

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



Water: It's a Real Lifesaver

Perhaps the single most essential element of a safe, enjoyable hiking trip is access to water. Although plenty of carbohydrates are an important part of keeping your energy up while out on the trail, water is the fuel you absolutely must have to keep your engine running. You can survive a surprisingly long time without food, but you cannot survive without water. Approximately 70 percent of your total body mass is water, and your blood is 90 percent water. Without water, the blood thickens and causes your blood pressure to rise and your muscles to cramp. Through perspiration, breathing, and urination, the average human loses at least three quarts of water per day and much more when engaging in a strenuous physical activity. It is important to replenish this water on a daily basis - it is essential to replenish it during, and after, a hike. Experts recommend people consume between three and four quarts of water a day, or approximately half an ounce per pound of body weight. The amount increases in high temperatures, when your body loses more water through sweat, and in low temperatures, when water escapes through breath. When you can see your breath, you are exhaling a mass of tiny water droplets that need to be replaced. Altitude also affects the amount of water your body requires. You will need a minimum of three quarts of water per day up to 12,000 feet and at least 10 quarts per day in higher regions.

An adequate water supply is necessary for the body to metabolize nutrients efficiently. Water also keeps your joints lubricated, regulates your body temperature and helps flush out contaminants. It is important to continuously replenish your body's water while you hike - not only when you are thirsty. Thirst is a sign that your body's water level is already low. Fatigue and headaches are also signs that you are becoming dehydrated. You may even become irritable. To avoid dehydration, experts recommend drinking at least one cup of fluid for every 20 minutes of vigorous hiking.

Dehydration is classified in three levels. When you are mildly dehydrated, your nose dries up, your urine is noticeably yellow, and you are mildly thirsty. In moderate dehydration, these symptoms become more severe and are compounded by a weak, rapid pulse. When your body hits severe dehydration, your mucous membranes dry up completely, you become disoriented and drowsy, are unable to urinate or make tears. As this condition worsens, you will eventually go into shock. The best way to avoid dehydration is to drink regularly, even if you are not thirsty. If you start to experience early signs of dehydration, start drinking more water - quickly. More severe dehydration should be treated with salt tablets; be aware that these are difficult to digest. Other precautions include avoiding caffeine and alcohol. Both are diuretics and extract water from your system. After a long day on the trail, continue drinking large quantities of water throughout the evening to completely re-hydrate.

So, how much water should you pack along? Experts maintain that a hiker will consume an average of two gallons of water per day, or as much as 3.5 gallons if the temperature climbs over the 100-degree mark. Even if you are hiking along streams and have a purification system, you should still have extra water. Water weighs more than 2 pounds per quart and can become a tremendous weight in your pack. But, when paring down, leave the radio and even the camera at home - don't skimp on the water.

David Lillard and Gwyn Hicks, "Water: It's a Real Lifesaver," Exploring the Appalachian Trail, Hikes in the Virginias, 1st ed. (Mechanicsburg, PA: Stackpole Books, 1998), 128-29.



Office Location 409 Thurman Avenue,
Ste 102
Crossville, TN 38555
Office Hours..... Tuesday – Friday
10 am – 3 pm CT
Phone: 931-456-6259
Office Staff: Marianne Mailhiot
Email: ctcoffice2014@gmail.com
Website: www.cumberlandtrail.org

Welcome to the new trail building coordinator for the Cumberland Trails Conference, Mitch Wolfe. We asked Mitch to submit an introduction to the weekly CTC newsletter and he agreed that we should share this information with those who receive the TTA newsletter.

And now, a note from Mitch:

I'm a graduate of Middle Tennessee State University, with a bachelor's degree in Aerospace Administration and a minor in Geology. My interest in trail building came about early in my college career when a friend from work suggested it to me after he had been volunteering. I began working with the Cumberland Trails Conference on the New River Segment and immediately fell in love with the work. I am honored to have been given this opportunity and eager to get started. I am looking forward to meeting and getting to know everyone involved. Feel free to contact me at any time. Mitch Wolfe Email: mitchwolfe.ctc@gmail.com, Cell: 615-481-4946 Office: 931-456-6259.

Reorganization efforts are moving along. More information will be provided during the July 18 CTC board meeting and the August 1 TTA board meeting.

Looking Ahead:

Fall "Big Dig"- CTC will be hosting a 6 week fall "Big Dig" trail building program in the Crab Orchard/Daddy's Creek area. The program will run September 16 through October 25 with work days starting on Thursday and running through Sunday. Contact the CTC office if you, an organization or a business is interested in volunteering to help with this program.

