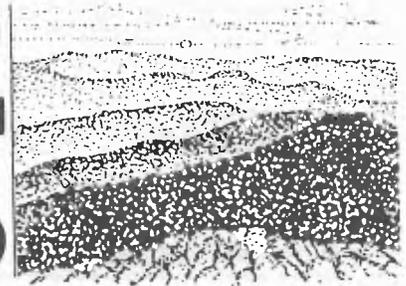


# TENNESSEE TRAILS

The monthly newsletter of the Tennessee Trails Association



## Hypothermia

Compiled by Dot Fowler

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) puts 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°. 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 power. *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° 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 thin 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

Sweating causes body cooling through evaporation of moisture from the skin. Sweating is caused by too high a temperature and by exertion. Keep your body warm but not hot. Slow down; take things easy.

### RESPIRATION

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 bandanna.

### 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.

Unfortunately, the most popular wearing apparel is also the most dangerous in this respect—cotton blue jeans. Jeans 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, tells 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 your are on the verge of hypothermia.

**SUMMARY OF SYMPTOMS**

The symptoms of hypothermia are:

- uncontrollable fits of shivering
- vague, slow, slurred speech

- lapses of memory and in-coherence
- fumbling or immobile hands
- stumbling, lurching gait
- drowsiness
- apparent exhaustion

REMINDER: A person suffering from hypothermia may deny it, claiming everything is fine. Death occurs when the core temperature drops to approximately 80°.

Autumn is prime time for hypothermia. Let's make certain TTA hikers are prepared this season. Dress sensibly 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 bag with another person (also stripped). *Skin to skin contact* is the most effective treatment. If possible, build a warm fire to warm the camp.

As the saying goes, "an ounce of prevention is worth a pound of cure." Happy trails in the upcoming beautiful autumn months!

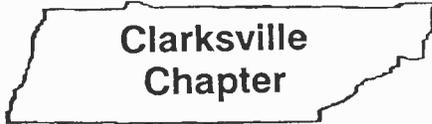
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**MARCH HIKES/ACTIVITIES**

Date	Chapter	Hike
1	Cookeville	Chapter Meeting, First Union Bank, Sparta
5	Clarksville	Bledsoe Creek State Park, Gallatin
5	Cookeville	Honey Creek
5	Memphis	Puskus Lake, Holly Springs Nat'l Forest, Mississippi
6	Clarksville	Reelfoot Lake
13	Clarksville	Pennyrile State Resort Park, Kentucky
17	Memphis	Chapter Meeting, Kingsway Church
18-20	Memphis	Flatside Pinnacle, Ouachita Nat'l Forest, Arkansas
19	Clarksville	Natchez Trace State Park
19	Cookeville	Roaring River
19	Murfreesboro	Honey Creek
20	Cookeville	Wildflower Walk
24	Nashville	Chapter Meeting, Cumberland Museum
26-27	Nashville	Hobb's Cabin, South Cumberland Recreation Area
26	Clarksville	North/South Trail, Land Between the Lakes
27	Memphis	Wolf River Trail
31-Apr 3	Nashville	Appalachian Trail Backpack, North Carolina

## CHAPTER NEWS

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

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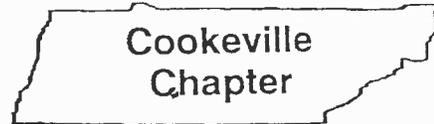
**March 5 - Bledsoe Creek State Park.** Meet 8:30 a.m. Saturday at K-Mart parking lot on 41A South. Manuel McKnight 358-2115 and Casey will lead the hike near Gallatin.

**March 6 - Reelfoot Lake** with James McKenzie. Call Bessie Daniel 647-4837.

**March 13 - Pennyryle Forest State Resort Park.** Meet Sunday at 12 noon at Kroger on 41A North in front of Walgreen's to carpool. Robert Alley 647-7960 and others will lead a moderate 5-mile hike.

