Bring lunch and plenty of water. Meet 9 a.m. CDT at LBL South Welcome Station or 8 a.m. CDT at the Kroger Parking lot on Dover Rd. Questions and/or to pre-register call Ron Ashley: 901-644-0009 or Suva Bastin: 931-645-2849.

Jul 29 The Canal Loop, Land Between the Lakes. This hike is 10 miles and rated easy. Bring lunch and plenty of water. Meet 9 a.m. CDT at LBL North Welcome Station or at 7:30 a.m. CDT in the front parking lot of the Clarksville Sears. Questions and/or to pre-register call Ron Ashley: 901-644-0009 or Suva Bastin: 931-645-2849.

EAST TENNESSEE CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER:

Keith Mertz 865-376-4827

KeithMertz@msn.com

Jul 15 Meigs Creek, Meigs Mountain & Curry Mountain Trails, Great Smoky Mtn. NP. This partial loop hike is 9-miles and requires a short distance car shuttle. Expect a 1000' foot elevation change. **WARNING:** Meigs Creek Trail will have about 17 stream crossings. Bring lunch, plenty of water and a change of footwear. Meet 9 a.m. EDT at the Townsend "Y" entrance to the GSMNP. Questions and/or to pre-register call Harold Draper: 865-689-7757.

Jul 22 Big Creek, Great Smoky Mtn NP. This will be an easy to moderate 6-8 mile hike from the Big Creek Picnic Area, which is about ½ mile into the park from the Big Creek Ranger Station. We will hike upstream heading to Walnut Bottoms, but don't intend to hike as far as the backcountry campsite. We will pass a nice waterfall from a side stream on our way to some large boulders in the middle of the stream where we will have our lunch stop. Being surrounded by all of this water, we'll have plenty to cool off by if it's a hot day! Bring lunch, plenty of drinking water and a change of clothes. Carpoolers meet 8 a.m. EDT at the Commons in Norris or 8:30 a.m. EDT in Knoxville at the "new Asheville Hwy Food Lion". From exit 394 ramp off I-40 east, go left (east) on Asheville Hwy, US-11E/25W/70, 1 mile to signal light; turn left, then right into Food Lion lot (not visible from hwy intersection). Park along front edge, to left of entry. For those wishing to meet at the trailhead: 9:45 a.m. EDT. Driving directions: from the Waterville exit at the TN/NC border on I-40, turn right, cross the Pigeon River bridge, turn left and follow the road to the Big Creek ranger station. Continue on to the Big Creek Picnic area, near the campground, about ½ mile beyond the ranger station. Questions and/or to pre-register call Bill Monroe: 865-494-0994.

COLUMBIA CHAPTER

CHAPTER OFFICER:

Todd Horton 615-302-3336 todd1966@aol.com

There are no chapter meetings or hikes scheduled for July. See you in August!

MEMPHIS CHAPTER

CHAPTER OFFICER:

Ray Burkett 901-357-9183
rburkett@sscc.cc.tn.us

ELECTED BOARD REPRESENTATIVE:

Gloria Norrid 901-382-4227
gnorrid@yahoo.com

MONTHLY MEETINGS: WILL RESUME Sept 21ST

7p, Germantown Library

Jul 21-23 Current River & Eleven Point River canoe trip has been **CANCELLED**.

Aug 13 **ANNUAL CHAPTER PICNIC**. The picnic will be at the lakeside home of John and Regina Martin (canoes and paddleboats available). This is a potluck; bring your favorite summer dish and a lawn chair. Socializing starts around 1 p.m. CDT, we'll eat shortly thereafter or whenever we get hungry enough. This is also our August meeting, so bring any business items you would like to discuss. The address is 3876 S. Lakewood Dr., in the Lake Windermere subdivision near Raleigh. If you need additional information or directions call Regina and John: 901-386-3722.

ANNOUNCEMENTS:

May 20-21 Board Meeting Weekend Event

12 TTA members enjoyed time together on Reelfoot Lake. I was so looking forward to the pontoon boat ride scheduled Saturday eve, but our stay at Reelfoot started out dreary and wet. However, by dinnertime the clouds broke and the sun came out. Now, I was excited about doing the sunset cruise on the pontoon boat. As we started out the ranger told us the history of how the lake formed by an earthquake. The ranger said that he had life jackets but that most of the lake is shallow so all you had to do if you went in was stand up. There was a chill in the air as we turned out of the narrow waterway from the dock to the main lake and picked up speed. Somewhere along the way the ranger lost me as I looked in wonder at all the cypress trees standing in the middle of the lake. As we crossed the lake, we saw an active osprey nest with both parents nearby. There were many blue heron all along the lake that took to flight as our boat approached. It was quite a sight to see these long slender birds take to flight. As I looked back across the lake, I could see the setting sun and the light dancing on the water. Looking closer, I saw lily pads in the water. Many of them still had water drops on them from the rain earlier in the day. All of a sudden, the ranger left the helm at the back of the boat and walked to the front, through the gate and leaned over the bow. I wondered if he was going over for a swim. Instead he stood up and held a water lily bloom he just picked and passed it around. The ranger navigated the boat to one of the channels leading to the lower part of the lake. At one point he stopped the motor and we drifted to better hear the sounds of nature. A low hanging branch dragging across the roof of the boat broke the serene peace. Our two hours were nearly up so the ranger turned the boat around and we headed back to the dock in silence, contemplating the wonders of nature and enjoying the last colors of sunset.
(Report submitted by Jerry Lenski)