2016 BreakAway Program – March 2016. CTC is reaching out to over 50 colleges with confirmations coming in weekly. We are looking into a possibility for 2 work sites if the participants and volunteer numbers match. Please contact the CTC office, if you know that you want to be part of the 20th year of a CTC sponsored BreakAway program.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Sandy Janus 931-551-8523
clarksville@tennesseetrails.org
CHAPTER VICE-CHAIR: Lili Ball 931-552-2773
clarksville@tennesseetrails.org
TREASURER: Mary Schwab 931-645-9068
clarksvilletreas@tennesseetrails.org
SECRETARY: Pam Gadsey 931-552-2325
clarksvillesecy@tennesseetrails.org
OUTINGS COORDINATOR: Paul Schwab 931-645-9068
clarksvillehikes@tennesseetrails.org

(call Paul & volunteer to lead an outing)

MEETS MONTHLY: 3rd Tuesday at 6:00 pm CT,
Crow Community Center, 211 Richview Rd.

*Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/clarksville>*

Aug 1 - Highland Trail, Beaman Park. 5.8 miles. Moderate. Lili Ball 931-552-2773. Meet 8:00 am CT, Madison Street Kmart parking lot. 32 miles to trailhead.

Aug 8 - LBL Honker Lake Trail. 5 miles. Moderate. Sandy Janus 931-551-8523. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 73 miles to trailhead.

Aug 15 - Garden of the Gods trip. 3 stops plus a free ferry ride across the Ohio River: 1) Cave in Rock Trail, 0.25 miles, moderate; 2) Rim Rock Trail, 0.5 miles, moderate; 3) Garden of the Gods, 0.5 miles, easy to difficult. Bob Lyons 931-648-2354. Meet 7:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 148 miles to Cave in Rock plus 24 miles to Garden of the Gods.

Aug 18 - Monthly Chapter Meeting.

Aug 22 - Red River Canoe Trip. We will float from Adams, TN to Port Royal, TN, 6.72 miles; It should take from 3 to 5 hours; \$45 per canoe for the first two people, third and fourth in that canoe \$10 each additional; Bob Lyons 931-648-2354. Meet 8:00 am CT, Port Royal State Park parking area, Adams, TN.

Aug 29 - Overnight Long Hunter State Park Full Moon hike and swim. Volunteer Trail. 11 miles out and back. Moderate. Kathy Robertson 931-216-5797. Meet 8:00 am CT, I24 commuter parking lot. 61 miles to trailhead.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Carolyn Watson 901-652-9089
columbia@tennesseetrails.org
PROGRAM COORDINATOR: Ellen Clark 615-595-2640
columbiaprog@tennesseetrails.org
HIKE COORDINATOR: Jane Coffey 615-516-6551
columbiahikes@tennesseetrails.org
MEETS MONTHLY: 1st Tuesday at Super China Buffet, 5228 Main
St., #B1, Spring Hill, TN 37174. Socializing and dinner at
6:00 pm CT; meeting starts at 7:00 pm.

Aug 7 - Chapter Meeting. Join us at 6:00 pm for the buffet. The meeting begins at 7:00 pm. Our guest speaker will be Stacey Kendrick, a trainer health educator, who will discuss a healthy diet and how to improve your diet for best results for your overall health and well-being. She will present practical ideas for how to shop, prepare, cook meals and dine out with a healthier plate in mind. After 14 years of teaching healthy lifestyle and cooking classes at the Vanderbilt University Medical Center, she launched Stacey's Healthy Kitchen; where she has been offering cooking classes to small groups in her Leiper's Fork home.

Aug 8 - Duck River float. We'll do a five mile float of the Duck River, one of most diverse river ecosystems in the U.S. Normal canoe rental is \$40 for two people or \$25 for a single kayak. River Rats will provide a 20% discount for our group. If you bring your own canoe or kayak, the 20% savings will apply to the shuttle service. Credit cards are accepted. Be sure to bring water, lunch, a cooler, sunscreen and a change of clothing. This will be a leisurely float with stops for swimming and lunch. We'll meet at the Tollgate Medical Center, which is just north of 840 on Highway 31 (address: 1106 Elliston Way, Thompson's Station, 37179). Contact Janeth McKendrick, *Janethmck@aol.com* or 615-591-9352, to make a reservation.

Aug 22 - Montgomery Bell State Park, Burns, TN. Marvin Caine will lead the 4.8 mile Jim Bailey Trail, Wildcat Trail and Ore Pit trail. The trail passes through iron ore pits dug in 1800s and the restored Cumberland Presbyterian church complex from 1810. We will meet at McDonald's at 4910 Main Street, Spring Hill, TN at 6:45 am CT and leave promptly at 7:00 am. Register with Marvin Caine at *mlcaine@aol.com* or 931-626-2754.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-951-8317
easttennessee@tennesseetrails.org
WEBMASTER: Sherry Barber 865-209-6189
sbarber6189@comcast.net

Aug 15 - The Obed Wild & Scenic River Park consists of four streams that have cut into the sandstone of the Cumberland Plateau creating a rugged landscape of wild land and water. There are spectacular gorges with 400 foot cliffs above the streams, and huge sandstone boulders dotting the streams for creating large whitewater rapids in the rushing water. The Obed system is a favorite destination for experienced kayakers and rock climbers. Join us for a fun short hike to Alley Ford and an afternoon of lazy swimming in the Obed. The trailhead is located at the Rock Creek Campground adjacent to Nemo. It is approximately 2.5 miles along the Cumberland Trail, rated easy to moderate. Wear swimming shorts and bring your water shoes and a noodle or blow-up tube/raft for floating. Also bring your food and water. This hike will be cancelled if it is raining or predicted to rain as we will not want to be near the water if there is a possibility of lightning. Pre-registration is required. We will leave Knoxville approximately 9:00 am ET. Contact Sherry Barber at *sbarber6189@comcast.net* or 865-209-6189 for carpooling.