**March 19 - Natchez Trace State Park.** James Neblett 387-3317.

**March 26 - North/South Trail at Land Between the Lakes.** Meet at 8:00 a.m. at Kroger on 41A North in front of Walgreen's. J.R. Tate 326-5453 will lead a moderate 10-mile hike over the third section of the North/South Trail at LBL.



Meets the first Tuesday of each month at 6:30 p.m. Locations vary from month to month--details in newsletter.

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**March 1 - Chapter Meeting.** Meeting to be held at First Union Bank on Hwy 111 in Sparta in their meeting room. If you wish, bring snack foods. It will not be a supper meeting. First Union is across from McDonald's. We will meet at 6:30.

**March 5 - Honey Creek.** Meet at Penney's in Cookeville at 8:00 or Hardee's in Monterey at 8:30. 5 miles--difficult. Call Randy Hammontree 372-8900.

**March 19 - Roaring River.** Meet at Penney's in Cookeville at 1:00 p.m. 3 miles--easy. Call Bill Jones 526-5317.

**March 20 - Wildflower Walk** along old railroad bed. Meet at First Union Bank in Sparta at 1:30 p.m. 3 miles--easy. Call Bonnie Greene 836-3696.

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### Cookeville Chapter Trip Reports

Bonnie Greene's planned Virgin Falls hike for January 8 turned into a series of hikes for a number of area hikers the week of December 26 through Jan. 1. The scouting hike took place on December 27. Bonnie, Ross Cardwell, Jill Smith from Nashville, Pam Miller and myself parked at Beecher Wallace's house in Dog Cove and hiked up to Rattlesnake Point where we ate a quick

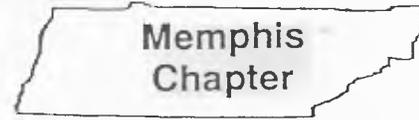
## COOKEVILLE CHAPTER (CONT'D)

lunch. Using topo map and compass, Ross and I led the group on a woodland scramble straight up "Triple By-Pass Hill." At the top we picked up the fire lane atop Wilson Ridge. Then we made one more scramble down Dry Creek Cascade to our shuttle car. What a hike! Ten miles and 1500 foot elevation gain. We loved it!

Next, on Dec. 30, Bonnie, Pam and I parked at the point of Wilson Ridge and hiked into the Virgin Falls along the Caney Fork to the old Sawmill site, up "Single By-Pass Hill" to the breakdown below the falls. I left the group and went on to the falls alone, finding that the freezing temperatures and ample rainfall the day before had generated a winter wonderland of frozen overspray on the trees around the falls. If only I had not left the camera in Pam's pack! We then reversed our route back. Another wonderful day, 9 miles, 1000 foot elevation gain.

On New Year's Day, Bonnie got yet another group together. Pam and I and Bill and Gina Cook from Lebanon joined her for a short trip to Hell Hole overlook and Hell Hole on Pine Mountain. It was drizzly, cold, muddy and briary, but we had a good time putting in yet another 4 1/2 miles and 1000 foot gain. We then joined Ross and Brenda Cardwell at Bonnie's for soup, cornbread and blackeyed peas and dessert.

We ended the week thinking it would be great if the Scott's Gulf/Lost Creek area were a state or national park or recreation area.



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

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**March 5 - Puskus Lake at Holly Springs Nat'l Forest, Mississippi.** This will be a work day, but also an opportunity for exploration, since we haven't been to this site before. We'll be doing light trail maintenance, so wear old clothes, work gloves, and boots. Ranger Gerald Inman will provide equipment. Bring lunch and water. Carpool at Betty Porter's house at 8:00 a.m. We'll meet the ranger around 9:15 near Oxford. If you prefer to drive down on your own, call Jerri Bull for directions, 363-4408.

**March 17 - Monthly Meeting.** Now is the time when we start planning for our big spring and summer camping trips. You may need some new equipment--but how do you know what's the best kind to buy? Don't miss our March meeting, when our scheduled speaker will be Joe Royer, owner of Outdoor's, Inc., Memphis' best-known recreational outfitting store. He'll offer expert advice on tents, sleeping bags, boots, and backpacks. Hope to see you there--and be sure to wear green!

