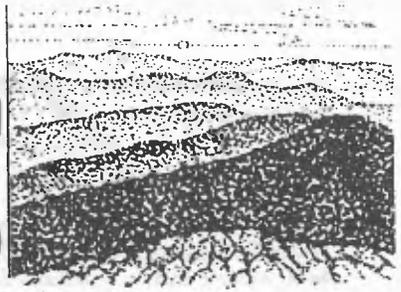


TENNESSEE TRAILS

The monthly newsletter of the Tennessee Trails Association



THE ENVIRONMENT  DEBBIE GILBERT

The Bear Facts

Can our national parks accommodate the needs of both people and wildlife?

This column is about what I did on my summer vacation. (John O'Leary got away with it in *his* column a few weeks ago, so I figure I'm entitled.) I spent a week in Glacier National Park, one of the most scenic places on Earth, and one of the best areas to view wildlife outside of Alaska.

Throughout Glacier, I had plenty of opportunities to watch encounters between animals and humans, and I began to wonder if the National Park Service could ever hope to meet its often mutually exclusive goals of "preserving the environment, protecting the wildlife therein, and providing for public use and enjoyment."

In earlier days, "public enjoyment" included feeding the animals in national parks. Though officials didn't like the practice, they tended to look the other way. With growing public awareness of ecology, however, that attitude changed.

"Since the late '60s, regulations about feeding wildlife have been strictly enforced," says Steve Frye, chief ranger at Glacier. "[Feeding] conveys a wrong impression of what national parks are all about. We are not zoos."

Offering food to a cute little creature seems like an innocuous gesture, but it can be dangerous for the feeder and ultimately fatal for the beggar.

"In the past, we have had to remove wildlife from the population [that is, to kill them] because they've been fed," says Frye. "They lose their fear. What happens when the human runs out of food and the animal isn't satisfied?"

Thanks to a massive educational campaign, most people have gotten the message, and I didn't see any illegal feeding at Glacier. What

I did see, though, were tourists trying to get up-close-and-personal with the wildlife in order to take pictures. Every normal wild animal has a "flight or fight" threshold, a minimum distance at which they will allow you to approach before they'll either run or attack. For high-strung animals, the presence of humans can disrupt vital activities such as feeding and reproducing.

One day in the high country, I came upon a group of bighorn rams beside Grinnell Glacier, already trying to knock each other senseless with their horns even though the rutting season was officially still a month away. People were edging forward with their cameras, trying to get a better shot. The sheep ignored them until they were maybe 30 feet away, then suddenly retreated. I told the people they were too close. They thought I was nuts.

On another day, at Logan Pass, people were trying to climb up the talus slopes to get close to several Rocky Mountain goats. Eventually, a ranger came out with a megaphone powerful enough to reverberate all over the Continental Divide and dispersed the climbers by shouting, "GET OFF THE MOUNTAIN!"

But there are only about 100 rangers, seasonal and permanent, to police the 1,600-square-mile park. "We can't be everywhere all the time," says Frye. "Our biggest problem is lack of funding for enough personnel to handle both wildlife protection and visitor use."

When an animal is approached by humans enough times, it can become habituated, even

without being fed. "Habituation is alteration of flight distance," says Frye. "It makes the animal appear to be tame." The mountain goats near Hidden Lake, for instance, continued feeding when I was only three feet away. And I watched a marmot (an alpine rodent similar to a woodchuck) waddle up to a lady and begin to devour her shoe — while she was still wearing it.

One animal that should never become habituated is the bear. "The National Park Service has taken all reasonable means to keep people and bears apart," says Frye. "We relocate bears from the frontcountry [near roads] to the backcountry, and we temporarily close trails in the backcountry."

At Glacier, the danger from bears is constantly reiterated in all of the park's literature.

If it had been any other species, even the less-aggressive black bear, I would have taken a picture. But only a damn fool would try to play photographer with a hungry grizzly advancing.

At every trailhead, there are warning signs that read: "This is grizzly country. Enter at your own risk. Grizzlies have been known to attack and kill humans for no apparent reason. We cannot be responsible for your safety."

