

TENNESSEE TRAILS

THE MONTHLY NEWSLETTER OF THE TENNESSEE TRAILS ASSOCIATION

Mission: To promote, construct and maintain a statewide system of hiking trails, and to work for the conservation of natural resources inherent to this objective.

SPONSOR FOR THE CUMBERLAND TRAIL



National Trails Day



June 2, 2001

Get Outside!

With the tremendous support received from national and local businesses, and event sponsors, of food, beverages, snacks and door prizes donated, we are sure to have a successful and fun event. We thank the following: American Hiking Society, Blue Ridge Mountain Sports, Cumberland Transit, Lowe's Home Improvement, REI, Southern Fruit and Vegetable, Sunshine Grocery, THOR-LO®, Inc., Tyler Mountain Spring Water, WRLT Radio's Team Green and Wild Oats Markets.

I have received suggestions and guidance from a lot of sources and each has been a great help. However, Diane Manas, in particular, has been both a source of encouragement and a tremendous aid in getting this event put together. To Diane, I say, Thanks!

I am looking forward to meeting each of you – new and old TTA members - as well as those volunteers coming to us from the general public who had heard about this event through our press announcements and sponsors. (cont. on pg. 2)

... Last Call ...
National Trails Day
June 2 (& 3)
Come SHINE or RAIN!!!

*A message from Fount Bertram,
NTD Event Coordinator*

Thank you to all 100+plus TTA members (and the many volunteers coming to us through our sponsors) who pre-registered for our National Trails Day event. If you did not pre-register by the May 10 deadline and want to come and help – come on out. There's plenty of work to be done. The only thing you missed by not pre-registering is the free box lunch REI is providing on Sat., June 2. (So, BYOB – bring your own box.) REI is also providing t-shirts to all that pre-registered and have offered to take names and addresses of the volunteers who did not pre-register and will mail them a t-shirt after the NTD event. Everyone is eligible for the door prizes, snacks and beverages.

Drink Up !

Pure water is vital to health. Our bodies cannot store water, so we must drink constantly. The need for water is driven by temperature, metabolism and work. Our bodies perspire to control the body's core temperature during exercise, such as hiking. Water is also needed by the body for breaking down and metabolizing our food intake. Even while resting, we can lose 4 pints (2 liters) of water per day just through normal perspiration, breathing and urination.

Hiking is a strenuous activity, and adequate hydration is crucial for optimal performance and health.

How much water to drink? Drink frequently, between 1 to 2 cups of water per hour and before you feel thirsty, to avoid dehydration. (A good sign that you've drank enough water - clear urine! Cloudy or colored urine indicates the need to drink more.) You can be slightly dehydrated and not feel thirsty. The signs and symptoms of dehydration may include fatigue, flushed skin, headache, dizziness, chest pain, irritability, feeling tired, and cramps. Extreme cases of dehydration could lead to death.

If you've run out of water, and as long as you're close to a water source, most water can be made fit to drink. Never assume the water source to be safe - even if the water is fast flowing, crystal clear and cold. How you purify your water is a matter of preference; however, some methods are safer than others. (cont. on pg. 2)

Congratulations! Fount Bertram!
2001 American Hiking Society
Volunteer of the Year!

READ AWARD ANNOUNCEMENT ON PAGE 4

LAST CALL FOR NTD

(cont. from pg. 1)

If you've never worked on a hiking trail before, don't worry, we are offering ON-SITE TRAINING, and NO EXPERIENCE IS REQUIRED!

Here are a few details you won't want to overlook:

- Where: Edgar Evins State Park. Center Hill Lake, TN.
- Directions: From I-40, exit at #268 (Hwy 96/Center Hill Lake). At the bottom of the ramp, turn on Hwy 96 heading south. In 5 miles Hwy 96 runs you right into the park. Follow the signs.
- Camping: Camping is available to all volunteers, free of charge, on Friday (6/1) and Saturday (6/2) nights. You are responsible for providing your own camping gear. Follow the NTD signs, through the park, and into the campground area that leads you to the area designated for our group (you can't miss us, it'll look like a tent city). Three modern bathhouses and laundry facilities are available.
- Wear: Comfortably fitting clothes that you don't mind getting dirty and sturdy shoes, preferably hiking boots.
- Bring: Work gloves, drinking water, lunch (Sun. only), snacks, sunscreen, bug repellent, personal first aid kit with any special medications you may need (i.e. allergy to bee stings), and a daypack to carry it all in/out.
- Tools: We have some, however, if you have access to a fire rake, pick mattock or loppers/pruning shears bring them along.
- Meet for Work: Come SHINE or RAIN, 8:30am CDT at the "old camp store" which is at the front entrance to the campground, on the left. There is plenty of parking here. We'll pass out tools (for those who need them), goodies, and shuttle volunteers to/from assigned work areas.
- Other: Not camping Saturday night? You're invited to hang around for the live music performed by a few of our volunteers and special guests.

I will arrive early Friday afternoon. You can find me in/around the "old camp store" area in the campground and where the National Trails Day banner is posted.

See you there!! Fount Bertram

WHAT'CHA DOIN' NOV 9-11, 2001?

Hope you've cleared your calendar and have plans to join the rest of TTA at Camp Carson in Newport, TN, for the upcoming Annual Meeting. Camp Carson is north of and within 20 miles of the eastern edge of the Great Smoky Mountains NP (Davenport Gap). With the GSMNP providing the backdrop to our fun-filled weekend of activities, you can sure bet there will be lots of GSMNP hiking choices. The Plateau Chapter, our host for this year's meeting, is in the hike planning process and is requesting your input:

Do you have a favorite trail (in the Smokies/area) you'd like to see added to the schedule and/or, are you willing to lead a hike (in the Smokies/area)?

If so, please call Carolyn Miller: 931-456-4465, or email her: cardan@usit.net

ATTENTION TTA HIKE LEADERS:

A TTA Release of Claims & Hold Harmless Agreement form (aka Liability Waiver) must be signed by everyone before you start your hike. They can be obtained from your local Chapter Officer or downloaded easily from our website: www.tennesseetrails.org/release.html

DRINK UP!

(cont. from Pg. 1)

One of the most reliable methods of purifying your water is to boil it. This requires a heat source and a container to boil the water – items not common to a day hiker's backpack. Another effective treatment is to use purification tablets (iodine). They are lightweight and easy to use. One pill purifies one quart of water in about 10 minutes. A drawback to iodine tablets is the bad taste it leaves in the water. However, neutralizer tablets placed into the water after the purification process will eliminate the iodine aftertaste. Finally, there are filters. Water is hand pumped through a narrow intake hose, where it passes into a filter assembly for purification, then exits ready to drink. Filters don't leave a bad aftertaste, weigh as little as ¾ of a pound, are easy to use and remove a wide range of contaminants; both organic and inorganic.

For a day hike you may not need to consider utilizing any of the above water treatment processes – just be sure you have plenty of water for the hike, and enough to get you back into civilization.