MURFREESBORO CHAPTER

CHAPTER OFFICER:

Fount Bertram 615-765-5357 fwbertram@hotmail.com

MEETS: 2nd Tues, 7pm, St. Marks United Methodist, 1403 E. Main St

ANNOUNCEMENT: Our June 4th trail-flagging event of the Edgar Evins State Park was a total success! Our commitment to trail development in this park is evident by the number of trail building weekends we have set aside in July (see schedule below). Hopefully we'll complete construction of our first 4-mile loop to coincide with their "25th Silver Anniversary" celebration scheduled August 5th. Please, if you can spare one, two or all three weekends, come on out. With your help we'll be able to cover a lot of ground. Your support is greatly appreciated.

UPCOMING:

- Jul 1-2 Edgar Evins State Park trail work. Come work one or both days. Options exist for anyone wishing to camp over Saturday night. The park has all the tools we'll need, except pick-mattocks (pick-mattocks needed!). We'll meet 9 a.m. CDT each day at the park's visitor's center for work assignments and to pick up tools. Wear grubby work clothes, bring gloves, snacks, lunch and plenty of water. Questions and/or to volunteer call Fount Bertram: 615-765-5357 or e-mail him: fwbertram@hotmail.com
- Jul 8-9 Sewanee Perimeter Loop, Sewanee, TN. Backpack weekend. In the course of the weekend we'll have backpacked 18 miles. On Sat, we'll hike approximately 8 1/2-miles to camp at Dotson Point. This 18-mile overnighter is rated moderate. You will need to carry extra water as water might be hard to find in some places. Meet 7 a.m. CDT at Hardee's at I-24, exit 134/Monteagle. Questions and/or to pre-register call Mark Moore: 615-895-7716 or e-mail him: markmoore@home.com Or, visit Mark's website: <http://members.home.net/walkindude32>
- Jul 15-16 Edgar Evins State Park trail work. Come work one or both days. Options exist for anyone wishing to camp over Saturday night. The park has all the tools we'll need, except pick-mattocks (pick-mattocks needed!). We'll meet 9 a.m. CDT each day at the park's visitor's center for work assignments and to pick up tools. Wear grubby work clothes, bring gloves, snacks, lunch and plenty of water. Questions and/or to volunteer call Fount Bertram: 615-765-5357 or e-mail him: fwbertram@hotmail.com
- Jul 22 Savage Gulf South Rim trail, Savage Gulf State NA. This trail is rated easy because it is flat, however because we'll be going 10-12 miles, endurance is required. Expect to see beautiful overlooks! Bring sunscreen, lunch, and plenty of water. Meet 7 a.m. CDT at the Murfreesboro Cracker Barrel restaurant located on Hwy. 231 off I-24. Questions and to pre-register call Brent Morris: 931-728-8191 or e-mail him: bmorris@edge.net
- Jul 29-30 Edgar Evins State Park trail work. Come work one or both days. Options exist for anyone wishing to camp over Saturday night. The park has all the tools we'll need, except pick-mattocks (pick-mattocks needed!). We'll meet 9 a.m. CDT each day at the park's visitor's center for work assignments and to pick up tools. Wear grubby work clothes, bring gloves, snacks, lunch and plenty of water. Questions and/or to volunteer call Fount Bertram: 615-765-5357 or e-mail him: fwbertram@hotmail.com

HIKE REPORTS:

On May 13 ten hikers (from Murfreesboro, Nashville, Manchester, Chattanooga and Dalton, GA) trekked the 13 plus miles of the Fiery Gizzard Trail. With frequent stops to enjoy glistening waterfalls, fragrant wildflowers, panoramic views from the bluffs, and the sounds of the babbling creek, these 10 hikers "walked until the cows came home." (You had to be there!). After a quick stop at the Dutch Maid Bakery in Tracy City, the hikers enjoyed dinner and conversation at the Smoke House Restaurant In Monteagle. The group parted ways with handshakes, hugs and promises to hike together again soon! (Submitted by Sandy Zuri) (cont. pg. 5)

MURFREESBORO CHAPTER (cont.)

HIKE REPORTS: (cont.)

A MINI A.T. ADVENTURE

(Submitted by Jim Schroeder)

On Jun 7-11th Mark Stanfill, Murfreesboro's own AT thru-hiker, led a team of six enthusiasts on an 18-mile trek of the A.T. and 6 miles of access trails in the Standing Indian Mountain area near Franklin, North Carolina. Hikers present: Sandy Zuri, Brent Morris, Martin McCullough, and Jim Schroeder of the Murfreesboro Chapter and Mary Donaldson of the Nashville Chapter.