Most of Glacier's two million visitors a year don't venture more than a mile from Going-to-the-Sun Road, the park's main highway. Few of these people will see one of Glacier's 200 grizzlies or 500 black bears.

But in the backcountry, it's a different story.

Though there have only been about a dozen fatal bear attacks in the park's 83-year history, the chance of an encounter is always there. Backpackers must obey strict rules about storage and disposal of food. Gift shops do brisk business in "bear bells" — sleigh bells that novice hikers wear in the belief that it will warn bears of their approach, though there's no scientific evidence of this. Experienced hikers prefer to simply talk, as in, "Hey bear, comin' through."

I had two bear encounters during my week at Glacier. The first occurred on the way to Iceberg Lake. I glanced up and noticed a brown animal wandering on the hillside above me. It had a silver back like a grizzly, but because of its narrow head I decided it was a "cinnamon" variation of the black bear. It didn't see me.

The second incident took place on the Swiftcurrent Lake trail at about 6:30 p.m., when animals come out to feed. Hearing rustling in the brush, I didn't think much about it because there are always ground squirrels underfoot. Then I grew suspicious. This was a *big* sound. Horse-size. I was thinking maybe elk or moose. I glimpsed a rotund, shaggy animal, forging for food about 25 feet away. Then it turned, and I could see it had the broad dish-face characteristic of a grizzly. And it was heading straight towards me.

I looked behind me on the trail and saw a middle-aged couple approaching. "Go back!" I yelled. "It's a grizzly!" (They must have gone clear to Canada, because I never saw them again.) Then I backed away slowly, facing the bear. Running would have caused it to give chase, and grizzlies can hit 30 miles per hour. If it had been any other species, even the less-aggressive black bear, I would have taken a picture. But only a damn fool would try to play photographer with a hungry grizzly advancing.

Obviously, I survived. The bear went about its business, and I went about mine, freshly reminded that it's *not* a zoo out there. It's for real. ■

Note from the Editor: You have to know Debbie Gilbert to truly appreciate her story above--Debbie is about 5 feet tall and couldn't possibly weigh more than 100 pounds. The woman has spunk to stare down a grizzly!

Her article leads very well into a situation closer to home. Bob Barnett submitted the following article several

months back for the newsletter regarding an early spring trip to the Smokies.

The weekend of February 5th, Arleen and I went to the Smokies hoping to see snow but instead experienced nearly spring-like conditions. We enjoyed some easy hikes on Saturday and Sunday and finished up our weekend by taking the driving loop through Cades Cove. If we saw one deer then we must have seen 100. We saw 3 deer gracefully leap a fence adjacent to one of the homesteads, and two antlered bucks (at least 8-10 points) grazing in the woods along the road.

There were not a lot of people driving the loop road that early in the morning but their behavior was so alarming that I've written park officials about it. People are treating the deer as if they were in a petting zoo instead of the wild animals that they are. People are walking far out in the fields seeking to get close to the deer.

It is my opinion that signs need to be posted telling people not to climb the fences or enter the fields. The deer need to be protected from the people. The people need to be protected from their own poor decision-making. No matter how tame the deer appear to be, they are wild animals and they have the right to remain so, even in Cade's Cove.

--Bob Barnett

OCTOBER LEAF COLOR SPECTACULAR!

**TTA ANNUAL MEETING
FRIDAY, OCT. 22 - SUNDAY, OCT. 24
DUBOSE CONFERENCE CENTER
MONTEAGLE, TENNESSEE**

*HIKING, HIKING AND MORE HIKING---SPELUNKING---ORIENTEERING---GOOD
FOOD---GOOD FRIENDS---ROPES COURSE---THE INFAMOUS TTA AUCTION---
STARGAZING---AND MORE!*

A registration form is included later in this newsletter. **THE DEADLINE FOR REGISTRATION IS OCTOBER 1.**

Cave hikes will be provided by leaders from the Middle Tennessee Grotto Society. Participants must have a hard hat and a light of some type. Preregistration is required.

