# 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



## A Musical Journey

When you are planning your schedule for the TTA annual meeting, (Nov. 5-7 at Pickwick Landing State Park), make sure you include hearing Kindred Spirits, the folk music duo from Martin, TN. You will smile and clap your hands as you head out with them on "a musical journey" you won't forget! Scheduled to perform after the dinner buffet on Friday night, Nov. 5, Lisa LeBleu and Teresa Collard, both professors at UT Martin, will begin their program of folk, Appalachian-inspired, gospel, and even Cajun music at 7:30 p.m. or so.

Using the dulcimer, guitar, and their beautiful voices, musicians Lisa and Teresa may include folk favorites "Barbry Allen," "The Water is Wide," "Watermelon Song," (an Ozark mountain song), and renditions of "I'll Fly Away" and "Will the Circle Be Unbroken." However, these musicians don't just "do" music. They tell stories, give the history of some of their songs and how they became acquainted with them (e.g. at the folk festival at Mountain View, Arkansas where they discovered the aforementioned Watermelon Song) and just have a good time.

Teresa and Lisa were also featured at the opening of the Music of the Mountains exhibit at the University of Tennessee at Martin museum in November, 2003. Please join Kindred Spirits and your fellow hikers for this musical journey. You can read more and download excerpts of 5 of their songs in mp3 format at:

http://www.utm.edu/~jclark/trails/kindred.shtml

### 2004 Annual Meeting!

November 5-7
Pickwick Landing State Resort Park, Pickwick
Dam, Tennessee

### See Page 4 for the Registration Form!

Once each year, Tennessee Trails Association members from all across the state gather for a weekend of fun, food, and fellowship. There will be hikes, exhibits, an auction and Friday evening entertainment. The Annual Meeting will be held from Friday, November 5, through Sunday, November 7, at the Pickwick Landing State Park and Convention Center in Pickwick, Tennessee. Our hosts for this year's event are the Memphis and Northwest chapters.

Pickwick Landing State Park was a riverboat stop dating from the 1840's. In the 1930's, during the depression, the site was chosen for one of the Tennessee Valley Authority's dams on the Tennessee River. What comprises the park today was once the living area for the TVA construction crews and their families. The property passed from TVA to the Tennessee State Park system in the early 1970s. In early 1999, the state began construction of a new 119-room inn and 6,000 square foot conference center. The new Inn opened July 1, 2001.

### Lodging:

Inn Rooms – The rooms have two queen size beds and are located at the Conference Center, where TTA's meetings and meals will take place. All Inn rooms have a balcony and picturesque view of the lake.

Cabins – A two-night stay is required and for these cabins the price shown is the two-night rate. The cabins sleep eight and have two bedrooms, each with two double beds and 1 bath. Linens are provided. The kitchens are stocked with pots, pans, and cutlery.

## Walking with Fount

Can you believe that summer is almost over?? It has been an eventful one with lots of activities and good memories. I have been encouraged by the level of participation in events and our hikes have also been well attended. Hopefully we are cycling around again and will see our organization grow significantly.

There are two major events coming up that we need to be planning for. National Public Lands Day is September 18 and there are a number of projects that you can participate in. Check with your Chapter Officer for the one your chapter will be working on. If you don't have a project scheduled and would like to join another chapter for the day. here are a couple of possibilities. The Murfreesboro Chapter will be doing an entire weekend of work and fun at Edgar Evins State Park. The park is furnishing free camping for Friday and Saturday nights for all volunteers that want it. We will do trail maintenance and some rerouting on the trail TTA built a few years ago. We will work Saturday and tie up any loose ends Sunday morning. Saturday night will feature a cookout sponsored by the Friends of Edgar Evins and will be free to volunteers. There will be entertainment by a pretty good 'ol bluegrass band, story telling and lots of socializing. There will also be drawings for free cabin weekends and free camping weekends. Tools will be furnished and if you don't know how..we'll teach you. Call or e-mail me for details on how to volunteer.

There is also a project scheduled for trail work at Big South Fork. There are 3 different areas to work on. (1) Reconstruction of a historic fence, (2) Building a stone retaining wall on a trail and (3) Vegetation clearing on trails. Here is the contact information for that project...

Harold Draper...4838 Ivy Rose Drive...Knoxville, TN 37918...(865) 689-7757... h.m.draper@att.net

The other event is our Annual Meeting November 5-7 at the Pickwick Landing State Park and Resort. It is important that all the chapters be represented. Make your plans to attend right now. This promises to be an outstanding gathering so come join the fun. We will have hiking, our annual auction to assist the BreakAway program, entertainment, and in general a good time.

This is when we take care of our state wide business and present the awards to those who have demonstrated extra-ordinary leadership and contributions to our organization. Registration information is in the newsletter. I am looking forward to seeing you there this year!

I hope to see all of you before long. I am in the process of scheduling my visits to each chapter. I have a power point presentation I can make, or just visit your regular meetings. If there are times that would be more appropriate than others, let me know and I will try to work it out for that time.

In the meantime...Enthusiasm is contagious...go out and infect someone!

