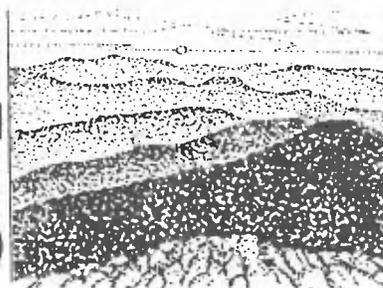


TENNESSEE TRAILS

The monthly newsletter of the Tennessee Trails Association



DEFEATED ON THE APPALACHIAN TRAIL

by Gene Curp

It was Day 9 out of Mr. Shaw's of Monson, Maine--the famed 100-Mile Wilderness. I had wished for this trip for years, and had actively planned this section hike for a year.

The two of us were heading for Rainbow Stream lean-to for lunch. There had been three. One of us Tennesseans had dropped out at the West Branch of the Pleasant River, turned left onto a logging road and headed to Greeneville. We understood--the July heat wave, the dry year, heavy packs and harder-than-expected hiking.

All the southbounders at Shaw's just raved over the beauty of the section and they were right. No one mentioned the ROCKS! Open sloping ledges, big boulders, and large broken stones all there to negotiate with a heavy pack. Hey, that's the way the land is. These rocks are integral to the trail experience in Maine. I'm not complaining--I just didn't know. We were slowed to 1 mile per hour over the Barren-Chairback Range.

Thus, I learned you can't judge the difficulty of a section merely by looking at the elevation changes on the trail profile. I think I learned this in earlier years, but this trip re-enforced the message of traveling light.

In Walking With Spring, Shaffer said you have to learn to travel light if you wish to travel at all. So I left a bag hanging at the Newhall lean-to with a sweater, Advil, parachute cord, and more for any hiker who wanted it. (Trail gossip informed me later it had all been picked up.) I even gave away my tea bags! My tent was saved only by its replacement cost!

We hoped to make up time in the lake country. A 10 mile day over White Cap, followed by a 15 mile day to Antlers campsite (and Fort Relief), lead to exhaustion. Now on Day 9 the plan was to do two 12 mile days. But the route up the brook was slower going than expected. At 1:30 p.m. I was close to Rainbow Stream lean-to but still not there. "Why am I

beating myself like this? The goal of lunch at the shelter has no meaning. I won't do it!" I sat back down after my 5 minute break and looked around. Access to the stream was nearby with an open ledge of rock sloping to the water. I took off my pack and mixed up some instant pudding. Then I enjoyed all those long break joys like a backrest, airing the feet, and just sitting still.

I was at the shelter in just minutes after lunch. I told my partner that I was defeated and planned to stay put for the night. He was free to travel on. After all, staying put was a decision to spend another night on the trail.

I reflected on my defeat. It is OK to be defeated by something as grand as nature. As I considered the events, I came to see I had defeated myself. Sure, there had been some planning lapses but the real issue was that I had failed to accept the trail as I found it. I tried to force the trail into a preconceived schedule, into mileage goals and "performance" in which I could feel pride. By accepting the trail, I was relieved of any requirement to earn the experience, and I was freed to experience the experience! Nine days to learn to savor the moment. Nine days to stop striving to be a Titan and accept being a woodland tourist. Nine days to learn it's OK to enjoy and it is not required to give 100%.

Now my only regret is that I don't have more time on the trail to internalize this

lesson and make it mine forever. I'm ready to see where this new path leads.

Judith Bartlow, Natural Areas Coordinator for Wildlife and Heritage Resources with the TVA, submitted the following article:

Big Ridge Small Wild Area (SWA) is a 200-acre urban natural area which is owned by the TVA. Big Ridge SWA is mostly old growth forest. The area is rich in wildflowers, which are most abundant in the spring; and birds and mammals, which are present year-round. North Chickamauga Creek, which is adjacent to the area, provides aquatic habitats for both plants and animals, which adds to the diversity of the area.

Big Ridge SWA is located on the Chickamauga Dam Reservation, directly adjacent to the North Chickamauga Creek Greenway. Boy Scout Troop #223, with the aid of the Chattanooga Hiking Club and Sierra Club, developed a 1.3 mile loop trail on the area. The trailhead is accessed from the N. Chickamauga Creek Greenway. The trail is moderate in difficulty. For additional information, please call Ms. Bartlow at (615) 632-1592.

