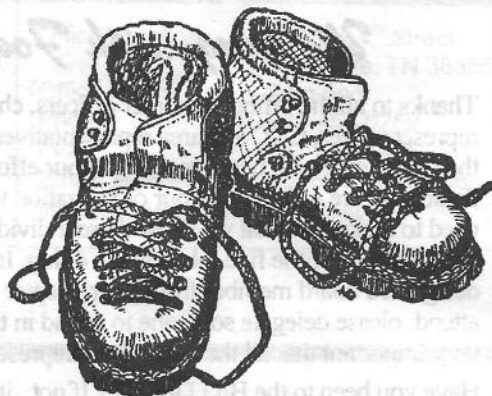


TENNESSEE TRAILS

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

NOW – JUNE 26

Let's Build Some Trail!

The BIG DIG II, which began May 16, is still going on, and it is not too late to sign up! We will be adding 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.

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



2004 Annual Meeting! November 5-7

**Pickwick Landing State
Resort Park
Pickwick Dam, Tennessee**

**Watch for Annual Meeting Registration
Form in the July TTA Newsletter**

Mark your calendar for a weekend of fun and hiking in West Tennessee. This year's annual meeting location is Pickwick Landing which was a riverboat stop dating from the 1840's.

All Inn Rooms have a balcony and picturesque view of lake. Cabins are in a wooded area ½ mile from Pickwick Inn & Conference Center. Inn and cabin reservations: 800-250-8615 Mention the TTA Group Code 2165

Rooms on hold:

70 Inn Rooms 2 queen beds, private bath
3 AAA Cabins 1 bath, 2BR, total of 4 double beds, a capacity of 8 people, linens provided

Campground: No reservation needed, first-come first-served basis

Rate per night for 2 people plus tax:

Inn Rooms \$78

1 Bed Suite \$150

2 Bed Suite \$224

AAA Cabin \$120

Motor Home \$17.50

Tent \$15.50

Directions: From I-40 take St. Rt. 22 South (Lexington Exit) through Shiloh National Park; then follow St. Rt. 142 South to St. Rt. 57 East to park. From Jackson take US 45 South to St. Rt. 57 East.

Walking with Fount

Thanks to all the officers, chapter officers, chapter board representatives, CTC and area representatives that attended the recent quarterly board meeting. Your efforts and dedication are what makes our organization work. All of us need to make sure that we show these individuals our appreciation for the fine job they are doing. In the future, if a designated board member from your chapter is unable to attend, please delegate someone to attend in their stead. It is very important that all the chapters be represented.

Have you been to the BIG DIG yet? If not...it isn't too late. It isn't necessary to schedule, but the kitchen staff would certainly appreciate knowing how many hungry mouths they are going to need to feed. We have a wonderful opportunity to get a significant portion of the Cumberland Trail done this year and we need to take advantage of this and get the work done. We had hoped to complete 30 miles of trail between the BreakAway and BIG DIG efforts. Please help in reaching this goal. Even if you don't feel like you can do the strenuous work of trail building, we'll find something for you to do. Contact the CTC office and they will find something for you.

There are so many trail building challenges out there right now it taxes the imagination. We are constantly being asked to contribute our talents and efforts to forward these projects. The Tennessee Parks and Greenways are always on the lookout for places and features to preserve. Kathleen Williams called me recently urgently requesting our help in making some of these unique places accessible to the public. The TWRA has over 12,000 acres in the Maury County area along the Duck River that they are actively seeking our help in developing. The Nature Conservancy has purchased 9,000 acres in Franklin County which includes the fabled *Walls Of Jericho* and the Alabama, Forever Wild Fund, has purchased over 12,000 acres on their side of the state line in the same location. This is a wonderful pristine wilderness area with fantastic features and that desperately needs some trails to make it accessible. We are a vital part of the Southeastern Foot Trails Coalition...a charter member. TTA and CTC have been on the cutting edge of the formation and development of this organization. The 9 Southeastern states that comprise this group have a total of 28 participating organizations with a membership of over 55,000. We will have a strong voice in determining where the hiking community is going. I know there are far too many projects for us to take on, but we need to make our voices long and loud in support of the groups that will ultimately be responsible for developing these opportunities. Mississippi is in the process of organizing a state wide hiking group and I have volunteered our support to this effort. We are on a roll gang...and let's do our part to keep the ball going in the right direction!