HIKING Tennessee Trails

Our very own hiking guide is currently undergoing revisions in preparation for a 6th edition. Ideas and suggestions on the guide's layout and format, improvements to trail descriptions, trails to add/delete (you're invited to write new or update old trail descriptions) must be submitted to Bob Brown. (The final manuscript will be submitted to a *NEW** publisher in the fall.)

If you have a favorite trail that you wish to see included, call Bob. If you like to hike and write or, draw maps, call Bob.

Get involved! Call Bob!

Bob Brown ♦ 123 Blackburn Avenue ♦
Nashville, TN 37205
615-352-7474

**We've been with Globe-Pequot Press for a long time. Due to reasons beyond our control, Globe-Pequot Press has made the decision not to publish any future guides. So, we're in the process of shopping for a new publishing house. If you know of a publishing house that may want to publish our next hiking guidebook, contact Bob Brown.*

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THROUGH TTA'S WEBSITE

*You can buy your books
through TTA's website and TTA benefits!*

We have an arrangement with amazon.com where TTA receives a commission on all items (books, music, electronics) purchased when you enter their site through our link. It's very easy! Go to the TTA web site (www.tennesseetrails.com), navigate to the Merchandise page, then follow the link to the TTA Bookstore. Please note: Commissions are only given on sales made through the TTA website therefore, *always enter amazon.com from the TTA website and do not sign up for their one-click service.*

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER:

Eric Wilson 423-628-2817
ericavi@infoave.net

Jun 2 National Trails Day. We will hike a private trail near Pickett State Park. Jamestown, TN. The trail is only a mile or so long, but has some spectacular overlooks. We will also see two beautiful new homes being built on the bluffs, one still under construction, and perhaps have a home tour as well. Bring lunch, we'll eat in Pickett SP. There will be an option for an afternoon hike in Pickett SP, if anyone is interested. Because we may have the opportunity to visit some of the homes in the area the group size is limited to the first 18 people who pre-register. We will meet 10am EDT at the Harrow Road Cafe in Rugby. For additional information and to pre-register, call Rick Murphy: 615-244-5199, or email him: rick.murphy@bpsm.com

CLARKSVILLE CHAPTER

CHAPTER OFFICER:

J.R. Tate 931-920-2692
modelt@charter.net

MEETS: 3rd Tues, 7pm, The Crow Community Center, 211 Richview Rd

Jun 2 (& 3) National Trails Day Trail Building Event at Edgar Evins State Park. Center Hill Lake, TN. Our chapter, along with 6 other TTA chapters has adopted this as our NTD trail-building project for this year. Forgot to pre-register? No problem! We still need your help and know you won't want to miss this fun-filled and very rewarding weekend. So, come on out and work one or both days. Details concerning this event can be found on page 1 of this newsletter. If you have additional questions, call J.R. Tate: 931-920-2692.

Jun 9 Bowie Nature Park. Fairview, TN. Bowie Nature Park is located on the edge of the Central Basin and on the western escarpment of the Highland Rim of Middle Tennessee. Each of these physiographic provinces is uniquely different and has created an unusual mix of biota. There are 17 miles of winding trails (as much as we'd like, we will not hike all 17 miles) that travel through several ecosystems which include wetlands, grasslands, pine forest, oak/hickory forest, riparian and low-land bottom-land wetlands. Bring water, snacks and lunch. For additional information and to pre-register, call: June Miller: 931-648-4195

Jun 16 Pennyrile Forest State Resort Park. Hopkinsville, KY. Bring your camera, because the photo opportunities are limitless on the nature trails in this park. We have a choice of seven trails that loop around the lake and through the forest areas and are rated from easy to difficult in hiking ability. Bring water, snacks and lunch. For additional information and to pre-register, call: Suva Bastin: 931-645-2849.

Jun 19 **MONTHLY MEETING.** Come learn hiker safety tips, hear about past and upcoming hiking trips, meet/greet members/friends and see a fun-filled program presentation from a like-minded outdoor enthusiast. Lots in store.

(cont.)

CLARKSVILLE (cont.)

Jun 23 Giant City State Park, Carbondale, IL. Nestled in the hills of the Shawnee National Forest lies Giant City State Park. Surrounded by enormous sandstone bluffs, and oak-hickory woodlands, this 4,000 acre park is famous for its abundance of plants - especially wildflowers, wildlife, and spectacular scenery, like rocks as large as some small houses. And, it's not as far away as you think! Bring water, snacks and lunch. For additional information and to pre-register, call: Sandi Hamilton: 931-920-2760

Jun 30 Old Stone Fort State Archaeological Area. Manchester, TN. The Old Stone Fort is a 2000-year old American Indian ceremonial site. It consists of mounds and walls, which combine with cliffs and rivers to form an enclosure measuring 1-1¼ miles around. Bring water, snacks and lunch. For additional information and to pre-register, call: Jack Bastin: 931-645-2849.

HIKE REPORT:

Life is an adventure, and our May 5-6 weekend at Stone Door was one of the best. Picture a quiet campground, glorious weather (not too hot, not too cold), delicious food, good company (Joanne, Suva and Jack, Sandi and Bill, Roy and Wanda, and Darryl) and rappelling down the face of a 70-foot cliff with the help of professional. Add to that a challenging hike to sparkling and cool Greeter Falls and the ice cold Blue Pool. Yes, Darryl, Suva, and Joanne had to sample the pristine depths of Blue Pool (not for long!), and yes, it was cold! Last, but not least, include a roaring campfire and a dinner of spaghetti, salad, bread and butter, cooked by Master Chef, Bill Hamilton. Did I mention Bill also served us a satisfying breakfast of orange juice, coffee and pancakes? Service with a smile! What more could you ask for? Here is a scavenger hunt for those of you who could not join us:

- Who won the wet T-shirt contest?
- How cold was Blue Pool?
- Who brought his summer sleeping bag and slept in all his clothes?
- Did everyone contribute to the firewood collection?
- Who rappelled Australian down the 70-foot cliff?
- Who carried a chewed up beaver log up from Greeter Falls?
- Who made the best peach cobbler in a Dutch oven?
- Who paraded up the trail to model the rappelling harness?
- Who swung away from the cliff while rappelling and bounced down the wall?
- Who had the best view of all and took action photographs?

You betcha, fun was had by all! (If by chance you find the answers, bring them to our next meeting.)

submitted by Joanne Brengel

Gas prices made a huge jump at the end of March and have remained high. Analysts believe these high prices will stick around through the summer.

Please, be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of buying gasoline.

COLUMBIA CHAPTER

CHAPTER OFFICER:

Todd Horton 615-302-3336
todd1966@aol.com

MEETINGS: WILL RESUME AUGUST 2001

Jun 2 (& 3) National Trails Day Trail Building Event at Edgar Evins State Park. Center Hill Lake, TN. Our chapter, along with 6 other TTA chapters has adopted this as our NTD trail-building project for this year. Forgot to pre-register? No problem! We still need your help and know you won't want to miss this fun-filled and very rewarding weekend. So, come on out and work one or both days. Details concerning this event can be found on page 1 of this newsletter. If you have additional questions, call Todd Horton: 615-302-3336.