Aug 22 - Bald River Falls Trail. 10 miles. Moderate due to length. This is an in and out hike. The trail begins in the parking area to the left of the Bald River Falls. The portion leading up to the picnic area at the top of the Falls is paved and well constructed. Once you reach the top of the ridge, the trail levels out and follows the river. Shortly before the turnaround point there is a small waterfall/large cascade, a nice place for lunch. The total elevation gain is about 500 feet, a gentle hike. Wear sturdy boots. Bring water, lunch and money for carpooling. For more information and to register contact Garnett Rush at 615-210-0660 or e-mail *rushga01@yahoo.com*.

HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CO-CHAIRS: Naullain Kendrick 931-224-6225
highlandrim@tennesseetrails.org

SECRETARY Carolyn Fitz 931-598-0597
highlandrimsecy@tennesseetrails.org

TREASURER/MEMBERSHIP: Marietta Poteet 931-924-7666
highlandrimtreas@tennesseetrails.org

**OUTINGS & PROGRAM COORDINATOR & NEWSLETTER
CONTACT:** Joan Hartvigsen 931-962-0811

highlandrimhikes@tennesseetrails.org

(contact Joan & volunteer to lead an outing)

MEETS MONTHLY: 4th Monday at 7:00 pm CT at the D. W.
Wilson Community Ctr., 501 N. Collins St., Tullahoma.

Aug 1 - Foster Falls to Grundy Forest Trailhead on Fiery Gizzard Trail, Tracy City, TN. 13 miles. Moderate but difficult in places. Marietta Poteet will lead a joint hike with the Friends of South Cumberland State Park Waterfall Challenge and Tennessee Trails Association. The waterfalls are Foster Falls and Adams Falls. We will hike the entire length of Fiery Gizzard Trail from Foster Falls to the Grundy Forest trailhead in Tracy City. This hike is difficult because of the thirteen miles and the rocky descent/ascent through Laurel Gorge. This beautiful hike features several waterfalls and many overlooks all along the trail. This is a shuttle hike so we will meet at the Grundy Forest trailhead in Tracy City, leave cars there and shuttle to the Foster Falls parking lot to begin our hike. Be at the Grundy Forest trailhead by 9:00 am CT. Please wear good hiking boots and bring hiking poles, a light, snacks, lunch and plenty of water for this all day hike. Please register for this hike by calling Marietta at 931-924-7666 or email nannietta@blomand.net.

Aug 7-8 – Devils Step Island Camping and kayaking to Maple Bend Island and down Owl Hollow Creek. Tims Ford Lake. Winchester, TN. Option of camping at Fairview Campground, near Devils Step Boat Ramp. Contact Joan Hartvigsen at jhartvigs@comcast.net or 931-962-0811 to reserve a spot on the island or Fairview Campground.



Highland Rim Chapter – con't.

Aug 14-16 – Whitewater rafting and camping weekend. Joint activity with the Murfreesboro Chapter. Camping in Gee Creek Campground, Group Campsite G6, Hiwassee/Ocoee Scenic River State Park, Delano, TN, August 14 and 15. Contact Marcia Medford at marciamedford@yahoo.com or 931-598-5331 to reserve a spot in the Group Campsite G6. Marietta Poteet has booked an Ocoee River whitewater rafting trip for Saturday, August 15 at 12:00 pm ET. The cost for the whitewater rafting trip is \$40.00 per person. Marietta needs the money and the signed waiver form before the July 24 deadline. Contact Marietta to obtain the waiver form at nannietta@blomand.net or 931-924-7666. Marietta's mailing address is 525 Huckleberry Place, Monteagle, TN 37356. On Saturday evening we plan to eat at an Etowah restaurant. On Sunday we are kayaking the Hiwassee River from below the Reliance Bridge to Gee Creek Campground boat ramp. Bring your own kayak. Contact Naullain Kendrick to borrow a kayak, naullain@hotmail.com. This section of the Hiwassee River is Class 1. There is an option to hike the Benton McKaye Trail along the Hiwassee River on Saturday instead of Ocoee whitewater rafting. The hike is six miles, round trip over a level track providing views of one of Tennessee's prettiest rivers. Contact Joan Hartvigsen, jhartvigs@comcast.net for more information on the hike.

Aug 22 – Limrock Blowing Cave Preserve. Between Woodville and Scottsboro, AL. Meet at 9:30 am CT. Moderate, upright cave. Bring three light sources, extra shoes and clothes, water and snacks. Gloves are recommended. For directions and more information call Joette Carter at 256-776-3551.