Just remember...Enthusiasm is contagious...let's start an epidemic!

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 16-Jun 26 Cumberland Trail BIG DIG II

Jun 5 National Trails Day

Aug 7 Board of Directors' Meeting
Ellington Agriculture Center, TWRA
Office, 1:00pm CT, 5105
Edmonson Pike, Nashville

Sep 18 National Public Lands Day

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

**Calendar will be revised as needed.*

Blue Ridge Mountain Sports TTA Sale in Fall

The staff at Blue Ridge in Franklin and Belle Meade would like to thank everyone that came out to the sale 4/30-5/2. It was a big success, and I hope everyone took full advantage of the increased discount. We will do another sale for TTA members in the fall, so be sure you are on our Preferred Customer list as an active TTA member. Don't forget, everyday, active TTA members get 10% off at Blue Ridge Mountain Sports.

The next BIG sale we will have will be June 17 through June 20 for Father's Day. It will be 20% off the entire store (excluding boats). We will kick it off with a great slide show by seasoned AT thru-hiker Spencer Knoch. He'll have slides from his thru-hike, and will display his 13 lb 11 oz pack system rated down to 15 degrees. Unlike our last sale, this one is open to everyone.

Thanks,
Jed King, Manager
Blue Ridge Mountain Sports

**A Lifetime of Thanks to Rick
Guhse of Crestview, FL for being
a TTA Lifetime Member!!**

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE STAFF:

Interim Executive Director Barry Spearman.....barry_spearman@yahoo.com
Trail Development &
Maintenance Coordinator Mark Stanfillmstanfill@onemain.com
Office Manager Nora Becknorabeck@onemain.com
CTC Advisor Rob Weberrobweber@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

Please join us to celebrate

National Trails Day – Saturday, June 5, 2004

This year's theme: "Trails and Health – A Natural Connection"

with

**Dedication of the Rock, Possum and Soddy Segments
of the Cumberland Trail State Park**

**Location: Soddy-Daisy Ball Field - Corner of Dayton Pike and Durham Street
Soddy-Daisy, Tennessee**

9:30 a.m. EDT

Guided Hikes (departing from ball field) - choices include easy, moderate, and difficult hikes.

Bring hiking boots and water bottle!

Exhibits - enjoy history, recreation and health-related exhibits.

12:30 p.m. EDT

Trail Dedication Program

Music! Food! Bring lawn chairs!

Directions: From U.S. Hwy. 27, take the Hixson Pike exit. Follow Hixson Pike (going toward Walden's Ridge) to Dayton Pike. Turn right onto Dayton Pike, then opposite Soddy Lake, turn left onto Durham Street.

Hosted by Cumberland Trail Conference, American Hiking Society, National Park Service's Rivers, Trails & Conservation Assistance Program, Tennessee State Parks, and the City of Soddy-Daisy.

Telephone: (931) 456-6259 E-mail: norabeck@onemain.com

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!

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.

Watch for Annual Meeting Registration Form in the July TTA Newsletter!!

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 or

ttakacs@comcast.net

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Kathy Hicks 865-938-6846, khudson3@utk.edu

No hikes are planned for June. Consult this newsletter or the TTA website for information about hikes that other chapters are organizing for our region.

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

June 5 National Trail Day – Trailwork. TBA. To register, call Suva Bastin at 931-645-2849.

June 12 Radnor Lake. Nashville, TN. 5 miles. To register, call Sandy Hamilton at 931-920-2760.

June 19 Virgin Falls. Sparta, TN. Overnight backpack. 8 miles. To register, call Darryl Butts at 931-645-9177.

June 26 Honder and Hematite Lakes, Land Between the Lakes, Dover TN. 7 miles. To register, call Sandy Janus at 931-645-9177.

HIKE REPORT:

Spring hiking has been great! A special thanks to Manuel McKnight for a splendid overnight trip to Frozen Head.

