

Tennessee Trails Association

The Killer of the Unprepared

Previously compiled by Dot Fowler, (October 1989) and now reprinted in its entirety.

Hypothermia has been labeled **the killer of the unprepared** since at least 90% of those who wander in the wilderness are unprepared in body and mind. As Lynn Thomas (The Backpacking Woman), 1980 put it, "Most of us suffer a common malady: civilization. With instant access to warmth, shelter, and water, we have lost our sense of the body and the ways the elements affect it. We have given up outdoor skills."

The most common mistake with hypothermia is to think of it as restricted to winter's sub-freezing temperatures. To the contrary, a person is probably less likely to experience the problem during very cold weather because he is better equipped to face the situation (Lee Scheiber, Backpacking, 1978). The vast majority of deaths by hypothermia occurs in temperatures of 32-55 degrees. In fact, hypothermia is the most common cause of outdoor deaths (Sports Illustrated Backpacking, 1980).

The moment your body begins to lose heat faster than it produces it, you are undergoing exposure. Two things happen: you begin shivering involuntarily (a means of exercise to produce heat), and your body begins withdrawing heat first from

the skin, then from tissue and muscles in the extremities.

If exposure continues until your energy reserves are exhausted, cold reaches the brain, depriving you of judgment and reasoning powers. **You do not realize this is happening.** Additionally, you lose control of your hands, making self-treatment extremely difficult. From that point, things go from bad to worse. Unless exposure is halted immediately and body heat restored, death may result within an hour (Sports Illustrated Backpacking).

So, how does a person **freeze to death** in 40-50 degree weather? To understand this, we must discuss the ways in which heat is lost from the body. The following are taken from Sports Illustrated Backpacking and explain the ways heat is lost and suggestions for avoiding each.

RADIATION

Radiation is the leading cause of body heat loss. In the open, your natural surface warmth tends to transfer to other surfaces. minimize such loss by keeping your head covered. Unlikely though it may seem, an unprotected head can cause loss of a third of your total

production. If you feel chilly, put on a hat.

CONDUCTION

Prolonged contact with fixed solid matter cooler than skin temperatures causes body heat loss. Don't sit or lie on the ground or lean against cold rocks unless you insulate yourself with clothing or a sleeping bag.

CONVECTION (Wind)

Heat is transferred away from your body by air moving over it. The primary function of clothing (all modest conventions aside) is to retain a layer of warm air close to the body. Clothing that is too thick or too porous will allow heat to be drawn away from the body, causing what is commonly called wind chill. Wear layers of adequate clothing.

PERSPIRATION

Inhaling cold air and exhaling warm air steals significant body heat. Preheat really cold air before it goes to your lungs by breathing through a scarf or bandana.

WATER CHILL

Wet clothing can wick heat away from your body hundreds of times faster than dry clothing. Stay dry. Wear wool, which is warm, even when wet.

(Continued on page 3)



THE PRESIDENT'S COLUMN . . .

HELLO! Good news from Clarksville: Roger Greer has been elected Chapter Chair and the chapter is up and running. Good luck, and if there is anything that I can do to help, please call. Our Vice-President, Bob Barnett, is going to Clarksville to lend a hand in the reorganization. This was the only answer to my call to the inactive chapters. What about it, Chattanooga and Cumberland Mountain, we need you and our wilderness areas need you.

For those of you who are wondering what you are going to do for the wilderness this year, boy have I got an answer for you. A way to further hiking and have a great time in the bargain. Two important events are coming up in June. The Mufreesboro Chapter is sponsoring the Cumberland Trail work weekend (lead by Bob Brown), and the National Park Service at the Big South Fork National River and Recreation Area is coordinating an area-wide trails inventory and inspection. What is so great about this you ask? Well, let's examine it. To do a trail inventory you have to walk trails in some of the most beautiful country east of the Mississippi. That almost sounds like hiking. On a work weekend you walk trails slowly and take the time to see things you never see just hiking; also the group meals are shared with the most interesting company in the world: fellow environmentalist.