Aug 24 – Chapter Meeting. Dinner is 5:00 pm CT at Applebee's, 1957 N. Jackson St., Tullahoma. Our meeting is 7:00 pm at D. W. Wilson Community Center. Our program will be announced soon.

Aug 29 – Short Springs State Natural Area, Tullahoma. Work day. Meet at 9:00 am in parking lot. Let Joan Hartvigsen know you plan to help jhartvigs@comcast.net or 931-962-0811. Bring work gloves and pruners or loppers. Tasks include trimming vegetation off trails, blocking social trails with brush, and clearing fallen trees from trails. Two chain saws and chain saw operators are needed.

**TENNESSEE TRAILS ASSOCIATION
CONVENTION/MEETING
TREMONT LODGE & RESORT
TOWNSEND, TENNESSEE
NOVEMBER 13-15, 2015**

Registration Form (each family member's name must be listed if attending)

Name _____	Name _____
Name _____	Name _____
Address _____	
City _____	State _____ Zip _____
Telephone _____	Email _____
Chapter _____	

LODGING: Tremont Lodge & Resort
7726 E. Lamar Alexander Pkwy.
Townsend, TN 37882
Standard (2 Queen)
Deluxe (King)
Deluxe (2 Queen)

Call direct to reserve your room (s)
865-448-3200
Mention TTA for Special rates
\$69.00
\$85.00
\$85.00

RV CAMPING: Call direct to reserve (10% discount)

Tremont Outdoor Resort
Whispering River Resort
Big Meadow Family Campground

865-448-6363 RV-Tents-Cabins
865-981-4300
865-448-0625

MEALS:

Friday Dinner	# persons _____ X \$11	Total \$ _____
Saturday Breakfast	# persons _____ X \$9	Total \$ _____
Saturday Sack Lunch	# persons _____ X \$5	Total \$ _____
Saturday Dinner	# persons _____ X \$12	Total \$ _____
Sunday Breakfast	# persons _____ X \$9	Total \$ _____
Sunday Sack Lunch	# persons _____ X \$5	Total \$ _____

Vegetarian Meals will be available upon request

REGISTRATION FEE PER PERSON

person _____ \$25 Total \$ _____

TOTAL ENCLOSED \$ _____

Please make check payable to East TN Chapter of Tenn. Trails Assoc.

Mail to: Rosemary Marshall
5400 Parkdale Rd.
Knoxville, TN 37912

Any Questions? Call Rosie 865-951-8317 or rosemary_L@hotmail.com

**Deadline for Registration October 19, 2015
Cancellations and Refunds must be in writing**

ANNUAL MEETING HIKES

FRIDAY, NOVEMBER 13, 1:00 pm ET

- Look Rock Tower. Foothills Parkway, Blount County, 2 miles , very easy.
- Little River/Cucumber Gap. Elkmont, 5.5 mile loop, easy.
- Ft. Loudon State Park. Vonore, 4.5 miles, easy.

SATURDAY, NOVEMBER 14, 8:00 am ET

- Rich Mountain Loop. Cades Cove, 8.7 mile loop, moderate.
- Lead Cove Trail to Thunderhead Mountain. Laurel Creek Road, 3700 foot climb, 12.8 miles, via Appalachian Trail, strenuous.
- Jakes Creek to Jakes Gap (Blanket Mountain). Elkmont, 7.5 miles, moderate.
- Clingmans Dome to Newfound Gap (Appalachian Trail). 7.8 mile descent, car shuttle, moderate.
- Lumber Ridge/Spruce Flats Falls manway. Tremont, 7-8 miles, moderate.
- Little River/ Cucumber Gap Loop. Elkmont, includes tour of Avent and other cabins, 5.5 loop, easy.
- West Prong Trail to Campsite 18. Tremont, 5.4 miles, moderate.
- Trillium Gap to Grotto Falls and Brushy Mountain. Gatlinburg, 1500 foot climb, 6.8 miles, moderate.
- Look Rock Tower. Foothills Parkway, Blount County, 2 miles round trip, easy.
- Ace Gap. Townsend, 6 miles, easy.
- Seven Islands State Birding Park. Knox County, 5 miles, easy.
- Charlies Bunion. Newfound Gap, Appalachian Trail, 8 miles, strenuous.
- Middle Prong to Indian Flat Falls. Tremont, 7 miles, moderate.

SUNDAY, NOVEMBER, 15, 9:00 am ET

- Andrews Bald. Clingmans Dome, 4 miles, moderate.
- East Lakeshore Trail. Tellico Lake, Greenback, 5.0 miles, easy.
- Abrams Creek/ Cooper Road Trail. Abrams Creek Ranger Station, 7 miles, moderate.