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

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)

June 1 MONTHLY MEETING 6:30 at the Grand Chinese Buffet 5228 N. Main Street Springhill, TN. Come and bring a friend to enjoy a great Chinese buffet and share your ideas for upcoming hikes. There will also be reports on last months hikes and a report on our chapters participation at The Big Dig. You can obtain discount coupons at www.chinagrandbuffet.com/coupon.jpg

June 12 Savage Gulf Hike. We will begin at the Savage Gulf Ranger Station and hike the Savage Gulf Day Loop and parts of the North Rim Trail and the South Rim Trail totaling about 6 miles. These trails are all on the plateau so there are no major altitude changes. This moderate hike will include several overlooks and water falls. We plan to have lunch on the North Rim Overlook. To register, email Bobby Hardeman at puttr22@aol.com or phone at 615-305-7955. Plan to meet at The A&D Market on Hwy. 431 just south of the 840 interchange. We will leave at 8 am.

June 26 Bear Waller Gap Trail. Rick Lausten will lead. The trail is 5.7 miles one way and rated strenuous because of several steep accents. The trail goes along the Cordell Hull Lake with several dramatic overlooks of the lake. We are thinking of splitting into two groups and starting at opposite ends of the trail and swapping keys as we pass. If we don't have enough for two groups we will drop a car at the end and drive back to the trail head. To register, contact Rick at saturncar1@aol.com or 615-373-0029.

HIKE REPORTS:

On April 9-10, Kerry Sumners led 9 backpackers and discovered how Frozen Head State Park got it's name, IT'S COLD UP THERE! Kerry reported there was a fire ban the first night so it was a little cold. Photos of the hike can be seen at www.community.webshots.com/album/1330019930EAzHS and www.community.webshots.com/album/133182442AtWjOK.

On April 17, Rick Lausten led 14 hikers on a hike at Short Springs Natural Area near Tullahoma. Wildflowers were plentiful as we hiked along the ridges and streams. Ten of us stopped at Davy Crockett's RoadHouse in Manchester for lunch.

(cont') COLUMBIA/FRANKLIN CHAPTER

PLANNING AHEAD:

July 31 Too hot to hike? I don't know but our chapter will take a break the weekend of July 31 to have lunch at Miss Mary Bobo's in Lynchburg. The cost is \$15 per person with \$7.50 due on July 6 at the July Meeting. We have reservations for 12 so sign up soon so you won't be left out. After lunch, we will tour Jack Daniel's Distillery and the town of Lynchburg. To register, email Bobby Hardeman at puttr22@aol.com or 615-305-7955.

Aug 3 MONTHLY MEETING Pandy English, Wildlife Diversity Coordinator, for the Tennessee Wildlife Resource Agency (TWRA) will speak to us about Tennessee wildlife.

Oct 23-24 Ernie Stewart is planning an overnight to Roan Mountain, watch for details.

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.

June 14 MONTHLY MEETING.

June 5-6 (Rescheduled from May) Camping Trip to Sheltoewe 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.

June 16 Trail-work Day. We have set aside the Wednesday following our monthly meeting as our standing trail-work day. Bring sturdy boots, work gloves, snacks and water. For time and location, contact Faith Dippold at 423-566-8026.

June 20 Hike in Pickett State Park with Vance & Wanda Lawson. In a change of plans, it has been decided to have a picnic lunch in conjunction with this hike. We will meet at Eagle Market parking lot at 1:30 pm. For reservation and information, contact Vance & Wanda Lawson at 423-562-6856.

HIKE REPORTS:

On April 18, a small group hiked on the LaFollette Nature Trail, which follows Big Creek through downtown LaFollette. We have been in the process of revitalizing the trail, and had just finished clearing it all the way through. With many wildflowers in bloom along this trail, there was some consternation over the Miterwort that Richard was not along for identification. There is a small cave nearby the far trailhead, the cool interior of which some of the more enthusiastic explored, while some of the less enthusiastic sweltered outside.

On April 24, over twenty folks showed up for the Cumberland Trail STOMP. Two groups hiked on the Cumberland Mountain Segment of the Cumberland Trail to the Devil's Racetrack, an interesting rock formation on the southern tip of Cumberland Mountain. Over \$900 was raised or donated by the group for the Cumberland Trail.

(cont') COVE LAKE CHAPTER

On May 6, two of our members led hikes for the annual Baptist Health Foundation's Senior Hike on the Cumberland Trail. A two-mile hike was led out by none other than Ed Dippold. (Yes, you heard right, Ed led the hike!) Meanwhile, Richard Helm led a short, leisurely one-mile wildflower walk. The majority of the around 50 people who came out took the more ambitious 4-mile hike part way up Cross Mountain. We had perfect weather for these hikes, which were on the Smokey Mountain. Segment of the trail.