The Cumberland Trail work weekend is on June 1 and 2 at Cove Lake State Park. All you need is a willing spirit and a bed roll. Contact me at 895-2098 for more details.

For the Big South Fork weekend you will be enrolled as a volunteer. This means you can camp free and you are covered by Workman's Compensation as you hike it. For more details and to allow the Park Service to plan this event, contact Howard Duncan or Steve Seven at (615) 879-3625 between 8:00-4:30 Eastern time.

GOOD HIKING
TOM SHEPHERD

Editor's Notes . . .

Thank you to all who sent in information for upcoming hikes. I hope your events are well attended and everyone has a great time. Thank you also for the last minute calls about getting your articles in on time! I usually have everything already typed so that by the 15th I just have to do the page layouts. Please don't hesitate to call me if your information will be late, I would rather wait an extra day or two then not leave any space for it.

How did you like the hiker symbols in the March newsletter? If you have any small artwork like that, please send me a photocopy and I'll use it in future newsletters. For that matter, if you have any comments (positive or negative!) or suggestions for the newsletter, please write to me. I'll accommodate all requests that I can.

Happy Hikes! Kellie



(Continued from page 1)

Unfortunately, the most popular wearing apparel is also the most dangerous in this respect-cotton blue jeans. Jean easily become soaked, are slow to dry, and virtually act as a wick to draw heat from the body. Eugene Fear, of Survival Education Association, tell of his first Search and Rescue mission, in which the victim became lost a mile from the trail during a light rain. It took the S&R team eight hours to find her but the victim had already died from hypothermia. Fear believes her hypothermia was due in part from wearing blue jeans (The Backpacking Woman, Lynn Thomas).

Fifty degree water is unbearably cold. Put on rain gear before you get wet. Put on wool clothing before you start shivering. If you cannot stay dry and warm under existing weather conditions, using the clothes you have with you, terminate exposure. Persistent or violent shivering is a clear warning that you are on the verge of hypothermia.

REMINDER: A person suffering from hypothermia may deny it, claiming every-thing is fine. Death occurs when the core temperature drops to approximately 80 degrees. Spring and Autumn are prime times for hypothermia. Let's make certain TTA hikers are prepared for this season. Dress sensible and be on the look-out for signs of hypothermia in fellow hikers. Make the best-protected member of your hiking party responsible for calling a halt before the least-

protected member becomes exhausted or goes into violent shivering. If a member of your party does exhibit the signs of hypothermia, get the victim out of the wind and rain, into dry clothes and a warm sleeping bag, and give warm drinks. If the victim is semi-conscious or worse, try to keep victim awake, give warm drinks, strip the victim and put in a sleeping bad with another person (also stripped). Skin to skin contact is the most effective treatment. If possible, build a warm fire to warm the camp.

STATE NEWS

Wal-Mart Donations to Help Protect Wetlands

(Taken from The Messenger, of Madison, TN. Written by John B. Roberts, Jr.)

Wetlands around the globe are in serious trouble due to human intrusion. Flora and fauna are impacted as industrialization and commercialization creep into wilderness and wildlife habitats.

People are fouling their own nests. But one company has reached out a hand to a wetland area in Middle Tennessee.

Wal-Mart Stores, Inc. has donated \$1,000 to the Tennessee Trails Association and, through them to the Black Fox Wetlands Preservation

League. The money will be spent on the Black Fox wetland in Murfreesboro, a 125 acre wetland abundant in wildlife and steeped in history.

Recently, Evelyn Tretter, State Secretary of the Tennessee Trails Association, approached

Sherman Bowlds, manager of Madison Wal-Mart, for a door prize. Bowlds that day had received instructions from Wal-Mart head quarters to find an environmental organization to help.

"She came in here wanting a \$10 gift," Bowlds says of Tretter's trip, "and I said, let me tell you about the big time."

Wal-Mart Stores Inc. has donated over \$1.3 million to various nonprofit environmental organizations in 32 states in recent years.