On Wednesday we started from Standing Indian Campground along the Kimsie Trail. Shortly thereafter we came upon our first night's camp. We set up at a clear spot right along the creek. After our first outdoor meal together and enjoying a roaring campfire, we drifted off to the sounds of the rushing water echoing through the stillness of the night.

On Thursday morning we made our way to the AT, and headed up the 2 ½-mile climb to the top of Standing Indian Mountain. At the top of the mountain, we camped under a canopy of nature formed by giant rhododendrons, in full bloom! We then basked in the warm sun on the overlook as we took in the breathtaking views below us. After supper we enjoyed a spectacular sunset as the golden orb settled slowly in the west and cast its rays to reflect off the large Lake Chatuge nestled among the now well defined ridges some 12 miles to the west.

On Friday morning one of the hikers reported hearing the drone of swarming bees seeking natures' nectar among the blooming rhododendron. While another hiker rose early to view the effects of sunrise on the ridges below: staring out at the darkened shapes of the peaks, they began to stare back as the sunlight first bathed the tips of one and then another. Then we broke camp. On the way down the mountain, we passed through a mile long canopy ablaze with color. The golden orange of flame azaleas, the deep rosy pink of the showy rhododendrons, the delicate whites and pinks of the clustered blooms of the mountain laurel stirred the soul. Descending across first, Beech Gap and then Coleman Gap, we made our way up a rise to Carter Gap shelter where we stopped for lunch. Here we met a group of 10-12 men who were enjoying the rewards of hiking as a bachelor party outing - hope the adventure didn't hamper the groom in any manner! We camped for the night in Betty Creek Gap and enjoyed our first chance to "semi-bathe" in the chilly waters of the stream before settling in for the evening around the warming effects of the campfire.

Rising early on Saturday for the days' next adventures, we climbed steadily upward toward Mount Albert. The trail sometimes skirted the very edge of the bluff offering each hiker spectacular views of the lands below. As Sandy and Jim inched their way up the final 450-foot ascent in less than ¼ mile, Sandy called out "Jim, look back." There before us, over the sharp angled rock ridge we had just climbed, the land fell away in a huge abyss with the beauty of mountains rising ridge upon ridge beyond. At the top we were given a 360-degree panoramic treat from a fire tower. Peering across the landscape prompted the comment that "the Lord has truly blessed this great nation of ours", which brought an "amen" from all the rest. On that high, we proceeded down the mountainside to Glassmine Gap. Leaving the hallowed A.T. at this point we followed a creek trail to our awaiting vehicle. Thus ending our glorious adventure together. We shall always cherish the beauty we encountered and the companionship we shared.

NASHVILLE CHAPTER

CHAPTER OFFICER:

Anne Wesley 615-851-1052

ttahiker@juno.com

MEETS: 4th Tues, 7:30pm, Radnor Lake Visitor's Center, Granny White Pike

HIKING HOTLINE

615-367-7045

- Jul 2 Tatum Creek, Hickman County. Come and explore a magical little spot in the Lick Creek water shed. Participation in this outing is limited to 8 people. Bring snacks/lunch and plenty of water. Meet at 8 a.m. CDT at the Kroger parking lot on Highway 100 near the Barn Dinner Theater. Questions and/or to pre-register call Dave Walton: 615-646-5355.
- Jul 8 Short Springs. Join us for a very scenic, easy 3-4 miles, cool walk in this lovely natural area. Bring snacks/lunch and plenty of water. Meet 7 a.m. CDT Target parking lot, Bell Road and I-24. Questions and/or to pre-register call Charlie or Jennifer Hann: 615-941-1503.
- Jul 9 Hidden Passage Trail, Pickett State Park. This is a 10-mile trail with scenic overlooks, a waterfall, and interesting rock formations. Bring snacks/lunch and plenty of water. For meeting time, place and to pre-register call: Jim Poteet at 615-824-7666.
- Jul 15 Montgomery Bell, White Bluff. This historic park is only a short drive from Nashville. The trail circles the park and is approximately 11 miles long but the terrain is easy. Meet at 9 a.m. CDT at the park's Visitor's Center. Bring lunch, plenty of water, and bug repellent. Questions and/or to pre-register call Dan Brennan: 615-599-4713.
- Jul 21 Night Out at Rio Bravo. Hey Amigo! Hiking doesn't get any easier! Join us for a social evening at this very popular Mexican Restaurant with outside seating and margaritas! Please RSVP on or before Wed July 19 to Paul Smith: 931-270-8766. We'll meet at 7 p.m. CDT at Rio Bravo, 3015 West End Avenue.
- Jul 22 Kick back for a lazy afternoon on the gravel bar at Lick Creek. Those visiting Mary Donaldson's property, back in March, enjoyed the area so much and mentioned to Mary that her creek would be great for the dog days of summer. Well, pant, pant, Mary has invited us out. Bring your chaise for sittin' or tube for floatin' in the creek. Bring food for cookin' over the campfire and cooler of drinks. Families, bring the kids! Wear your creek shoes and swim suit unless skinny-dippin' is your thing. 1:30 p.m. CDT 'til ... Mary is located 1 hour southwest of Nashville. Questions, directions and to pre-register for this cool event call Mary Donaldson: 615-297-9056.
- Jul 25 **MONTHLY MEETING.** Come learn hiker safety tips, hear about past and upcoming hiking trips, meet/greet members/friends and see a fun-filled program presentation from a like-minded outdoor enthusiast. Lots in store! See you 7:30 p.m. CDT, Radnor Lake Nature Center, Otter Creek Road at Granny White Pike.
- Jul 29 Newcomers hike, Radnor Lake State NA. Come on and hike the ridges of Radnor. Hike length is 4 ½ miles, the terrain is rated easy-moderate. Bring a snack and plenty of water. Meet 9 a.m. CDT at the Visitor's Center. Afterward we will go to lunch. Location TBA. Questions and/or to pre-register call Paul Smith: 931-270-8766.