PLANNING AHEAD:

July 17 Breakfast trip to Lost Sea in Sweetwater. Faith Dippold 423-566-8026.

Aug 15 Ijams Nature Center, Knoxville. Vance Lawson 423-562-6856.

Sep 18 Piney River. Faith Dippold 423-566-8026.

Oct 16 Hike Inn in Georgia. Mary Haslam 423-562-3227.

Nov 13 Chained Rock at Pineville State Park. Vance Lawson 423-562-6856.

Dec 13 Annual Christmas Dinner.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall

rosemary_1@hotmail.com

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Bob Uhren

snowcap34@charter.net

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

June 12 Great Smoky Mountains, Rainbow Falls. We'll be hiking the first 2.6 miles of the trail out to Rainbow Falls and then hike back to the trailhead for a roundtrip of 5.2 miles. Although the hike is short, it is rated moderate do to a continuous ascent of 1750 ft. from the trailhead to the falls. Along the way we'll pass through mostly hardwood forest with some hemlock, rhododendron, and mountain laurel before reaching the falls. Rainbow Falls is about 75-foot drop framed by a cliff basin surrounding the spillway. It should provide a nice spot to sit and enjoy the mountains and have some lunch. Wear sturdy hiking boots and bring along plenty of water, snacks and lunch. We'll meet at 9:00 a.m. ET at the Gatlinburg Welcome Center or if you prefer, you can meet us at the trailhead at 10:00. For information, contact Lesley Price at 865-523-5312 / 865-254-1193 or diti@esper.com.

June 19 Great Smoky Mountains, Rough Fork Trail and Hemphill Bald Trail. We will hike about 2.5 miles down Rough Fork Trail, which is an old railroad bed, and then turn around and return to the parking lot and do about a 3 mile roundtrip hike on Hemphill Bald Trail. These trails are located off Heintooga Ridge Road in the Balsam Mountain area of the park in North Carolina. Bring plenty of water and food and wear sturdy boots. We'll meet at 8:00 am. ET in front of the Sugarlands Visitors Center, GSMNP. For more info on this hike, contact Keith Mertz at keithmertz@hotmail.com or 865-982-7368.

June 26 Great Smoky Mountains, Cades Cove. We are planning a bike/hike through the 11-mile Cades Cove Loop. We will meet at the Cades Cove Loop Gate (beginning of the loop road) at 8:00 a.m. ET to begin our trip. Bikers/hikers need water, athletic type shoes (no sandals, flip flops, etc.) and helmets. Traditional single speed coaster bikes are available for rent at the General Store in Cades Cove. If anyone is needing to rent a bike there, they need to allow approximately 30 minutes more to make arrangements. Multiple speed bicycles are recommended. We should see deer and there is a chance of seeing bear and wild turkey. The bike ride is estimated to be about two hours, and the hike would be about four hours. We plan to return to the Carriage House for breakfast afterwards around 10:30. Please call Richard or Judith Mynatt at 865-769-1427 or judithmynatt@aol.com.

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

June 5 Cumberland Trail, Soddy-Daisy, TN. Join fellow TTA members on National Trails Day as the Rock, Possum, and Soddy segments of the Cumberland Trail are dedicated. Hikes (easy, moderate, and difficult hikes) begin at 9:30 AM ET and the trail dedication is at 12:30 PM EDT. For more information contact Doug Ratliff at 931-455-0249 or dougratliff@hotmail.com.

June 12 Trail Building at Short Springs State Natural Area, Tullahoma, TN. No experience required! Here's a great opportunity to make a contribution to one of Tennessee's treasures close to home! Join us as members of the TTA, Friends of Short Springs, and TDEC (Tennessee Department of Environment and Conservation) build a new section of trail. Everyone is welcome and encouraged to participate... for a few hours or for the day. Remember, no prior experience required. We'll meet at 8:30 am at the parking area by the water tower. For additional information and to RSVP, contact Doug Ratliff at 931-455-0249 or dougratliff@hotmail.com. Your help is greatly appreciated!

