

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



Tennessee Conservation Voters

Report for January 2003

By Jim Deming, TTA Representative to TCV

As the new Tennessee General Assembly convenes this month in Nashville, we look back at just a few of the proposed bills from last year that needed attention from the TCV Board and advocates who believe in a clean and green Tennessee.

Did not pass:

- A chipmill impact review requiring the state to determine their effects on forests.
- Chipmill permitting to regulate over harvesting.
- A state parks management act creating an independent and separate board of conservation for state parks.
- Penny for Parks gasoline tax for dedicated funding for parks and tourism.

Passed:

- Farm operations as a nuisance sets presumptions for generally accepted farming practices (meant to help regulate factory farms) except for new operations.
- Purchase of International Paper Company properties bill authorizes TRWA to purchase forests in Anderson, Scott, Morgan, and Campbell counties.
- Bill requiring issuance of permits by air pollution control board.
- Bill requiring state to maintain a registry of lands along scenic rivers that are not within a scenic river boundary, except for Wolf River and Scott's Gulf.
- Bill that institutes a registration system to obtain adequate information to assist water users and providers in understanding growth in water demand.
- New license plates available for Big South Fork and state parks with proceeds to be used to maintain hiking trails and non-developed natural areas.

With a new administration and over 20 new faces in the legislature, Tennessee Conservation Voters will continue to educate Tennesseans and our elected officials and advocate for clean water and air, conservation and preservation, and sustainable recreational resources for all our citizens. TCV thanks the members and board of TTA for their support. Watch for regular updates during the legislative session in 2003.

TTA's Board of Director's Meeting

All TTA Members are Invited

Sat. Feb. 1

**St. Bernard Academy Building
Nashville, TN.**

TTA's Board of Directors will be meeting on February 1 in the Nature Conservancy Conference Room in the St. Bernard Academy Building at 2021 21st Ave South in Nashville, TN.

The members of the following committees are asked to meet at the times below, prior to the start of the general Board of Directors' meeting:

11:00am CST *Evan Means Grant Committee*
12:00pm CST *Budget Committee*

The Board of Directors' meeting **<OPEN TO ALL!>** will begin at 1:00pm CST. All TTA members are invited and encouraged to attend. If you cannot attend and have an issue you wish presented, forward your concerns to your local Chapter Officer or Regional At-Large Director before the February 1 meeting.

The St. Bernard Academy building is ½ mile north of the I-440 & 21st Ave. intersection, and less than ½ mile south of the Hillsboro Village / Vanderbilt University area (Wedgewood Ave & 21st Ave South). A map is also available on our website at: www.tennesseetrails.org/nashmap.php

Anyone wishing to get some hiking in before the meeting begins is welcome to join Diane Manas' hike in Warner Park, which starts at 8:00am CST. See Nashville's column for details.

The Cumberland Trail "BreakAway" Event Needs You!

Mar 2-29

Spring BreakAway is an Alternative Break program, hosted by Tennessee Trails Association and the Cumberland Trail Conference, offered to colleges and universities throughout the United States. Students pay their own way to come to Tennessee to help TTA/CTC volunteers build the Cumberland Trail. BreakAway also provides educational programming about the environment, history, geology, flora and fauna found along the Cumberland Trail. So, can you believe it, in just a few years our BreakAway program has become so "hip" with colleges and universities throughout the U.S. that we have almost every week filled – that's four weeks of student volunteers coming to Tennessee to help us build the Cumberland Trail! We're talking, students who are passing on the parties and sandy beaches of wherever to work with us! Therefore, *we really need **YOU*** - as many volunteers as possible - to work with these students during this period. (cont. on pg. 7)

Annual New Year's Day Hike and Smorgasbord!

Submitted by Anne Wesley

Several years ago, Heloise Shilstat unwittingly started a TTA tradition by leading a New Year's Day trip to Frozen Head State Park. All hikers were assigned to pack in food, beverages, utensils and/or stoves as their contribution to a communal feast. Over the years, the trip's destination has changed several times due to weather conditions and state budget shortfalls, but the festive atmosphere and the camaraderie have never been absent.

Once again on January 1, TTA hikers gathered to celebrate the new year with a hike and feast. Our 2003 destination was the Bridgestone/Firestone Centennial Wilderness near Sparta. To increase participation (and to help Heloise cope with the logistics of this increasingly popular outing), four chapters recruited a member who answered phone calls, made food/beverage assignments to their participants and then coordinated carpooling on New Year's Day. The result: 42 hikers from eight different chapters (Columbia, Cove Lake, Highland Rim, Memphis, Murfreesboro, Nashville, Plateau and Upper Cumberland) arrived despite a threat of rain (which only materialized after the hike had ended).