**Clarksville
Chapter**

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

FEB. 20 - Reelfoot Eagle Watch. Meet at 9:00 a.m. at Kroger's parking lot, east side on Ft. Campbell Blvd. Driving distance from Clarksville to Tiptonville is about 150 miles, and we expect to arrive around noon. The afternoon will be spent walking on the south end of the lake, visiting the museum and having our meal at the Blue Lake Restaurant. We will return to the Inn for a planned program.

Ten spaces have been reserved on the Park tour bus for 10:00 a.m. on Sunday the 21st. You must purchase a ticket for the bus ride in advance at the Inn. The Park Service has telescopes set up for viewing but bring your own binoculars if you have them. Dress for the breezy colder winds around the lake and think about the wetland under foot.

Two rooms are reserved at the Inn that will sleep 10 people. There are plenty of other places close by where you can spend the night. If you would like to stay at the Inn with the Clarksville chapter members call (615) 647-4837.

After starting home, we will go by Kenton, the home of the

White Squirrel. Group leader: James McKenzie 552-4200

FEB. 27-28 - TTA Board Meeting and Stewart State Forest Hike. Please see article elsewhere in this newsletter for details about hikes and activities planned for this weekend in the Clarksville area. This is the first time Clarksville has hosted a Board meeting and they warmly welcome members from all chapters to join them for hiking and touring the Clarksville area.

**Cookeville
Chapter**

The February chapter meeting will be Tuesday, February 2 at 6:30 p.m. at the China Star Restaurant.

FEB. 20 - Stone Door Rim Trail and/or Greeter Falls. I have not received any information on this hike from the Chapter, so you may call Jack Murphy, Cookeville chapter chair, at 537-9827 for details.



info, call Ray Burkett (901) 357-9183.



**Memphis
Chapter**

Meets the third Thursday of each month at 7:30 p.m. in the Scout Building at Kingsway Church.

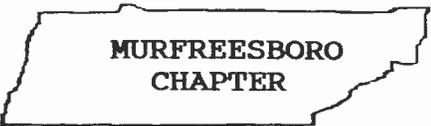
FEB. 6 - Herb Parsons Lake Hike, Fisherville, TN. Meet at the Shelby Farms soccer field parking lot on Walnut Grove Rd. at 9:15 a.m., or begin the hike at the lake at 10:00 a.m. About 6 miles, very easy. Bring water and lunch. Call Anne Lindholm (901) 388-4123 for details.

FEB. 18 - Monthly meeting at Kingsway Church, 7:30 p.m. Wouldn't it be great if you could predict the weather, so you'd always know whether to bring along that rain poncho? Well, don't miss this meeting, because our celebrity guest is Dave Brown, meteorologist with WMC-TV Channel 5 and Memphis' most popular weatherman. Dave can't change the weather for us, but he'll explain how it works.

FEB. 20 - Pinson Mounds and Cypress Swamp Nature Center, Jackson, TN. Explore with us some of the largest Indian burial mounds in the United States. Hike is about 5 miles and completely flat except for climbing up the mounds, which is optional. Bring lunch and water. After Pinson we will visit the Cypress Swamp Nature Center, which has about a mile of boardwalks through a wetlands habitat. For more

MARCH 6 - Chewalla, Holly Springs National Forest, Mississippi. Mark your calendars now for our first work day of the year. We'll meet at Betty Porter's house, 3056 Clearbrook, at 8:00 a.m. and start work at 9:00 a.m. We'll be doing light trail maintenance--small tools such as clippers will be useful--and possibly painting blazes, so wear work gloves and old clothes. If it is raining, we will still hike the trail. Bring lunch and water. Call Jerri Bull (901) 363-4408.

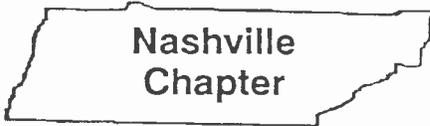
ATTENTION! Anyone interested in the Petit Jean State Park outing on April 16-18 in Arkansas, you need to make reservations immediately for lunch. If you plan to camp, you should attend the next Memphis chapter meeting or two to meet with other people who want to camp. Please call Debbie Gilbert, trip leader, at (901) 454-0613 to let her know if you want lunch reservations and/or if you plan on going on this trip.