The wetland, named after the Cherokee chief who hunted there, has produced flint shards, arrow-heads and other implements dating back at least 10,000 years. It was the western edge of Cherokee hunting grounds for centuries, and was used as a French and Indian trading post long before John Donelson came to Tennessee. It was a stopping place during the Trail of Tears resettlement in the 1830's.

Jointly owned by the city of Murfreesboro, Middle Tennessee State University



and several area residents, the wetlands provides a rare unspoiled eco-system.

"It is a balanced eco-system now," said John Nelson, Vice-president of the Black Fox Wetland Preservation League, "with clear water and ground. This is not mosquito-infested swamp." In fact, it is the opposite, thanks to the small gambusia fish, which eats mosquito larvae. Nelson says this is evidence of the balance in the area's eco-system. But that balance may not last. "The Black Fox wetland is just now being

impacted by development," said Nelson. "Our goal is to protect it. We plan to use this money to help it remain an environmental education center. As a regional center for wetland study, it can be utilized by schools and environmental wetlands centers."

Eventually, trails with wood chips and boardwalks and an education center, similar to those at Radnor Lake, may be constructed for visitors. A wide variety of wildlife live around the wetland, including many kinds of hawks, kingfishers, heron and other waterfowl. Tretter hopes this won't be the last such corporate involvement in environmental concerns. "We're very gratified to see a big company like Wal-Mart doing something directly. This sets an example to other companies."



If you plan ahead a couple of months, be forewarned that Bob Barnett will **not** be leading the North Georgia Memorial Day weekend as the annual schedule says.

He will be hiking somewhere in the Southern Appalachian Mountains with his life-time hiking partner, Arleen Scheller. Right now it looks like the "HAPPY TRAILS" couple will exchange marriage vows in May. The honeymoon trip will be the 18th through the 27th.

The prospective bride says, "this does not mean Bob will hike less, but that he will resume hiking with the frequency that he did during all those 1,000 mile plus hiking years."

You are cordially invited

to attend the joyous, musical wedding of

Arleen Scheller

and

Bob Barnett

May 11, 1991
First Church Unity
5125 Franklin Road, Nashville
10:30 a.m.

Please R.S.V.P.



CHAPTER NEWS

Clarksville Chapter

Meets the third Tuesday of each month. Meetings begin at 7:00 in the Community Room at Governor's Square Mall.

UPCOMING EVENTS

April 20

Frozen Head

This wildflower hike will be lead by Kate Perry. For more information please call her at 647-1985.

Memphis Chapter

Meets the 3rd Thursday of each month, at Kingsway Church. Meeting begins at 7:30 PM.

April Meeting

Program to be announced.

UPCOMING EVENTS

April 5-7

Petit Jean State Park

This is a beautiful, well-kept park in the foothills of the Ozarks. There are four very scenic trails in the area and we hope to hike as many as possible. We will leave Memphis Friday afternoon (the drive is about four hours). Betty Porter (363-0213) has reserved two cabins, with space for 12. There are also rooms in the lodge for \$35 and \$40 a night, and excellent camping facilities for \$11.50 per night. For more information call Jo DeWitt, 382-4569.

April 13

Natchez Trace State Park

Meet at Kingsway for carpool at 7:30, or at the park office at 9:30. Bring lunch and water; dress for changes in the weather. The park has an extensive trail system, and we'll decide which route we want to hike when we get there, expect to travel 8-9 miles on easy to moderate terrain (there are a few hills). Call Betty Porter at 363-0213 for more information.

April 20-21

Laurel Hill Vineyard

This is our annual camping trip to Ray Skinner's place, 177 miles from Memphis on the Buffalo River. We will have 2,000 acres of unfenced wild land all to ourselves! According to Ray, there are 15-20 miles of old logging roads to walk on, and there are fossil beds and a cave to explore. The terrain is moderate, with some steep hills. The hike begins Saturday at 10:00 AM. Those who camp Saturday night may also hike on Sunday morning. The place is a little hard to find, so be sure to call Ray at 725-0377 to get directions.