HIKE REPORTS:

On May 13th 25 miles! The planned route: take the A.T. at Newfound Gap 19.4 miles east to Snake Den Ridge and straight down Snake Den Ridge 5.3 miles to our campsite at Cosby campground. I had been asked several times before I left, by friends and family, are you going to go, can you do it, how many will go, will they finish, how long will it take, what time will you need to start, what will you eat, what will you carry? Well I went, so did three others and we all made it: Anne Wesley, our hike leader, Richard Horvath and Keith Miller. We rose at 4 a.m. CDT to the infamous "crow" of my alarm clock. Dale Williams intended to join us however her knees were the decider, concluding she needed to stay close to camp and do short hikes. With this, she volunteered to drive and drop us at Newfound Gap. Patti and Rich Shaw, who were also staying at Cosby campground, had plans to hike Maddron Bald, invited Dale to join them.

(cont. pg. 6)

NASHVILLE CHAPTER

HIKE REPORTS: (cont. from pg. 5)

We left camp, early – like 5 a.m. – and in good spirits. I'll say daybreak was occurring when we left camp and not sunrise because it was too cloudy to see the sun. The temperature was cool and humid, not chilly. We reached Newfound Gap about an hour later where we were greeted with much cooler temps - due to the higher elevation – and gray cloudy skies. Because the A.T. travels the ridgeline and remains at a higher elevation, you get an added benefit of views on both sides of the trail, provided there aren't any clouds. Another benefit to being this high, we got a repeat of the spring wild flowers that had been blooming two weeks before at the lower elevations: bluets, trillium, trout lily, anemone, serviceberry, and spring beauties to name a few.

On this particular day we got a variety of weather conditions from very low-lying clouds, which obstructed all views, to very clear skies making the temperatures rise quickly, but the views – they were awesome! The weather didn't stabilize, which I thought worked to our benefit. By the time we got hot from clear skies a weird front would come through bringing very small amounts of rain, just enough to cool, make you stop, pull out your rain gear, then it stopped raining as soon as your rain gear was on. I put my rain gear on one time for all of about ½ hour and that was the end of it. We got spread out several times over the course of the day, which is to be expected due to each of our hiking speeds. Knowing this, we designated several spots along the way to stop, rest, regroup, drink fluids and eat! We saw many A.T. "thru-hikers" as it was peak season for them. I hiked with a German girl from Peck's Corner to Tricorner Knob, a distance of 5.3 miles, who just about ran me into the ground. Never mind that she had 5 weeks of conditioning ahead of me, and her legs 18-inches longer than mine. I think it took us under two hours to cover this distance. We didn't go so fast that I wasn't able to show her a few of the wildflowers along the way, this she appreciated. I really enjoyed my break at Tricorner, where I met an Appalachian Trail Conference volunteer "ridge-runner" and exchanged A.T. stories. Plus, I met and spoke very briefly to Warren Doyle. Some consider him an A.T. icon as he has thru-hiked the A.T. at least 9 times. On occasion he plans and organizes thru-hiker support services which gives him another opportunity to do a thru-hike. He's also the founder of ALDHA – Appalachian Long Distance Hikers Association. From here we were 9.1 miles away from camp and it was only 1:30 p.m. It was easier to think of it as 3.7 miles to Snake Den Ridge than 9.1 miles left to go. Treating the mileage ahead as 3.7 to Snake Den Ridge made the walk much easier for me. We were still in good spirits, free of muscle or foot discomfort. (Thank you to the makers of Ibuprofen. In this case, a little bit went a looong way.) We reached Snake Den Ridge in no time and from here it was down, down, down – 3500 feet in all. I'm sure at some point this trail earns its name, just not today - not a snake anywhere to be found. We passed over several small creeks surrounded in rhododendrons and laurel thickets. As we came into the 3800 foot level the sweet smells of solomon's seal were in the air. Just heavenly! And then we reached Cosby campground. By now it was almost 6 p.m. with plenty of daylight left to unwind, clean-up and EAT! We were still in good spirits and stayed up to see the sun fade beyond the hills surrounding us. It was a great walk!