**MURFREESBORO
CHAPTER**

Meets the third Tuesday of each month at 7:00 p.m. at St. Mark's Methodist Church.

FEB. 20 - Grassmere Wildlife Park Visit in Nashville. Call Ron Ferrara 893-3515.



Meets the fourth Thursday of each month at 7:30 p.m. at the Cumberland Science Museum.

FEB. 13 - Ellington Agricultural Center and Deerwood Arboretum Hikes. Sometimes we miss walking opportunities in our own backyards. Ellington Center is almost in Bob and Arleen's backyard and is a nice place to walk anytime of the year when the gates are closed to traffic. We will walk the roads and grounds of Ellington for 1 1/2 hours or so, starting at 1:00 p.m. Be forewarned that the creekside trail can be very muddy even in times of normal rainfall. This hike will be repeated in the spring when the iris gardens are blooming. After this initial hike, we will leave Ellington and caravan to the new Brentwood Arboretum. The trail there is a 1 mile loop that runs parallel to the Little Harpeth River in places and is a good place to observe wildlife and/or look for their tracks. This trail can also be muddy in places but is level. This hike was originally billed as a night hike, however, since this is a newly opened nature area in Nashville we felt that people would like to visit it in daylight first.

For the Ellington Center hike, we will meet at the Whitfield baseball park on Edmondson Pike off of Nolensville Rd. Please call Bob or Arleen Barnett to

preregister at 832-6484. Parking is limited at Deerwood so we will try to carpool.

BACK BY POPULAR DEMAND

FEB. 25 - What do hiking in in volcano, a nocturnal visit from "Big Foot" in the backwoods of Florida, a marriage proposal at Virgin Falls, and picking your way through a cow pasture at night in the South Cumberland Recreation Area have in common??

These were all trails tales shared by Nashville chapter members at last February's program meeting. Popcorn and beverages will again be provided for this year's "Trails Tales" program meeting on Thursday, February 25 at the Cumberland Science Museum at 7:30 p.m. Because of serving refreshments, we will meet in the cafeteria upstairs. Come and share your funny, scary, inspiring or educational stories or just sit back and listen and enjoy.

TRIP REPORT

About 16 hikers thought they were seeing double when they gathered the day after Thanksgiving to hike at Long Hunter State Park. Three sets of twins were represented that day-- 6-year-old twin girls from Cookeville, canine twins Jillian and Nikki Hann from Nashville, and Bob Barnett (sans twin brother, Bill). We walked off turkey calories on the 4 mile Volunteer Trail Day Loop that follows the lakeshore and ascends the bluffs overlooking the water.



directions or lodging, please call Ann Lowe at (615) 645-1454 (evenings).



NEWS FROM OUR STATE PARKS

The new TTA decal is now available for \$1.00. The actual decal is 4 1/2" round and adheres by static, therefore, it can easily be moved. You can get a decal by either contacting your chapter chairperson (names and phone numbers on backpage of newsletter, or by writing or calling Bob Barnett, 832-6484.

**TTA BOARD MEETING
SATURDAY, FEB. 27, 1993**

For those who wish to hike at Stewart State Forest Saturday morning, meet at the parking lot of Hilldale Methodist Church at 10:00 a.m. to carpool. The church is located at 1751 Madison St. next to Clarksville Memorial Hospital. If there is time after the Stewart State Forest hike, we will stop at Cross Creeks Wildlife Refuge.