Fount

### TTA Annual Auction, Nov. 6, 2004

It's that time again - time to gather treasures for TTA's annual auction. The TTA annual auction will be held this year on Saturday, November 6, at Pickwick Landing State Resort Park, Pickwick Dam, TN. Check your house for quality items, ask local businesses to donate merchandise and/or services, share your talents for woodworking and crafts, or make a cash donation to your local chapter to purchase items for the auction. Outdoor gear and clothing are always popular, as well as handcrafted items. If you have a favorite photograph from a TTA hike, consider having it enlarged and framed to put in the auction. Check with your chapter chairperson for solicitation materials to give to local businesses. Don't forget the white elephant sale. Look in your closets and basements and bring us something for the bargain table. Contact Gloria Lenski 901-320-2117 glorialenski@yahoo.com or Carol Haley 901-388-9163 Hav2Hike@aol.com, if you have a special item you'd like to donate or know of a merchant we can contact for a donation.

### **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.).

Sep 18

National Public Lands Day

Nov 5-7

TTA Annual Meeting

Pickwick Landing State Park.

\*Calendar will be revised as needed.

### CUMBERLAND TRAIL CONFERENCE

### **CUMBERLAND TRAIL CONFERENCE STAFF:**

Office Location

19 East 4<sup>th</sup> Street Crossville, TN 38555

Office Hours Phone:

Fax:

8am-5pm 931-456-6259

931-456-4934

Email: cumberlandtrail@rocketmail.com Website: www.cumberlandtrail.org

### (cont' from cover)

# 2004 Annual Meeting!

They are located in a wooded area ½ mile from Pickwick Inn & Conference Center.

### Camping

There are 48 sites with hook-ups 20/30/50 amp electric and available on a first come, first serve basis. Each site may contain up to eight people but no more than three tents. Parked vehicles must not infringe on a neighboring campsite or block the road in any way. All sites have tables, grills, and water and electrical hook-ups 20/30/50 amp electric. A central bathhouse with showers is close by. Campsites are located about 1 1/2 mile from Pickwick Inn & Conference Center.

#### Meals

A 15% gratuity is included in the cost of all meals. All meals are all-you-can-eat buffet.

# TTA NEEDS YOUR HELP!!

Anyone wanting to help with the TTA Annual Meeting weekend please contact the following for:

Registration - Jim Clark 731-587-2225 email jclark@utm.edu

**2003 Annual Meeting** - Carolyn Pierce 901-755-5635 email *cedpierce2000@yahoo.com* 

Auction - Gloria Lenski 901-320-2117 email glorialenski@yahoo.com

**Hikes** - Carol Haley 901-388-9163 email hav2hike@aol.com

# CTC Fall Trail Construction Dates

Listed below are the scheduled trailbuilding dates for the fall. We hope TTA members will come out and enjoy the Cumberland Trail trailbuilding experience! Check the Activities page of the Cumberland Trail website for additions or changes to this list as time goes on: <a href="www.cumberlandtrail.org/act.html">www.cumberlandtrail.org/act.html</a>. Call the office at 931-456-6259, or email <a href="cumberlandtrail@rocketmail.com">cumberlandtrail@rocketmail.com</a>, for more information.

- → September 10 12, 2004 Back Country Outing Rock/Possum/Soddy Gorge Segment Volunteers will tent camp near the bridge construction site and construct the 55-foot span bridge. The hike in is only 100 yards. Much of the work will be done while standing in one foot deep water, so bring extra boots and dry clothes. It will be hot, so bring swim suits to cool off in a swimming hole at the end of the day.
- → September 24 26, 2004 Back Country Outing Rock/Possum/Soddy Gorge Segment Volunteers will backpack approximately one mile along trail to the site and construct new trail. We will be near a nice swimming hole, so bring swim suits.
- → October 1 3, 2004 Back Country Outing Rock/Possum/Soddy Gorge Segment - Volunteers will backpack into the site and construct new trail.
- → October 14 24, 2004 "The Fall Program" Rock/Possum/Soddy Gorge Segment - Participants will be housed at the Lutheran Camp.
- → October 29 31, 2004 Volunteer Weekend. Cumberland Mountain State Park - Volunteers will arrive Friday evening and stay in cabins or camp at Cumberland Mountain State Park. We will work Sat & Sun on Black Mountain.

Please note: Program dates should not change; the location may change depending on project priorities.

## 2004 TTA Annual Meeting Registration Form

November 5 - 7, 2004

Pickwick Landing State Park Park Road

**Pickwick Dam, TN 38365-0015** 

800-250-8615

### DUE ON OR BEFORE October 5, 2004

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Please complete this Registration Form and mail it with a check for your registration fee and meals made payable to: Tennessee Trails Association c/o Jim Clark, 307 S. McCombs, Martin, TN 38237 Phone: 731-587-2225 jclark@utm.edu

An email confirmation or postcard will be sent to you upon receipt of your check and registration.