A Ropes Course will be led by Jim Chrietzberg, Jr. (Jim and Bertha's son). Preregistration is also required.

Meg Garey of the Tennessee Orienteering Club will lead an orienteering course. There will be a \$2.00 map charge. Participants will need to have a compass, of course.

Randy Hedgepath and other South Cumberland Recreation Area staff will lead hikes designed to take in as much

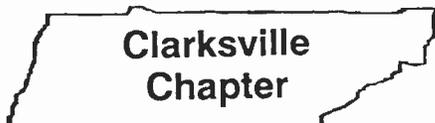
leaf color as possible. One hike led by Randy will be to the seldom seen Suter Falls and Horse Pen Falls.

Directions to Dubose Conference Center: Take I-24 to the Monteagle-Sewanee exit. Turn towards Monteagle. Turn left at the sign indicating the South Cumberland Recreation Area and Tracy City. The Dubose Conference Center is immediately on your right.

You do not have to be a TTA member to attend the annual meeting (but of course we hope you will have so much fun that you will want to join our club afterwards!).

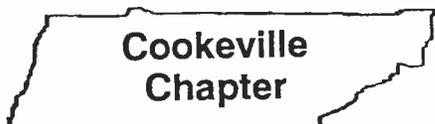
If you know of a business that you can ask to donate an item for either the auction or a doorprize, please do so.

CHAPTER NEWS



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

SEPTEMBER 25/26 - CUMBERLAND TRAIL HIKE AND TENNESSEE AQUARIUM, CHATTANOOGA, TN. Call Ann Lowe (615) 645-1454 for details.



TUESDAY, SEPT. 7 - CHAPTER MEETING AT 6:30 AT THE CHINA STAR RESTAURANT.

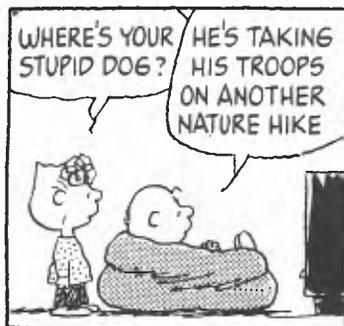


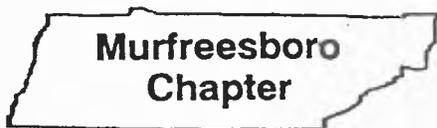
Meets the third Thursday of each month at 7:30 p.m. in the Scout Building at Kingsway Church.

SEPT. 16 - PROGRAM MEETING. Welcome to the 1993-94 hiking season--and cooler weather! Join us as we brag about our summer vacations and make plans for the upcoming year.

SEPT. 18 - CROWLEY'S RIDGE STATE PARK, ARKANSAS. Carpool at the church at 7:30 a.m. or meet at the park's main office at 9:30. This is a new hike for us, so we don't know exactly how far we'll be hiking--probably 6 or 7 miles. Terrain is similar to Village Creek, easy with some steep hills. Dress for warm weather and bring plenty of water and lunch. Contact Norma McMinn, (901) 785-1479.

OCT. 2 - MOUSETAIL LANDING STATE PARK NEAR PARSONS, TENN. Carpool at the church at 7:00 a.m. or meet at the park office at 10:00 a.m. Trail is about 8 miles long but feels more like 10, with some good-sized hills. This is one of the loveliest parks in West Tennessee, and it's not overused. Real nice rangers, too. Bring lunch and water, and wear boots. For more info, call Debbie Gilbert (901) 454-0613.



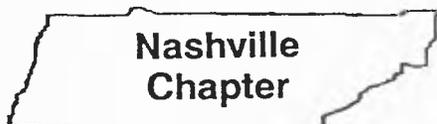


Meets the third Tuesday of each month at 7:00 p.m. at St. Mark's Methodist Church.

SEPTEMBER 21 - EVENING LANTERN TOUR OF STONES RIVER BATTLEFIELD. Call Ron Ferrara (615) 893-3515 for more details.