June 15 MONTHLY MEETING Learn hiker safety tips, hear about past and upcoming hiking trips, and meet members/friends. 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.

June 19 Franklin State Forest near Sewanee, TN. This will be an easy to moderate hike and the route and length will be determined on the day of the hike. Initial plans are to meet at the Blue Chair restaurant in Sewanee for breakfast at 9:00 am CT. For more information and to register contact either Joan Bentley (931-455-5849, bentley@edge.net) or Sharon Bell (931-455-1652, scbell@midtn.net).

JACKSON CHAPTER

CHAPTER OFFICER: Lee Sparks
731-298-1658, leesq@bellsouth.net

MEETING: Summer Monthly Meeting at North Park, June 1, Picnic 6:30 pm

June 1 Full Moon Hike at North Park (Note Location Change) Meet at North Park on North Highland Avenue for a picnic and walk. Bring a picnic dinner (pack from home or stop along the way and pick up dinner). Park your car and meet us at the tennis courts at 6:30 pm and we will find a covered pavilion at the park to eat and hold an informal meeting. For those meeting us after the picnic, meet us at the pavilion at 7:30 pm for a 1-mile loop trail, we will walk once or 4 times...it's your choice. To register, contact Ellen Volet at 731-427-3666.

Notice: Hikes may be cancelled due to bad weather. Call the contact person for the hike update.

June 12 Buffalo River, Flatwood, TN Canoe Trip The Buffalo River is located in Perry County and is spring-fed and designated a National Scenic and Wild River. Canoe trips are suitable for beginners. We will meet at 10:00 am CT at Flatwoods Canoe Base, Flatwoods, TN and rent canoes. Canoe rental single day float, 1-5 canoes \$24.00. Price includes sales tax, lifevests and paddles--shuttle is extra. Plan on a 5-hour float and bring your lunch, water and extra clothes.

(cont') JACKSON CHAPTER

(cont') June 12 Directions from Jackson: take I-40 East to Law Rd. (Hwy. 152 So.) Go about one mile to Hwy. 412. Turn left and go East on 412 through Lexington, Parsons and into Linden. At the 4-way stop in Linden turn right onto Hwy 13 South. Travel 12 miles on Hwy 13 into Flatwoods. Left side of the road. Canoe reservations will be called in by Wednesday. To register, contact Ann Knighton at alittleless50@msn.com or 731-659-2182. For more information, check out www.flatwoodscanoe.com

June 26 NOTICE! Natchez Trace State Park hike has been cancelled and replaced by Mousetail Landing State Park, Parsons, TN. We will hike an 8-mile loop trail through a scenic hardwood forest and have lunch on a limestone bluff overlooking the TN River. The trail is rated moderate with some steep and rugged hills. Meet at 9:30 am. CT at the visitor center parking lot. To register, contact Ann Knighton at alittleless50@msn.com or 731-659-2182.

June 30 Full Moon Hike at North Park (NOTE LOCATION CHANGE) Meet at North Park on North Highland Avenue for a picnic and walk. Bring a picnic dinner (pack from home or stop along the way and pick up dinner). Park your car and meet us at the tennis courts at 6:30 and we will find a covered pavilion at the park to eat and hold an informal meeting. For those meeting us after the picnic, meet us at the pavilion at 7:30 for a 1-mile loop trail, we will walk once or 4 times...it's your choice. To register, contact Ellen Volet at 731-427-3666.

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

It's vacation time! No chapter meeting and hikes are scheduled for the months of June and July. Next event will be the Memphis Annual Picnic on Sunday, August 22. In the meantime, check out other TTA chapter hike listings and join a hike!

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 If you have a day, weekend, or week 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.

June 8 MONTHLY MEETING A Finger Food Supper and Hike Planning Extravaganza! Everyone is encouraged to take part in this fun approach to the planning of our hikes for the second half of 2004! Be thinking about the hikes you have enjoyed, and those you would like to try in the future. Get your photo albums and pictures to jog your memories, then bring them to share. Fount promises to entertain us with a Power Point presentation that will get us stepping!