After a relatively easy 2.8-mile hike to Screw Cliff Bluff Overlook, tarps were laid on the ground, stoves were fired up, corks were popped, and the eating frenzy commenced! Along with the traditional black-eyed peas, cornbread, turnip greens and champagne, there were appetizers, hot soups, salads, turkey, ham, and any number of desserts so rich that all diet-related resolutions had to be postponed until January 2nd. After everyone was stuffed and groaning, Heloise led us in a verse of Auld Lang Syne, and we packed up the few leftovers before the temptation to nap overcame us all. We concluded our hike by making a loop back to our cars via the Polly Branch Falls Trail - meeting Upper Cumberland chapter members along the way.

Many thanks to everyone who turned out, the chapter volunteers who helped coordinate the day and to Heloise who continues to be the catalyst for this fun outing. And one final thought: Although the food was excellent, the scenery beautiful, and the weather cooperative, the true joy of this traditional hike comes from seeing old hiking pals and meeting new ones from all across the state. Although our 1,000+ members come from diverse backgrounds, we all share a common love of hiking and the outdoors. So in 2003, we encourage everyone to support your own chapter's trips and projects, but don't hesitate to join outings sponsored by other chapters. And maybe we shouldn't wait 365 days for another multi-chapter, "hike-and-feast" holiday outing. How about a 4th of July Hike & Picnic trip to a sparkling blue swimming hole - any volunteers?

TTA's Newest Life Member *Marietta Poteet!!*

Marietta has quite an impressive background as an outdoor enthusiast. Although she has been a hiker and backpacker for many years, she can also tell you exciting and hair-raising stories about her caving career that involved exploring and "bouncing" virgin caves. Even though she has been a member of TTA for many years, she became an extremely active member after a 1995 trip to Twin Arches led by Jim Poteet. Coincidentally, Marietta and Jim were married in 1996. They have since hiked in exotic foreign locales such as Ireland, Great Britain and Italy, and a trip to Africa is in the planning stages so that they can visit Marietta's daughter and son-in-law who are serving as ministers in Kenya. As a Nashville chapter member, Marietta co-leads at least one hike every month, and she is currently serving her fourth term as the Nashville chapter treasurer.

All TTA members have the option to join or renew their memberships as "Life Members." The money received by TTA from a Life Membership is invested in an interest-bearing account with the interest being used to offset the annual expenses of that person's membership (newsletter mailings, etc.). So please join us in congratulating and thanking Marietta for her investment in TTA's future!

TTA's Calendar*

The following dates in 2003 refer to statewide activities involving TTA as a whole. Please refer to this calendar often to either prevent scheduling conflicts or to volunteer to get involved with major activities planned (National Trail Days, etc.).

Feb 1	Board of Directors' Meeting (Nashville)
Mar 2-29	Cumberland Trail Spring BreakAway (Soddy Daisy)
Apr 12	Cumberland Trail Auction (Oak Ridge)
Apr 19	Earth Day Events (Observed Apr 22)
May 3	Board of Directors' Meeting (Location TBA)
May 18-Jun 28	Cumberland Trail Big Dig (Soddy Daisy)
Jun 7	National Trails Day
Aug 2	Board of Directors' Meeting (Nashville)
Sep 27	National Public Lands Day
Oct 17-20	Southeast Foot Trails Mtg (Monteagle)

**Calendar will be revised as needed.*

Wilderness First Aid Basics Course March 1 & 8 in Middle TN

Have you ever been on a hike and witnessed a medical emergency? What did you do? (The *right* thing?) Or, were you the victim, and was proper "medical" care administered? You could be as close as one mile from the trailhead or as many as ten, when one or several in your group gets hurt, and once back at the trailhead you're still miles from the closest hospital. There are assessments and decisions to make at the onset of an emergency. Surely, you've pondered what you would do in a wilderness medical emergency setting? Right?

The Williamson County Red Cross chapter is sponsoring a Wilderness First Aid course. This is a 16-hour course that uses a combination of classroom, skills practice and role-play learning to teach the response steps and treatment of injuries and illnesses in a delayed-help situation.