# 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.

### **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

Sept 11 Hidden Passage and Rock Creek Trail shuttle, Pickett State Park, north of Jamestown, TN. Meet at Harrow Road Cafe, Rugby, at 9:00 am ET. Those coming from other locations meet at trailhead at 9:00 am CT (10:00 ET). Stay on TN 154 past the Pickett State Park office, then park at the sign to the Hidden Passage Trail just past it on the right. We will set up a shuttle car at the point where the John Muir Trail crosses TN 154, then hike along the eastern half of the Hidden Passage trail, pass through an old railroad tunnel, and join the Rock Creek/John Muir Trail to return to the highway. Distance about six miles, rated easy to moderate (some hiking along the stream). Wear good boots (stream crossings!) and bring lunch, water, and insect repellent. For additional information and to register, contact hike leader 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 Janus 931-551-8523

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

Crow Community Center, 211 Richview Rd

<u>Sept 11</u> Canoe Red River. Clarksville, TN. Bring your canoe or rent. Reservations required. Contact John Sneed at 931-920-3828.

**Sept 18** Rotary Park Potluck Picnic and Hike.10:00 am hike, then potluck lunch. Contact JR Tate at 931-920-2760.

Sept 18 Shoreline Cleanup. Land Between the Lakes. Contact Sandy Janus at 931-551-8523.

Sept 21 MONTHLY <u>MEETING</u> Crow Community Center. 211 Richview Rd. 7:00 pm.

**Sept 25.** Rails to Trails. Ashland City, TN. Full moon hike and car camp at Cheatham Dam. This can be a hike only for those that do not wish to camp. For more information, contact John Sneed at 931-920-3828.

### **Attention: Hike Coordinators**

A TTA <u>Release of Claims & Hold Harmless</u>
<u>Agreement</u> form (aka "Liability Waiver") must be signed by
everyone <u>before you start your hike</u> 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)

Sept 7 MONTHLY MEETING Grand Chinese Buffet 5228 N. Main Street, Springhill TN. Jed King and the staff of Blue Ridge Mountain Sport will teach basic compass and map reading. Come participate as Jed and his staff teaches us how to prevent being lost in the woods. Discount coupons can be obtained on line at www.chinagrandbuffet.com/coupon.jpg.

Sept 11 Kerry Sumners will lead a hike of the Greater Falls Trail at Stone Door. Register with Kerry on line at karofishes@aol.com or call 615-790-4013.

Sept 25 Our chapter will join with the Northwest Chapter as Jim Clark leads us on a hike of the Picket Loop Trail near Land Between the Lakes. Plans are for us to meet at A&D Market on Lewisburg Hwy.and leave at 7:30 am. We will meet the Northwest Chapter at the trailhead at 10:00 am. The hike is rated easy, but the length has yet to be determined. We are looking at somewhere between 4 and 8 miles. Register with Rick Lausten at saturncar1@aol.com.

#### HIKE REPORTS

On July 10 Russell Smith lead 10 hiker thru over the knee deep water on the Garrison Creek Trail at Natchez Trace. It was reported that several hikers could be found at Loveless Cafe recovering from the hike.

On July 17 Kerry Sumner lead us as we hiked the Little Swan/Meriwether Lewis Trail at Natchez Trace. After 4.5 miles of trail and water falls we had lunch at La Hacienda and some great Mexican food.

On July 31 found 12 of us sitting around a Lazy Susan full of some of the best Country Cooking you've ever tasted. The Columbia/Franklin chapter took a break from hiking to enjoy a day in Lynchburg and have lunch at Miss Mary Bobo's Boarding house. While we were there we had an early celebration of Russell Smith's....21st? birthday. Later we toured the distillery and we Squires got a special treat as we visited the Tennessee Squire Room.

#### PLANNING AHEAD

Oct 9-10 We will canoe/kayak the Elk River. Kerry Sumner will coordinate this over night.

Oct 16 Bobby Hardeman will lead a day hike to Hobbs Cabin in the Savage Gulf.

### (cont') COLUMBIA/FRANKLIN CHAPTER

Oct 24-25 Roan Mountain. Ernie Stewart will lead an over night hike without (UGH) heavy backpacks. We will hike 14 miles over æveral balds on the AT from Highway 143 at Carvers Gap to Highway 19E. If the weather cooperates, the vistas of the distant mountains and the valleys below should be spectacular with their fall colors. A van will transport out camping gear to Yellow Mt. Gap-about half way through the hike. The next day we will hike out to Hwy. 19H. We will meet at Carvers Gap (HWY. 143) at 11AM Eastern Time. For more information, contact Ernie Stewart at 931-381-2278.

Oct 30 Bob Warnica will lead a hike to Virgin Falls, a 7.7 mile strenuous hike.

### **COVE LAKE CHAPTER**

CHAPTER OFFICER: Richard Helm 865-426-4472, Richard. Helm@ahss.org

CO-CHAIR: Mari Haslam

423-562-3227, pittsteelersfan@earthlink.net MEETING: Monthly - 2<sup>nd</sup> Monday at 6pm ET

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

There are no hikes schedule for September. You are welcome to attend other chapter's (13 to choose from) outings, events and meetings.

## EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall

rosemary\_l@hotmail.com

**OUTINGS COORDINATOR:** 

(call & volunteer to lead an outing)
Bob Uhren

Bob Unren

snowcap34@charter.net

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

Sept 18 National Public Lands Day, Big South Fork. We will meet at 9:00 am ET at the Bandy Creek Visitor Center, Saturday, September 18. There we will receive our assignments and disperse to our work sites. Our goal will to be to work about 4 hours on each project. Volunteers may choose from one of three projects. (1) clearing vegetation along a trail (2) building a stone retaining wall on a trail and (3) reconstruction of an historic fence. To pre-register, contact Harold Draper at 865-689-7757.

Sept 25 Cumberland Trail. We'll hike a piece of the Cumberland Trail above Dutch Valley between Oliver Springs and Lake City. Rock outcrops afford views to the east of the valley and, if it's a clear day, across to the Smokies. Fall foliage may have started showing up a little by then. Hiking distance maximum 8 miles. Leader Russ Manning, author of The Historic Cumberland Plateau, will provide backround on geology and history of the region. Meet at the new Shoney's parking lot at the Norris-Clinton exit off I-75 north of Knoxville at 9:00 am ET and we'll carpool from there. For information and to register, contact Russ at 865-494-8121 or rssmanning@aol.com.

## HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: Doug Ratliff 931-455-0249, dougratliff@hotmail.com

MEETING: Monthly - 3<sup>rd</sup> Tuesday at 6:00 pm CT D.W. Wils on Center, 501 N. Collins St., Tullahoma

Sept 6 Labor Day, Small lake party, 11 am until? Bring picnic lunches and drinks. There will be a 5 mile hike at 2:00 PM. Swimming, canoeing, and paddleboats are also available. A grill will be provided. Directions are as follows: go to the Winchester square and continue toward Fayettville on business Hwy 64. About 2 miles from the square turn left onto Hwy 16 (south). Go about 10 miles to Jehovah Jireh Lane (between mile markers 22 and 23), turn left, and follow the gravel road to the lake. For more information, contact Joette Carter at 776-3551 before Sunday, September 5.

<u>Sept 11</u> Falls Creek Falls State Park. Join us for a scenic, moderately rated, 5 mile walk. Wear sturdy hiking boots, bring water, and a snack. To register, contact Brent Morris at 931-454-1718 or bmorris@edge.net.

Sept 18 NATIONAL PUBLIC LANDS DAY TRAIL BUILDING at Short Springs State Natural Area, Tullahoma, TN. No experience required! Here's a great opportunity to make a contribution on National Public Lands Day. Join us as members of the TTA and Friends of Short Springs continue to build a new section of trail to complete a loop of the Adams Creek trail. Everyone is welcome and is encouraged to participate... you determine how long you want to stay. Remember, no prior experience required. We'll meet at 8:30 am CT at the parking area by the water tower. Bring plenty of drinking water. For additional information and to RSVP, contact Doug Ratliff at 931-455-0249 or dougratliff@hotmail.com. Your help is greatly appreciated!

Sept 21 MONTHLY MEETING: We will have a potluck dinner at 6:00 pm, which is a change in our normal meeting time. Please contact Joan Bentley at 455-5849 or Doug Ratliff at 455-0249 for more information. New hikers and guests are always welcome. See you at 6:00 pm CT at the D. W. Wilson Community Center, 501 N. Collins St., Tullahoma. determine how long you want to stay. Remember, no prior experience required. We'll meet at 7:00 am CT (to get a jump on the heat) at the parking area by the water tower. Bring plenty of drinking water. We may stop by the Short Springs Market for a delicious sandwich. For additional information and to RSVP, contact Doug Ratliff at 931-455-0249 or dougratliff@hotmail.com. Your help is greatly appreciated!

### TRAIL WORK REPORT

On July 10, TTA members continued construction of a new trail at the Short Springs State Natural Area near Tullahoma. When completed the new trail will form a loop with the current Adams Creek trail spur. Thanks to Sharon Bell, Stuart Coulter, Brian Coulter, Earl Kiech, Dawn Odette, Doug Ratliff, and Taylor Ratliff of the Highland Rim chapter and Jeffrey Corser from TDEC. Approximately 250 more yards of trail were completed. We plan to have other work days to complete the trail.

### JACKSON CHAPTER

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

MEETING: Meeting: Monthly: 1st Tuesday at 7:00 pm CT Lambuth University, 705 Lambuth Blvd, Hyde Hall in basement on Maple Street

Sept 7 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 pm at Lambuth University (look for Tennessee Trails Meeting signs).

Sept 25 Pinson Mounds State Archaeological Park (NOTE:DATE CHANGE) Pinson, TN The park offers six miles of trails including a nature trail and a boardwalk with a stop overlooking the Forked Deer River which borders the park. The trail route will be determined when we meet. The trail is easy to moderate, only for some short steep climbs, wear hiking boots. Bring snacks and plenty of water. We will meet at the visitor's center. To register and for carpool information, contact Rebecca Beverly at 731-783-5295 or rbeverly@canoemail.com.