Jun 23 Take a break from the heat on this "water hike" as we float, relax and paddle a bit on the calm waters of the Duck River. Our water hike is 9-miles and rated c-c-cool. Bring appropriate clothes, water, snacks and lunch because we'll be on the river at lunchtime. We will meet 9am CDT at River Rat Canoe Rental on Route 431, near route 412, east of Columbia. For additional information and to pre-register, call: Pam Frakes: 931-388-2197.

HIKE REPORT:

On May 6, eight people enjoyed a 10-mile hike with spectacular bluff-top views and waterfalls along the Stone Door, Ranger Falls and Big Creek trails of the South Cumberland State Recreation Area.

COVE LAKE CHAPTER

CHAPTER OFFICER:

Siler McCarty 423-566-1291
webmaster@tnrlca.org

Jun 2 Come celebrate National Trails Day as we explore some of the many new trails, in the area, built by the BreakAway students and AmeriCorps workers. We are so thankful for their help in building these trails for us to enjoy! There are 3 new trails that branch off from Cove Lake State Park, each approximately 2 miles long. You may choose to go on one or all of them. Meet 9am EDT in the parking lot at the far end of Cove Lake SP, by the paved hiking trail and big shelter. Bring snacks, lunch and water. For additional information and/or to pre-register, call Faith Dippold: 423-566-8026.

Jun 16 Ramsey Cascades Trail, GSMNP. Ramsey Cascades is in the Greenbriar section of the park. It is 8 miles roundtrip and rated moderate to strenuous. Strenuous for the 2100 foot climb over 4 miles and moderate for the 2100 foot descent over 4 miles. The trail starts on the south side of Middle Prong on the Little Pigeon River. Ramsey Cascades is the highest waterfall accessible by trail in the park, and some say it's the most spectacular. Bring camera, binoculars, plenty of water, extra socks (so you can get your feet wet), snacks and lunch. Meet 7am EDT to carpool from Eagle Market gas station in Jacksboro or, meet 9am EDT at the trailhead. For additional information and/or to pre-register, call Laurie Salvesson: 423-562-8776 (day), 423-907-0951 (eve). Laurie is planning on camping Sat. eve in the Smokies. Let her know if you're interested in joining her. (cont.)

COVE LAKE (cont.)

PLANNING AHEAD:

Jul 21-22 Mammoth Cave National Park. Mammoth Cave, KY. Let's escape the heat and head for a cave! The plan is to leave on Fri. Jul 20, around 4pm EDT and camp, possibly on Sat. night too, so we won't have so far to drive each day. We will be doing a hike in Mammoth Cave and pass by one of its most spectacular formations called Frozen Niagara, which is 130 feet below the surface. Now, we're talking cool temps. For additional information and to pre-register, call Laurie Salvesson: 423-562-8776 (day), 423-907-0951 (eve).

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER:

Keith Mertz 865-376-4827
keithmertz@hotmail.com

Jun 2 (& 3) National Trails Day Trail Building Event at Edgar Evins State Park. Center Hill Lake, TN. Our chapter, along with 6 other TTA chapters has adopted this as our NTD trail-building project for this year. Forgot to pre-register? No problem! We still need your help and know you won't want to miss this fun-filled and very rewarding weekend. So, come on out and work one or both days. Details concerning this event can be found on page 1 of this newsletter. If you have additional questions, call Keith Mertz: 865-376-4827.

Jun 16 Burnt Mill Bridge Loop, Big South Fork NRR. This 4.3 mile hike provides a variety of scenery from rolling rivers, to rock bluffs, and wildflowers. The trail is rated moderate. Bring lunch, plenty of water, and wear sturdy hiking boots. Meet 8:30am EDT at Shoney's on Illinois Ave. in Oak Ridge or 10am EDT at the trailhead. For additional information and to pre-register, call Marvin Shanks: 865-690-6070.

MEMPHIS CHAPTER

OFFICER:

Frederick Belton 901-327-3674
fbelton@hotmail.com

ELECTED BOARD REPRESENTATIVE:

Gloria Norrid 901-382-4227
gnorrid@yahoo.com

MEETINGS: Resume Sept 20th

There aren't any hikes scheduled for the month of June. Everyone is welcome to hike with any of our other TTA chapters.

HIKE PRE-REGISTRATION? WHY ????????

Our hike leaders are volunteers. Make it easier for them to contact you in the event their hike needs to be cancelled by pre-registering!

BE CONSIDERATE AND PRE-REGISTER

MURFREESBORO CHAPTER

CHAPTER OFFICER:

Fount Bertram

615-765-5357
fwbertram@hotmail.com

HIKE COORDINATOR: (Call Brent & volunteer to lead a hike.)

Brent Morris

931-728-8191

MEETS: 2nd Tues, 7pm, Wilderness Station @ Barfield-Crescent Park, 697 Barfield Rd.

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June 16 North Chickamauga Creek hike and Chattanooga's RiverFest event. The hike is 8-9 miles and takes about 5 hours to complete. We can cool off in the creek and still take in the beautiful surroundings. If it's a really hot day, we'll shorten the hike and spend more time in the water! After the hike and playing in the creek, we'll go into Chattanooga and take in the music, food, and fireworks. The festival entrance fee is \$19, and in years past it has always been worth it. Bring lots of water, snacks, lunch, a change of clothes and wear hiking boots that provide ankle support! **PRE-REGISTRATION IS REQUIRED!** Meet 6:45am CDT at McDonald's (Hwy 96/I-24) for a 7am CDT departure. For additional information and to pre-register, call Heloise Shilstat: 615-896-6278 (hm), or 615-254-5461 (wk), or by email: heloisew@bellsouth.net

June 23 Long Hunter State Park. Hermitage, TN. Long Hunter SP trails are designed to provide pleasant walking experiences for all. Each follow the shore of J. Percy Priest Lake, climb bluff overlooks, and wander through hardwood forest, cedar thickets, and interesting rock outcroppings. For additional information and to pre-register, call Debbie Estes: 615-895-6815.

June 30 Accordion Bluffs hike, Dale Hollow Lake State Resort Park. Bow, KY. Dale Hollow's 3,398 acres are covered by deciduous forest, holding hardwood species like oak and hickory. On the trails, it's possible that we may see wild turkey, raccoons, foxes, otters, squirrels and migrating waterfowl (in winter, bald eagles!). For additional information and to pre-register, call: Maryedith McFarlin: 615-896-1344, or by email: mcfarlin@mtsu.edu

PLANNING AHEAD:

Jul 4 (Weds) Caney Fork River!!! Again! It is never hot on the Caney Fork. If you don't have access to a boat of some type, boats can be rented at the Big Rock Market nearby, or at MTSU's Rec Center. Very little experience is needed, but you will be expected to wear a life jacket and leave intoxicating beverages at home because the Sierra Club and I don't want to lose you! For additional information, meeting time (probably 9:30am CDT) and location, and to pre-register, call Heloise Shilstat: 615-896-6278 (hm), 615-254-5461 (wk) or by email: heloisew@bellsouth.net

Jul 10 ANNUAL PICNIC (& MONTHLY MEETING). Barfield-Crescent Wilderness Station. Murfreesboro, TN. Along with the fun, food and festivities, we'll be planning our outings for the 2nd half of the year. Meet 7pm CDT at the Barfield-Crescent Wilderness Station. Need additional information and/or want to volunteer to help, call Fount Bertram: 615-765-5357, or email him: fwbertram@hotmail.com

Congratulations! Fount Bertram 2001 American Hiking Society Volunteer of the Year

More than any other recreational or cultural resource in America, the success story of trails in the United States has been written by volunteers. For the seventh year, American Hiking Society conducted a nationwide search and has proudly announced Fount Bertram, Murfreesboro's Chapter Officer, as the winner of this year's American Hiking Society Volunteer of the Year Award for the state of Tennessee. The Volunteer of the Year Award honors volunteers for their tireless efforts to preserve and maintain America's trails.