The course fee is \$50 and includes two, take-home textbooks. This 16-hour class will meet over the two days of March 1st & 8th (you must attend both dates) from 8:00am-5:00pm CST at the Red Cross facilities at 129 W. Fowlkes St., Suite 1, Franklin TN.

For additional information or to reserve your space, call Judy Axion at the Williamson County Chapter of the American Red Cross at 615-790-5785.

NOTICE: Registration deadline is Feb. 21. There are no pre-requisites; however, students must be at least 16 years old to participate. Classes are subject to cancellation if the minimum of 8 students is not met.

**...Your Generosity ...
... Benefits All ...**

When you join or renew your Tennessee Trails membership, you have the opportunity to become a Supporting Member by donating a little (or a lot) above the regular dues. TTA recognizes the following Supporting Members for February 2003:

- Winston & Billie Jo Bowlin - Murfreesboro
Bill Bryan - East TN
Gary Joe Carter - Nashville
Charles & Leigh Jones - Plateau
Paul F. Smith - East TN*

In the past, Supporting Member donations in excess of the regular dues were allocated to TTA's general operating fund. At the November 2001 Annual Meeting, TTA's Board of Directors voted to allocate Supporting Member donations to the Evan Means Small Grants Fund. Your Supporting Member donations will now directly benefit trail projects throughout the state of Tennessee. We thank you all for your support of TTA at any membership level, but we hope you will enrich Tennessee's trail system by joining or renewing as a Supporting Member.

**Shop amazon.com
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, magazines, music, electronics) purchased when you enter their site through our link. It's very easy! Go to the TTA web site (www.tennesseetrails.org), navigate to the "TO BUY!" page, then follow the link to the "VIRTUAL BOOKSTORE." Commissions are earned solely 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.

**LEAVE NO TRACE
PRINCIPLES**

- Leave what you find.
- Minimize Campfire Impacts.
- Respect wildlife.
- Be considerate of other visitors.
- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waster properly.



Board of Director's Vacancies

Tennessee Trails Association is administered by volunteers elected by you - our members. As a member, you have the opportunity to serve on TTA's Board of Directors'.

Currently, the Board is seeking to fill the East TN At-Large Director's position for 2003.

Any member who wishes to obtain a description of responsibilities, to volunteer or to submit names for consideration may contact:

- Jim Poteet 615-824-7666
jpotet@genesco.com
Jerry Lenski 901-255-6574
jlenski@yahoo.com
Diane Manas 615-352-7777
dmanashikes@comcast.net

Carpooling Etiquette

Gas prices made a huge jump several months back and have remained high. Analysts believe these high prices will stick around through the coming months.

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

Also, each passenger needs to tidy up the area in the car where they sat by gathering and removing debris/trash before reaching the carpool meeting location.

THE "10* ESSENTIALS"

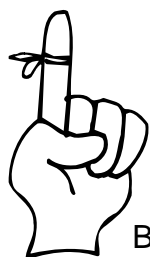
Before you head out on the trail, check your pack to be sure it contains the following items:

- whistle
- water
- hat/sunglasses
- food
- map
- 1st aid kit
- compass
- flashlight
- fire starter
- rain gear/extra clothing

Other considerations:

- leave someone a copy of your hiking plans
- hiking poles
- common sense

* This list is not to be considered cast in concrete – and should be customized to each outdoor enthusiast's needs.



1-866-TN-HIKES

TTA now has a toll free number, which will be used primarily for membership recruiting. By calling 1-866-TN-HIKES (1-866-864-4537), prospective members can request copies of the application brochure as well as sample copies of the *Tennessee Trails* newsletter. Please pass this number along to potential members you meet on the trail, or elsewhere.

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER:

Julian Bankston 423-628-2845
jrbankston@nxs.net

BOARD REPRESENTATIVE:

Bob Hemminger 423-628-5145
hemminrl@math.vanderbilt.edu

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Kathy Hicks 865-938-6846
khudson3@utk.edu

CHAPTER NEWS: The Big South Fork chapter met on Friday, January 3 and elected the following officers for 2003: Chair, Julian Bankston; Board representative, Bob Hemminger; Outings coordinator, Kathy Hicks; Secretary/treasurer, Benita Howell.