### PLANNING AHEAD

Oct 1-3 Fri-Sun Allardt, TN Pumpkin Festival & Parade, Multi Chapters Camp & cabins at Pickett S.P. 931-879-5821 Park Office or Cabin reservations 1-877-260-0010. Accomodations can also be reserved in nearby Jamestown and Allardt.

1. Colditz Cove S.N A.- Fount Bertram

2. Twin Arches at Big South Fork -leader TBA For additional information or to register, contact Roy Corley at Roycorley33@aol.com

NOTICE: Hikes or picnic may be cancelled due to bad weather so call the contact person for updates.

### 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

Sept 11 Strawberry Plains Audubon, Holly Springs, MS Annual Hummingbird Migration Celebration. The Strawberry Plains Hummingbird garden is one of the few places where so many hummers can be seen at one time. In past years as many as 80 birds could be seen swarming the feeders. An air conditioned viewing area with ample seating is provided. Come see this truly amazing sight...and remember to bring your binoculars and cameras!! Activities include: Bob Sargent, hummingbird expert and we will do a 2-5 easy hike through the woods. To register and for more information, call Teri Kennedy at 901-299-1869. Directions to the Preserve: located on Hwy 311 3.2 miles from the intersection with Hwy 7 and approx 8 miles from the intersection of 72 and 311 (about 35 minutes south of Memphis). We will meet at the Center Building at 9:00 a.m. Bring sandwich or purchase food at the Center for a group picnic. Parking fee per vehicle \$5 Check out www.msaudubon.comclick on calendar.

### (cont') MEMPHIS CHAPTER

Sept 16 MONTHLY MEETING Meet new friends and hear about past and upcoming hiking trips. New hikers and guests are always welcome!

Sept 18 Village Creek State Park, Wynne, AR Carpoolers meet at 8:15 am CT at Memphis Welcome Center on Riverside Drive or meet at Village Creek Park Visitor Center at 9:30 am CT. This is a 10-mile hike with an option to shorten it to a 5-mile hike. The trail is rated easy to moderate. Bring lunch and plenty of water. New hikers welcome! For more information, call Freddi Felt at 901-685-9915.

Oct 2 Wolf River Germantown Greenway Join us for an easy 4-mile walk along the river and through a hardwood forest. Bring water and snacks. Meet at 9 a.m. at the old vacant WalMart off Germantown and Humphreys Bvd. New hikers welcome! For information, call Woody Pierce at 755-5635.

### 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 - 2<sup>nd</sup> Tuesday at 7:00 pm CT

Barfield-Crescent Park's Wilderness Station

697 Barfield Rd., Murfreesboro

Sept 12 Bell Buckle, TN. Newcomer/Beginner Hike. Join us for an easy Sunday afternoon stroll through the streets of Victorian Bell Buckle from the spot of the legendary beech tree to the campus of Webb school, through the streets to the old churches. After our hike, stay for supper at the well-known meat and three Bell Buckle Cafe. Come early and enjoy the crafts, antiques, and gift shops the town is known for before we hike. For more information contact, Jeanne' Hoechst-Ronner 890-9084 or hoaxie@comcast.net

Sept 14 MONTHLY MEETING: Camp Cook-off Contest at The Shelter House It is our experience that if you like to hike you like to eat! Not always is there a fabulous restaurant, not even a greasy spoon, at the end of each day's trail or day hike. What do you do to satisfy your exercise and wilderness stimulated appetites? Doyou boil water and add some dehydrated food? Or do you really cook? Of course how you do this is dependent on a lot of factors. Are you backpacking? Are you car camping? We're sure you've come up with some favorite recipes, or ways of preparing foods on the trail or back at camp. Won't you please show us your way of preparing a favorite trail dish or meal in the great outdoors? We can hardly wait to sample your culinary efforts! This is a just-for-fun activity! We don't expect the World's Greatest Chef tobe present, and there are no entry fees! (Also, no great prizes!) Everyone gets to be a judge and samples the cuisine. So everyone is a winner, no one a loser in this first Murfreesboro Chapter Camp Cook-off!

Bring your own stoves, fuels, foods. (One barbecue grill is builtin at the sheter house and may be used on a "first registeredfirst spoken for" basis.) We'll furnish paper and plastic goods for the "judges" to sample items.

### (cont') MURFREESBORO CHAPTER

### (cont') Sept 14

- 2. You may prepare a dish in advance to save time if you also bring the paraphernalia (such as camp stoves, cooking vessels, etc.) and foods necessary to demonstrate to the group how you prepared it.
- 3. You do not have to be a member to enter, or to sample! Entrants please contact Tammy Day *tlday@comcast.net* 615-904-0009; or Anna Bertram *abertram@heartofin.net* 615-765-5357 to pre-register.