JACKSON CHAPTER

CHAPTER CHAIR: Vicky Moeller 731-668-9336
jackson@tennesseetrails.org
TREASURER: Anne Goodson 731-664-1556
jacksontreas@tennesseetrails.org
SECRETARY: Don Dresser 731-668-4190
jacksonsecy@tennesseetrails.org
OUTINGS COORDINATOR: Glen Rognstad 731-217-5966
jacksonhikes@tennesseetrails.org
(call Glen & volunteer to lead an outing)
MEETS MONTHLY: 1st Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

Aug 29 - Cub Lake cookout. This is our annual cookout, which we will combine with a short hike around the lake and possibly a swim. Please invite your friends to come. For further information, contact Vicky Moeller at *vmoellerosu@gmail.com*.

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
memphis@tennesseetrails.org
VICE-CHAIR: Francis Ruffin 662-781-5034
memphisvice@tennesseetrails.org

No activities planned for this month. We'll start up our hikes and meetings again in September. See you then!

Third Quarter TTA Board Meeting

August 1, 2015
REI , Brentwood, TN
1 – 5:00 pm CT

Agenda Items

- TTA and CTC Reorganization Update
- Nominating Committee Report
- Annual Award Nominations
- Annual Meeting Update

Please send additional agenda items to the TTA President prior to the meeting.

All members are welcome to attend the board meeting.

This will be the last board meeting prior to the annual meeting in November in Townsend.

MURFREESBORO CHAPTER

CHAPTER CHAIR: Sara Pollard 615-714-3610
murfreesboro@tennesseetrails.org
TREASURER: Ann Jacobs 615-896-3935
murfreesborotreas@tennesseetrails.org
PROGRAM COORDINATOR: Valerie Galan 615-516-6441
murfreesboroprogram@tennesseetrails.org
HIKE COORDINATOR: Jennifer Zahn 615-943-8853
murfreesborohikes@tennesseetrails.org
MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT, Barfield-Crescent Park's Wilderness Station, 697 Veterans Parkway, Murfreesboro
BLOG: *www.tennesseetrails.org/blog/murfreesboro*

Aug 1-2 – Fiery Gizzard Backpack. 12.5 mile shuttle. Difficult. This trail is also perhaps one of the most diverse and beautiful in Tennessee. The first part of the trail to Ravens Point is very difficult; however, we will offer an option to take the Dog Hole trail, which will be somewhat easier. We will rendezvous at the junction to Ravens Point. The next part of the trail is fairly easy until you reach Laurel Gorge. The trail then drops into a deep tributary of Little Gizzard Creek. Then we make the steep climb up to Small Wild at 10.3 miles where we will camp. The next morning we will hike 2.2 miles out to Foster Falls parking area at 12.5 miles. Call Wayne Yancey at 615-887-0212 or Andy Meeks 813-447-1224 for more information.

Aug 11 – Chapter Meeting. Pat Martin of the Tennessee Bluebird Trails will be our guest speaker.

Aug 15-16 - Hiwassee River Rafting and Camping. Joint activity with the Highland Rim chapter. Camping in Gee Creek Campground, Group Campsite G6, Hiwassee/Ocoee Scenic River State Park, Delano, TN, August 14 and 15. Contact Marcia Medford at *marciamedford@yahoo.com* or 931-598-5331 to reserve a spot in the Group Campsite G6. Marietta Poteet has booked an Ocoee River whitewater rafting trip for Saturday, August 15 at 12:00 pm ET. The cost for the whitewater rafting trip is \$40.00 per person. Marietta needs the money and the signed waiver form before the July 24 deadline. Contact Marietta to obtain the waiver form at *nannietta@blomand.net* or 931-924-7666. Marietta's mailing address is 525 Huckleberry Place, Monteagle, TN 37356. On Saturday evening we plan to eat at an Etowah restaurant. On Sunday we are kayaking the Hiwassee River from below the Reliance Bridge to Gee Creek Campground boat ramp. Bring your own kayak. Contact Naullain Kendrick to borrow a kayak, *naullain@hotmail.com*. This section of the Hiwassee River is Class 1. There is an option to hike the Benton McKaye Trail along the Hiwassee River on Saturday instead of Ocoee whitewater rafting. The hike is six miles, round trip over a level track providing views of one of Tennessee's prettiest rivers. Contact Joan Hartigsen, *jhartvigs@comcast.net* for more information on the hike. To sign up or for more information contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-283-0507
nashville@tennesseetrails.org
OUTINGS COORDINATOR: Nancy Juodenas 615-319-8811
nashvillehikes@tennesseetrails.org
(email Nancy & volunteer to lead an outing)
MEETS MONTHLY: 4th Tuesday at 7:00 pm CT in the REI
Community Room, 261 Franklin Road, Brentwood. For
directions, visit: www.tennesseetrails.org/nashville.php
BLOG: www.tennesseetrails.org/blog/nashville

Aug 1 - Beaman Park, Joelton, TN. 3.5 miles. Easy. We will meet at the Nature Center on Old Hickory Blvd and hike an easy 2.7 miles on the Sedge Trail and Henry Hollow Loop. Upon reaching the creek at the end of the loop we will do a "creek hike" up the creek back to the Sedge Trail for another .7 miles and return to the Nature Center. Bring water, snacks, water shoes for wading and a good stick for balance. Call or e-mail Nancy Juodenas for more information and to register. 615-319-8811, njlj1011@gmail.com.

