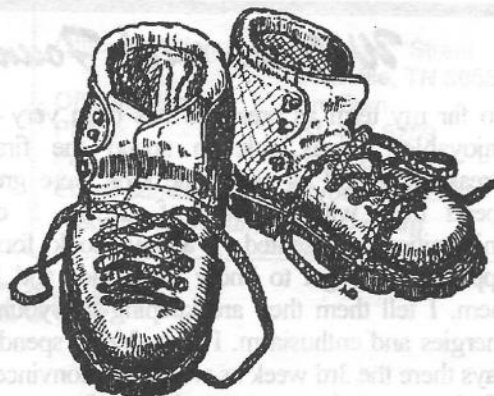


TENNESSEE TRAILS

THE 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



THE BIG DIG

MAY 16 – JUNE 26

Let's Build Some Trail!

It's almost that time for THE BIG DIG II! We will continue the "good stuff" that was done during Spring BreakAway (see article on page 3) and add more Cumberland Trail in the Rock/Possum/Soddy Segments in North Hamilton County. So get those registration forms in to us (see registration form on page 4). If you are not sure about when you can make it, that is fine. Some people may not decide until the last moment, we just ask that you let the office know a couple of days in advance. You can even go on-line to register at www.cumberlandtrail.org, then go to BIG DIG. We need YOU in getting the CT built!

Hope to see you there!

Remember:

You can stay in the Dogwood Lodge or camp out on the green. We work seven days a week, so work as many days as you like! The schedule is up to you. Plenty of good home cooking, educational, and entertainment programming.

We need your help in the way of time, food, or funding!

If you have any questions, feel free to call or email the office.

Savage Gulf State Natural Area Trail Maintenance Project

Volunteers Needed

MAY 15 & 22

No experience required!

Here's a great opportunity to make a contribution to one of Tennessee's favorite hiking destinations! Join members of the Highland Rim, Murfreesboro, and Nashville chapters on May 15 and May 22 to install water bars on a section of the Collins Gulf West trail near Horse Pound Falls of the Savage Gulf SNA. Volunteers will help carry materials and do trail repair work. Materials, tools, supervision, and lunch will be furnished.

Everyone is welcome and encouraged to participate... for a few hours or for the day. Please RSVP to Brent Morris so we can get an accurate head count for the lunch that will be provided.

We'll meet at 8:30 am CDT at the Collins Gulf West trailhead parking lot on both dates. For those wanting to camp, free camping will be available at the Collins Gulf West campground. For additional information and to register, contact Brent Morris at 931-454-1718 or bmorris@edge.net.

Your help is greatly appreciated!

**Don't Delay!
BIG DIG Volunteer
Registration Form
Is on Page 4!**



Walking with Fount

So far my term as president has been very eventful and enjoyable. I was able to spend the first week on BreakAway and as usual, the kids were great! I got to spend time with students of all the 5 colleges and universities represented. I always look forward to the opportunity to get to know these kids and interact with them. I tell them they are keeping me young with their energies and enthusiasm. I was able to spend a couple of days there the 3rd week as well. I am convinced this is one of the most important and significant programs we participate in. I know I gain as much or more from the students as they do from our efforts. You may want to start making plans for participation next year. If you haven't been, you don't know what you are missing out on.

The Alabama Hiking Trail Society recently held their 3rd annual conference and invited me to attend and participate in the meeting. They are a relatively new state-wide hiking organization and are concentrating on getting work started on the Alabama section of the Pinhoti Trail in the areas where the Alabama Trails Association haven't been working. Their efforts are going to be very much needed to get the Pinhoti Trail across Alabama and into Georgia. I did a Power Point presentation about TTA and where we are with our mission and purpose in the overall hiking community. Jeffrey Hunter also made a presentation about the Southeast Foot Trails Coalition and CTC and TTA were a significant part of his program. The three-day gathering was well attended and there were lots of ideas and possibilities proposed and exchanged. We are joining efforts to encourage the formation of a state-wide hiking group in Mississippi. There had been very little interest in Mississippi until recently when the Natchez Trace Scenic Hiking Trail was proposed. We attended a meeting with the Natchez Trace Parkway Authority, and representatives of a group that have shown a desire to organize a hiking group there. Even though the hiking trail concept has fallen through, the interest is still there regarding the formation of an organization. I have volunteered TTA's and my time to assisting them in any way we can.

We made significant progress on the Cumberland Trail during BreakAway, but we can't rest on our laurels. Our next big drive is coming up. We need to get psyched up for....did someone say BIG DIG??? Please set some time and effort aside for this endeavor. We need to get 30 miles of trail on the ground in the north area of Hamilton County. We have the land...the trail is flagged...now let's get it down! Seven days a week from May 16 to June 26. Just remember...if the trails aren't there, we can't hike them. Let's make sure the trails are there for us and generations to come! Let's give of ourselves and leave a legacy!

Happy trails...
Fount

TTA's Calendar*

The following dates in 2004 refer to statewide activities involving TTA as a whole. Please refer to this calendar often to either prevent scheduling conflicts or to volunteer to get involved with major activities planned (National Trail Days, etc.).

May 1 Board of Directors' Meeting
Ellington Agricultural Center
5105 Edmonson Pike, Nashville
1:00 pm to 5:00 pm

May 16-Jun 26 Cumberland Trail BIG DIG II

Jun 5 National Trails Day

Aug 7 Board of Directors' Meeting
(Location TBA)

Sep 28 National Public Lands Day

Nov 5-7 TTA Annual Meeting
Pickwick Landing State Park.

Blue Ridge Mountain Store BRMS is having a Special Sale! April 30th – May 2nd

BRMS is give 20% off on all purchases for TTA members. Bring your TTA newsletter, and stock up on supplies you will need for the upcoming heavy hiking/camping season! Your the renewal date on the newsletter mailing label will constitute proof you are an active member. Let Jed know we appreciate the special consideration when you go to BRMS.

The offer excludes all boats. The sale will be at both Franklin and Belle Meade locations.



CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE STAFF:

Interim Executive Director Barry Spearman..... barry_spearman@yahoo.com
Trail Development &
Maintenance Coordinator Mark Stanfill mstanfill@onemain.com
Office Manager Susan Weber sweber1@usit.net
CTC Advisor Rob Weber robweber@usit.net

Office Location 19 East 4th Street
Crossville, TN 38555
Office Hours 8am-5pm
Phone: 931-456-6259
Fax: 931-456-4934
Email: cumberlandtrail@rocketmail.com
Website: www.cumberlandtrail.org

Spring Breakaway 2004

"Feel the Beauty"

—Mark Stanfill

This year's Spring BreakAway saw many good things! It was a record year in distance, number of students, and distance traveled. We built a solid 4 miles of trail and we have about half a mile in the work in process stage. The grand total of 275 volunteers includes students, volunteers, Americorps, & Landmark! The distance award goes to the University of Maine who came all the way on a 27-hour Greyhound trip. They were so impressed with the CT and all the volunteers that many of them are planning on returning for the BIG DIG.

The first week, we began construction on the northern end of the Possum Creek Segment off of Retro Hughes Road. We had 44 students representing the University of Maine in Orono; Davidson College in NC; St Benedict in St. Joseph, MN; Grand Valley State University in Allendale, MI; & Grand Rapids Community College in MI. About mid-week, an Americorps team of 11, Silver Four, arrived and stayed until the end of the program. Even though we had one rainy day that forced us to switch their day off, the weather was very pleasant. The students built 1.6 miles of trail and worked on a few bridge projects.

For Week 2, we began construction further down into the Possum Creek Gorge where we had to park at the concrete bridge. The teams started at this point and worked north to connect the section previously done the week before. We had 66 students representing University of Illinois in Normal, IL; University of Pittsburgh in PA; Emory in Atlanta, GA; University of Michigan in East Lansing; & Indiana University of Pennsylvania; and 2 with Indiana University. We had a great week of weather, even if some of the mornings were freezing; but this did not stop these hardy veterans of the northern winters to build 1.1 miles of trail.

During Week 3, everyone was "jacked up" on hitting the rock fields. The first two weeks we saw plenty of dirt, now we were seeing a lot more of the typical sandstone that we are getting accustomed to on the CT. We had 58 students representing Iona College in New Rochelle, NY; Manhattan College from Bronx, NY; Our Lady of the Lake from San Antonio, TX; Keene State in NH; University of Wisconsin in Madison; & St Norbert in De Pere, WI; plus 5 from Landmark Volunteers, a high school community service program. We saw one rain-out day, so we switched the day

off like we did for Week 1. There were rocks to be moved, lumber to be hauled, and bridges to be built. The group connected with the trail that was built in Week 1 and we had teams to start back south along Possum Creek. We built 1 mile of trail and two bridges - one bridge off of Hwy 111 on Possum Creek southern end and the other in Soddy Creek off Hotwater road.

"I need a rock-bar!" was the battle cry on the trail for Week 4. Nothing to this caliber has been seen since last year's BIG DIG. Rocks, rocks and more rocks! We had 34 students representing Frostburg State University in MD, Hamilton College in Clinton, NY; Massachusetts Institute of Technology in Cambridge, MA; and Florida International University in Miami. We even had another Americorp team of 10 on loan from Fall Creek Falls for a day. The weather was great and flowers were beginning to bloom. It was even warm enough for some of these northerners to take a plunge in the creek! The total for the week was a solid 0.5 miles.

Thanks to the many volunteers who helped in teaching and leading the students each day. A big thank you to Carol, Ray, Betty, Anna, Ed, and Patricia for all the work in the kitchen. Also, a big thanks to Bobby Fulcher, Kenny Mathews, and Andy Wright for their trail education and the Friday-night Square Dance. On behalf of CTC, I want to thank all the TTA Chapters for their generous donations in food, funds and materials. We will carry extra into the BIG DIG!

"Show The Love" to these TTA Members:

Cove Lake

Ed & Faith Dippold
Norma McMinn

Nashville

Shawn Basil
Al & Vera Churcher
Charlie Doggett
Diane Manus
Alan Stokes
Fran Wallas

Plateau - Crossville

Arleen Decker
Jim Leifsey
Carolyn Miller
Barry & Sandra Spearman

Memphis

Ray & Carol Haley

Northeast - Martin

Jim Clark

Betty Porter

Murfreesboro

Fount & Anna Bertram
Mike Harvey
Martin McCullough
Jim Schroeder

Clarksville/Franklin

Russell Smith

Soddy Daisy

Carl Turner

2nd Annual Cumberland Trail Conference's The Big Dig!!

What is it?

- ◆ The Cumberland Trail Conference's ambitious program to BUILD the Cumberland Trail
- ◆ Up to 100 VOLUNTEERS a day Building the 30-mile Rock/Possum/Soddy Segments

When and Where is it?

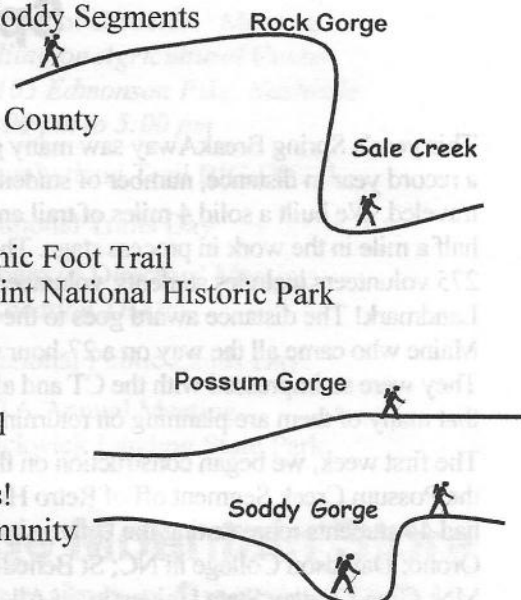
- ◆ May 16th to June 26th, 2004...Rock/Possum/Soddy Gorges...Hamilton County
- ◆ Housing Provided at the Dogwood Camp in Bakewell/Soddy-Daisy

Why are we Doing it?

- ◆ To complete the Cumberland Trail...a 300-MILE Tennessee State Scenic Foot Trail
- ◆ How soon you say...a completed trail by the year 2008 from Signal Point National Historic Park above Chattanooga north to Cumberland Gap NHP...goodness

We need your HELP and SUPPORT...HOW?