Sept. 18 – 19 NATIONAL PUBLIC LANDS DAY – Edgar Evins State Park, Silver Point, TN. It's great to hike on good trails but it takes someone to build and maintain them too. That's one of the roles of the T.T.A., and National Public Lands Day is a time we set aside to do just that. In other words, "It's pay back time!" The Murfreesboro Chapter, and anyone who wants to join us, will make it a weekend of work and fun activities at Edgar Evins State Park, near Smithville. We will do trail maintenance and maybe some trail building where we are rerouting part of the trail TTA built a few years ago. We have a special need for someone adept in blazing the established trail. We will work Saturday and tie up any loose ends Sunday morning. Tools will be furnished and if you don't know how . . . we'll teach you!

The park is again making free camping available Friday and Saturday nights for all volunteers who wish to camp. Volunteers who can only make it on Saturday for the one day are welcome too. However, don't plan to leave too early because the Friends of Edgar Evins State Park is doing a free cookout on Saturday evening! There will be entertainment by a pretty good 'ol bluegrass band, story telling and lots of socializing. There will also be drawings for free cabin weekends and more free camping weekends. For additional information, contact Fount Bertram to volunteer at fwbertram@heartoftn.net or (615) 765-5357.

Sept 25 Virgin Falls (Day hike) - Bowater Pocket Wilderness, DeRossett, TN This moderate to difficult 8-mile hike is a favorite of many T.T.A. hikers, and others. We'll allow 8 hours for the 8 miles, although "speed hikers" have been known to get through it in less time. The hike follows a tumbling stream that bounds over rocks creating small waterfalls. On the way to the main waterfall for which it is named the trail passes a beautiful overlook, Big Branch Falls, Big Laurel Falls and Sheep Cave Falls. The highlight of all this is, of course, Virgin Falls, which is formed by a hidden underground stream that emerges from a cave, drops over a 110-foot cliff and disappears back into a cave at the basin. Sturdy boots, extra water, and dressing in layers for the season, are requirements. Also bring lunch and snacks. For details and to register, contact Fount Bertram at fwbertram@heartoftn.net or (615) 765-5357.

Sept 25-26 Virgin Falls (Overnight) - Bowater Pocket Wilderness, DeRossett, TN. Overnight backpack hike to Virgin Falls. We will be joining the day hikers, but spending the night at Virgin Falls. The 4-mile hike TO the falls is almost totally level or downhill. So, that means that the 4 miles hiking out the next morning can be challenging when carrying a pack. Everyone is responsible for bringing her/his own backpacking equipment and food. For details and to register, contact Tammy Day at tlday@comcast.net or (615)904-0009. We will congregate in the usual place at the Wilderness Station, but will leave by 7:15 pm for the back country campsite for the demonstrations. The paved walk is clearly marked from the parking lot and is 1.8 miles; or you may take the trail through the woods. Please remember your bug spray, a blanket or chair to sit on, and a flashlight! An alternate program will be available if it rains.

### 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

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** 

<u>Sept 2</u> Backpacking 101 at REI. For anyone interested in beginning the great sport of backpacking, this is an excellent opportunity, as Katherine Pendleton will present a free seminar on the basics of backpacking at REI in Brentwood, TN at 6:30 p.m. Learn the essentials of lightweight gear, food fundamentals, and more! This two-hour seminar will be information packed! A trip to Savage Gulf will follow this seminar on September 11-12. For information, contact Katherine Pendleton at 615-360-3481.

Sept. 6 First Saturday Beaman Hike3 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. 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

<u>Sept. 11</u> Honey Creek Honey Creek loop is 6 mile, rated moderate to difficult depending on stream conditions. Registration required. Contact Jim Poteetat 615-824-7666 or *jpoteet@genesco.com*.

Sept 11-12 Savage Gulf Backpack This trip is a continuation of the Backpacking 101 seminar. Even if you didn't get a chance to attend the seminar, come on out and join us because there is much more to learn! We will be hiking from Stone Door Ranger Station to Alum Gap campsite. Total mileage 8 miles. Rated easy. For additional information and to register, contact Katherine Pendleton at 615-360-3481 or Katibug1959@aol.com

<u>Sept. 25 - 26</u> to Virgin Falls Backpack Virgin Falls near Sparta, TN, is one of the most beautiful waterfalls in Tennessee! The trail to the falls is a moderate downhill going in and a strenuous climb out. Total mileage 8 miles. We will camp near the river. For additional information and to register, contact Katherine Pendleton at 615-360-3481.

Sept 25 NEWCOMERS HIKE, Percy Warner Park (Nashville). 4.5-mile circular Mossy Ridge Trail rated moderate due to elevation changes. Those who want an easier hike can select the 3.0-mile Warner Woods Trail at same trailhead. 9:00 to 11:00 am. We'll meet for bagels afterward (optional) at Breuggers at Hwy 100/70 split; finished by Noon. Start at Deep Wells parking area at 9:00am. Go 1.5 miles west of Hwy 100/70 slit on Hwy 100 (left fork) to first stone gate into park on left. Go half mile to end of road. For questions and details, contact David Furse at dfurse@comcast.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/

Sept. 9 Meeting, UC 231, program TBA.