(Submitted by Diane Manas)

On Jun 3rd in recognition of National Trails Day Doug Burroughs and I led 12 hikers on a "Trees of Vanderbilt University" hike. The hike started off (and finished) with the most difficult part of the journey – making the street crossing over 21st Avenue. First from San Antonio Taco Factory to Vanderbilt University. It was here that I was able to reiterate to our group the importance of their signing our legal release of liability agreement form. In addition to Doug and me, present were Jim Johnson, a couple and their grandkids. They were visiting from Alaska. So, it was decided, by Jim, that we had hikers who had traveled the longest to get to a hike! Vanderbilt's campus comprises 333 acres, 220 buildings, and 6,400 trees. Although we

(cont.)

HIKE REPORTS: (cont.)

may not have covered every corner, our hike took us past many trees having placards on them so we could identify them. We visited the famous "Centennial" tree, which was growing before the revolutionary war started! Beyond the trees, we walked past the beautiful buildings, with very striking architecture, some dating back into the late 1800's, graves, a chapel, sculptures, and a greenhouse. I thought the hike would take about 20 minutes however, 2 hours later we found ourselves back at 21st Avenue to our final destination, another historical site - the White Mountain Creamery. For years they've been making their own ice cream on the premise so we stopped for dessert!

(Submitted by Jenice Johnson)

LOOKING AHEAD:

- Aug 6 Twin Arches, Big South Fork RRA.
Jim Poteet 615-824-7666
- Aug 11-13 Great Smoky Mtn. NP hiking & car-camping weekend.
Paul Smith is bringing back his famous camping & hiking weekend. We'll camp at Elkmont. More information forthcoming in the August newsletter. Until then, make plans now to attend. Questions and/or to pre-register call Paul Smith: 931-270-8766.
- Aug 20 Hike. Area TBA.
Dave Walton 615-646-5355
- Aug 24-27 Balsam Mtn, Great Smoky Mtn. NP hiking & car-camping "3-day" weekend. More information is forthcoming in the August newsletter. Until then, here's some information to make plans by. Please hold questions and pre-registration calls to your hike/camp leader, Diane Manas, until after **August 1st**. Come escape the heat and make sure you've packed a sweater because at 5300+plus feet elevation, it's the highest and coolest of the park's developed campgrounds. Because Balsam Mtn. is located in the southeastern corner and the drive is longer than most to the GSMNP a 3-day weekend will allow those traveling from Nashville the extra time to really enjoy this beautiful, faraway area. (You're welcome to come - even if you're only able to come 1 or 2 days of the 3 days.) Forty-six campsites are on a first-come, first-serve basis and Diane's plan is to arrive at Balsam Mtn early on Thur Aug 24th in order to secure enough campsites for the entire weekend. Therefore, **PRE-REGISTRATION IS REQUIRED** – call after Aug 1st, and on/before Tue Aug 22nd. Everyone will be responsible for their own meals. Diane will try to coordinate carpools and tent sharing for those offering as well as those needing to buddy up. Tentative weekend schedule:
Camp: Thur, Fri & Sat nights.
Hike: (Fri & Sun hikes will require a car shuttle.)
On Fri: 13.1 miles. Balsam Mtn. Trail, Beech Gap Trail & Hyatt Ridge Trail.
On Sat 13.3 miles. Rough Fork Trail, Caldwell Fork Trail & Hemphill Bald Trail.
On Sun 7.5 miles. Polls Gap Trail & Spruce Mtn. Trail.
- Sep 3 Stone Door and Big Creek Gulf, Savage Gulf State NA.
Jim Poteet 615-824-7666
- Sep 17 Mossy Ridge, Edwin Warner Park. Family hike.
Malcolm and Jean Pfothenauer 615-646-8562
- Sep 23 Natchez Trace State Park. Hiking, biking, and camping weekend.
Glenn Turner 615-352-1907
- Sep 24 Buggy Top, South Cumberland RA. Hiking and caving.
Charlie and Jennifer Hann 615-941-1503
- Sep 30 Angel Falls Overlook, Big South Fork RRA.
Doug Burroughs 615-292-9307

NORTHWEST CHAPTER (UT at Martin / Weakley)

CHAPTER OFFICERS:

Jim Clark 901-587-7369
jclark@utm.edu
Brian Brown 901-587-7793
bbrown@utm.edu

MONTHLY MEETINGS: WILL RESUME Aug 24th
then 2nd Thursday each month, UT Martin
Campus, Boling University Center

There are no chapter meetings or hikes scheduled for July.
See you in August!

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER:

Vicki Perdue 931-456-6466

MONTHLY MEETINGS: WILL RESUME Sept 21ST
then 3rd Thurs each month, 7pm CST,
Crossville Housing Authority

There are no chapter meetings or hikes scheduled for July
and August. See you in September!

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER:

Denise Charvoz or Barbara Phifer 931-738-3595

We don't have plans for a hike this month, per se. We may go on some spur of the moment hikes when the weather forecast predicts cooler weather. Feel free to contact Denise Charvoz or Barbara Phifer to organize an impromptu hike: 931-738-3595.