Feb 8 Burnt Mill Bridge, Big South Fork National River & Recreation Area. Oneida, TN. Eric Wilson and Vi Biehl will lead this 4.3-mile hike, rated moderately difficult because of a steep climb and rocky terrain. Wear sturdy boots, and bring water and a lunch. We will meet at 10:00am EST to carpool from the Harrow Road Cafe in Rugby. **NOTE:** Anyone driving directly to the trailhead needs to be aware that the bridge is now impassable by car. You will need to park on whichever side of the bridge you are approaching from and cross it only on foot. For information and to register, call Eric or Vi Wilson at 423-628-2817, or by e-mail: ericavi@nxs.net

Moved? Have a New Address?

These are a few ways you can notify us of your changes:

- **Internet:** Visit our website (www.tennesseehike.org), navigate to "Member Services," select and fill out the "[Electronic Address Change Form.](#)"
- **Mail:** Using the New/Renewal Membership Form (on pg. 14), fill in your new information, write on the form "address change" and mail to the address shown on the membership form.
- **Phone:** TTA's Membership Director, Anne Wesley: 615-851-1052.

Don't Miss an Outing ...

Plan Ahead, Register Early!

There are times when a hike leader must limit (due to park regulations, etc.) the number of participants on an outing. Please do not wait until the afternoon or evening before the outing to RSVP. Plan ahead and register early.

CLARKSVILLE CHAPTER

CHAPTER OFFICER:

Bill Hamilton 931-920-2760 billhamilton@charter.net

OUTINGS COORDINATORS:

(call 'em & volunteer to lead an outing)

Sandra Koenig 931-645-2048
Sandi Hamilton 931-920-2760 billhamilton@charter.net
Faye Balbac 931-553-6826

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

Feb 1 Radnor Lake State Natural Area. Nashville, TN. This natural area provides a variety of scenic spots and a diversity of natural habitats ranging from the lake, to streams and placid sloughs. Wildlife is amazingly abundant. One can observe geese, herons, coots and other birds, deer, fox and rabbit. Plus, several species of mosses, fungi, ferns, and other lesser plants as well as trees, shrubs, and vines that add to the natural ecological diversity of the area. We will be hiking about 4½ miles over terrain rated easy to moderate. Bring snacks, lunch and water. Radnor Lake charges a \$3 per vehicle per day access fee. If you haven't already purchased the annual Multi-Visit Pass, you can purchase one when you arrive, or feed the machine \$3 to park. For information and to register, call Sandi Hamilton at 931 920-2760.

Feb 8 Canal Loop Trail, Land Between the Lakes. Golden Pond, KY. The Canal Loop Trail is a 14.2-mile, multiple-use, loop trail system open to both hiking and mountain biking – be aware that we may encounter other users. Beyond this, the plan is to hike only 10 miles on terrain that is rated moderate because of some hills and rocky uneven areas. We can expect to see an abundance of wildlife such as geese, eagles, deer and turkey while following the shoreline of Kentucky Lake and Lake Barkley. For information and to register, call either Ron Ashley (731-644-0009) or Sandy Koenig (931-645-2048).

Feb 15 Basic Compass Reading at Land Between the Lakes. Dover, TN. We will be hiking the Bear Creek Loop Trail, which is one of the many loop trails that make up the Fort Henry Trail system. We will be using our compasses to plot and follow headings through the woods with hopes of following them accurately. If not, we're not far from civilization and will have no problems getting back to our start. The trail is 7 miles and rated as easy. For information and to register, call Sandy Koenig at 931-645-2048.

Feb 18 **MONTHLY MEETING.** Learn hiker safety tips; hear about past and upcoming hiking trips and meet/greet members/friends. New hikers are always welcome! Lots in store! See you at 7:00pm CST at the Crow Community Center, 211 Richview Road.

Feb 22 Rotary Park. Clarksville, TN. Are you new to Clarksville? Hiking? Interested in checking out a hiking club? Or, just want a gentler hike, close to home? Then this is the hike for you. You will meet new, as well as seasoned hikers who also share your desire to be outdoors. Hikers of all ages are welcome. You can also use this time to learn about hiking and TTA while enjoying the great outdoors with friendly people. The hike is 3 to 4 miles long and rated easy. For information and to register, call Wanda McCluskey at 931-906-3338.

PLANNING AHEAD:

Mar 1 Shiloh National Military Park. Selmer, TN. We will hike among the cannons and split rail fences of this famous battlefield. The trail is 10 miles long and rated as easy. For information and to register, call Bill Hamilton at 931-920-2760.