- ◆ TRAILBUILDERS...volunteer BELOW to build the Cumberland Trail
- ◆ COOKS...to oversee the daily activities at the Dogwood Camp
- ◆ DONATE FOOD...100 folks a day over 36 days...that's 3,600 mouths!
- ◆ SPONSOR the BIG DIG...every dollar goes right back into your community
- ◆ DONATE MATERIALS...tools and first aid kits...lumber & screws



Name/Organization: _____ Date: ____/____/____

Address: _____ City, State, Zip: _____

Work phone: _____ Home phone: _____ E-mail: _____

Yes, I will VOLUNTEER on the following TRAIL DAYS (Check Monday to Saturday):

Week 1 (May 16-22nd): Sun	Mon	Tues	Wed	Thur	Fri	Sat
Week 2 (May 23-29th): Sun	Mon	Tues	Wed	Thur	Fri	Sat
Week 3 (May 30-Jn 5th): Sun	Mon	Tues	Wed	Thur	Fri	Sat
Week 4 (June 6-12th): Sun	Mon	Tues	Wed	Thur	Fri	Sat
Week 5 (June 13-19th): Sun	Mon	Tues	Wed	Thur	Fri	Sat
Week 6 (June 20-26th): Sun	Mon	Tues	Wed	Thur	Fri	Sat

CAMP LODGING: CIRCLE those NIGHTS where lodging/food is required (Sunday to Saturday).

Vegetarian meal preferred: Yes No

How can I help (circle): Trailbuilder Cook Sponsor Big Dig Donate Food/Materials

I want to help sponsor the BIG DIG: \$35 \$50 \$100 \$500 Other

I want to help donate food or materials (please list): _____

Return Form to: CTC BIG DIG, 19 East 4th Street, Crossville, TN 38555; Fax to 931-456-4934; E-mail cumberlandtrail@rocketmail.com. For more information: 931-456-6259 or www.cumberlandtrail.org

Local Big Dig Coordinators: Chattanooga/SoddyDaisy-Barbara Levi (423-332-5784); Nashville-Al Churcher (615-373-8314); Bakewell/Sale Creek-Bill Leiper (423-332-6671); Knoxville/Oak Ridge-Warren or Carol Devine (865-483-7894)

Cumberland Trail Conference, an associate organization of Tennessee Trail Association, is a
501 © 3 non-profit organization, and donations are tax-deductible. Please consult your tax-advisor.

Volunteer for The Big Dig!

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Thomas Howell

423-628-5521, tshowell@nxs.net

SECRETARY-TREASURER: Benita Howell

423-628-5521 or 865-974-7797, bhowell@nxs.net

BOARD REPRESENTATIVES: Tim and Lynn Takacs

615-824-7048, lynntakacs@comcast.net

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Kathy Hicks 865-938-6846 or 423-628-2873, khudson3@utk.edu

May 8 Leatherwood Loop, Big South Fork National River and Recreation Area. TN 297, west of Oneida. From its beginning along the banks of the Big South Fork, this trail climbs the bluff line to an overlook view of the river and Leatherwood Ford Bridge, then loops back for a total of 3.2 miles. Bring water, snacks, and lunch, and wear boots and clothing appropriate for changeable spring weather. Meet at the Harrow Road Café in Rugby at 10:00 am ET or at the Leatherwood Bridge parking area off TN 297 at 11:00 am ET. To register, contact hike leader John Hicks at 865-938-6846 or e-mail khudson3@utk.edu.

SPECIAL EVENT

May 22-23 We invite TTA members to visit Rugby for the 30th Festival of British and Appalachian Culture. We would like to offer visitors hikes to the Gentlemen's Swimming Hole in the afternoons of both days. We hope to recruit new TTA members through these hikes. As many Big South Fork chapter members will be volunteering elsewhere in the Festival, if you know the trail from past visits and can help lead hikes, please contact Tom Howell at tshowell@nxs.net or 423-628-5521.

CLARKSVILLE CHAPTER

CHAPTER OFFICER: Bill Hamilton

931-920-2760, billhamilton@charter.net

OUTINGS COORDINATORS:

(call & volunteer to lead an outing)

Suva Bastin 931-645-2849

Sandra Koenig 931-645-2048

MEETING: Monthly - 3rd Tuesday at 7:00 pm CT,
Crow Community Center, 211 Richview Rd

May 8 Fall Creek Falls SNA, 12-mile backpack on Piney Falls Trail. 6 miles in, and 6 miles out. To register, call Sandy Janus at 931-645-9177.

May 15 Bledsoe Creek State Park, Gallatin. 6 miles. To register, call Suva Bastin at 931-645-2849

May 22 Shiloh National Military Park, Selmar. 10 miles. To register, call Jack Bastin at 931-645-2549

May 29 Rugby Overnighter. Hike to the Pioneer Cabins for one overnight stay. Registration required. Call Eileen Hurt at 615-742-3902 or Suva Bastin 931-645-2849.

Don't Miss an Outing ... Plan Ahead, Register Early!

Our hike coordinators are volunteers. Make it easier for them to contact you in the event their hike needs to be cancelled by registering! There are times when a hike leader must limit (due to park regulations, etc.) the number of participants on an outing. Please do not wait until the afternoon or evening before the outing to RSVP. Plan ahead and register early.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER OFFICER: Rick Lausten

615-373-0029, saturncar1@aol.com

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Tanya Juday 931-490-0856

MEETING: Monthly - 1st Tuesday at 6:30 pm CT
Grand Buffet (North of Spring Hill)

May 4 MONTHLY MEETING Grand Chinese Buffet 5228 N. Main Street, Springhill, TN. at 6:30. Come join us and enjoy a great Chinese Buffet. We will plan hikes for the summer months. Visitors and new members are welcome. Remember to bring food donations for Cumberland Trail's BIG DIG II. We will adjourn by 8:00 pm.

May 8 Fiery Gizzard/Dog Hole Trail Loop- Robert Brandt, in his book, *Middle Tennessee on Foot*, states this as one of the best hikes in the United States and the most difficult hike in Middle Tennessee. This is a 9.7-mile loop where we will encounter cascading streams, water falls, unusual rock formations, wildflowers, and mountain vistas. The hike is rated difficult because of distance, rocky trails and steep accents. So get in shape! This will be fun. Rick Lausten, our Chapter Officer, will lead this hike. We will meet at The A&D Market on Lewisburg Hwy just south of Hwy 840 and leave at 7:00 am. It will be warm so bring adequate water, and we will have lunch at Raven Point. To register, contact Bobby Hardeman at puttr22@aol.com or 615-305-7955.