MURFREESBORO CHAPTER TRIP REPORT

Three TTA members visited the new Chickamauga Creek Pocket Wilderness after reading about it in the newsletter. We found the best directions to be (from Nashville): I-24 to Chattanooga, exit at 27 South exit (but turn north); from 27 North, exit at 153 South (but turn north). After 2 miles or so you'll pass Charlie's Lounge on the right. Continue over the small bridge and turn left at Marymount (or something like that) subdivision. You will be led right to the parking area. The trailhead takes off from the rightmost parking area. Although the trail hasn't been completed, it is a good 7 miles round trip. The Creek has several wading and swimming spots. We plan to go back in September or October. Check with Heloise Shilstat at (615) 896-6278 if you want to be called about the trip.



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

SEPT. 18/19 - GEE CREEK WILDERNESS AND TELLICO RIVER (EAST TENNESSEE). Call Jim Thoman (615) 292-4161 for information.

SEPT. 23 - PROGRAM MEETING. Randall Grimsley will share unique slides from some of his backpacking trips in the Southern Appalachian Mountains along with poetry and an entertaining narration.

For Sale: 2-person diamond modern A-frame tent, used very little, good quality and in excellent shape, \$60. If interested, call Ninez Giles (615) 297-2281.

Spring River, Arkansas Canoe Trip Report

On July 19, at least 7 canoes, 2 kayaks and around 16-17 people launched on the Spring River and floated 8-10 miles in 95^o+ heat. The humidity index was rated at 105-110^o. The trip normally takes 2 1/2 hours to go through several rapids and small waterfalls. We took 4 1/2 hours because after each rapid we tied up the canoes and swam. It was a pleasant trip. For a Sunday, there was an excessive amount of river traffic with tube floaters roughly outnumbering the canoes.

Some of the canoes were TTA members, some were members of the Bluff City Canoe Club and some like myself are members of both clubs. Some Sierra Club members joined us and seemed very interested in becoming TTA members. We gave them a good sales pitch. We all share a common interest in nature.

We saw numerous frogs, crawfish that were 4-6" long, both green and blue heron, all kinds of aquatic turtles, trout if you were away from the mass of boats or were lucky enough to get the trout fishermen to show you their stringers.

Other wildlife seen were: the half-naked bow riders and the drunken red, white and blue tubers. Many of the bow persons were wearing (?) the minimum amount of swimming suit to be considered legal. (Of course, I'm too old to pay attention to such goings on, so I stopped watching after a few hours.) Tubers (those who go

downstream in a tractor or truck inner tube) come in many forms. Most though are drunk halfway down stream and burned red by the sun on their frontside, frozen blue on their rearside by the spring-fed water and white where their scant wearing apparel drops as they exit. Some go with the flow of the water. Some assist their destiny and either kick their feet or move their hands. Some attach to passing canoes like so many barnacles. Some have paddles, but seem more intent on whacking each other on the heads than motivation.

I stayed an extra night, so therefore, after everyone else had gone toward home, I was treated to a rare scene! I saw a pair of tubers walking down the middle of the river. In some spots it is around 3 feet deep--20 feet in others. It seemed like a neat way to float/walk/drift down river. When this pair reached a rock-covered waterfall and they climbed over, I noticed that the male was without his swimming trunks. Apparently the river had stripped him on one of the rapids. That explained the walking. A modest tuber. That is a trait that is rare in that species. Oh well, when the weather cools down we can think more about hiking and less about water sports.

--Paul Goldstein, Memphis Chapter

Let's Hear It For the Boys for Helping Discovery House

Caleb and Joshua Trent, 14, of Murfreesboro, are putting their money where their mouths are. The twins, each 8th grade state winners in the Discover Card Community Excellence Competition, say they are giving their prize money to help the environment.

Each won \$500. The boys, who are both home-schooled, won the money for essays they wrote on how they would change their communities, said their mother Judy Trent. Joshua wrote that he would like there to be an educational display at the Children's Discovery House in Murfreesboro to tell people about the historical and environmental importance of the Black Fox Wetlands in his community. Caleb wrote that he would like the wetlands room at the Discovery House to have a microscope. The boys had a choice of keeping the money or not.

They opted for the display and microscope, Judy Trent said. Congratulations and thanks are due!