<u>Sept 25</u> Fort Henry Trail – Pickett Loop. A joint hike with the Columbia/Franklin Chapter. This hike is easy to moderate over rolling hills with outstanding views of Kentucky Lake. The trail follows, in part, route taken by Grant's troops followed from Fort Henry (now under the waters of Kentucky Lake to Fort Donelson.

#### **PLANNING AHEAD:**

Oct 23 Jackson Hollow, Shawnee National Forest, Ozark, Illinois. Towering bluffs (by Southern Illinois standards), waterfalls, huge boulders. This moderate 5 mile hike should be beautiful in fall. If there have been recent rains, then we will enjoy lunch at the base of a waterfall with ample time to explore the area.

Nov 5-7 Annual meeting. "Kindred Spirits," (www.utm.edu/~jclark/trails/kindred.shtml) a folk singing duo comprised of UTM Professors Lisa LeBleu and Teresa Collard will entertain Friday night at the annual meeting. Saturday you can choose from several hikes including Big Hill Pond, Shiloh, Mousetail Landing and others.

<u>Dec 4.</u> TBA. Meeman-Shelby Forest? Fort Pillow? Nathan Bedford Forrest?

<u>Jan 17</u> Martin Luther King day hike on the North-South Trail at LBL. We will pick up where we left off last year and continue out hike of the length of the entire trail(65 miles).

### PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER: Carolyn Miller

931-260-6674, cardan@usit.net

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

There is a leaderless hike every Wednesday morning at 8:00 am CT. 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, contact, Bill Haynes at 931/707-7606 or billhaynes@citlink.net. Rain cancels.

<u>Sept 9</u> Monthly Chapter Meeting. Community Room of the Art Circle Public Library. 6:30 pm CT. Let's get together and plan hikes for the rest of the year.

<u>Sept 11</u> Twin Arches Loop, Big South Fork. This is a moderately difficult hike of 5 miles. It is one of the favorite hikes in the Big South Fork due to the two large rock arches along the trail. After the arches we'll go around the loop to the right, along some bluffs, under some rock houses, and over some rocks before reaching level ground at Jake's place. Lunch will be at Charit Creek Lodge. There is a steep 1-mile climb at the end of the hike. Wear sturdy hiking shoes and bring snacks and water. Meet behind the Cracker Barrel in Crossville at 8 AM CDT to carpool. For more information and to register, please contact Carolyn Miller at 931/456-4465 or *cardan@usit.net*.

### (cont') PLATEAU CHAPTER

Sept 18 Hidden Passage Trail, Pickett State Park. This eight-mile hike passes Indian Rock Houses, interesting rock formations and a waterfall. It is rated moderate due to the length of the hike. Wear sturdy hiking shoes and bring snacks and plenty of water. Meet behind the Cracker Barrel in Crossville at 8:00 am CT to carpool. For more information and to register, please contact Jim McCullough at 931/484-8222 or sue1290@frontiernet.net.

Sept 25 Plateau Chapter Picnic. This is our annual picnic where we have a chance to share food (bring your favorite dish), tell stories about our summer vacations, and plan hikes for the rest of the year. Joe Matlock and Rita Senko have volunteered to be our hosts. For more information\_and to sign up for the picnic, please contact Rita at 865/354-6101 or rsenko@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

<u>Sept 4</u> Big Creek Rim and Laurel Trails, Savage Gulf State Natural Area, Beersheba Springs, TN. This trail features several overlooks of the Big Creek Gulf. The hike is 7 miles and is rated easy. Bring water, lunch, and snacks. You can neet us at the Penney's parking lot in Cookeville at 8:30am or the US Bank across from McDonald's in Sparta about 9:00. For information and to register, contact Cindy Walinski at 931-394-3413 or *cwalinski@blomand.net*.

Sept 11 Charlie's Bunion, Great Smoky Mountains National Park, Gatlinburg, TN. Our hike begins at Newfound Gap and will follow the Appalachian Trail to Charlie's Bunion, a huge outcrop with views all around. There is also an optional side trip to the Jump-off. The hike is 8 miles (9 with the Jump-off) and is rated moderate due to the uneven and rocky terrain. As the trail remains above 5000 feet temperatures should be pleasant. Wear sturdy hiking boots and bring water, lunch, and snacks. You can meet us at the Penney's parking lot in Cookeville at 7:00 am CT. For information and to register, contact Richard Savage at 931-526-2035 or savage\_richard@hotmail.com.

Sept 18 Burnt Mill Bridge Loop, Big South Fork NRRA (Jamestown, TN) and Colditz Cove Loop, Colditz Cove State Natural Area (Allardt, TN). The Burnt Mill Bridge Loop parallels Clear Fork River. The Colditz Cove Loop features Northrup Falls and a lush forest of hemlock and rhododendron. Both trails are rated moderate. The Burnt Bridge Mill Loop is 4.3 miles and the Colditz Cove Loop is 1½ miles. Bring water, lunch, and snacks. You can meet us at the Penney's parking lot in Cookeville at 9:00am. For information and to register, contact Louise Miniard at 931-528-9115 or <a href="mailto:liminiard@flowserve.com">liminiard@flowserve.com</a>.