COLUMBIA CHAPTER

CHAPTER OFFICER:

Russell Smith 615-790-1833 carving082334@aol.com

OUTINGS COORDINATORS:

(call & volunteer to lead an outing)

Amy Overton 931-388-6363 estheroverton@aol.com

Rick Pinkelton 931-987-2530

!!!! NEW MEETING TIME & LOCATION !!!!

1st Tue, 6:30 to 8:00pm CST.

The Country Farm Family Buffet, HWY 31 between Spring Hill and Thompson Station, next to the Kroger at Campbell Station.

CHAPTER NEWS: On Jan 7, seven members gathered to plan our upcoming hikes, outings and monthly meeting programs for 2003. We have at least two outings planned for almost every month! Our monthly programs promise to be very interesting and informative. **NOTE:** Because we enjoyed our holiday dinner meeting (Dec 3) at the Country Farm Family Buffet so much, we decided to meet, eat, socialize and conduct our monthly chapter meetings there, beginning February 4. We will meet from 6:30 to 8:00pm CST. The Country Farm Family Buffet is located on HWY 31 between Spring Hill and Thompson Station, next to the Kroger at Campbell Station. We are delighted that the management at the Country Farm Family Buffet has invited us and hope to see many new faces joining us in the coming year.

Feb 4 MONTHLY MEETING. Learn about the latest in hiking and backpacking gear for winter and spring from our guest speaker Jed King, manager of Blue Ridge Mountain Sports in Cool Springs. We have a new meeting time and location (see above for information). Dinner and socializing starts at 6:30pm CST, the meeting starts shortly thereafter. Spread the word, everyone is invited.

Feb 8 Chickasaw Trace County Park. Columbia, TN. Members of our chapter have hiked portions of these trails many times but never the entire system. So, today is a scouting outing in preparation for a spring wildflower hike planned in March. Bring your sense of adventure and patience while we discover this park that is so very close to our homes. We will be hiking a series of trails that wind through forests, open fields, up and down gentle rolling hills and along Knob Creek and Duck River. Plan to hike between 8 to 9 miles over terrain that is rated moderate due to the rocky and uneven trail, total distance covered, and the few hills we will come across - extreme elevation is not a factor. Bring snacks, lunch and water. Wear sturdy hiking shoes, and dress appropriately for the weather. Please note: this is a multiple-use trail system open to both hiking and mountain biking - be aware that we may encounter other users. We will meet at 8:30am CST in the parking area inside the park entrance. For directions and to register, call Pam Frakes at 931-388-2197.

Feb 22 Barfield Wilderness Loop Trail, Barfield Crescent Park. Murfreesboro, TN. The trail loops through the naturally preserved portion of Barfield Crescent Park. Along the way we will get good views of the West Fork Stones River's shoreline from the bluffs above. This area is rich in wildlife, such as deer and migratory birds. At 2½ miles, this trail is rated easy (on the paved areas) to moderate (unpaved, uneven, rocky and hilly terrain). Bring snacks, lunch and water. We will meet at 8:00am CST and carpool from Stan's Restaurant on Hwy. 412, east of Columbia. Or, if you prefer to drive directly to Barfield Crescent Park, we will meet at 9:00am CST at the Wilderness Station. For information and to register, call Russell Smith at 615-790-1833, or e-mail him: carving082334@aol.com

HIKE REPORT:

Three of our chapter members joined about 39 other hikers for a beautiful day of hiking, food and fellowship on New Year's Day. It rained all the way to and from the Bridgestone Firestone Wilderness Area near Sparta, but nary a drop on the trail. What a pleasant day and great food! We have never seen such a spread as did emerge from all those backpacks! Thanks Heloise Shilstat, Diane Manas and Russell

Smith for pulling this off so nicely.

(cont.)

COLUMBIA (cont.)

PLANNING AHEAD:

Mar 4 **MONTHLY MEETING.** Spring wildflowers of Middle TN.

Mar 8 Wildflower Hike, Chickasaw Trace County Park. Pam Frakes.

Mar 22 Hidden Springs Trail, Cedars of Lebanon State Park. Rick Lausten.

Annual Mule Day Brunch and Parade.

Apr 5 Radnor Lake State Natural Area.

Apr 12 Old Stone Fort State Archeological Park.

May 3 Perimeter Trail, Univ of the South.

May 17 Annual Chapter Cookout & Hike.

Jun Canoe/kayak, Duck/Bufalo Rivers.

Jul & Aug TBA-need suggestions/volunteers.

Sep Cardwell Mountain.