Boots should fit the weight on your back

By Mary Scott
Special for USA TODAY

Hillside trails, city sidewalks and park blacktops are filled with walkers these days.

"We're seeing a real explosion in casual day hiking," says Seth Bauer, *Walking* magazine editor. "First, a lot of former joggers now walk for exercise. Second, people consider walking and hiking a great way to enjoy their surroundings."

Athletic shoe manufacturers have responded to the increased interest by creating lightweight, strong, good-looking hiking shoes, hybrids of well-constructed running shoes and the stiffer traditional hiking boot. With improved design and materials, the new shoes are the best-ever in comfort and function.

They come in three categories: lightweight, midweight and heavyweight. Weight should be determined by the level of your activity — short day hikes to extensive backpacking trips:

► **Lightweight boots:** These are a step above running shoes, with stronger midsoles, more padding and ankle support. Make sure there is plenty of toe room for walking down hills. Suitable for day hiking without a heavy pack and often not waterproof, these boots range from \$55 to \$85.

► **Midweight boots:** These have a stiffer sole, more ankle support and more waterproofing. Made of fabric or leather with good traction, they are good for light weekend backpacking trips. Price: \$135-\$150.

► **Heavyweight boots:** Use these on extended trips with a pack 35 pounds or heavier. The shoe's upper will be stitched rather than glued to a stiff Vibram sole; a steel shank or metal plate is in the sole. They take longer to break in. Price: \$180-\$200.

Perhaps the biggest problem now is choosing the best one for you. This package gives a sampling of what is out there (and introduces us to one hiker who needs no boots at all).

NOTES FROM YOUR TTA PRESIDENT

It was my privilege to do an informal talk at the July meeting of the Cookeville chapter. I explained to the folks that I had gotten my beard trimmed and hair cut that very morning but the reason might be surprising.

I wasn't trying to enhance my appearance or make myself cooler, but the neatness factor and the coolness factor were positive byproducts. Arleen had insisted upon the haircut and beard trim due to my traveling in close proximity to the Big South Fork area. After the July newsletter article about wild bears being released in the Big South Fork, she envisioned me being kidnapped by one of the female bears as a mate, since the plans called for the release of 7 females but only 5 males. She could see headlines that read, "Big Bearded Hiker Nabbed by Female Bear." Farther along down the trail in time she could envision more stories about the sightings of harmonica-playing baby bears in the Big South Fork who thrive on ketchup. My wife did not have confidence in my ability to fend off amorous female bears but she did have confidence in my ability to teach baby bears how to play the harmonica!

Pat Anderson of the Nashville chapter suggested in last month's newsletter that a committee be established to push for the development of new chapters. The first two volunteers were Harold Draper of Knoxville and Pat Anderson. So the first attempt at forming a new chapter will be in the Knoxville/Oak Ridge area. Existing members in that area can expect to receive a survey letter in the mail around October 1st. And then hopefully a meeting will be called to establish the new Knoxville area chapter before the new year of 1994.

Do we have any volunteers to work on the Jackson area? Chattanooga? Jamestown?

--Bob Barnett

SEPTEMBER HIKES AND ACTIVITIES

Sept 18/19	Gee Creek Wilderness and Tellico River, Jim Thoman (615) 292-4161
Sept 18	Crowley's Ridge S.P., Arkansas, Norma McMinn (901) 785-1479
Sept 21	Evening Lantern Tour, Stones River Battlefield, Ron Ferrara (615) 893-3515
Sept 25/26	Cumberland Trail Hike & Tennessee Aquarium, Ann Lowe (615) 645-1454
???	Chickamauga Creek Pocket Wilderness Hike & Swim, Heloise Shilstat (615) 896-6278
Oct 2	Mousetail Landing S.P., Debbie Gilbert (901) 454-0613

How new boots are different

Features of the new lightweight hiking shoes, which are hybrids of well-constructed running shoes and the stiff traditional hiking boot:



Source: USA TODAY research, Salomon shoes

By Sam Ward, USA TODAY

Barefoot philosopher finds freedom and a foot massage

In a throng of hikers crowded on a rocky ledge overlooking Virginia scenery, Kevin Kraus stands alone. On bare feet.