(cont') MURFREESBORO CHAPTER

(cont') June 8 MONTHLY MEETING Come prepared for a fun evening! Bring your appetite, finger foods to share, calendars, planners, photos, brochures, and stories. Most of all, bring your ideas and enthusiasm! (Contact Anna at abertram@heartoftn.net)

June 19 Lookout Mountain, Chattanooga, TN. This hike will cover approximately 7 of the thirty miles of hiking trails located within the historic Chickamauga and Chattanooga National Military Park. We will begin on the Craven's House trail before connecting with the Sunset Rock trail and eventually the Bluff trail. This beautiful area is a magnet for those who enjoy rappelling, hang gliding or just soaking up the view of the distant Cumberlands or Lookout Valley. We will return to Craven's House by way of the Upper Truck trail with options available for longer or shorter hikes as well. Meet at Cracker Barrel located at I-24 and highway 231 in Murfreesboro at 7:00 CT. For more information or to register contact Martin McCullough at 615-896-1043.

June 26 Radnor Lake State Natural Area, Nashville, TN. Join us for our monthly newcomer hike as we trek a beautiful mountain and lake wilderness hidden within the city limits of Nashville. Boasting some of the finest wildflower viewing in Middle Tennessee, the Lake Trail and South Cove Trail covers 3.6 miles and is rated easy to moderate for some elevation change. Radnor Lake charges a State Park Access Fee so if you don't already have your annual pass bring \$3 to feed the machine. Also bring a little extra \$\$\$ as after the hike we'll relax over lunch in a local restaurant. For more info, contact Jeanne' Hoechst-Ronner at hoaxie@comcast.net or 615-890-9084. if you need suggestions on food.)

NASHVILLE CHAPTER

CHAPTER OFFICER: David Furse

615-308-7988, dfurse@comcast.net

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Nancy Juodenas, njuodenas@hotmail.com

Sue Waldrop, boots1028@bellsouth.net

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

TN Wildlife Resources Agency meeting room at Ellington

Agricultural Center, 5105 Edmondson Pike

HIKING HOTLINE - 615-367-7045

June 5 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. We will enjoy the park with leaves out and flowers blooming. 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.

June 8 Centennial Park, Nashville, TN. Hike around the park and end up at the Nashville Symphony Concert at the band shell. The concert is free; bring snacks, water, and a blanket for the concert. For information and to register, call Julie Walski at 615-333-6904.

June 12 Standing Stone State Park, Hilham, TN. Lake Trail. This trail winds around the lake for about 5 miles and is rated moderate. There should be plenty of wildflowers in bloom. Bring snacks and water, and money for an after-hike restaurant visit. To register or for information, contact Jerry Hendrixson at 615-423-7019.

June 13 Mossy Ridge and Warner Woods Trail, Percy Warner Parks, Nashville. Both are rated moderate, and the combined distance is a total of 7 miles. Wear hiking boots, and bring water and snacks. Meet at the Deep Well parking area off Hwy.100 at 10:00 CT. Contact Brian Dion at 615-210-7876.

(cont') NASHVILLE CHAPTER

June 15 6:30 pm CT Shelby Bottoms Greenway, Nashville, TN. We will hike, bike or rollerblade. The distance can be as much or as little as you want. Plan on doing 7.5 miles. The scenic trail runs along the Cumberland River with many wildflowers and songbirds to cheer you on. Bring water and snacks. To register or for information, call Jerry Hendrixson at 615-423-7019.

June 19 Alum Cave, Great Smoky Mountains 10.2 miles. Rated strenuous due to the elevation change and steep ascent. We will hike up to Mount LeConte Lodge via the Alum Cave Trail. We start at 3800' at the trailhead and end at 6400' at the lodge. It is 5.1 miles up, then back. Parts of the trail you will be required to hold on to a cable alongside the trail due to possible wet trail conditions. Great views, not to be missed and ample photo opportunities. We will eat lunch at the top, however you will have to bring your own supplies. Bring plenty of water; most of this trail is in the open. We will meet at the Sugarlands Visitor Center at 8:00am Eastern Time. If you plan to come along, you might want to reserve a room for the night at a hotel/motel of your choice. We will be off the trail in plenty of time for any Nashville residents to be back home before supper! Contact Brian Mahoney at 615-479-4385 or at btmahoney@aol.com.