The search was conducted over several months to find the top volunteers in the U.S. Nominations were received for many qualified candidates. Fount was nominated by Tennessee Trails Association as the Volunteer of the Year due to his continuing efforts in serving as chapter officer and providing leadership for the Murfreesboro chapter, by leading hikes throughout the year, and assisting local and state parks with the planning and development of their hiking trails. Fount has been a member of the Tennessee Trails Association since October 1998 and has been volunteering his time ever since, working on projects such as trail building and maintenance on the Cumberland Trail and in Edgar Evins State Park – where five miles of trails were completed last year, an additional eight presently under construction. Plus, Fount was instrumental in forming a partnership between the chapter and local recreation department to plan and build hiking trails in one of their city parks, Barfield-Crescent Park.

The Tennessee Trails Association, located in Nashville, Tennessee was founded in 1968 to promote, construct and maintain a statewide system of hiking trails, and to work for the conservation of natural resources inherent to this objective, and feels fortunate to have many dedicated volunteers including Fount.

Volunteer of the Year Award will be presented to Fount on June 2, 2001, at the National Trails Day event, taking place in Edgar Evins State Park near Silver Point, TN.

American Hiking Society, a national recreation-based conservation organization, was established in 1976 and is dedicated to establishing, preserving and maintaining footpaths in America.

NASHVILLE CHAPTER

CHAPTER OFFICER:

Dan Brennan 615-599-4713
osrwodan@aol.com

HIKE COORDINATOR: (Call Elizabeth & volunteer to lead a hike.)

Elizabeth Gerlock 615-352-6260

MEETS: 4th Tues, 7pm, Radnor Lake Visitor's Center,
Granny White Pike

HIKING HOTLINE 615-367-7045

Jun 2 (& 3) National Trails Day Trail Building Event at Edgar Evins State Park. Center Hill Lake, TN. Our chapter, along with 6 other TTA chapters has adopted this as our NTD trail-building project for this year. Forgot to pre-register? No problem! We still need your help and know you won't want to miss this fun-filled and very rewarding weekend. So, come on out and work one or both days. Details concerning this event can be found on page 1 of this newsletter. If you have additional questions, call Dan Brennan: 615-599-4713.

Jun 2 National Trails Day Events at the Warner Parks. Nashville, TN. (Sponsored by the Warner Parks, American Hiking Society, Blue Ridge Mtn. Sports, Sunshine Grocery and Wild Oats Market.) From 8am to 4:30pm come celebrate a full day of activities scheduled at the Warner Parks. Selections include hiking their 12 miles of trails, enjoying a drive on their 25 miles of scenic road, or riding your horse on the 10 miles of equestrian trails. TTA members and the Warner Park Nature Center staff will lead hikes throughout the day. Blue Ridge Mountain Sports staff will be on-hand at the Nature Center and on the trail sporting some great new gear! Wild Oats Market and Sunshine Grocery will also be stationed at the Nature Center discussing great trail goodies!

- 8am (until 11am) Mossy Ridge Hike led by a TTA volunteer. This hike is recommended for adults, as the trail is 4½ miles long, somewhat rugged and hilly, and rated moderate.
- 1pm (until 3pm) Harpeth Woods Hike led by WP's Naturalist, Heather Perry, and a TTA volunteer. This hike makes for an excellent family hike. The trail is 2½ miles and rambles over and around hills, just not as many as those on the 4½ miles of Mossy Ridge.
- 1pm (until 3pm) Old Roadway Tree Trail stroll led by Naturalist, Jackie Leys. This trail is completely paved, therefore recommended for families with young children or strollers. The stroll is about 1½-2 miles and rated moderate for the few hills we will climb.

*For additional information and reservations,
call 615-352-6299*

Jun 2 National Trails Day Hike in Beaman Park. Joelton, TN. If you need to stay close to home today, this one's for you, it's less than 30 minutes from Nashville and the scenery is spectacular. Beaman Park is not officially opened to the public so hiking is by permit only and space is limited. Therefore, pre-registration is required! To obtain exact meeting time (around 9am CDT) and location, and to pre-register, call Nancy Dorman: 615-299-9586. (cont.)

Jun 3 Beaman Park Aerobic Hike. Joelton, TN. Missed the NTD hike the day before? Want to get your heart rate up? This will be a fast hike over hilly terrain. Beaman Park is not officially opened to the public so hiking is by permit only and space is limited. Therefore, pre-registration is required! To pre-register, call Nancy Dorman: 615-299-9586. We'll meet at the spring on Little Marrowbone Road at 1pm CDT.

Jun 6 (Weds) Old Highway Tree Trail Evening Hike. Edwin Warner Park. Nashville, TN. Leave your hiking boots at home tonight because we're going soft-soled (tennis shoes recommended) as we pound the pavement of this 2½-mile hike on the paved roads in Edwin Warner Park. Bring water, and a flashlight because the sun will be setting soon after we start walking. Meet 6:45pm CDT at the Edwin Warner Main Entrance parking area off Hwy 100 (¼ mile west of the Nature Center). The hike will begin at 7pm and we'll finish by 8:30pm. No RSVP required. If you have questions, call Diane Manas: 615-352-7777.

Jun 9 Beaman Park Trail Building. Joelton, TN. Continuing with our monthly promise to build and maintain trails in Beaman Park, you are invited to help the Friends of Beaman Park improve and expand the existing trail. Wear clothes you won't mind getting dirty and boots that provide ankle support. Bring lunch, water, work gloves and any trail building tools you have. We will work from 9am CDT until noon. Pre-register by calling Dave Walton: 615-646-5355.

Jun 10 Early morning hike at Radnor Lake State Natural Area. Nashville, TN. We will meet 7:30am CDT in the visitor center's parking lot and will do the full loop - Ganier Ridge & South Cove - which totals about 5 miles. After we have worked up a hunger, we will reconvene at Nashville for breakfast (bring \$ to pay for your meal). For additional information and to pre-register, call Charlie or Jennifer Hann: 615-941-1503.

Jun 13 (Weds) Old Highway Tree Trail Evening Hike. Edwin Warner Park. Nashville, TN. Refer to June 6.