ANNOUNCEMENTS: (Submitted by Brenda Cardwell)

As you already know Bridgestone/Firestone gave the citizens of Tennessee 6000 acres during their Centennial Celebration on May 13, 2000, in addition to the 4,000 acres donated in 1998. The 10,000-acre gift is now called the Bridgestone/Firestone Centennial Wilderness (BFCW). We applaud the company's great generosity. For those wishing to send a note of thanks to Bridgestone/Firestone, you are invited to do so. Please send notes of thanks to:

Mr. Masatoshi Ono, President & CEO
Bridgestone/Firestone, Inc.
50 Century Blvd.
Nashville, Tenn. 37214

The Tennessee Wildlife Resources Agency (TWRA) will manage the entire 10,000-acre wilderness and is developing plans for the property. The Friends of Scott's Gulf has been given approval to build hiking trails and has almost completed the first phase in conjunction with TWRA.

James Douglas, Manager of the BFCW, has plans for several activities for youths during the year such as free fishing at the two small lakes as well as safety classes and much more.

James also has the BFCW "ranch" looking great! He has plans to plant plenty of wildflowers and tall warm season grass for the birds and animals on the "ranch".

The first phase of the trail system is almost complete and

UPPER CUMBERLAND CHAPTER (cont.)

are waiting for the trail signs to arrive. One last trail segment is left to complete leading to Boar Hog Gap. Ross Cardwell found a twin bluff nearby and on our last workday the crew had a great picnic there. This segment will connect to the Yellow Bluff Trail.

Bridgestone/Firestone commissioned Senator Howard Baker and John Netherton, both famous photographers, to create a book about Scott's Gulf. The Scott's Gulf-Bridgestone/Firestone Centennial Wilderness book was presented at the Governor's press conference when the 6,000-acre gift was announced. This amazing book will be for sale at the Tennessee State Museum, Nashville area bookstores, and at the Chamber of Commerce in Sparta. The book's original photographs will be on exhibit at the Tennessee State Museum this summer. They can be seen from June 20th through August 13th.

Carl Cude is developing a web site especially for the Bridgestone/Firestone Centennial Wilderness so please look for it in the very near future for details of plans for the Wildlife Management Area:

<http://www.centennialwilderness.com>

VOLUNTEERS:

The Friends of Scott's Gulf are looking forward to building more trails for all to access the gorge. If you would like to volunteer to help blaze and/or build these trails please contact Ross Cardwell by phone: 931-738-2760, by snail-mail: 654 N. Edgewood, Sparta, TN 38583, or by e-mail:

riverwood@blomand.net

HIKE REPORTS:

The first hike into the Bridgestone/Firestone Centennial Wilderness Trail was on May 13 and led by Ross Cardwell, President of The Friend's of Scott's Gulf. Ross led 27 hikers (and Kagla the dog) on a 6-mile hike from the trailhead on Scott's Gulf Road to the Caney Fork River. The trailhead is located on the left side of Scott's Gulf Road about 2 miles off Eastland Road. (1000 feet before you get to the Virgin Falls parking area.)

On another hike, Ross Cardwell and Marnell Cothran led members of the TTA, Sierra Club, Tennessee Citizen's for Wilderness Planning and Friends of Scott's Gulf on the Polly's Branch Trail. Along this trail we found the upper and lower falls that had been full the week before but had calmed to a pleasant flow. Tall hemlocks, mountain laurel thickets, surround these falls, along with fern covered rocks and pollen falling like snow in the sunshine. Chuck Estes (as if offering a sacrifice to the Sun God) held his hands up and they were coated quickly with the pollen. Cucumber magnolias were viewed over the bluff line all along the trail to an unnamed point. Wild geraniums, iris, lady's slippers, trilliums and most spring flowers were seen everywhere on our way down to the Caney Fork River. The wildflowers were abundant but had passed their peak. This will be a great early spring trail. At the end of our cleared trail we found a sandy beach with a large blue-green pool on the river. As we paused to admire the pool it revealed it's special secret to us: a Blue Heron Rookery. The herons banking a landing into treetop nests along the Caney Fork River were a sight to behold and a moment in time never to be forgotten. The group had lunch beside the ferns at the lower falls on Polly's Branch. Gerry Keene couldn't resist cooling her toes in the rocky pool at the top of the falls. What was it we heard as we left? Someone calling for her dog? No, it was Gerry calling "Bulldog" Cless Vinson to come on! We couldn't leave Cless behind. The group separated with Marnell and Jack Cothran leading a group back beside the falls. Ross Cardwell led the rest of us further up the mountain to the Chestnut Mountain Ranch Trail that cuts across country from the trailhead to Jenny's Branch and on to the beautiful overlook of Screw Cliff Bluff on the eastside of the BFCW area. This was a name given by old timers because of the twists of the bluff. We did not have time to extend the hike that far but we did follow it back part way to make a round trip. Blake and Terry Anthony, newly weds, kept trying to find a private moment in a secluded spot occasionally along the trail but had little luck. "Here come da judge, here come da judge" or I mean all three judges. We just had to behave ourselves with three judges: Powell Hill, Lillie Ann Sells, Carol Solomon as well as a U.S. Fish and Wildlife Officer, Deb Mignogno, on the hike.