May 22 The BIG DIG. Russell Smith will lead our chapter as we volunteer to work on The Cumberland Trail near Soddy-Daisy. To volunteer, contact Russell at carving082334@aol.com or call at 615-790-1833.

Additional May Hikes - We will probably schedule a short hike for May at the April meeting. We will post it in the TTA calendar on the web site.

HIKE REPORTS

On March 6th, six of us hiked the Old Stone Fort Archaeological Trail near Manchester, TN. High water prevented us from hiking the River Trail, but we were able to hike the Rim Trail and the trail that circles the fort. We also had a brief lecture on the history of the fort from one of the rangers. We enjoyed lunch and great conversation at Crockett's Roadhouse in Manchester.

On March 27th, two of us joined the Nashville Chapter and hiked Laurel-Snow near Dayton, TN. Car trouble put us behind everyone else, but we persevered and finally caught up with everyone by the end of the day. This was a great 7-mile hike with roaring rivers and plunging water falls.

Attention: Hike Coordinators

A TTA *Release of Claims & Hold Harmless Agreement* form (aka "Liability Waiver") must be signed by everyone before you start your hike or before carpooling to your hiking destination. They can be obtained from your local Chapter Officer or downloaded easily from our web site:

www.tennesseetrails.org/release.php

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm

865-426-4472, RHelm@ahss.org

CO-CHAIR: Mari Haslam

423-562-3227, pittsteelersfan@earthlink.net

MEETING: Monthly - 2nd Monday at 6pm ET

LaFollette Recreation Center's Craft Room, 201 S. 9th St.

May 10 MONTHLY MEETING New hikers and guests are always welcome. See you at 6:00 pm ET at LaFollette Recreation Center's Craft Room, 201 S. 9th St.

May 12 Trail Work Day. We have set aside the Wednesday following our monthly meeting as our standing trail-work day. We will be working on the Cumberland Trail, clearing the opening in the field along I-75. Bring sturdy boots, work gloves, snacks, and water. For time and location, contact Faith Dippold at 423-566-8026.

May 22, 23 Camping Trip to Sheltowee Mushroom Farm, KY. Jerry & Sharon Phillips will be taking us on a tour of their daughter's mushroom farm. The weekend will also include a hike in the adjacent Daniel Boone National Forest and an evening around the campfire. For directions and information, contact Jerry or Sharon Phillips at 423-563-0867.

REPORTS: On March 13, ten hikers from Cove Lake Chapter hiked on the Cumberland Mountain segment of the Cumberland Trail. Our hike commenced at Eagle Bluff in Jacksboro and terminated at Tank Springs in LaFollette. This 7-mile hike took about six hours hiking time with another forty-five minutes involved in shuttling. The weather was very pleasant and the trail was in fairly good condition. The panoramic views were very good due to the leaves not yet being out. We did do some trail work along the way, removing some small blowdowns (some others were too much for the hand equipment that we took with us). Also, Jerry Phillips carried in some lumber and constructed a wooden ladder, which can be used to negotiate the crevasse east of the shelter, if desired. We left it on site, but it can easily be moved out of the way for those who prefer to climb the rock. All had a good time.

PLANNING AHEAD:

Jun 20 Pickett State Park. Vance & Wanda Lawson

423-562-6856.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall

rosemary_l@hotmail.com

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Bob Uhren

snowcap34@charter.net

TREASURER: Harold Draper, h.m.draper@att.net

May 15 Big South Fork NRA, Slave Falls. Come hike Slave Falls Loop in the Middle Creek area of the Big South Fork National River and Recreation Area. We'll see Slave Falls, Needle Arch, an arch in formation, and Indian Rock House. For those of you who were with me last year on the Twin Arches/Charit Creek hike, this is the side trip out of Jakes Place, although coming in from the other end. Before that, I led a hike on the Middle Creek Nature Loop. The Slave Falls Loop links these two hikes; so come see how these trails connect.

(cont') EAST TN CHAPTER

cont' May 15 Length is 5 miles; 9 miles if the group wants to go all the way to Jakes Place and back. We'll meet at 8:30 a.m. in Norris at the Commons (parking strip in front of the Middle School); or we can meet you at the trailhead. For information and registration, contact Russ Manning at 865/494-812, rsmanning@aol.com. Russ Manning is a noted author of several outdoor guide books. If you're looking for an informative hike in East Tennessee's best outdoor areas, please plan on attending.

May 22 Pisgah National Forest, Max Patch. We will hike from Max Patch (elevation approx. 4500 feet) to Lemon Gap via the Lemon Gap Trail. This is a moderate hike (total distance approximately 7 miles, mostly downhill). Hopefully, we will see late blooming wildflowers and magnificent views from the Patch. Max Patch is located in North Carolina, take I-40 East to the Harmon Den exit, turn left at the bottom of the exit. Road shortly turns to gravel. Distance to the Patch from the exit is approximately 8 miles. Driving time from Knoxville is around two hours. We will meet at the Strawberry Plains Cracker Barrel at 8:00 am and carpool from there. Please contact Carol Jones at 865-675-5205, 865-374-4529, or cmjones@covhlth.com. Be sure and dress appropriately and bring plenty of water.

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: Doug Ratliff

931-455-0249, dougratliff@hotmail.com

MEETING: Monthly - 3rd Tuesday at 7:00 pm CT

D.W. Wilson Center, 501 N. Collins St., Tullahoma

May 18 Monthly Meeting Join us as Jack Carman presents a program about summer wildflowers. New hikers and guests are always welcome. See you at 7:00 pm CT at the D. W. Wilson Community Center, 501 N. Collins St., Tullahoma.

JACKSON CHAPTER

CHAPTER OFFICER: Lee Sparks

731-298-1658, leesq@bellsouth.net

MEETING: Monthly: 1st Tuesday at 7:00 pm CT

Lambuth University, 705 Lambuth Blvd,

Hyde Hall in basement on Maple Street

May 4 MONTHLY MEETING We will discuss hikes we have done, what we like, what we don't like, places we would like to go back and anything else concerning hiking. Guests and new hikers are always welcome! See you at 7:00 p.m. at Lambuth University (look for Tennessee trails Meeting signs).