June 20 Montgomery Bell Trail at Montgomery State Park, Hwy 70S. This trail follows the perimeter of the park and passes by several lakes, near several historic areas and crosses streams. The hike is 11 1/2 miles and rated easy for the terrain, but moderate because of the distance. Bring snacks, lunch and water. Wear boots for stream crossings. Meet at Kroger on Charlotte Pike and White Bridge Rd. at 9:00 CT or at the Park Office at 10:00 CST. Contact Brian Dion at 615-210-7876.

June 17-20, Roan Mountain State Park. Car camping and day hiking at Roan Mountain State Park. Open to TTA Members only. We will camp at the Group Camp area at RMSP during Rhododendron Festival weekend. Space Limited -Reservation Required. First contact Doug Burroughs to check for available space and then arrange to submit \$20 per person, payable to "Tennessee Trails Association", to reserve your requested space(s). The reservation also applies if you are hiking with us but making other lodging arrangements and/or if you will not be able to attend all 3 nights. Excess fees over reservation costs and possible other costs will go into the TTA Nashville Chapter account. Hiking: Friday and Saturday will offer full days for hiking opportunities, with some shorter hiking possible on Thursday and Sunday. Nearby Hiking Areas: RMSP, Carvers Gap/Rhododendron Garden/AT, Pond Mountain Wilderness Area. Rhododendron Festival: Saturday-Sunday (Arts & Crafts, etc.). Specific hiking and other activities to be arranged based on participants' interests and abilities. Contact Doug Burroughs at 615-292-9307 or doughurroughs@earthlink.net.

June 22 (Sat) MONTHLY MEETING This month, we go deep with one of TTA's most popular hiking destinations, Old Stone Fort State Park. A yet-to-be-designated interpreter from the park will discuss the geography, history and archeology of this unique location in Middle Tennessee. Why was this place chosen by the Woodland natives as their ceremonial site? How did the solstice figure in the location? When and why was it abandoned? Come explore these and other questions and make your next hike a more informed one. **Remember:** We're now meeting at our new gathering place-the Tennessee Wildlife Resources Agency meeting room. The address is 5105 Edmondson Pike. You can pull up directions on mapquest.com. It's a beautiful modern facility (great meeting room), but a little tricky to find. Going south on Edmondson Pike you take a right after Whitfield Metro Park into back entrance to Ellington Agr Ctr. After about 1/2 mile bear right up the hill for quarter mile and TWRA is on the right. Has its own parking lot in front.

(cont') NASHVILLE CHAPTER

June 26 Newcomer's Hike, Radnor Lake State Natural Area, Nashville, TN. Enjoy great views of the lake and see the wildflowers. Newcomers and seasoned hikers are welcome. We will hike the Lake, Ganier Ridge, and the South Cove Trails for a total of 4 1/2 miles. To register or for info. call David Furse 615-308-7988 or dfurse@comcast.net. Plan to go out for lunch afterwards.

June 27 Fiery Gizzard Trail, Grundy Forest to Foster Falls, South Cumberland State Park, Tracy City, TN. This 12.5-mile trail is considered one of the most interesting and challenging in the Southeast. Attractions along the way include Big Fiery Gizzard Creek pouring through the slot of Black Canyon, the pillars of Chimney Rocks, Sycamore Falls, the opening to Dog Hole mine, Raven Point overlook, Laurel Gorge, and Foster Falls. This beautiful hike is one way and requires a shuttle. It is rated difficult for length, rocky terrain, ascents and descents. Bring snacks, lunch, water, and sturdy hiking boots and extra clothes or bathing suit for swimming in Foster Falls. Meet 7:00 am CST at Target parking lot on Bell Road and I-24. Contact Robin Harkins at redtailtime@hotmail.com or 615-399-3872(home) or 615-260-6369(cell).

June 27 Old Hickory Dam Nature Trail, Hendersonville, TN. A silent "meditative" hike to celebrate life in honor of Helen Keller's birthday. We will hike the first part in silence, observing the surroundings and reflecting on the sights and sounds around us. We'll stop for a guided meditation, that will be non-denominational, with no affiliation to any religious sect. Then continue our hike out in silence. This hike is for beginners and experienced hikers alike. No experience in meditation is necessary. The hike is rated easy and will be under 4 miles. To register or for more information, contact "BeBe" Betty Collins at 615-414-2003 or bezzane@bellsouth.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/

The Northwest Chapter is done meeting for the summer. In the meantime, check out other TTA chapter hike listings and join a hike! We will resume in September.