**March 18-20 - Flatside Pinnacle in Ouachita Nat'l Forest, Arkansas and Pinnacle Mtn. State Park near Roland, Ark.** We will meet at the Lake Sylvia campground parking lot at 10:00 a.m. Saturday the 19th, where we will shuttle cars and start the hike. The Flatside Pinnacle hike is approx. 9 miles in length.

Directions to Lake Sylvia campground: Take I-40 past Little Rock to I-430. Take I-

**MEMPHIS CHAPTER (CONT'D)**

430 South to AR Hwy 10 exit then west on Hwy 10 approx. 20 miles. You will go past junction of Hwys 9 and 10. Approx. 1 1/2 miles past junction of Hwy 9, turn left onto Road 324 and then 3.8 miles to Lake Sylvia. Allow 3 1/2 hours or more driving time from Memphis. For more details on the hikes, directions, places to stay Fri/Sat nights, call Ken Novak (901) 377-9127. Anyone planning to go needs to call so we will know to look for you.

**March 27 - Wolf River Trail.** The Wolf River Conservancy is having a trail clearing and hike along the Wolf River Trail, from Germantown Rd. east to Forest Hill-Irene Rd. Starts Sunday 10:30 a.m. at the Germantown Rd. canoe ramp. Call Charles Askew, 526-2278, for more info.

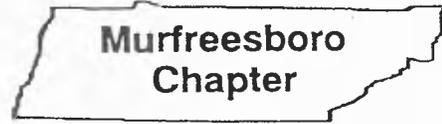
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**Memphis Chapter Trip Report  
Reelfoot Lake, Jan. 9, 1994**

Sixteen people braved the very cold weather for our annual trip to see the wintering eagles. And our efforts paid off with lots of good sightings. Because the lake was beginning to freeze over, eagles were concentrated close to open water where they could find food. In one spot there were three eagles in a tree plus several others in nearby snags and on the ice. After the eagle tour we enjoyed lunch at the Lakeview Restaurant; a good social hour and good food in spite of a broken water line! This was one of the best trips to Reelfoot. On Saturday some of us got to see the many thousands of geese and ducks flying in to the north refuge. WOW!

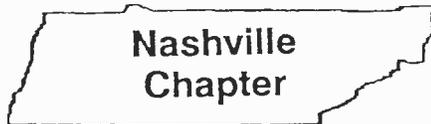
--Betty Porter

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

**March 19 - Honey Creek.** Call Daniel Parker 893-7502 for details.



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

**March 24 - Program Meeting.** Come hear a surprise guest!

**March 26-27 - Hobb's Cabin at Savage Gulf Overnight Backpack.** This is a moderately easy hike that will leave at 8:30 a.m. Saturday from the Savage Ranger Station. We will follow the North Rim Trail, which contains some of the best overlooks in the park, for 8 miles out to Hobbs Cabin. The cabin sleeps 6, with a porch which sleeps ??, and the campground can accommodate many more, but it's all first come, first serve. Sunday we will return via the North Plateau Trail which covers 9 miles. This is a fantastic trail winding through an excellent example of plateau old growth and tremendous Shortleaf Pines. We are limiting this group to 14, so call early. Contact Rob Weber 952-2949.

## NASHVILLE CHAPTER (CONT'D)

**March 31-April 3 - Appalachian Trail Backpack.** Richard Connors expects his Easter backpack to be the last weekend of winter or the first weekend of spring! He will be leading a 20-mile backpack through the southernmost part of the AT in North Carolina near the Georgia border through the Nantahala Wilderness and another area that has been proposed for wilderness status. Give Richard a call for more information. Day #726-1953; evening #941-1477.