May 15 Fiery Gizzard Trail, South Cumberland Recreation Area, Grundy Forest Natural Area. This is an easy 3-mile hike through a beautiful forest along a creek with numerous swimming holes, waterfalls, rhododendron, and lush ferns. Wear your bathing suit under your clothes and take a refreshing dip in the swimming hole. If you are adventurous you can even jump from the top of the falls. A short afternoon hike is planned for those who would like to or are planning on spending the night. Hike to be decided at the time. Dinner to follow at a local restaurant. We will meet at 9:00 am CDT at South Cumberland recreation Area Visitor Center. Take I-24 exit 134 US64 right towards Monteagle for 1.1 miles through town, turn left on US41/TN56 and go 3 miles to visitor center on the left. For information and to register contact Glen Rognstad at 731-217-5966 or at glenrognstad@charter.net.

MEMPHIS CHAPTER

CHAPTER OFFICER: Carolyn Pierce
901-755-5635, cedpierce2000@yahoo.com

BOARD REPRESENTATIVE: Gloria Lenski
901-213-0604, glorialenski@yahoo.com

MEETING: Monthly (Sep-May) 3rd Thursday at 7:00 pm CT
Germantown Library

May 1 Overton Park, Old Grove Overton Park Walk. "Spring Flower Hike" Join us at 10:00 am at the bridge at the end of Old Forest Lane east of the Memphis College of Art and adjacent to Rainbow Lake playground parking lot in Overton Park. This is an easy 1- to 1¼-mile hike. New hikers welcome! For more information contact John Martin at 901-386-3722.

May 8 Big Hill Pond State Park, Pocahtontas, TN has replaced the Natchez Trace State Park Hike. Join us for a 8-mile loop hike, rated moderate. Bring lunch and water. Boots strongly recommended. We will meet at the boat dock in the park at 9:30 am CT. New hikers welcome! For more information call Ken Novak at 901-377-9127.

May 20 MONTHLY MEETING We are fortunate to have Keith Kirkland, a life-long Memphian and the new executive director for Wolf River Conservancy, to share slides and stories of the Wolf River and what the group wants to accomplish along its length. He will demonstrate what an incredible resource the river is for our community for education, recreation, and the protection of plants and wildlife. He will also discuss the accomplishments by this 1,000-member organization since it was founded in 1985. Join us for an exciting evening with this 18-year volunteer for the Wolf River Conservancy.

MURFREESBORO CHAPTER

CHAPTER OFFICER: Anna Bertram (also Board Rep.)

615-765-5357, abertram@heartoftn.net

OUTINGS COORDINATOR:

(Call & volunteer to lead an outing)

Ron Dunn

615-867-3301, trekkingtn@yahoo.com

MEETING: Monthly - 2nd Tuesday at 7:00 pm CT

Barfield-Crescent Park's Wilderness Station

697 Barfield Rd., Murfreesboro

CHAPTER NEWS The two weeks spent at BreakAway and the recent hike with Jeanne' where we ran into about an acre of beautiful bluebells along the Duck River have put me in the Spring Cleaning Mood! I have an idea! Why don't we have a BIG yard sale for TTA? The Murfreesboro Chapter is hosting the Annual Meeting in 2005 and could use some extra money. I'll bet we all have a lot of stuff we no longer need or want that might be treasures for someone else. We just need a place to have it and a date. Any volunteers? If you wish to donate a place you can name the date! Just email me or give me a call.

Also, if you have a day, a weekend, or a week, or more, to give to the Cumberland Trail you have a chance to participate in the BIG DIG. You'll receive on-hands trail building instruction, tools will be furnished, and you will be fed like royalty! It's a good way to meet new friends and contribute to the completion of the C.T.

(cont') MURFREESBORO CHAPTER

May 11 MONTHLY MEETING Now is the time to be prepared for medical accidents while in the wilderness! Join us as Katherine Pendleton, RN, gives us pointers on preventative practices and the most common, traumatic medical issues that occur in the backcountry. Katherine is an experienced backpacker and hike leader. She is one of the founders and organizers of Annual Wilderness 1st Aid Training classes that are sponsored by the Sierra Club.

May 15 Stones River Battlefield, Murfreesboro, TN. This easy 3.8-mile newcomer/beginner hike is a walking tour of the Civil War Battlefield where Yanks and Rebs battled over the river and the rail lines, sang together over their Christmas Eve campfires, and both claimed victory. See where Union troops sent cannon fire to the Murfreesboro courthouse, and Confederates rushed against the odds to defend their homes. Bring water, snacks, comfortable shoes and \$\$ for lunch after the hike. For more information, contact Jeanne' Hoechst-Ronner at hoaxie@comcast.net or 615-890-9084.

May 29 Leatherwood Ford to Bandy Creek, Big South Fork National Recreation Area. Jamestown TN. We will begin hiking at Leatherwood Ford and follow a section of the John Muir Trail to Angel Falls Overlook, considered by many to be the best view in the park. From there we will continue on the John Muir Trail via a section of Grand Gap Loop before connecting to the John Litton Loop via the Fall Branch trail, ending at the Bandy Creek Visitor Center. The total distance hiked will be about 9 miles and rated moderate for uneven terrain, narrow ledge crossings, boulder passages, ladders, and bluffs at the overlook. This hike is not recommended for beginners. Wear sturdy footwear and bring snacks, lunch and plenty of water. This is a one-way hike so we will do a car drop-off at the Bandy Creek Visitor Center. For more information or to sign-up, contact Ron Dunn at 615-867-3301 or trekkingtn@yahoo.com.