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

There is a leaderless hike every Wednesday morning at 8:00 AM CDT. The hikes are moderately paced and may average 5 to 6 miles. For additional information or to get on an e-mail list for the hikes, call Bill Haynes at 931-707-7606 or billhaynes@citilink.net. Rain cancels.

June 5 National Trails Day event, Soddy Daisy, TN. Come join us to celebrate the dedication of the Rock, Possum and Soddy Segments of the Cumberland Trail.

(cont') PLATEAU CHAPTER

June 10. MONTHLY MEETING. Community Room of the Art Circle Public Library. 6:30 pm CT. Michael Webb, owner of the new outdoor recreation store in Crossville, Plateau Outdoors, will introduce us to some of his favorite outdoor equipment.

June 12. Angel Falls Overlook in the Big South Fork. This is an easy 4-mile hike along the river with hemlocks, rhododendrons, and mixed hardwoods to provide shade and wildflowers. Angel Falls is actually a Class IV rapid. Meet behind the Cracker Barrel in Crossville at 8:00 am CT. To register and for more information, contact Bill Eldridge at 931-456-4459 or billsue@multipro.com.

June 26. Laurel Falls, Dayton, TN. 5 miles roundtrip, moderate. The trail follows an old railroad bed along Richland Creek gradually gaining elevation. The trail forks with the east leg leading to 80-foot high Laurel Falls. Meet at the visitor center at Cumberland Mountain State Park at 8:00 am CT. To register and for more information, contact Carolyn Miller at 931-456-4465 or cardan@usit.net

SODDY DAISY CHAPTER

Arleen Decker 865-856-7262

This chapter is being reorganized. For further information, contact Arleen Decker at 865-856-7262. 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

The Upper Cumberland Chapter is done meeting for the summer. In the meantime, check out other TTA chapter hike listings and join a hike!

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.



TTA Gift Memberships Available Throughout the Year!

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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 Toni Reeves 615-790-3839; tonir@bellsouth.net.

What Price For Dry Feet?

Who doesn't want watertight boots?

You, for one.

By Keith Morton

Whether or not you believe in the terminal consequences of wet feet, most people look on boot waterproofness as a desirable feature. But how useful really is it?

It turns out that under some conditions watertight boots are an advantage, and under others they can be a distinct disadvantage. Considering the extra cost of boots that feature waterproof-breathable membrane liners and higher quality leather - the tag-team duo that fends off exterior moisture — it pays to know whether you need that extra dose of insurance.

A Stacked Deck

To begin with, booted feet in the wild get wet in two ways: sweat on the inside unable to get out

and moisture from the outside seeping inward. Feet are little sweat factories equipped with more sweat glands per square inch than any other part of the body. They're capable of spewing several cups of sweat per foot during a long day of hiking. Then there's the slop we outdoorspeople choose to recreate in. Rain, snow, mud, bogs, streams; they're all out there looking for a weak chink in our booted armor.



At this juncture in the evolution of boot-making, good breathability is difficult to achieve at the same time as waterproofness. That leaves you with a tradeoff to make, the ultimate resolution of which will depend greatly on where and when you travel in the outdoors.

If you hike mostly in dry conditions when it's warm to hot, then a boot with a waterproof/breathable liner would likely cause your feet to feel hotter and sweatier than a leather or leather/fabric boot without such a liner. Conversely, if you hike in cool, moist conditions, then a waterproof/breathable liner would be a good investment.



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



Carpool Etiquette

Gasoline prices have continued to roller coaster up and down. In any event, please be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of gasoline (i.e. bring small bills, it'll save time and prevent the inconvenience of having to stop to locate change).

Your driver is not a chauffeur. Assist by reading the map and/or directions to the trailhead. Help your driver remain alert on the drive home by staying awake and conversing.

All passengers must wear seat belts to minimize the risk of injury in case of an accident. The drive to and from a trailhead is generally the most dangerous part of any hiking trip.

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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

June 5 July 1

July 5 August 1

August 5 September 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.

Tennessee Trails Merchandise Order Form

TTA Patch 6.00
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A must for each car.

TTA turned 35 in December 2003!

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