### *Trip Report Mossy Ridge Hike January 30, 1994*

*The forecast said temperatures in the low 30's and precipitation, but 11 enthusiastic hikers were greeted with a warmer, sunny winter day instead.*

*The trail was beautiful as it ever is in the shorter months, offering stately, mature trees, ridgesides made colorful with bright green patches of moss, a peaceful, trickling waterfall and animated, vocal flocks of robins. Chipmunks raced for cover, tails high, as they suddenly heard the hikers' approach.*

*This trail will call us back soon for another visit.*

*Ninez Giles*



## NEWS FROM OUR STATE PARKS

### *South Cumberland Recreation Area (615) 924-2980*

*March 5, 10:00 a.m. Greeter Trail Tour. Meet at the Greeter Falls Trailhead. A beautiful view of the gorge awaits at the Big Bluff Overlook, while the finale is a set of the most beautiful waterfalls on the mountain. 3 miles, moderate.*

*March 6, 10:00 a.m. Raven Point Excursion. Meet at the Visitor Center. Panoramic gorge view, a natural arch and waterfall are featured. 2 miles, easy.*

*March 12, 2:00 p.m. The Blue Planet. Meet at the Visitor Center. Take an armchair space trip, experience a lightning storm from above it, and see our world as an entity, all in our big screen, surround sound viewing room. 45 minutes.*

*March 20, 10:00 a.m. Shake Rag Wildflower Trip. Meet at Green's View in Sewanee. Join the early birds for a search for the earliest spring flowers--after all this is the first day of spring! 1.5 miles with shuttle, moderate.*

*March 26, 10:00 a.m. Horsepound Gulf Wildflower Hike. Meet at Swiss Memorial School in Gruetli-Laager. One of the best spring wildflower areas anywhere is featured. 4.5 miles, strenuous.*

## LETTER FROM THE PRESIDENT

I moved from Colorado to escape the long winters, but this Tennessee winter has been hard. I know everyone's having cabin fever about right now but spring is near, almost here. I can see it in my daffodils punching up through the "ice," in the peeping frogs singing along the Harpeth, in the elms shaded in early red blossoms. March is often a brilliant time to hike, with chilly, blustery blue-skied days with just a hint of spring in the forests. Days where one can push 12 miles just to see where a trail leads without the worry of the summer's draining heat. So escape the fever, to seek and see, and hike.

As we head into heavy hiking season, I want to take a minute to remind everyone of the responsibilities of a Hike Leader:

1. Information should be submitted to Arleen Barnett for the newsletter by the 15th of the month prior to your hike and should include: difficulty, length, a brief description, needs to bring, i.e., lunch, and contact name and phone number.
2. A hike leader should have prior trail knowledge and be prepared--first aid kit, extra water on extreme days...
3. Remember you represent TTA, so take a minute and introduce yourself and meet your hikers.
4. You are responsible for making sure everyone who goes in, comes out, so count your hikers before and after the hike.
5. Trip Reports: This is where you get to tell **TALL TALES** about your hike. I encourage everyone to follow up their hike with a report. If you don't want to write one, simply call Arleen, our editor, and tell her about it.

All of these responsibilities are important, but I want to reinforce two things. First, many of your hikers will not be members of TTA, but have heard good things. Keeping that in mind, we have an opportunity here to gather new members and grow, so tell them about us. Secondly, I enjoy reading Trip Reports more than anything in the newsletter, so please follow up.

Happy Hiking!

Rob Weber, TTA President

Bob Brown, TTA Chairperson for the Cumberland Trail, submitted the following write-up of a hike he did 20 years ago on the property adjoining Pickett State Park and Forest that has been in the news headlines recently. Reading about the unique geological features and historical significance of this land points out even more how important it is that this land be preserved for public use.

### **JOHN MUIR TRAIL AND PICKETT STATE FOREST**

The John Muir Trail presently extends about 6 miles through Pickett State Park and about 42 miles through Big South Fork Nat'l River and Recreation Area. Another 17 mile section lies along the Hiwassee River in Cherokee Nat'l Forest. The Tennessee Trails System Act of 1971 called for it to start near the mouth of Wolf River in Fentress County and to end where the Hiwassee River crosses the North Carolina state line.