NASHVILLE CHAPTER

CHAPTER OFFICER: David Furse

615-353-6435, dfurse@comcast.net

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Nancy Juodenas, njuodenas@hotmail.com

Sue Waldrop

MEETING: Monthly - 4th Tuesday at 7:00 pm CT

TN Wildlife Resources Association meeting room at Ellington

Agricultural Center, 5105 Edmondson Pike

HIKING HOTLINE - 615-367-7045

May 25 Our Annual Chapter Picnic: It's that month again, when we dispense with our meeting and instead go picnicking! We'll gather at Shelter #10 in Edwin Warner Park from 3:00 pm until dark for food, fun and games. Bring a covered dish and your boots---we'll go hiking before dinner! Directions: About a mile east of Hwy 100 on Old Hickory Blvd., turn south on Vaughn Road. Just before the bridge over the Little Harpeth---a scant quarter-mile---turn right into Edwin Warner Park. The sign says "Picnic Areas 2-11." #10 is the next-to-last area on the left---look for a big shelter. Questions? Call Dave Walton at 292-1384.

May 1 Beaman Park 1st Saturday Hike Joelton, TN. Join Friends of Beaman Park as we explore one of Nashville's newer parks being developed by volunteers.

(cont') NASHVILLE CHAPTER

cont' May 1 We will enjoy the park with leaves budding and flowers beginning to bloom. Our hike is from 9:00 am until 12:00 noon CT on terrain rated easy to moderate. We will meet at the spring on Little Marrowbone Road. For information and to register, contact the Warner Parks Nature Center at 615-352-6299.

May 1 Bald River Falls Trail is a one-way trail that is a bit over 5 miles. It can be done with a long shuttle or hiked out and back which leaves options for any length up to 10 miles. It begins with the spectacular Bald River Falls. It then follows the Bald River after the climb by the falls which leads to a picnic area and the trail. This is an excellent trout fishing stream and a special permit is required. Bald River is a tributary of the Tellico River which is another treat. It is a 3 1/2-hour drive so you may want to make a weekend of this. The trail is near the beginning of the Cherahola Skyway. We might stay and drive over the Skyway on Sunday. Joyce Kilmer Forest is at the other end of the Skyway and we can hike that short loop before returning. We will meet at the Cracker Barrel in Mt Juliet off I-40 at 6:00 am. To register, contact Carl Appelt at 615-673-6408 or riskkid@yahoo.com

May 2 Ashland City/Rails to Trails, Full Moon Hike. Hike and picnic. Bring a dish; join the group for dinner starting at 6:00 pm till sunset, then off on a flat easy 6-mile hike with a great view of the full moon on the Cumberland River. For more information, contact Toni Reeves at 615-790-3839 or tonir@bellsouth.net, or Keith White at 615-833 9770 or takehike@bellsouth.net

May 2 Virgin Falls Pocket Wilderness. DeRossett, TN. This hike follows a tumbling stream that bounds over rocks creating small waterfalls until it disappears underground. On the way to Virgin Falls, the trail passes a beautiful overlook, Big Branch Falls, Big Laurel Falls, and Sheep Cave Falls. Virgin Falls is formed by an underground stream that emerges from a cave, drops over a 110-foot cliff and goes back into a cave at the bottom. The 8-mile hike is beautiful in all seasons. The wildflowers are stupendous in May, bring your cameras. Sturdy boots are a must due to rocks and elevation loss and gain. Bring lunch, water, and dress in layers for the season. Meet at the Donelson Pike Kinko's at 8:00. To register, contact Brian Dion at 615-532-5756 or Brian.Dion@state.tn.us.

May 2 Short Springs Natural Area in Tullahoma, a natural area known for wildflowers and waterfalls. We will also stop at Rutledge Falls on the way. Meet at Target at Bell Road and I24 east, Exit 59. At 9:00 am look for red Volvo station wagon. It is an easy 4-mile hike, with one hill. We'll stop at nearby restaurant for lunch. For further information, contact Lee Harris at ephaut@juno.com or 615-315-0440.

May 8 Cooper Mountain Trail, Standing Stone State Park, Hilham, TN. This is an 8-mile loop through the woods on a ridge overlooking the lake in Standing Stone State Park. There is about a 400-foot gain in elevation, most of it at the beginning of the hike as the trail leaves the lakeshore and starts up the ridge. The trail passes a bog and several huge sinkholes as it winds its way along the top of Cooper Mountain. We hope to catch some early spring wildflowers. For meeting time and location and more information, contact Jim or Marietta Poteet at 615 824-7666.

May 9 Piney River Trail segment of the Cumberland Trail. Spring City, TN. This 10-mile trail is a point-to-point hike that will require some car-pooling. We will actually start at the terminus near Newby Branch forest camp, and end at the trailhead some 5-6 hours later. The trail is rated as moderate due to the distance. Most of the trail is in the gorge near the river and offers many opportunities for pictures. We will cross over a total of 6 bridges, one being a 100-foot suspension bridge. We will meet at 7:00 am CT, at the Kinko's on Donelson Pike. For information, contact Brion Mahoney at 615-479-4385 or btmahoney@aol.com

(cont') NASHVILLE CHAPTER

May 10 Cooper Mountain Trail, Standing Stone State Park, Hilham, TN. This is an 8-mile loop through the woods on a ridge overlooking the lake in Standing Stone State Park. There is about a 400-foot gain in elevation, most of it at the beginning of the hike as the trail leaves the lake shore and starts up the ridge. The trail passes a bog and several huge sinkholes as it winds its way along the top of Cooper Mountain. We hope to catch some early spring wildflowers. For meeting time and location and more information, contact Jim or Marietta Poteet at 615 824-7666.

May 15 Hidden Lakes Hike. Just west of Nashville, a stones throw from Bellevue, and is a treasure known only to a few. These 100 beautiful acres of undeveloped State Park property is just waiting to be explored. The two lakes, set in bowls of limestone, have been quarried in bluffs adjacent to the Harpeth River. The area is unique and offers several scenic vistas. This 2-3 mile hike is relatively easy with a little rock scrambling thrown in. Park Ranger Billy Bilbrey and Folklorist Art Ashbury will be on hand to lead the way. Art, by the way, was instrumental in bringing this property under the auspices of our State Parks. Be there for a sneak peak at what promises to be a stellar park for future generations. Take I-40 west to McCrory Lane, this is the exit past Bellevue Mall, and turn right or north toward Pegram. We will meet at 9:00 am on McCrory Lane go just past the Harpeth river bridge and you will see an open gate to a field on your left, pull in and park, this is across from Asplundh Tree Office. You may want to bring a lunch. The hike should take about 2-3 hours. Should you need further encouragement, contact Stephen Fuson at (wk) 747-3956 or (hm) 662-3704.