Aug 22 - Downtown Nashville! This will be an urban hike of about 6 or 7 miles. Starting point will be the eastern-side of the Parthenon in Centennial Park at 8:00 am. We will hike across town, enjoying a variety of buildings and sights close up. We'll walk to the Cumberland River and across the Sigenthaler Bridge, continue past Nissan Field, then return by a different bridge and route. We will pass the water fountains in front of city hall on the way back, a guaranteed refreshing point! Hike leader is Tom Vickstrom; call or text 615-405-6713.

Aug 25 - Show and Tell Chapter Meeting. For the seventh year, we're hosting a meeting presented by – you! The chapter's laptop and projector will be available, and you're encouraged to bring pictures or other visuals from places you've hiked – faraway lands, treasures nearby, and adventures in between are all fair game. Thumb drives or CDs will work. While walk-in presenters are welcome, we want to give each person a fair amount of time. Please let Nora Beck in advance of the meeting of your plans to show photos. If you have lots of pictures to show, please plan on putting the ones that are most significant to you at the beginning of your presentation so if there are many show-and-tellers you'll be able to share at least those. Haven't been taking pictures? Come on anyway, share the fun, and be inspired to help plan fall hiking adventures as cooler weather approaches. Contact Nora at 615-517-6486 or norellibee@gmail.com to get your name on the line-up. And bring friends! Photographers love an audience.

Nashville Chapter – con't.

Aug 29 - Bledsoe Creek State Park Loop Trail. 4.5 miles. Moderate. Total distance includes all the little there-and-backs we can take along the way. This trail basically traces the perimeter of the park and provides views of Old Hickory Lake along much of its length. It combines the outer reaches of four trails: the Shoreline, Birdsong, Big Oak, and High Ridge. You'll want sturdy shoes, water and snacks. We'll be hiking in varied terrain that was once good hunting ground for Native American tribes that included the Cherokee, Shawnee, Creek and Chickamauga. We aren't likely to see wildlife they hunted, but the hike date puts us in the early part of fall bird migration so bring your binoculars. Please pre-register with Nora Beck, norellibee@gmail.com or 615-517-6486.

IT'S THE YEAR TO VOLUNTEER!

Each month TTA offers opportunities to volunteer – be it leading hikes, organizing events, fundraising, leadership on the Board – if you've never volunteered to help before...well, there's no time like today!

We are always looking for volunteers in all capacities within TTA. As a chapter chair or TTA officer, you can be involved in planning and determining the future activities and policies of our organization. If you are interested in any of the elected positions, feel free to contact the officer currently in that position to find out more about the time commitment and experience needed. Or plan to attend a quarterly board meeting to learn more. There are many opportunities for you to be involved in determining the future of TTA.

If you are interested in serving as an officer in 2016, please contact a member of the Nominating Committee – Carolyn Miller (president@tennesseetrails.org), Don Dresser (jacksonsecy@tennesseetrails.org) or Sara Pollard (murfreesboro@tennesseetrails.org).

PLATEAU CHAPTER

(Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-200-7436

plateau@tennesseetrails.org

TREASURER: Bill Quattrociochi 931-484-4230

plateautreas@tennesseetrails.org

MEETS MONTHLY: 2nd Thursday at 6:00 pm CT

BLOG: www.tennesseetrails.org/blog/plateau

There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information, contact Bill Harris at 931-484-9152 or visit the Plateau Chapter Blog. Rain cancels.

Aug 13 – Chapter Meeting at 6:00 pm. Program: Encourage Native Plants and Stop Invasive Plants by Dennis Gregg, Executive Director of Obed Watershed Community Association (OWCA). Location: First United Methodist Church Annex, 69 Neecham Street, Crossville. Dinner at La Costa's Restaurant, The Crossings, Crossville at 4:45 pm CT. Contact Chapter Chair, Cheryl Heckler at *thehecklers@charter.net* or 931-200-7436 for additional information.

Aug 15 – Whitewater rafting, Hartford, TN. This is a 6.5 mile trip of two hours duration on the Pigeon River. Arrive by 12:30 pm ET to start rafting at 1:30. No bare feet; shoes need to be strapped shoes and not sandals that could easily slip off. Blue Jeans are not recommended. You will experience 70 Class 2-4 rapids! We guarantee you will get wet and YOU will have a blast!!! Cost is \$33.78 (includes tax and river fee) per person. We have a minimum 10 person requirement to keep that price per person. Meet at Vanity Fair parking lot at 8:00 am CT; we will stop for lunch on our way. For more information and to register, contact Sigrun at 931-787-7267 or *sigrun.brickle@gmail.com*. Let me know ASAP if you plan to attend so that I may ensure we have space for everyone.

Aug 29 – Pioneer Loop, Cumberland Mountain State Park, Crossville. This is a 5 mile easy to moderate hike featuring Byrd Creek, Byrd Lake, a Swinging Bridge and the new wooden bridge by the boat dock. We will be done before lunchtime, but bring snacks and plenty of water. Meet at the Cumberland Mountain State Park boat dock parking lot at 8:00 am CT. For more information and to register, contact Carolyn Miller at *cardan@frontiernet.net* or 931-260-6674.