MURFEESBORO CHAPTER

Meets the 3rd Tuesday of each month, at St. Mark Methodist Church.

April Meeting

We will watch the TTA video-tape, **Five Million Steps: The Appalachian Trail Thur-Hiker's Story**, this is a documentary film.

UPCOMING EVENTS

The Walls of Jericho hike for April 20 has been cancelled. This area has been closed to public access until further notice.

April 14

Short Springs Nature Area

This is our first wildflower hike of the year. This hike is

led by Jack Carman. The group will meet at the Dairy Queen in Tullahoma at 1:00 P.M. on Sunday. Coming from Manchester, leave I-24 at exit 111, take TN State Hwy. 55 to Tullahoma. The Dairy Queen is on the left, one block past the first traffic light.

April 20

Solomon's Temple Cave

This two mile hike will take us from Solomon's Temple Cave, going 1.5 miles to Bridal Veil Cave. Those interested may want to hike on additional trails. This will be over moderate terrain. Meet at the Smokehouse Restaurant, Monteagle, at 9:00 AM (central). For more information contact Bob Brown, 353-7474, or Bob Richards, 742-6686.



April 21

The hike schedule to Shake Ragg Hollow on April 21 is unfortunately cancelled.

The hike to Short Springs Nature Area is our first wildflower hike of the year. This hike is lead by Jack Carman of Tullahoma. It will be April 14 not April 7 as was printed in the March newsletter. The group will meet at the Dairy Queen in Tullahoma at 1:00 Sunday April 14. Coming from Manchester leave I-24 at exit 111, take TN State Hwy. 55 to Tullahoma. The Dairy Queen is on the left, one block past the first traffic light.

NASHVILLE CHAPTER

Meets the 4th Thursday of each month at 7:30 at the Cumberland Museum.

April Meeting

Details are still being confirmed at press time, but please join us for the program (there will be one!)

UPCOMING EVENTS

April 6 & 7

Montgomery Bell Backpack
Note change of date from yearly schedule

The world's easiest backpack: this will be a "basecamp" type of trip. We will backpack from the part entrance, on the overnight trail, to WildcatHollw (an easy 3 miles), where we will set up camp. Then, enjoy a "pack-free" afternoon of trail hiking, or relaxing at the campsite. We will hike out the same trail on Sunday morning, or afternoon.

Beginners welcome. Park regulations prohibit dogs on the trails. We will meet by the park office at the entrance to the park Saturday morning at 9:30. **Pre-register by calling Paul Koehler, 331-4139.**

April 13

Honey Creek Day Hike This rugged 5-mile trail located on the edge of Big south Fork National Recreation area is one of the most outstanding natural areas in the state. This area offers the visitor small pristine waterfalls, huge overhanging cliffs, fine overlooks, unusual rock formations, Indian rock houses, lush rhododendron growth and many other natural features. This trail is classified as moderate to difficult (Class III-IV) and solid footwear is a **MUST!** (No tennis shoes. This trail is not difficult or long, but the terrain is very rugged and wet.) The hike will be held rain or shine, be prepared with proper clothing. Bring lunch, snacks, and water. We will arrive at the trailhead between 9:30 and 10:00 AM central time. The hike will take approximately 5 to 6 hours. Car pool will meet at K-Mart/Foodtown parking lot (Royal Pkwy. side) off Donelson Pike at I-40 East (exit #216-C) at 6:30 AM central time. **Please pre-register with the hike coordinator, Kevin Kimbro, phone (615) 333-0629.**