May 16 Fiery Gizzard / Dog Loop Trails, Grundy Forest State Natural Area Monteagle, TN. This 6.6-mile hike is rated difficult for rocky terrain and elevation changes. There are exceptional views and outstanding late spring wildflowers. Hike starts at Grundy picnic shelter and proceeds 1.3 miles to Sycamore Falls. Next, we will boulder hop beside Big Fiery Gizzard Creek for 2.5 miles and go up to Raven Point Camp. The return is along a ridge on Dog Hole Trail for 2.8 miles back to the picnic shelter. Bring sturdy boots, water, snacks and lunch. We'll leave at 8:00 am CT from the Target parking lot on Bell Rd (I-24, Exit 24). For information, contact David Furse at dfurse@comcast.net or 615-308-7988.

May 22 Rugby Spring Fling Hikes Gentlemen's Swimming Hole and Meeting of the Waters. It is around 3 miles, has lovely rock bluffs and views of the two rivers that come together. This hike is rated easy, but bring appropriate footwear, water, and, if desired, bathing gear. We will meet at the Harrow Road Cafe at 9:00 CT in Rugby. For more information and to register, contact Jim and Marietta Poteet at 615-824-7666 or jpoteet@genesco.com Everyone is welcome to stay for the festival after the hike.

May 23 Bearwaller Gap Trail. Carthage, TN. This Corps of Engineers trail extends from Tater Knob Overlook above the Cordell Hull Dam to Defeated Creek Recreation Area on Cordell Hull Lake for a total of 5.7 miles. The trail provides many dramatic overlooks from the bluffs, and often we spot wild turkeys, turkey vultures, and waterfowl. This is a one-way hike and requires a car shuttle between the Tater Knob Overlook and Defeated Creek Recreation Area. The trail is rated moderate for the several rolling hills we will climb. Bring snacks, lunch, water, and wear hiking boots. Meet at 9:00 am at the Kinko's parking lot on Donaldson Pike. For more information, contact Brian Dion at 615-532-5756 or Brian.Dion@state.tn.us.

(cont') NASHVILLE CHAPTER

May 29 Bowie Park Newcomer's Hike. Come join us at Bowie Nature Park for a 6-mile hike on the Perimeter Trail. This is a good trail for beginners. The trail is rated easy to moderate because of the length and slight elevation gain at the end. There will be one creek crossing but is usually low enough that you can rock hop across without getting your feet wet. There are lots of dogwoods and redbuds so the hike will be colorful. Bring \$\$\$ for food as we will be eating lunch at the Mojo Coffee House afterwards. We will meet at the Warner Park Nature Center parking lot near the junction of Hwy 100 and Old Hickory Blvd at 9am. To register, contact Peter Gregory at 300-8174 or pgregory@starband.net.

NORTHWEST CHAPTER (UT at Martin / Weakley County)

CHAPTER OFFICER: Jim Clark

731-587-2225, jclark@utm.edu

MEETING: usually the 2nd Thursday

Call for confirmation or visit our chapter website.

Meetings start at 7:00 pm CT

UT Martin Campus, Boling University Center, Room 231

WEBSITE: www.utm.edu/~jclark/trails/

May 1, Ferne Clyffe State Park, Goreville, Illinois. An 8-mile loop trail coinciding with part of the River to River Trail. This trail begins along a bluff line, passes by Hawks Cave – worth a trip in its own right – before crossing a natural bridge. It then descends following a creek bed back towards our starting point. Two years ago, there were lots of wildflowers, dogwoods, and redbuds to be viewed. This is our last scheduled hike before breaking for summer vacation. For information, contact Jim Clark at 731-587-2225 or jclark@utm.edu.

May 13 MONTHLY MEETING New hikers and guests are always welcome. See you at 7:00 pm CT at the UT Martin Campus, Boling University Center, Room 231.

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER: Carolyn Miller

931-260-6674, cardan@usit.net

MEETING: Monthly - 2nd Thursday at 6:30 pm CT, Art Circle Public Library's Community Room, 154 East 1st Street in Crossville

May 8 Upper Rock Creek Trail, Cumberland Mountain State Park, Soddy Daisy, TN. This is a moderate hike of 5.8 miles roundtrip on a new section of the Cumberland Trail. This section includes staircases, overlooks, bridges, high bluff lines, and with a waterfall thrown in for good measure. Meet at the Golden Gallon on Highway 27 North just South of Sale Creek at 10:00 ET. For more information and to register, contact Barry Spearman at 931/839-2320 or barry_spearman@yahoo.com.

May 13 MONTHLY MEETING. Community Room of the Art Circle Public Library, 6:30 pm. Wildflower presentation by Clarence Coffey, TWRA.

Other hikes to be announced. If you are interested in hiking with us in May, please contact the Chapter Officer.

(cont') PLATEAU CHAPTER

Don't forget the Big Dig from May 16 - June 26.

There is a leaderless hike in the Crossville area every Wednesday morning. Visitors are welcome to join the group. For information, call Bill Haynes at 931-707-7606. Rain cancels the hike.

SODDY DAISY CHAPTER

Arleen Decker 865-856-7262 deckerstudio@bellsouth.net

This chapter is being reorganized. For further information, contact Arleen Decker at 865-856-7262 or deckerstudio@bellsouth.net. In the interim, you are welcome to attend other chapter's (13 to choose from) outings, events and meetings.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Richard Savage

931-526-2035, savage_richard@hotmail.com

May 1 Collins River Nature Trail and Eagle Trails, Rock Island State Park, Walling, TN. We will hike the Collins River Nature Trail which is a 3-mile loop and rated easy. After lunch at the Blue Hole Picnic Area we will hike the Eagle Trail which is also 3 miles and rated moderate because of elevation changes. Bring snacks, water, and lunch. You can meet us at 9:00 am in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 9:30am. For information and to register, contact Hix Stubblefield at 931-526-2312 or hixstubl@citlink.net.

May 8 Shuckstack, Great Smoky Mountains National Park, Fontana Village, NC. The hike begins at Fontana Dam, the highest dam east of the Rockies. There are occasional views of Fontana Lake on the ascent. The views from the summit of Shuckstack are considered to be among the best in the park. The hike is about 8 miles and is rated strenuous because of the 2000 foot elevation change and the steep final ascent. Bring snacks, water, and lunch and wear sturdy hiking boots. For information and to register, contact Marnell Cothran at 931-738-5874 no later than Wednesday May 5.