Jun 14-17 (Thu-Sun) John Muir Trail Backpack in Big South Fork NRRRA. Jamestown, TN. This 4-day backpack will begin at the O&W Bridge in the Big South Fork NRRRA and continue 50 miles along rivers, creeks, overlooks and remote forests. This trail is rated moderate to difficult with steep stairs, ladders, climbs and many creek fords. We will gather at BSFNRRRA on Weds eve, set up camp and prepare for an early departure the next morning. We'll finish the 50 miles upon reaching Pickett State Park on Sunday afternoon. Thu and Fri hikes have 2 mileage options. And, will be determined by how the group feels as the day goes on. For example, on Thu, we can hike 10.7 or 15 miles to reach a campsite. And on Fri, we can hike 10.5 or 11.8 miles to reach the next campsite. On Sat., we'll hike 15½ miles and on Sun we'll finish out the trip by hiking 9.7 miles. Each campsite is next to a large creek/river, therefore you may also want to bring your fishing rod. For additional information and to pre-register, call Keith White: 615-305-9078. (cont. on pg. 7)

THE THREE SHERPAS

Submitted by Marietta Poteet

Going, going, gone. Sold! The Three Sherpas! \$150 dollars to Jim and Marietta Poteet. That bid was recorded 1½ years ago during TTA's Annual Meeting Auction. (The proceeds of that auction helped to fund the Spring BreakAway program on the Cumberland Trail.)

The Three Sherpas are Anne Wesley, Richard Horvath and Diane Manas. An idea they dreamed up on a long hike in the Smokies: to make available, as a fund-raiser, what Sherpas have done for centuries in Nepal – guide hikes and carry all of the creature comforts of home into the wilderness. And now, the rest of the story ...

Finally, after a few unsuccessful attempts of clearing dates, from 5 people's calendars, then Jim's unexpected "heart ache," we met April 8. Our destination was a ridge between the Nolan and Green Rivers of Mammoth Cave National Park and our goal was to see wildflowers, in an area we had not been before. Upon reaching the parking lot, Jim and I watched wide-eyed as Anne, Diane and Richard put on these enormous, full and seemingly heavy backpacks. We walked (they packed) down one side of the mountain to the Nolan River. It was quite beautiful. Richard had promised us wild flowers and he surely delivered many lovely kinds - blood root, rue anemone, wood poppy, spring beauties and wild geranium, to name a few - which we enjoyed on the way down, around and back up from the lake. As we hiked back up the mountain, guilt reared its ugly head as I watched 2 of the 3 Sherpas donned in backpacks make the climb. Atop, Richard picked up his pack (including a vase of flowers and double-eyed Coleman stove, which he carried) and together, we all hiked down the other side to our lunch spot.

The Sherpas made a comfortable place for us to sit and dine, on a tablecloth adorned with the flowers from Richard's pack, silverware (really, beautiful gold-ware) and cloth napkins, then asked us to wait while they "got things together." Eagle-eyed Jim realized the 3 Sherpas had slipped off and curious by what they could be doing, we speculated several possibilities, but none of our guesses came close to the truth. From around the bend they came, dressed as "wait staff," just like you see in the most exclusive restaurants around town - white gloves and black and white formal wear. Richard in a tuxedo!

Already overwhelmed by the service we had received thus far, we continued to be amazed by the equipment these 3 pulled out of their packs. Food, ice, pots, silver platters, fine china, many types of drink glasses - I'm talking heavy and fragile stuff here, not plastic, the real stuff!

Our meal began with an hors d'oeuvres tray (silver platter) of cheese and crusty bread, garnished with an assortment of fruit and nuts. Then came the wine. Some Evian water (on ice) with lemon. More wine. A spring-greens salad with homemade balsamic vinegar. More wine. Then the entrée, chicken Cordon Bleu, brown and wild rice blend, prepared on the stove Richard carried in. Marinated herbed tomatoes, served on the side. We finished the wine just before the cheesecake, topped with raspberry sauce, arrived. To end this delightful culinary experience, Anne served us a dessert tray consisting of little chocolates and yellow marshmallow bunnies, along with champagne and a choice of coffee or hot tea.

I was nearly speechless as I observed these 3 wonderful, innovative people organize, carry, put together, cook, serve, clean-up, and repack all the parts which made this experience so unbelievable. I know they must have spent many hours planning and organizing, and know they worked very hard to make this experience Jim and I will hold dear in our memories, for years to come. To Anne, Diane and Richard, we thank you ever so much! (To everyone reading this, next time a Sherpa trip if offered, Jim and I will be fighting any one else who wants to bid.)

A Sherpa's Perspective: This was a lot of fun, from idea development right on through to unpacking my backpack. Hard to believe, what started off as a crazy idea for us, raised \$150 dollars for the CTC's Spring BreakAway program. With a little innovation and creativity, items like this make great donations for any fund-raising event. The skies the limit, give it a try sometime. Sherpa Diane

PRE-REGISTRATION BEGINS JUNE 1 FOR JUNE 15

Jun 15 (Fri) Astronomical Hike at Warner Park. Nashville, TN. Bring the entire family as we learn about and identify constellations, listen for nocturnal creatures and watch for other happenings as darkness falls. This will be a great outing with Jana Ruth Ford, from the Sudekum Planetarium, leading the stargazing as we hike over the Ridgefields. The hike and stargazing begins at 7pm CDT and ends around 9pm. Space is limited, therefore pre-registration is required (pre-registration opens to the public on June 1st). It will fill up fast! Don't wait until the last moment or you'll miss out. Even though Dan Brennan has volunteered to assist the WP staff on this event, any additional information you need, like where to meet and to pre-register, call the Warner Park Nature Center: 615-352-6299.

Jun 17 Aerobic Hike on the Warner Woods and Mossy Ridge trails in Warner Park. Nashville, TN. This is going to be an early morning and fast-paced hike so everyone has plenty of time left in their day to spend with their dad. (Dads are also invited.) The trail is 7 miles and will be rated moderate due to the speed (~2½-3 miles/hr.) at which we walk these trails. Wear boots that provide ankle support and bring water and snacks. We'll meet 6:30am CDT and be finished by 10:30am. To obtain meeting location and to pre-register, call Diane Manas: 615-352-7777.

Jun 20 (Wed) Old Highway Tree Trail Evening Hike. Edwin Warner Park. Nashville, TN. Refer to June 6.

Jun 23 Virgin Falls Pocket Wilderness. Sparta, TN. This hike is 8 miles round trip and rated moderate for the long descent to Virgin Falls, and then rated difficult for the even longer climb out of Virgin Falls. Add the possibility of 80+plus degree temperatures and know we will seek refuge from the heat at the several "sinks" and caves we pass along the way. Outside of this, the area is beautiful and one of our favorite hiking destinations. Bring lots of drinking water, snacks, lunch and a change of dry clothes. You will be required to wear hiking boots that provide ankle support, as the terrain is quite uneven and rocky in several areas. For additional information and to obtain meeting time/location, call Diane Manas: 615-352-7777.