The Board meeting will be at 3:00 p.m. at Hilldale Methodist Church and then the Clarksville Chapter will provide a potluck supper around 4:30 or 5:00 when the meeting adjourns. If you need additional information about

**SOUTH CUMBERLAND RECREATION
AREA 924-2980 or 2956**

Sat. Feb. 6 - 10:00 a.m. Greeter Falls Photography Trip. Meet at Stone Door Ranger Station. 2 miles, easy.
 Sun. Feb. 7 - 1:00 p.m. Perpendicular Creek Hike. Meet at Visitor Center. We'll see two great overlooks and maybe an interesting perpendicular waterfall! 2 miles, easy.
 Sat. Feb. 13 - 1:00 p.m. South Rim Trail. Meet at Savage Gulf Ranger Sta. 4.5 miles, easy.
 Sun. Feb. 14 - 1:00 p.m. Suter Falls Tour. Meet at Savage Gulf Ranger Station. 1 mile roundtrip, easy.
 Sat. & Sun. Feb. 27-28 - North Plateau Overnighter. Meet at Savage Gulf Ranger Station at 10:00 a.m. Saturday. Bring warm clothes, sleeping bag and backpack out to the Dinky Line Campsite with us. Bring all your own gear and food. We will return at 3:00 p.m. on Sunday. Call the Visitor Center by Feb. 26 for reservations. 7 miles roundtrip backpack (with several miles of day hikes), moderate.



TTA Trail Inspection Form

Adopt-a-Trail Program

Name of Trail: Chickasaw Bluff Trail - 7 miles
Location of Trail: Meeman Shelby Forest St. PK. Millington, Tn
Date of Trail Inspection: Nov. 29, 1992
Inspector's Name: Jerri Bull @Memphis Chapter
Address: 2995 Carvel - Memphis, TN
Phone #: 901-363-4408

Be as detailed as possible when describing the problem conditions and the location of these problem areas. Summarize any maintenance tasks that you performed. In addition, list any recommendations you may have for the management agency in charge of the particular trail.

TRAIL SURROUNDING AREA Not good in several places due to highly erodable soil in the park
Condition:

Maintenance Performed:

Recommendations for Additional Maintenance:

TREAD Good in places but lots of tree roots along trail which you have to watch for
Condition:

Maintenance Performed:

Recommendation for Additional Maintenance:

FOOT BRIDGES & STEPS If you begin hike at Old Group Camp, the bridges along this section to Woodland Shelter Trail are not in good condition with the exception of one or two. The worst is in the bottom area across the deep creek where you have to do a balancing act to get across. Bridges on the section from Woodland Shelter to Poplar Tree Lake in good condition
Condition:
Maintenance Performed:

Recommendations for Additional Maintenance: Shore up some of the bridges and rebuild others completely, especially the one in the bottom land

SIGNS & BLAZES Not good on the section from Group Camp to Woodland Shelter, but you can follow them if you have a good idea where the trail goes - rest of
Condition: trail in good shape

Maintenance Performed:

Recommendations for Additional Maintenance: Blaze section from Group Camp to Woodland Shelter and cut some large trees from the trail in this area also

CAMPSITES We did not pass any on this trail but camping areas are in good condition and most of park is clean and free from litter

Condition:

Maintenance Performed:

Recommendations for Additional Maintenance:

LITTER Not any to speak of even on heavily traveled sections of trail

Condition:

Maintenance Performed:

Recommendations for Additional Maintenance:

ACCESS ROADS Good

The shelter at Woodlands has been rebuilt and is in good condition and a shelter has been replaced at Pioneer Springs - We enjoyed our lunch at Woodland Shelter

Condition:

Maintenance Performed:

Recommendations for Additional Maintenance:

PARKING AREAS Good - We especially like the parking area built for us at the Old Group Camp

Condition:

Maintenance Performed:

Recommendations for Additional Maintenance:

GENERAL COMMENTS There was a work day at the park on the 7th of Nov and lots of work was done on trail from Poplar Tree Lake to Pioneer Springs and Woodland Shelter Trail, but there is a lot that needs to be done on the section on to the Old Group Camp as has already been noted. There is a group of volunteers which has been organized by Steve Smith, naturalist at the park, which is doing lots to keep park clean but much still needs to be done

Rate the following aspects of the trail (check one which fits best):

lots to keep park clean but much still needs to be done

Trail Use

- 1. Trail appears to be heavily used from Lake to Woodland Shelter
- 2. Trail appears to be moderately used from Group Camp to Woodland Shelter
- 3. Trail appears to be seldom used
- 4. Can't determine use of trail