May 15 Piney River Trail Segment of the Cumberland Trail, Spring City, TN. This trail winds along streams for much of its length. There are impressive cascades. The trail is also noted for spring wildflowers. The hike is about 10 miles and is rated easy for the terrain and moderate for the distance. Bring snacks, water, and lunch. You can meet us at 8:00am in the Penney's parking lot in Cookeville. For information and to register, contact Marnell Cothran at 931-738-5874.

May 29 Leatherwood Ford to Bandy Creek, Big South Fork National Recreation Area, Jamestown, TN. This is a joint hike with the Murfreesboro Chapter. We will begin hiking at Leatherwood Ford and follow a section of the John Muir Trail to Angel Falls Overlook, considered by many to be the best view in the park. From there we will continue on the John Muir Trail via a section of the Grand Gap Loop before connecting to the John Litton Loop via the Fall Branch Trail, ending at the Bandy Creek Visitor Center. The total distance hiked will be about 9 miles and rated moderate for uneven terrain, narrow ledge crossings, boulder passages, ladders, and bluffs at the overlook. (This hike is not recommended for beginners.) Wear sturdy footwear and bring snacks, lunch and plenty of water. This is a one-way hike so we will do a car drop-off at the Bandy Creek Visitor Center. You can meet us in the Penney's parking lot in Cookeville at 8:30 am. For more information or to register, contact Ron Dunn at 615-867-3301 or trekkingtn@yahoo.com.

Water: It's a Real Lifesaver

Pure water is vital to health. Our bodies cannot store water, so we must drink constantly. The need for water is driven by temperature, metabolism and work. Our bodies perspire to control the body's core temperature during exercise, such as hiking. Water is also needed by the body for breaking down and metabolizing our food intake. Even while resting, we can lose 4 pints (2 liters) of water per day just through normal perspiration, urination and breathing.

Hiking is a strenuous activity, and adequate hydration is crucial for optimal performance and health.

How much water to drink? Drink frequently, between 1 to 2 cups of water per hour and before you feel thirsty, to avoid dehydration. (A good sign that you've drank enough water - clear urine! Cloudy or colored urine indicates the need to drink more.) You can be slightly dehydrated and not feel thirsty. The signs and symptoms of dehydration may include fatigue, flushed skin, headache, dizziness, chest pain, irritability, feeling tired, and cramps. Extreme cases of dehydration could lead to death.



**Plants grow
by the inch
and die
by the foot.
Please,
keep to the trails.**



LEAVE NO TRACE PRINCIPLES

- ☐ Leave what you find.
- ☐ Minimize Campfire Impacts.
- ☐ Respect wildlife.
- ☐ Be considerate of other visitors.
- ☐ Plan ahead and prepare.
- ☐ Travel and camp on durable surfaces.
- ☐ Dispose of waste properly.



If you've run out of water, and as long as you're close to a water source, most water can be made fit to drink. Never assume the water source to be safe – even if the water is fast flowing, crystal clear and cold. How you purify your water is a matter of preference; however, some methods are safer than others.



One of the most reliable methods of purifying your water is to boil it. This requires a heat source and a container to boil the water – items not common to a day hiker's backpack. Another effective treatment is to use purification tablets (iodine). They are lightweight and easy to use. One pill purifies one quart of water in about 10 minutes. A drawback to iodine tablets is the bad taste it leaves in the water. However, neutralizer tablets placed into the water after the purification process will eliminate the iodine aftertaste. Finally, there are filters. Water is hand pumped through a narrow intake hose, where it passes into a filter assembly for purification, then exits ready to drink. Filters don't leave a bad aftertaste, weigh as little as $\frac{3}{4}$ of a pound, are easy to use and remove a wide range of contaminants; both organic and inorganic.

For a day hike you may not need to consider utilizing any of the above water treatment processes – just be sure you have plenty of water for the hike, and enough to get you back into civilization.

TTA Gift Memberships Available Throughout the Year!

- ◆ Birthdays ◆ Anniversaries ◆ Valentine's Day ◆ Boss' Day
◆ Mother's Day ◆ Graduation ◆ Father's Day ◆ Halloween ◆
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For the price of a regular membership, we will send the gift membership recipient a beautiful TTA logo patch enclosed in a card (customized for the occasion) announcing your gift. Gift memberships can be purchased by contacting Anne Wesley: tahiker@msn.com, or 615-851-1052.

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TN Rails To Trails Advisory Council

VACANT

CHAPTER REPRESENTATIVES ON THE BOARD
ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor

Tina Dean editor@tennesseetrails.org

Newsletter Deadlines

Deadlines for Chapter announcements
and articles of special interest
are due as follows:

Due For Newsletter Dated

May 5 June 1

June 5 July 1

Articles submitted are subject to editing
and will be included as space permits.

Please send all submissions to:

editor@tennesseetrails.org

ADOPT-A-TRAIL NEWS

ADOPT-A-TRAIL OFFICER:

Harold Draper 865-689-7757 h.m.draper@att.net

Have You Considered ...

Maintaining a particular trail or section of trail?

Through the cooperation of land managers, who periodically inform us of volunteer opportunities, TTA can put you in touch with several Adopt-A-Trail programs, or offer suggestions on how to approach local land managers in your area.

The Adopt-A-Trail program is quite simple and flexible. Volunteers or chapters select the trail they wish to adopt and at the same time determine the level of trail maintenance they wish to undertake. Their only commitment is to hike, inspect, and report on the trail's conditions and maintenance needs twice per year. Light trail maintenance (clipping, pruning, trash and minor blow-down removal) is encouraged during each inspection. Serious trail problems identified will be reported to the local land management agency for resolution.

To obtain an Adopt-A-Trail or Trail Inspection form, call Harold Draper: 865-689-7757

TENNESSEE RAILS-TRAILS ADVISORY COUNCIL (TRAC)

website: www.TNRailsTrails.org

TRAC is in the process of being reorganized. Stay tuned for further information.

MISSION: To act as a resource and mentor for 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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A must for each car.

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E-mail Address: _____

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.