Comments coming out of both hikes: Everyone was delighted at the beauty of the trails and appreciated all the hard work done by the designers of the trails, Ross Cardwell and Carl Cude, and all the trail-blazing volunteers. Ross and Carl utilized the vague traces of old logging roads and connected them by blazing new trails. (Submitted by Brenda Cardwell)

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE CONTACTS:

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E-Mail	cumberlandtrail@rocketmail.com
Website:	http://users.multipro.com/cumberlandtrail

There aren't any hikes or trail maintenance/building dates scheduled for July and August.

Please join us in September:

Obed Wild & Scenic River

CTC 13-mile Segment

Ribbon-cutting & Dedication

September 15 & 16

Join us as we "cut the ribbon" to officially open and dedicate the 13-mile Obed Wild & Scenic River Segment, to honor the preservation of the historic Nemo Bridge, and to dedicate the Cumberland Trail as Tennessee's Millennium Legacy Trail. Hundreds of volunteers of all ages can attest to the rugged beauty of the Obed as they have moved rock and earth to create the "Trail of a Thousand Steps" over the past four years.

On Friday, September 15, 11 a.m. EDT, ribbon-cutting ceremony at the Nemo Bridge near Wartburg, followed by a picnic lunch and a short easy hike on the Cumberland Trail from Nemo Bridge to Alley Ford. We have tentative commitments from Governor Sundquist, TDOT Commissioner Bruce Saltsman, and TDEC Commissioner Milton Hamilton to be there, along with other local and state officials, who will join the scores of volunteers who helped create the Obed Wild & Scenic River Segment and hikers who want to experience the beauty and challenges of the Obed River and Daddy's Creek.

On Saturday, September 16, a 13-mile through-hike of the Obed Segment will be offered, as well as some shorter hikes on various sections. Come see BreakAway Bluff, named after the BreakAway college students who built 2 ½ miles of trail to an incredible overlook on the Obed; Morgan's Overlook, lovingly built by inmates from Morgan County Regional Correctional Facility; Enterprise Rock, a fantastic balanced rock that looks like an aircraft carrier; the Turkey Creek bridge engineered and built by some tough volunteers who had to drag telephone poles incredible distances and across a gorge; raging river rapids and inviting deep pools. Have we enticed you yet?

CT 2000 Auction Prints for Sale

If you missed the auction, now is your chance to order the prints that everyone has been talking about!

"Obed – Maple Bloom" – by artist Terry Chandler (available exclusively through CTC); "Middle Creek Suspension Bridge" – by artist Jim Wright; and "Bluebirds and Morning Glories", "Fond Memories", and "Summer Roses" – by artist Morrison Vaden

To view the prints and obtain ordering information visit the Cumberland Trail website:

<http://users.multipro.com/cumberlandtrail>

Be sure to click on the pictures to hear the musical accompaniment that goes along with each one! You can also phone the CTC office to order these special limited edition prints.

REMEMBER: All print proceeds go toward the acquisition of the Cumberland Trail.

Congratulations Jim Lifsey!

Jim Lifsey, a member of the Plateau Chapter of TTA, was recently honored at a Special Stewardship Award presentation on May 24th. Jim received the Tennessee Department of Environment and Conservation's Governor's Trail Development Award for his stewardship effort working with the Cumberland Trail Conference in developing the Cumberland Trail State Park. Jim is most deserving of this award and we appreciate his efforts on the CT!

ADOPT-A-TRAIL NEWS

ADOPT-A-TRAIL OFFICER:

Harold Draper 865-689-7757

hmdraper@knoxnews.infi.net

If you are interested in maintaining a particular trail or section of trail, please contact Harold Draper, Adopt A Trail Coordinator 865-689-7757.

TENNESSEE RAILS-TRAILS ADVISORY COUNCIL (TRAC)

BOARD REPRESENTATIVE:

Charlie Tate 931-381-9569 ctate2@mail.state.tn.us
website: <http://members.aol.com/trac2trail/depot.htm>

MISSION: *To advocate the planning, development, and management of rail-trails throughout the State of Tennessee for the purposes of appropriate recreation, preservation of rail corridors and alternate transportation, in order to benefit the general public, communities, commerce and tourism*

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Other Chapter Officers:

Listed within each Chapters' header

Proper Hiking Socks (cont. from pg. 2)

Socks provide a number of key functions to make your feet happier and healthier: They provide cushioning, wick sweat away from your foot, keep your little piggies warm, fine-tune your boot fit and reduce friction inside your boot.

There are a number of factors to consider when buying socks. First, there's the material. Should you go with wool or a synthetic material, such as acrylic, Coolmax, Thermax or some other type of polyester? Well, the short answer is this: Go with wool if your feet get cold easily. Wool has the best insulating ability, yet it still wicks sweat away from your feet effectively. Look for socks labeled "merino" wool, which has softer, finer fibers than regular wool. If your feet are on the sweaty side, a synthetic sock is the way to go. Synthetics do a better, faster job of wicking away that sweat.