SODDY-DAISY CHAPTER

CHAPTER CO-CHAIRS: Ed & Donna Pyers 423- 344-9271

soddydaisy@tennesseetrails.org

HIKE COORDINATOR: George Bonneau 423-842-3619

soddydaisyhikes@tennesseetrails.org

TREASURER: Bob McGavock 423-843-4646

soddydaisytreas@tennesseetrails.org

MEETS QUARTERLY: 1st Tuesday in Jan, Apr, Jul, Oct at

6:00 pm ET at Burk's United Methodist Church, 6433

Hixson Pike, Hixson

Additional information may be seen at our web site:

<http://www.tennesseetrails.org/blog/soddydaisy>

Aug 1 - Nickajack connector trail. Approximately 6 miles. Moderate. Meet at Bi-Lo parking lot in Red Bank at 8 am. There is a \$5 parking fee. Hike leader: George Bonneau.

Aug 4 - Mowbray Pike to Sluder Lane. Approximately 5 miles. Moderate to slightly strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Aug 8 - Heiss Mountain to Soddy Creek Gulf. Creek crossing. Approximately 6 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 8 .m. Hike leader: George Bonneau.

Aug 11 - Raccoon Mountain. Approximately 4 miles. Moderate. Meet at Bi-Lo parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Aug 15 - Prentice Cooper parking lot to campground and back. Approximately 8 miles. Strenuous. Meet at Bi-Lo parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

Aug 18 - Harrison Bay State Park. Approximately 4-1/2 miles. Easy. Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: George Bonneau.

Aug 22 - Chickamauga Battlefield. Approximately 7 miles. Moderate. Meet at Bi-Lo parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

Aug 25 - Sterchi Farms. Approximately 5 miles. Easy. Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: George Bonneau.

Aug 29 - Oswald Dome. Approximately 8 miles. Strenuous. Meet at Target parking lot on Hwy 153 at 8 am. Hike leader: George Bonneau.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Sally Ticaric 615-218-1086
Bob Crouch

sumner@tennesseetrails.org

MEETS MONTHLY: 1st Monday at 7:00 pm CT.

Aug 3 - Chapter Meeting. 7:00 pm CT at The Rudder Restaurant located at Anchor High Marina, 128 River Road in Hendersonville. Come join us for tall tales of summer hikes and planning adventures to come. Dutch treat, lakeside dining, and if we are lucky...a cool evening. RSVP to Al Ballenger, *ballallenger@aol.com*.

Aug 8 - Trails at Fontanel, Nashville. This hike in the woods surrounding the former home of Barbara Mandrell is approximately two miles long, rated easy-moderate, as it does require climbing the hillside. Under the canopy of trees, this is an ideal hike for the hot August weather. This pet-friendly trail allows dogs on leashes. After the hike, we will lunch at Cafe Fontanella, located on the grounds of Fontanel. Meet at 9:00 am CT at the First Presbyterian Church, Hendersonville. For more information contact Ron and Judy Jenkins at *Judy_Jenkins@comcast.net* or call 615-403-0002.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER CHAIR: Louise Miniard 931-239-5425

uppercumberland@tennesseetrails.org

HIKE COORDINATOR: Kathleen Sullivan 931-284-7822

uppercumberlandhikes@tennesseetrails.org

Hike information unavailable at press time.

TIP

Protect yourself from the sun. A brimmed hat, sunscreen, lip balm and sunglasses are important items to have in your pack.

TTA AWARDS NOMINATIONS

The TTA Board is seeking nominations for the TTA awards to be presented at the annual meeting. We annually present the Tennessee Trails Award and the Bill Stutz Awards. The Bob Brown Lifetime Achievement Award is awarded periodically to those with a lifetime of leadership and extraordinary contributions.

Please contact Carolyn Miller
(*president@tennesseetrails.org*), Dough Burroughs
(*nashville@tennesseetrails.org*), Cheryl Heckler
(*plateau@tennesseetrails.org*) or Libby Francis
(*libbyslibbys@comcast.net*) to submit your written nominations for the TTA awards. Nominations should include contact information for the person making the nomination, a full name and address of the nominee and a paragraph stating why the person should be nominated for the award.

Tennessee Trails Award. This award is presented for outstanding contributions to the Association or for the furtherance of trails and natural resource programs and opportunities within Tennessee.

Bill Stutz Award. The Association gives this award in honor of the late Bill Stutz, past TTA member and beloved hiker. Any chapter (or voting member) can make a nomination to the Board for the recipient of this award. The award is to be presented to an active hiker for his or her individual contribution to the Association or one its chapters.

Bob Brown Lifetime Achievement Award. The Board of Directors of the Association established this award to honor the extraordinary lifetime leadership and personal contributions of Bob Brown to hiking and conservation in the State of Tennessee. The Board may give a Bob Brown Award from time to time to others for lifetime leadership and contributions that it finds equally extraordinary.