Jun 26 **MONTHLY MEETING.** Beaman Park, Metro Nashville's newest park (and as yet, officially unopened), continues to evolve through the efforts of its Friends group, hastening the day when the property will be shined up and open to the general public. The Friends of Beaman Park builds and maintains trails through the property, regularly offers hikes for small groups, leads efforts to acquire adjacent properties and in general nurtures this pristine place until its day in the sun arrives. Hear the story of how the park was purchased for Metro, learn about the armies of volunteers who love to work its hills, and find a place for yourself in the park's future. Friends' president Nancy Dorman brings her contagious enthusiasm and her box of slides – you bring a friend!

(cont. on pg. 8)

NASHVILLE (cont. from pg. 7)

Jun 27 (Weds) Old Highway Tree Trail Evening Hike. Edwin Warner Park. Nashville, TN. Refer to June 6.

Jun 30 Newcomers Hike at Radnor Lake State Natural Area. Nashville, TN. If you are new to TTA, hiking, or Nashville, this is an easy hike for those looking for a less demanding experience. Meet 9:30am CDT in the visitor center's parking lot (expect to pay \$3, or purchase a pass). We will eat and socialize after the hike at the Green Hills Meat Market & Café (bring \$ for your meal). For additional information and to pre-register, call Libby Francis: 615-889-5718.

Jun 30 Collins Gulf Hike in the Savage Gulf State Natural Area. "The Wrong Way" The trail is approximately 12 miles and rated moderate to difficult (depending on how hot it is and how much you value your reputation). We'll do the mile-long boulder field early and then hike down the Stagecoach Road. Toward the end of our hike, we'll pass by Horsepound and Suter Falls, giving us the opportunity to swim and for cooling off. Wear sturdy hiking boots that provide ankle support! You will need to bring plenty of water, snacks, lunch and extra dry clothes. Meet 8am CDT at the Bell Road/I-24 Target parking lot. For additional information and to pre-register, call Doug Burroughs: 615-587-0085.

PLANNING AHEAD:

Jul 1 Mossy Ridge (and possibly Warner Woods) trail in Warner Park. Nashville, TN. Mossy Ridge trail is 4½ miles and rated moderate. If we feel fit enough we'll take on the Warner Woods trail which adds 2½ miles and is also rated moderate. This is a great park and so close to home. There is always something in bloom, so expect to see some wildflowers, just not as many as in April. Wear boots that provide ankle support and bring water, snacks and lunch. We'll meet 9:30am CDT in the Deep Wells parking area (off of Hwy 100). For additional information and to pre-register, call Dan Brennan: 615-599-4713.

Jul 4 (Weds) Beat the heat sunrise hike. Warner Woods and Mossy Ridge trails in Warner Park. Nashville, TN. Better reach for your coffee as soon as the wake-up clock goes off or you're going to miss this one entirely. These 2 trails total 7 miles and will be rated moderate due to the speed (~2½-3 miles/hr.) at which we hike them - gotta beat the heat! Wear boots that provide ankle support and bring water and snacks. Afterward, we'll regroup for bagels and more coffee at Bruegger's Bagel Bakery - bring \$ to BYOB (buy your own bagel). We'll meet 5:15am CDT (Yep, not a typo!) and be finished by 9:30am. To obtain meeting location and to pre-register, call Diane Manas: 615-352-7777.

Jul 7 Zero-mile hike to the 30th Annual Smithville Fiddler's Jamboree. Smithville, TN. No miles to be walked today. Just some good ole toe-tappin', boot scootin' and for the uninhibited, appalachian-style dancin'. It's wholesome fun for the entire family and "is among the top-rated bluegrass, folk and Appalachian music competitions in the nation." And it's free! There's always a connection - can you name the TTA member that has competed in years past, and won, in several of the event categories? Come learn for yourself. Competition takes place on the DeKalb County Courthouse steps, in Smithville. You will also find lots of food, beverage and crafts vendors all around the city square, giving you the option to bring your lunch or buy it there. Saturday's competition starts at 9am and could run well into midnight, therefore carpooling may be tricky for anyone wanting to return earlier. Call your friends, arrange carpools among yourselves, follow the directions provided below and we'll meet on the shady side of the courthouse. Look for the TTA flag/banner. Smithville is about a 1½-hour drive east.
Directions: I-40 east to exit # 254 (Alexandria/New Middleton). Turn right on State Route 53 (south). Follow SR 53, 8 miles, passing through Alexandria, to US 70. Turn left onto US 70 and continue east, 16 miles to Smithville. The square is on your left. If you have any further questions, call Diane Manas: 615-352-7777.

NORTHWEST CHAPTER (UT at Martin / Weakley County)

CHAPTER OFFICERS:

Jim Clark 731-587-7369
jclark@utm.edu
Joe Seago 731-587-8405
joseago@backpacker.com

MEETS: Meetings will resume in August.

website: <http://mug.utm.edu/trails>

Our student and faculty members have not scheduled any meetings or activities for June-August. We will be back in August. Until then, have a great summer. You are welcome to hike with any of our other TTA chapters.

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER:

Vicki Perdue 931-456-6466

MEETS: 3rd Thurs, 7pm, Crossville Housing Authority

There is a leaderless hike every Wednesday morning at 8:30am CDT. Meet at the boat launch area of Cumberland Mountain State Park. The hikes are moderately paced and may average 5 or 6 miles. For additional information, call Bill Haynes: 931-707-7606. Rain cancels.

Jun 2 National Trails Day on the Black Mountain/Grassy Cove segment of the Cumberland Trail. Crossville, TN. We will join the Tennessee Parks & Greenways Foundation to celebrate the Black Mountain acquisition by leading a hike on this beautiful trail with spectacular overlooks of Grassy Cove. The hike is 3½ miles and rated easy/moderate. Bring lunch and water. The hike will start at 9am CDT. For additional information, to obtain meeting location and pre-register, call Vicki Perdue: 931-456-6466.

Jun 2 (& 3) National Trails Day Trail Building Event at Edgar Evins State Park. Center Hill Lake, TN. Our chapter, along with 6 other TTA chapters has adopted this as our NTD trail-building project for this year. Forgot to pre-register? No problem! We still need your help and know you won't want to miss this fun-filled and very rewarding weekend. So, come on out and work one or both days. Details concerning this event can be found on page 1 of this newsletter. On June 2nd, we'll meet 8am CDT and carpool from the Cracker Barrel restaurant at the I-40/Crossville exit. If you have additional questions, call Charles or Leigh Jones: 931-277-3228. (cont. on pg. 9)

PLATEAU (cont. from pg 8)

Jun 9 ANNUAL PICNIC (& meeting). In lieu of our monthly meeting, we will gather at Arleen Scheller's home in the Homesteads, at 2pm CDT, for camaraderie, a little work (we'll plan our hikes for the remainder of the year!), a lot of fun and yummy food. Bring a dish, your lawn chair and a list of the hike destinations you have enjoyed, as well as those you'd like to see planned again. Call Arleen for directions and more information: 931-707-8333.

Jun 16 Obed WSR Segment of the Cumberland Trail. Catoosa WMA in Morgan County, TN. We will hike from the Devil's Breakfast Table to Turkey Creek Bridge and we may play in the water along the way! The trail is 5½ miles long and rated moderate. Bring plenty of water, snacks, lunch and a change of dry clothes. We will meet 7am CDT at the Hardee's on Peavine Rd. in Crossville. For additional questions and to pre-register, call Bill Haynes: 931-707-7606.