With toes exposed, Kraus, 35, has climbed everything from the Alps to the eastern Appalachians. His favorite stomping grounds: craggy Old Rag in the Blue Ridge.

His first time there, he took boots because he was warned of the rocky terrain. He shed them halfway into the 7-mile loop and never laced up again.

"I don't wear out shoes," Kraus says sheepishly. "I lose them. I did own a pair of boots once. I found them unnecessary."

The philosophy of hiking barefoot is elegantly simple, says Kraus, a philosophy professor at Georgetown University in Washington, D.C. "A big part of it is freedom. It is reconnecting with childhood in a way. I think going out into nature does that for a lot of people."

Even in winter, "the cold is not a problem if you keep moving. I love the different seasons, because you really do feel a difference in the dirt underneath you. Spring is wonderful. Mud is great."

He not only meanders in puddles but also intentionally wanders over rocks.

"It feels good to have my arches stimulated," he says, "a free massage for eight hours."

— Mary Alice Yakutchik

The right socks are important

For foot comfort and protection, the correct sock is as important as the proper shoe.

A Gallup Poll conducted for the American Podiatric Medical Association revealed that three-fourths of the U.S. population suffers from chronic foot pain. For hiking and vigorous trail walking, the impact and friction between the foot and shoe insole can cause temporary and permanent problems, such as blisters and bone spurs.

Cotton, once the most popular material, is no longer recommended because it absorbs water, producing friction and blisters. The best socks now are made of synthetic fabrics, such as acrylic.

For hiking, look for those made of water-repelling synthetics, such as Cool-Max, (\$7.50) that wick away sweat. The Wigwam Ultimax Hiking model (\$9) features an olefin sole that wicks sweat up to a cotton and acrylic top. These lightweight socks have adequate padding in the sole and keep the foot cool.

Thorlo's hiking sock (\$8.50), made of a blend of 88% acrylic, 10% nylon and 2% Spandex, provides good cushioning. It is thick at heel and toe, thin on the sides. For cooler days, Thorlo wool blend trekking socks (\$12) provide warmth with minimum bulk. The hiking socks wick, but if your feet perspire a lot, add CoolMax summer liners. They are soft and retain their shape after much washing and wearing.

REGISTRATION FORM FOR 1993 ANNUAL MEETING

LODGING:

Motel-type rooms in Bishop Hall:

(\$25 per person per night/2 to a room)

\$ _____

(\$18 per person per night/3 to a room)

\$ _____

(\$15 per person per night/4 to a room)

\$ _____

Bunkhouse: \$7 per person per night

\$ _____

Camping: \$3 per person per night

\$ _____

MEALS:

\$20 per person for 3 meals (2 breakfasts & supper on Saturday)

\$ _____

Please circle "yes" if you want vegetarian meals

YES

PREREGISTRATION FOR SPECIAL ACTIVITIES: (Check desired activity)

_____ Ropes Course led by Jim Chrietzberg

_____ Orienteering Course led by Meg Garey

_____ Spelunking (caving) by Middle Tenn Grotto Society

REGISTRATION FEE: (\$2.00 per person)

\$ _____

TOTAL DUE

\$ _____

NAME(S): _____ PHONE: _____

ADDRESS: _____

MAKE CHECKS PAYABLE TO: TTA, MURFREESBORO CHAPTER

REGISTRATION DEADLINE IS OCTOBER 1

MAIL TO: Mr. Tom Shepherd
2245 Delay Drive
Lascassas, TN 37085
(615) 895-2098



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:

_____ Student	\$ 6.00	MAIL DUES TO:
_____ Individual/Family	15.00	Tennessee Trails Assn.
_____ Supporting	\$30, \$40 or \$50	P. O. Box 41446
_____ 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

HOW DID YOU FIND OUT ABOUT TTA? _____

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:	Bob Stephenson, Chair, (615) 672-4064
Clarksville Chapter:	Roger Greer, Chair, (615) 648-8769

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