OFFICERS:

President

Carolyn Miller 931-839-3213
president@tennesseetrails.org

Vice-President

Levon Hubbard 931-707-1020
vicepresident@tennesseetrails.org

Treasurer

Kathy Woods 615-473-6824
treasurer@tennesseetrails.org

Secretary

Diane Manas 615-352-7777
secretary@tennesseetrails.org

Membership Director

Tim Townley 731-607-0512
membership@tennesseetrails.org

Past President

Millette Jones 615-397-9588
pastpresident1@tennesseetrails.org

Previous Past President

Don Dresser 731-668-4190
pastpresident2@tennesseetrails.org

West TN At-Large Director

Graydon Swisher 901-737-3114
westregional@tennesseetrails.org

Middle TN At-Large Director

Kathie Tange-duPré 615-834-9274
middleregional@tennesseetrails.org

East TN At-Large Director

Bruce Whitehead 941-716-3620
eastregional@tennesseetrails.org

Cumberland Trail Conference Representative

Frank Jamison 865-376-4120
CTC@tennesseetrails.org

TN Rails To Trails Advisory Council Representative

Bob Richards 615-532-0753
TRAC@tennesseetrails.org

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

Newsletter Editor

LouAnn Partington 931-393-4835
editor@tennesseetrails.org

Newsletter Deadlines:

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

Due	For Newsletter Dated
Aug 10	Sep 1
Sep 10	Oct 1
Oct 10	Nov 1

All submissions are subject to editing. Articles of
 general interest and non-hiking events will be
 included as space permits.

Please send all submissions to:
editor@tennesseetrails.org

INACTIVE CHAPTERS

We have three chapters in the process of being
 reorganized. If you are interested in assisting with this
 process, please see below for the contact information.

Cove Lake Bruce Whitehead 941-716-3620
eastregional@tennesseetrails.org

Dyer County Graydon Swisher 901-737-3114
westregional@tennesseetrails.org

Northwest Graydon Swisher 901-737-3114
westregional@tennesseetrails.org

GO GREEN

Electronic Newsletter Available

You can now receive your monthly newsletter via email.
 If interested please contact Tim Townley at
membership@tennesseetrails.org and please include
 your email address.

The "10* Essentials"

Before you head out on the trail, check your pack to
 be sure it contains the following items:

- whistle
- food
- compass
- rain gear/extra clothing
- water
- map
- flashlight
- hat/sunglasses
- 1st aid kit
- fire starter

Other considerations:

- leave someone a copy of your hiking plans
- hiking poles
- common sense

* This list is not to be considered cast in concrete –
 and should be customized to each outdoor
 enthusiast's needs.

Tennessee Trails Association
P.O. Box 41446
Nashville, TN 37204-1446

ADDRESS SERVICE REQUESTED



NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.
To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below.

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

YES, I WANT TO JOIN TENNESSEE TRAILS ASSOCIATION, I AM ...

- ☐ **A NEW MEMBER**
☐ **RENEWING MY MEMBERSHIP**

Aug 15

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Tim Townley 731-607-0512 membership@tennesseetrails.org

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

PLEASE, PRINT CLEARLY.

____ Individual \$25.00
____ Family \$35.00
____ Student (FULL TIME) \$15.00
____ Supporting (\$50.00, \$100.00 or more)
____ Life Member (Individual) \$500.00
____ Life Member (Family) \$750.00

Name _____
Address _____
City _____ State _____
Home Phone (____) _____ Zip _____ -- _____
Work Phone (____) _____
e-mail _____

- ☐ Please do not list my e-mail address in the TTA Annual Membership Directory
☐ I would like to receive my newsletter by email.

**** CTC Membership** **\$5.00****

**** Special \$5.00 rate for membership in Cumberland Trail Conference if you also are joining TTA or renewing your TTA membership. CTC is building the Cumberland Trail, which will go from Chattanooga to Cumberland Gap. Over 185 miles are now complete and open for hiking. More information can be found at www.cumberlandtrail.org. Please consider enhancing your commitment to Tennessee's great trails by joining the CTC.**

Please list me with the following chapter:

____ Clarksville	____ Murfreesboro
____ Columbia/Franklin	____ Nashville
____ Cove Lake (Inactive)	____ Northwest (Inactive)
____ Dyer County (Inactive)	____ Plateau (Crossville)
____ East TN (Oak Ridge/Knoxville)	____ Soddy Daisy
____ Highland Rim (Manchester/Tullahoma)	____ Sumner Trails (Sumner County)
____ Jackson	____ Upper Cumberland (Sparta/Cookeville)
____ Memphis	____ At Large

When you become a TTA member, you will receive: (1) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2) TTA's monthly newsletter, containing information on hiker safety, upcoming hikes/overnight trips, volunteer opportunities, chapter meeting announcements, as well as events occurring within TTA's Associate Organizations - C.T.C. and T.R.A.C. (3) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie and programs, in addition to learning about the progress and plans of the organization.

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