<u>Sept 25</u> Twin Arches, Charit Creek Loop, Big South Fork NRRA, Jamestown, TN. An eyeful. Chock full of magnificent bluffs and large caves, with sections through a most pleasant valley featuring Jake's Place and the Charit Creek Lodge. A gem of the Upper Cumberland. The hike is about 6 miles and rated easy to moderate. Bring water, lunch, and snacks. You can meet us at the Penney's parking lot in Cookeville at 9:00am. For information and to register contact, John Harwood at 931-528-6395 or *jharwood@tntech.edu*.

## **Testing Your Salesperson**

Matt Johnston (matt@thebackpacker.com) can be found lurking behind the scenes of thebackpacker.com.



Don't you just hate it when you walk into a store hoping to find a knowledgeable salesperson with outdoor experience, but instead find a high school kid who is working there so he can get the store discount?

I've worked at an outdoors specialty store, so I know that most salespeople are very active in their outdoor pursuits and know their stuff inside and out. If you are new to backpacking, you often rely on the knowledge of the sales staff to lead you in the right direction. Without the proper recommendations, you can end up spending a lot of money on inappropriate gear. I thought that I would come up with a little way to "test" your salespeople to see how valuable their advice is. When you go into a store and ask for help in choosing gear, the salesperson should always ask you how you intend to use the gear. Day hiking is totally different than multi-week backpacking trips and each require different types of gear. Also remember your budget. If you are an infrequent weekend warrior and don't want to speed a ton a money, your salesperson should not be trying to sell you the most expensive item in the store.

An important area of expertise is hiking boots. If you buy the wrong size or type of boots, they can cause you plenty of trouble. A few years ago I led a summer camp trip and one of my campers had the wrong type of boots. After one week, his feet were totally blistered, and I blame the boots. I also blame the salesperson, because they advised him to buy the wrong boots and then did not size them properly.

Ask the salesperson about the boot's shank. The shank is a metal or heavy plastic strip in the sole. It provides support for the bottom of the boot. A full shank goes to the toe while a 3/4 shank goes to the ball of your foot. The only time that you will need a full shank is when you are doing serious mountaineering, and will be wearing crampons. Many new boots have even moved away from a shank and now use a molded footbed.

After you have chosen a particular style of boot and begin to try them on, there are a few things the salesperson should know. First of all, in order to get a proper fit you should have boot socks on. Also, the salesperson should tell you to kick something to see if your toes touch the end of the boot; this simulates walking downhill. Many stores now have simulated rock inclines that you can stand on to test the boot fit. Walk around in the boots; they will feel stiff since they are not yet broken in, but see if they feel comfortable.

Selection of a backpack depends on personal preference, that is, what style and size you want. There are many factors that go into this decision, but I won't discuss them here. When you try on your backpack, the salesperson should put some weight into the pack for you. Many stores use coils of climbing rope or weight bags to make the pack sit a little more like it would when all your equipment is inside it. If you are buying an internal frame pack, a good salesperson will shape the stays to your back.

Once you are in a camping store you are bombarded with Gore-Tex signs. A great way to test your salesperson's knowledge is by asking "how warm is Gore-Tex?" Gore-Tex is not warm. This is because it is not a fabric; it is a thin membrane that is laminated to the fabric.

Jackets made with Gore-Tex are not usually very warm. Most Gore-Tex jackets are intended as rain jackets and are not made for warmth.

Another trick question is "will my down sleeping bag still keep me warm if it gets wet?" The answer is, by all means, no. Wet down clumps together and loses all of its insulating properties. The one catch to this is that many down sleeping bags now use water repellant fabrics.

These types of fabrics are intended to shield the down fill, never allowing the water to get inside the bag.

The simplest advice to give for testing your salesperson is to use common sense. Get a good understanding of what experience they have with the equipment and judge their advice accordingly. If you feel the person helping you doesn't know what he or she is talking about, then get someone else to help you or go somewhere else. The worst thing to do is buy equipment that is the wrong size or wrong type. Buying the wrong equipment or the wrong size is a bad and expensive mistake. Local outdoors stores are a great source of information about gear, just be sure you trust the person who is selling it to you.

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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:

For Newsletter Dated

July 5...... August 1

August 5.....September 1

September 5.....October 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, contact Harold Draper at 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

Auto	_TTA Patch6.00								
	Round embroidered patch, sew it on anything.								
	TTA Window Decal3.00								
	A must for each car.								
	_TTA 35 <sup>th</sup> Anniversary Commemorative T-Shirt16.00*								
	Choose Size: Small / Medium / Large / X-Large								
	Choose Color: Sand / Yellow / Stone-Gray								
	TTA 35 <sup>th</sup> Anniversary Commemorative Patch6.00								
	Round embroidered patch commemorating TTA's 35th	2							
	Anniversary, sew it on anything. *Shipping & Handling on T-shirt Orders ONLY!!! 1.50								
V	Shipping & Handling Off 1-Shift Orders ONLY!!! 1.50								
Name:									
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City:	State: Zip:								
Phone hm: (	) wk:()								

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.