Jun 23 Bike 'n Blues Event. Pikeville, TN. We're going to bike down the Sequatchie Valley on the back roads (mileage to be determined). Afterward, we'll attend the Bluegrass Festival at Edmond's Farm. Bring your own bike, lawn chair, and some change - there are plenty of great, homemade eats at the festival! Admission to attend the festival is \$4 per person. Meet 8am CDT at the Weber's home in Pikeville. **YOU MUST PRE-REGISTER FOR THIS EVENT!** For additional information and to pre-register, call Rob Weber: 423-533-2620.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER:

Helen Angelmier	931-858-5947 helena@cookeville.com
Sue Bass	931-528-1386 take-a-hike@onemain.com

Jun 2 (& 3) National Trails Day Trail Building Event at Edgar Evins State Park. Center Hill Lake, TN. Our chapter, along with 6 other TTA chapters has adopted this as our NTD trail-building project for this year. Forgot to pre-register? No problem! We still need your help and know you won't want to miss this fun-filled and very rewarding weekend. So, come on out and work one or both days. At the time the June newsletter went to the printer, we had 8 people pre-registered – you're not too late to volunteer for this very worthwhile event. Details concerning this event can be found on page 1 of this newsletter. If you have additional questions, call Helen Anglemier: 931-858-5947.

Jun 9 Savage Gulf State Natural Area. Monteagle, TN. The overlooks get more and more spectacular as the gulf widens and deepens while we hike the 6.3 miles of the North Rim trail. We'll have views into the gorge, as well as to the other side, from the trail or by taking one of the many spur trails we pass. The hike is rated moderate. Wear sturdy boots and bring water, snacks and lunch. We will meet 8am CDT at the bank in Sparta on Highway 111 (across the side street from McDonalds), or 9am CDT at the Savage Gulf Ranger Station. Pre-registration is required! For additional information and to pre-register, call Willa Parrish: 931-738-8175, or by email: parrishwilla@hotmail.com (cont.)

UPPER CUMBERLAND(cont.)

HIKE REPORTS:

On April 21, twenty-six enthusiastic hikers (mostly TTA members, others friends), led by Ross Cardwell and Marnell Cothran, joined for a special dedication of a new section of the River Trail in the Bridgestone/Firestone Centennial WA. We started the hike in the parking area of the Yellow Bluff trailhead; our plan was to hike the River Trail as a loop hike. To do this, we took a spur trail down the hill that joined the River Trail. This spur trail is fairly steep with huge boulders and rock overhangs. As we got closer to the river, we started seeing a few wildflowers and began to get excited. The next thing we knew we had entered the grand flower garden of the River Trail. It was as if we were traveling through a bouquet of wildflowers. It was so lavish you couldn't believe your eyes! We identified 45 blooming spring flowers and the background for them was all trilliums. Everyone agreed this was the most spectacular display of trilliums we had ever seen. We followed the trail along the river's edge crossing over several creek junctions, some a little more challenging than expected due to blow-downs and tricky boulder hops. We picked up an old road that led to the back of the Chestnut Ranch, then made our way over to and up the Polly's Branch Falls trail, where we stopped at the Upper Falls for a rest. This began the return part of our trip, back to the Yellow Bluff trail, passing Bee Pond, Boar Hog Gap Overlook and the two incredible overlooks into the Caney Fork River gorge, before reaching our cars. We look forward to our next hike because we saw lady slippers, wild azaleas, cucumber magnolias and Mt. Camellia, to name a few, standing their turn to amaze us next. We hope you will join us. We want to give a special thanks to Carl Cude for spearheading the work on the River Trail this winter and the trailblazers for keeping us on the trail, they are: Wes Winton, Marnell Cothran, Jack Cothran, Bonnie Broadway, Willa Parrish, Helen Angelmier, Barbara Phifer, O.J. 'Pal' Hill, Rita England, Steve, Cory and Sean Jones, and Ross and Brenda Cardwell. *Submitted by Brenda Cardwell*

On April 28, six hikers, led by Sue Bass, went on a wonderful hike to Twin Arches in the Big South Fork NRR. We saw an abundance of wild flowers, awesome rock formations, and beautiful creeks. The weather was fantastic. We visited the Charit Creek Hostel, which would be a very pleasant and relaxing place to spend the night and enjoy a good meal. This was a really enjoyable hike. We topped it off with a visit to the Dairy Queen in Monterey.

Submitted by Valerie McNeal.

On May 5, five of us took the long road trip to Spring City and hiked the Piney River Trail in the Bowater Pocket Wilderness. Most of the 10-mile trail follows the river, and when you can't see it, you can still hear it. We saw many cascades and quite a few beautiful blue holes from the trail when it was elevated from the river. Sure looked inviting, but we didn't have our swimsuits. Saw a few lady slippers and lots of wild geranium. It was once again an awesome hike. We sure have had more than our share of them this year.

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE CONTACTS:

Executive Director Rob Weber robweber@usit.net
Resource Manager..... Arleen Scheller..... scheller@usit.net
Program Coordinator..... Tanya Meachen tmeachen@onemain.com
Office Manager..... Susan Weber sweber1@usit.net

Office Location	19 East 4 th Street Crossville, TN 38555
Office Hours	8am-5pm
Phone:	931-456-6259
Fax:	931-456-4934
Email:	cumberlandtrail@rocketmail.com
Website:	www.cumberlandtrail.org

You're Invited . . .

*Nashville Kickoff
Pathways for People . . .
. . . People for Nature
Cumberland Trail State Park*

*Wine and Cheese Reception
Tuesday, June 5
5:00-7:00 p.m. CDT*

*Bellsouth Wintergarden and Patio
(Lobby Level)
4th & Commerce Streets*

*Cumberland Trail Presentations
5:45 and 6:30 in the Auditorium*

Hosted by: Bob Brandt, Bob Brown, Susannah Brown,
Diane Manas, John Noel, Jane Whitson
Sponsored by BellSouth of Tennessee

R.S.V.P. by May 30*
Diane Manas
615-352-7777

Complementary parking in BellSouth's parking garage.

(*Sorry for such short notice.)