Twenty-odd years ago, Robbie and David Hassler led a TTA hike along a preferred route for an extension of the John Muir Trail from Pickett State Park to the Alvin C. York Grist Mill State Park. It went from Rock Creek Road (Boundary Rd.) on the west side of Pickett State Forest southwestward out a long ridge to a line of scenic bluffs overlooking the upper Wolf River Valley. A lunch stop atop the big bluff at the end of the ridge provided the hikers a grand view of the valley.

This bluff was unusual, with a bare rock face that started almost horizontal on top and gradually rounded off to near vertical at the bottom--something like the back side of Half Dome in Yosemite. To the right the bluff line turned to the northeast and became a precipitous wall along the valley lying on that side of the long ridge. The bluff line encircled the

upper end of this valley, forming a sort of broad box canyon. I haven't been back to this spot since that hike, but it remains in my memory as one of Tennessee's places that should at almost any cost be preserved for its unique wild beauty. This ridge and the bluff line lie within the tract recently purchased by the Patton Corporation from Stearns Coal Co., apparently frustrating efforts by local citizens such as the Hasslers to see it bought by the State for addition to Pickett State Park.

After lunch on the bluff, Robbie and David led us through a break in the rocks into the woods below along a route that had been flagged a week or so earlier by Alvin York's youngest son, Tom. Leaving the woods at the bottom, we crossed open pasture to a country road and a bridge crossing a fork of Wolf River, and soon we were at York Mill. Tom York was there to welcome us, and he talked enthusiastically about the extension that would bring the John Muir Trail to his family's cherished birthplace.

Not many months later, Tom was killed in the line of duty as a deputy sheriff of Fentress County. Were he here today, I'm sure he would be disappointed that the John Muir Trail still has not come to his beautiful valley and, also, deeply concerned that the opportunity to preserve its unique scenic setting could soon be lost.

--Bob Brown

# Back to Basics for a New America?



## TENNESSEE STATEWIDE RAILS-TO-TRAILS CONFERENCE

March 25 - 26  
1994

Nashville, Tennessee  
Scarritt - Bennett  
Center

Please complete the following form and mail  
fees and registration to:

Tennessee Recreation and  
Parks Association  
2704 12th Avenue, South  
Nashville, Tennessee 37204  
Attn: Kathleen Williams  
(615) 292-4690

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

AGENCY/ORGANIZATION \_\_\_\_\_

### FEES

- \$10.00 non-refundable registration fee
- \$45.00 one night lodging and three meals

Yes, I would like to attend the Tennessee Rails-to-Trails Conference and have enclosed fees for one night of lodging and meals for the entire conference as well as the non-refundable registration fee.

Yes, I would like to attend the conference but will arrange for separate lodging and meals. I have enclosed the non-refundable registration fee.

No, I can't attend the conference, but would like to receive information about future rail-trail opportunities in Tennessee.

by ARTHUR S. SMITH

Many thoughtful people are becoming increasingly concerned about the environmental impacts of our massive roadbuilding programs and the proliferation of automobiles. It is beginning to seem that building more roads is not a solution to the problem because a new road attracts new subdivisions, bringing more cars, which means we need more new roads, and so on. Where will it all end?

Highway contractors, automobile manufacturers and the oil companies like it this way. Others may feel that it is wasting our natural resources, destroying our streams, fragmenting and destroying wildlife habitat, polluting our air and perhaps degrading our quality of life. There are also concerns that our education and health care systems are being shortchanged in order to have money to build all those roads.

Mass transit is not the answer in most cases, because we are so spread out. Mass transit would be both inefficient and inconvenient. The private automobile is the only solution in most communities because of the way they have developed. Perhaps this does, however, give us a clue to solutions.

Some existing communities such as Charleston, South Carolina and Alexandria, Virginia did not have the benefit of single use zoning when they were developing. Shopping, working, worshipping, and play are often within walking distance of residences. There is charm and quality of life in abundance. Could this be the way to go? Certainly a concentration of inhabitants near a transit station would make mass transit more convenient and practical.