April 20

Fiery Grizzard Tail

This is a 12-mile hike in the

South Cumberland Park, starting at Foster Falls then to Raven's Point. From there we will take the Dog Hole Trail to the Fiery Grizzard Trail and on to Grundy Forest. This hike is considered strenuous because of the length and rocky trail. Waterfalls, streams, gorge overlooks will present themselves. We will meet at the Visitor's Center at Monteagle, TN, at 9:00 AM. From there we will drive a short distance to Grundy Forest, which will be the terminus of our hike, and park most of our vehicles there. At this point we will have to carpool to foster falls which is approximately 12 miles away. We should be on the trail by 10:00 AM. The hike should take 7-8 hours including a stop for lunch. Please bring plenty of water, food, and wear good h i k i n g s h o e s. **Preregistration is required. For additional information call James Leininger, 832-2273(W) or 432-6484 (H).**

April 21

Greenbriar Pennacle

Meet at the Ramsey Cascade Tailhead (Great Smokey Mtns. National Park), Sunday morning at 8:00 AM. Bring a lunch and plenty of water. Good hiking boots are a must! This is a 10 mile hike, climbing 2,000 feet. The view is excellent and several Peregrine Falcons nest on the bluffs. **Please preregister. Contact Bob Stephenson, 251-3817 (days), or 672-4064 (nights).** Hike coordinator will be



arriving at the Clear Creek Resort in Cosby on Saturday afternoon. If you are a camper, this is a clean campground and it is just a few miles from the trailhead.

April 24
Edwin Warner Park

This is a mid-week, after work "wind down" hike. We will hike the 2.5 mile Harpeth Woods trail. Meet at 5:30 PM at the Highway 100 entrance to Edwin Warner Park. This is a stone entrance, one-tenth of a mile west of the nature center, near Old Hickory Blvd. **If you have any questions, call Paul Koehler, 331-4139.**

April 26-28
Bearwaller Gap Backpack

The leader will camp in the Defeated Creek-Cordell Hull Lake campground on Friday, April 26. On Saturday the group will start backpacking from the Defeated Creek end of the trail at 9:30 AM. The primitive campsite on this trail is close to the trail's midway point. This trail is moderate in difficulty and has been described as a roller-coaster trail with continuous ups and downs and switchbacks. The trail goes through several different forest types and offers some beautiful lake views from stunning bluffs. **Please preregister with Bob Barnett, 831-1136.**

NEWS FROM OUR PARKS

Warner Park/Nature Center - Reservations are required for most programs and can be made by calling the Nature Center at 352-6299.

A Wildflower Journey	4/12	9:00AM-2:30 PM
Eco-Landscaping	4/13	9:00AM-noon
National Astronomy Day	4/20	7:30-9:30 PM
Earth Day sunrise hike	4/21	5:45-8:00 AM
Night hike	4/25	7:00-9:30 PM
Spring Birds	5/1	7:30-9:00 PM



UPCOMING HIKES

COOKEVILLE

4/6 Doe Creek
4/13 Ghost House Trail
@ Big Creek
4/13 Backpack
4/14 Norris S.P. Wild-
flower Hikes
4/20 Accordion Bluff
5/4 Local Waterfalls
5/12 Urban Hike
5/18 Whitewater Rafting

MEMPHIS

4/5 Petit Jean S.P.
4/13 Natchez S.P.
4/20 Laurel Hill Vineyards

MEMPHIS continued

5/11 Village Creek S.P.
5/19 Wolf River
5/24 Waterfall Hikes

MURFREESBORO

4/7 Short Springs
4/20 Walls of Jericho
4/21 Shake Rag Hollow
5/18 Stinging Fork

NASHVILLE

4/16 Montgomery Bell
4/13 Honey Creek
4/20 Fiery Grizzard

NASHVILLE continued

4/26 Edwin Warner
4/26 Bearwaller Gap
4/27 Tri-Corner Knob
5/4 Pickett S.P.
5/4 Bicycle Tour
5/24 North GA Chalet
5/25 Plateau Canoe trip

INACTIVE CHAPTERS

Chattanooga
Cumberland Mountain

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Objectives: 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.

Mail dues and address changes/corrections to: TTA, P.O. Box 41446, Nashville, 37204

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All submissions for the newsletter due no later than the 15th of each month.

Come Hike With Us!
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