*Celebrate the Music
of The Cumberland Trail*

NORMAN BLAKE
Charlie Acuff
The Lantana Drifters
CHARLIE LOUVIN
The Sand Mountain Band
Fiddlers' Tribute to Bob Douglas

*Saturday Evening, June 2
Walden Ridge Civic Center
"Home of the Mountain Opry"
7:00 p.m. EDT
\$8 Admission at the Door*

CONCERT BENEFITS THE CUMBERLAND TRAIL STATE PARK

*Sponsored by the Tennessee Arts Commission,
Cumberland Trail Conference, Tennessee Bureau of
State Parks, National Assembly of State Arts Agencies*

For additional information: 931-456-6259

BACKCOUNTRY OUTINGS AND TRAIL-BUILDING OPPORTUNITIES:

Now through Jun 12 (This project began May 21) The AmeriCorps National Civilian Conservation Corp "Team Blue 8" is helping us build the CT on the Smoky and Cumberland Mountain segments. There is a lot of work to be done while they are here, so we need volunteers to work with the team! One of the special projects assigned to "Team Blue 8" will be to complete the very first CT shelter, high atop Cumberland Mountain. For additional information and to volunteer to work with "Team Blue 8," call Tanya Meachen: 931-456-6259, or email her: tmeachen@onemain.com

Jun 8-10 BackCountry Outing on Piney River segment of the CT. Enjoy backpacking? Then we have a job for you. CTC is recruiting volunteers to participate in this BackCountry Outing on the Piney River Segment where we will backpack to Spider Den Bluff, set up camp and then work to put the finishing touches on the trail in the area. This will be a great opportunity to enjoy the cool waters of the many creeks along the trail, especially after a hard day's work! Participants will meet early Friday morning to shuttle to the trailhead. For additional information and to volunteer for this outing, call Tanya Meachen: 931-456-6259, or email her: tmeachen@onemain.com

June 17-30 Landmark Volunteers, a group of high school students from all over the country, will be housed in Wartburg to work on the Frozen Head and Obed segments. Volunteers are needed to help provide leadership for this groovy group of students as they work to build the CT. For additional information and to volunteer to work with the Landmark Volunteers, call Tanya Meachen: 931-456-6259, or email her: tmeachen@onemain.com

CUMBERLAND TRAIL 2ND ANNUAL AUCTION REPORT

The Chattanooga Choo-Choo Imperial Ballroom was a delightful setting for the furious bidding wars that took place over items such as handcrafted birdhouses, Girl Scout Cookies (one box went for \$65.00!), vacations, tires, woodcarvings, and the opportunity to name a newly-discovered cave. Guests enjoyed a fantastic dinner while listening to the delightful music of pianist Pat Blankenship of Nashville, and banjo player (aka Cumberland Trail Ranger) Bob Fulcher of Oliver Springs. The total proceeds are just shy of \$15,000.00 (\$14,730 to be exact). This will go a LONG way towards supporting the efforts of the Cumberland Trail Conference to build more trail miles this year and further our mission to provide educational and recreational opportunities, and conserve natural resources through the creation of this extraordinary 283-mile greenway across Tennessee.

Were you unable to attend the auction but would have liked to? We had some late-arriving donations that did not make it into the auction, so we will be conducting a silent auction through the May issue of the Cumberland Trail newsletter. Stay tuned for the chance to bid on a deluxe cabin getaway at Pickett State Park, a sunset dinner for 4 on Black Mountain, hiking socks, a handcrafted cedar birdhouse, Nashville Symphony tickets, and more.

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 screendoor@bigfoot.com

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

Newsletter Editor
 Diane Manas 615-352-7777
 dianemanas@home.com

Newsletter Deadlines:

Announcements and articles
 received on/before June 10th
 will appear in our
 July 1st newsletter

Articles submitted are subject to editing and
 will be included as space permits.

Please send all submissions to:

Diane Manas
 5729 Stoneway Trail
 Nashville, TN 37209
 615-352-7777
 e-mail: dianemanas@home.com

ADOPT-A-TRAIL NEWS

ADOPT-A-TRAIL OFFICER:

Harold Draper 865-689-7757
 h.m.draper@att.net

Have you considered ...
 Maintaining a particular trail or section of trail?

Through the cooperation of land managers, who periodically inform us of volunteer opportunities, TTA can put you in touch with several Adopt-A-Trail programs, or offer suggestions on how to approach local land managers in your area.

The Adopt-A-Trail program is quite simple and flexible. Volunteers or chapters select the trail they wish to adopt and at the same time determine the level of trail maintenance they wish to undertake. Their only commitment is to hike, inspect, and report on the trail's conditions and maintenance needs twice per year. Light trail maintenance (clipping, pruning, trash and minor blow-down removal) is encouraged during each inspection. Serious trail problems identified will be reported to the local land management agency for resolution.

To obtain an Adopt-A-Trail or Trail Inspection form,
 call Harold Draper: 865-689-7757

TENNESSEE RAILS-TRAILS ADVISORY COUNCIL (TRAC)

BOARD REPRESENTATIVE:

Jim Pascoe 615-382-4443
 screendoor@bigfoot.com
 website: <http://members.aol.com/trac2trail/depot.htm>

MISSION: *To act as a resource and mentor for the planning, development and management of rail-trails throughout the State of Tennessee for the purposes of appropriate recreation, preservation of rail corridors and alternate transportation, in order to benefit the general public, communities, commerce and tourism.*

Tennessee Trails Merchandise Order Form

_____ Hiking Tennessee Trails, 5th Edition \$12.95
 _____ TTA Patch..... 3.00
 Round embroidered patch, sew it on anything.
 _____ TTA Window Decal 1.00
 A must for each car.

Name _____
 Address _____
 City _____ State ____ Zip _____
 Home Ph (_____) _____ Work Ph (_____) _____

Mail your check payable to:

Tennessee Trails Association
 c/o Marietta Poteet
 324 Raintree Drive
 Hendersonville, TN 37075

Please allow 4 weeks for delivery and prices shown
 include postage.

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

ADDRESS SERVICE REQUESTED

First Class Mail
U.S. Postage Paid
Nashville, TN
PERMIT NUMBER 4053



NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.

To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below. If you fail to re-apply we will send you one newsletter and a reminder notice. If you have not re-applied by this time, your membership will terminate.

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

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

A NEW MEMBER

RENEWING MY MEMBERSHIP

(Memberships are for one year, unless you have a Lifetime Membership.)

Please Mail This Form To:

Membership Director

P.O. Box 41446

Nashville, TN 37204-1446

PLEASE, PRINT CLEARLY.

- ___ Individual \$25.00
- ___ Family \$35.00
- ___ Student \$15.00
- ___ Life Member \$500.00
- ___ Supporting (\$200.00, \$100.00, \$50.00 or other)

Name _____

Address _____

City _____ State _____

Home Phone (____) _____ Zip _____ -- _____

Work Phone (____) _____

email _____

Please do not list my e-mail address in the TTA Annual Membership Directory

Please list me with the following chapter:

- ___ Big South Fork
- ___ Clarksville
- ___ Columbia
- ___ Cove Lake
- ___ East TN(Oak Ridge/Knoxville)
- ___ Memphis
- ___ Murfreesboro
- ___ Nashville
- ___ Northwest(UT at Martin/Weakley)
- ___ Plateau(Crossville)
- ___ Upper Cumberland(Sparta/Cookeville)
- ___ At Large

...volunteer ?...

endless opportunities
available
contact your local
Chapter Chairperson

When you become a TTA member, you will receive a monthly newsletter containing information on hiker safety, upcoming hikes / overnight trips, volunteer opportunities, chapter meeting announcements as well as events occurring within TTA's Associate Organizations: C.T.C. and T.R.A.C. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. Each April you will receive the Membership Directory listing members by chapter and how to reach them. Every spring and fall we meet at one of Tennessee's many parks for a weekend of hiking, camaraderie and where the board members can meet to exchange ideas and hear reports on TTA's progress.

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