General Condition

- 1. Trail is well maintained in certain areas
- 2. Trail in need of seasonal maintenance
- 3. Trail in need of substantial maintenance As noted above
- 4. Can't determine trail maintenance needs

Send a copy of this form when completed to:

James Leiningen
4091 Murfreesboro Road
Franklin, TN 37064

Bob Barnett
P. O. Box 41446
Nashville, TN 37204

FEBRUARY HIKES & ACTIVITIES

<u>Chapter</u>		
6	MC	Herb Parsons Lake Hike, Ann Lindholm (901) 388-4123
13	NC	Ellington Agricultural Center/Deerwood Arboretum, Bob Barnett (615) 832-6484
20	Cl	Eagle Hike/Reelfoot Lake, James McKenzie (615) 552-4200
20	CC	Stone Door Rim Trail/Greeter Falls, Jack Murphy (615) 537-9827
20	Mu	Grassmere Wildlife Park Visit, Ron Ferrara (615) 893-3515
20	MC	Pinson Mounds/Cypress Swamp Nature Center, Ray Burkett (901) 357-9183
27	Cl	TTA Board Meeting/Stewart State Forest Hike, Bob Barnett (615) 832-6484
??	NC	Winter Waterfall Photography Hike, Charlie Hann (615) 941-1503

ATTENTION!

THIS IS THE LAST NEWSLETTER YOU WILL RECEIVE IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP FOR 1993. WE VALUE YOUR MEMBERSHIP AND PARTICIPATION IN TTA. DON'T FORGET TO SEND IN YOUR RENEWAL THIS MONTH. THANK YOU!!!

MEMBERSHIP FORM

Unless you have a Lifetime Membership in the Tennessee Trails Association, your membership expires on January 1 of each year. All TTA memberships are based on the calendar year and not one year from the month you join.

Please register me as a member for the calendar year 1993 (Jan-Dec) with the type membership checked below:

<input type="checkbox"/>	Student	\$ 6.00	MAIL DUES TO:
<input type="checkbox"/>	Individual/Family	15.00	Tennessee Trails Assn.
<input type="checkbox"/>	Supporting	\$30, \$40 or \$50	P. O. Box 41446
<input type="checkbox"/>	Life	150.00	Nashville, TN 37204

Students do not have voting privileges. Supporting members may be organizations or individuals. Each organization should designate a representative to cast its vote and up to three addresses to receive the newsletter. Family dependent members do receive a separate newsletter.

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

PLEASE LIST ME WITH _____ CHAPTER

Mail dues, address changes/corrections and membership applications to:

TTA
P.O. Box 41446
Nashville, TN 37204

All newsletter submissions due by the 15th of each month. All submissions, questions and/or comments should be addressed to:

ARLEEN BARNETT
P. O. Box 41446
Nashville, TN 37204

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.

1993 TTA LEADERS

- PRESIDENT: Bob Barnett (615) 832-6484
- VICE-PRESIDENT: Tom Shepherd (615) 895-2098
- CORR. SEC/TREAS: Judy Van Cleve (615) 473-8136
- SECRETARY: Evelyn Tretter (615) 859-0566
- IMMEDIATE PAST PRES: Jerri Bull (901) 363-4408
- BOARD REP: James T. Jones (901) 422-1444
- BOARD REP: Bertha Chrietzberg (615) 896-1146
- BOARD REP: Sally Garrard (615) 646-4079
- MEMBERSHIP: Bob Barnett (615) 832-6484
- CUMBERLAND TRAIL
 - CHAIRMAN: Bob Brown (615) 352-7474
 - Adopt-A-Trail: Jerri Bull, Coordinator (901) 363-4408
Bob Barnett, Coordinator (615) 832-6484
 - Cookeville Chapter: Jack Murphy, (615) 537-9827
 - Murfreesboro Chapter: Ron Ferrara, Chair, (615) 893-3515
 - Memphis Chapter: Debbie Gilbert, Chair, (901) 454-0613
 - Nashville Chapter: Evelyn Baker, Chair, (615) 391-3479/833-5763
 - Clarksville Chapter: Roger Greer, Chair, (615) 648-8769

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Come Hike With Us!
Tennessee Trails Association
P.O. Box 41446
Nashville, TN 37204