A number of progressive architects and city planners have been working on new concepts for development. Land use planning is oriented toward making mass transit practical and increasing the quality of life. Mixed use zoning is used where compatible working places and commercial enterprises -- but not huge parking lots -- can be in residential areas. Schools are not out on the edge of town and students do not drive to school. Narrow streets make walking practical. People get to know their neighbors.

A brilliant young man by the name of Andres Duany has done a great deal of thinking and analyzing in this field. He shares some of his insights with us in a video tape called "Rethinking Urban Sprawl." This videotape will be the program feature at the State of Franklin Group's 7:30 p.m. meeting on February 22nd at the Unitarian Church in Gray.

## 1995 TENNESSEE STATE RECREATION PLAN

### REGIONAL PUBLIC INPUT WORKSHOPS

If you have any questions or comments on the 1995 State Recreation Plan, please contact: Joel Zimmerman, Recreation Planning Consultant, Tennessee Department of Environment and Conservation, Recreation Services Division, 10th Floor L&C Tower, 401 Church Street, Nashville, TN 37243-0439 (615) 532-0755

DATE	1994 WORKSHOP SCHEDULE AREA	LOCATION
Tuesday, February 1	Tri-Cities	Kingsport Civic Center 1550 Fort Henry Drive
Thursday, February 3	Knoxville	Pellissippi State Technical Community College Goins Administration Building 10915 Hardin Valley Road
Tuesday, February 15	Chattanooga	Tennessee Valley Authority Solar Institute Building 701 M.L. King Blvd
Thursday, February 17	Cookeville	Cookeville Community Center 204 Carlen Drive (Next to High School)
Thursday, February 24	Columbia	Columbia Recreation Center 503 Carter St
Tuesday, March 1	Jackson	Jackson Civic Center 400 South Highland
Wednesday, March 2	Martin	University of Tennessee, Martin Boiling University Center Wayne Fisher Drive
Thursday, March 10	Memphis	Memphis State University Fogelman Executive Center 330 DeLoach St
Tuesday, March 15	Nashville	Nashville State Technical Institute Clement Auditorium 120 White Bridge Rd

TWO MEETING TIMES TO CHOOSE FROM: 2 - 4:30 PM or 7 - 9:30 PM

The above page was reprinted from the February, 1994 issue of the TenneSierran.

**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 1994 (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 \_\_\_\_\_ OR AT LARGE \_\_\_\_\_ HOW DID YOU HEAR ABOUT

TTA? \_\_\_\_\_

\*\*\*\*\*

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

TTA  
P.O. Box 41446  
Nashville, TN 37204

Newsletter submissions due by 15th of the month to Arleen Barnett, Newsletter Editor

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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.

**1994 TTA LEADERS**

PRESIDENT:	Rob Weber, (615) 952-2949
VICE-PRESIDENT:	Bob Barnett (615) 832-6484
CORR. SEC/TREAS:	Judy Van Cleve (615) 473-8136
SECRETARY:	Evelyn Tretter (615) 859-0566
BOARD REP:	James T. Jones (901) 422-1444
BOARD REP:	Bertha Chrietberg (615) 896-1146
BOARD REP:	Bessie Daniel (615) 647-4837
MEMBERSHIP:	Bob Barnett (615) 832-6484
CUMBERLAND TRAIL	Bob Brown (615) 352-7474
ADOPT-A-TRAIL:	Jerri Bull, Coordinator (901) 363-4408
	Bob Barnett, Coordinator (615) 832-6484
Cookeville Chapter:	Paul D. Miller, Chair, (615) 526-7927
Murfreesboro Chapter:	David & Colette Dill (615) 273-2707
Memphis Chapter:	Debbie Gilbert, Chair, (901) 454-0613
Nashville Chapter:	Bob Stephenson, Chair, (615) 672-4064
Clarksville Chapter:	J.R. Tate,, Chair, (615) 326-5453

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