Next check out the density of the fabric, whether it be wool or synthetic. The rule of toe is the denser the better. Turn the sock inside out and inspect all those little fabric loops. The smaller and tighter and more dense they are, the more cushioning that sock will have over the long haul. Big airy loops might seem like they have the most "cush" at first, but over time and miles, those loops will lie down on the job.

Also, check out the thickness of the socks and try them on with your hiking boots. Thicker socks are best for people with lower-volume feet, because they take up some of that extra room in the boot and prevent your foot from sliding around. You may even want a different thickness for each foot or pair of boots you wear, to create a better fit.

Other things to consider: construction and fit. Look for flat, unobtrusive seams that won't gouge into tender, trail-worn feet. A healthy dose of elastic is a good thing, too, because it will prevent your sock from bagging or slipping.

As for fit, a sock should be a bit snug, but not so tight that it feels constricting. As you pull the sock on, make sure your heel fits neatly in the heel pocket. Then check to see if it's smooth and snug around the toe. Even the slightest bit of bagginess means you should go down a size.

Once you've made your pick and forked over all that cash, take care of your new socks. Here are a few tips:

- Always wash them inside out to remove dead skin and sweat buildup where it counts.
- Use a liquid fabric softener during the wash cycle, but use it sparingly! Too much can result in a slick, oily feeling, but just the right amount will keep your socks soft and cozy.
- Remove them from your household dryer before they're totally dry.
- Hang them up and let Mother Nature finish the job.
- Never dry your socks in commercial dryers - they're way too hot and can shrink or damage the fibers.

Reprinted from Kristen Hostetter's "The Proper Hiking Socks Help Keep Your Feet Warm, Dry and Blister-free." *Seattle Post-Intelligencer*, 1998.
<http://www.seattlepi.com/getaways/050798/gear07.html> (6/8/00)

**TTA !!
ABROAD**

Jim and Marietta Poteet are considering organizing a hiking trip to Ireland in June 2001 for TTA members. If you would be interested, send an email to: jpoteet@genesco.com

Newsletter Deadlines:

Copy due the 10th of the month for an announcement to appear on the 1st of the following month

(ie: June 10th submissions will appear July 1st)

Please send all submissions to:

Diane Manas
5729 Stoneway Trail
Nashville, TN 37209
615-352-7777

e-mail: diane.manas@nashville.com
dianemanas@home.com

Tennessee Trails Merchandise Order Form

_____ Hiking Tennessee Trails, 5th Edition \$12.95
_____ TTA Patch 3.00
Round embroidered patch, sew it on anything.
_____ TTA Window Decal 1.00
A must for each car.

Name _____
Address _____
City _____ State _____ Zip _____
Home Ph _____ Work Ph _____

Mail your check payable to: Tennessee Trails Association
c/o Marietta Poteet
324 Raintree Drive
Hendersonville, TN 37075

Please allow 4 weeks for delivery and prices shown include postage.

Tennessee Trails Association
P.O. Box 41446
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NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.

To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below. If you fail to re-apply we will send you one newsletter and a reminder notice. If you have not re-applied by this time, your membership will terminate.

PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!

**NEW MEMBER AND
RENEWAL MEMBERSHIP FORM**

YES, I want to join Tennessee Trails Association...

(Memberships are for one year, unless you have a Lifetime Membership.)

Please Mail This Form To:
Membership Director
P.O. Box 41446
Nashville, TN 37204-1446

_____ Individual \$25.00
_____ Family \$35.00
_____ Student \$15.00
_____ Life Member \$500.00
_____ Supporting (\$200.00, \$100.00,
\$50.00 or other)

Name _____
Address _____
City _____ State _____
Home Phone _____ Zip _____
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e-mail _____

☐ Please do not list my e-mail address in the TTA Annual Membership Directory

Please list me with the following chapter:

_____ Big South Fork _____ Murfreesboro
_____ Clarksville _____ Nashville
_____ Columbia _____ Northwest(UT at Martin/Weakley)
_____ Cove Lake _____ Plateau(Crossville)
_____ East TN(Oak Ridge/Knoxville) _____ Upper Cumberland(Sparta/Cookeville)
_____ Memphis _____ At Large

...volunteer ?...
endless opportunities
available
contact your local
Chapter Chairperson

When you become a TTA member, you will receive a monthly newsletter containing information on hiker safety, upcoming hikes / overnight trips, volunteer opportunities, chapter meeting announcements as well as events occurring within TTA's Associate Organizations: C.T.C. and T.R.A.C. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. Each April you will receive the Membership Directory listing members by chapter and how to reach them. Every spring and fall we meet at one of Tennessee's many parks for a weekend of hiking, camaraderie and where the board members can meet to exchange ideas and hear reports on TTA's progress.

As a member of TTA, you are welcome to attend all TTA / CTC / TRAC functions.