Oct Honey Creek, BSNRRA.

Nov 23

COVE LAKE CHAPTER

CHAPTER OFFICER:

Richard Helm 865-426-4472 RHelm@ahss.org

CO-CHAIR:

Mari Haslam 423-562-3227

pittsteelersfan@earthlink.com

MEETS: 2nd Mon, 6pm, The Craft Room in the LaFollette Recreation Center, 201 S. 9th St.

Feb 10 MONTHLY MEETING. Learn hiker safety tips; hear about past and upcoming hiking trips and meet/greet members/friends. New hikers are always welcome! Lots in store! See you at 6:00pm EST at The Craft Room in the LaFollette Recreation Center at 201 South 9th Street.

Feb 15 Cumberland Mountain Segment of the Cumberland Trail. LaFollette, TN. This portion of the Cumberland Trail affords beautiful vistas of Powell Valley from several points along the ridge above the town of LaFollette. We will be hiking from Eagle Bluff to Tank Springs, a distance of about seven miles over terrain rated moderate in difficulty, mostly due to the length of the trip and the steep descent at the far end of the trail. We will meet at 8:00am EST at the Eagle Market parking lot. From there, we will shuttle in a couple of four-wheel drive vehicles to the top of the mountain at Eagle Bluff. After enjoying the overlook at Eagle Bluff, we will head out northeast up the CT. Vance, our leader, tells of seeing wild mountain goats on this portion of the trail. When we get to the Tank Springs trailhead, we will shuttle the drivers back to our meeting place for the final shuttling of the hikers. Wear good hiking shoes and clothing appropriate for the weather. Bring a lunch and plenty of water. Rain date is Feb 22. For more information and to register, call Vance Lawson at 423-562-6856 or e-mail him: vance-wanda@msn.com

PLANNING AHEAD:

Mar 16 Cumberland Gap National Historic Park. Faith Dippold 423-566-8026.

Apr 26 Frozen Head State Park. Gordon & Doris Early 423-566-8319.

May 17 Fall Creek Falls State Park Hike & Dinner. Ed & Mari Haslam 423-562-3227.

May 26 (Mon) 5th Annual Memorial Day Mountain Laurel Hike. Remember that New Year's Day Hike? Sugarland Mt. Trail, GSMNP. Richard Helm 865-426-4472.

Jun 14 Chimney Tops Trail, GSMNP. Dinner at Apple Barn in Pigeon Forge. Patricia Bolton 423-562-4625.

Jun 28 Return to Kentucky. Richard Helm 865-426-4472.

CUMBERLAND GAP CHAPTER

CHAPTER OFFICER:

Rosemary Register 423-869-2251
cugatrails@yahoo.com

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Rosemary Register 423-869-2251
cugatrails@yahoo.com

NO MEETING IN FEBRUARY

CHAPTER NEWS: We have decided to take a break, during the coldest month of winter, and stay inside; therefore, we have not scheduled any outings or meetings. You are welcome to attend any of our other chapter's (13 to choose from) outings, events and meetings.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER:

Beverly Neurock 865-220-9679
bneurock@bellsouth.net

Feb 1 South Old Mac and North Old Mac Trails, Frozen Head State Park. Wartburg, TN. We will do two of our "standby" trails, going up South Old Mac Trail to the fire tower for lunch and descending via the North Old Mac Trail. The hike is about 8 miles, and it is rated moderate due to the climb of 1,000 ft. up to the fire tower (after this, it's downhill back to our cars). Bring snacks, lunch and water. Wear sturdy hiking boots, and dress appropriately as the weather on top of Frozen Head can be very unpredictable in early February. Frozen Head SP charges a \$3 per vehicle per day access fee. If you haven't already purchased the annual Multi-Visit Pass, you can purchase one when you arrive, or feed the machine \$3 to park. We will meet at 9:00am EST to carpool from the front parking area of the abandoned AmSouth bank building in the Tri-County Mall on Hwy 62 between Oak Ridge and Oliver Springs. For more information and to register, call Keith Mertz at 865-982-7368, or e-mail him: keithmertz@hotmail.com

Feb 15 Laurel-Snow Pocket Wilderness. Dayton, TN. We will hike up the Snow Falls Trail, with a side visit to Buzzard Point. Because of a cold weather, creek crossing, we will not hike to Snow Falls, but will spend more time at the overlooks. We will backtrack to the Laurel Falls trail junction, and hike to Laurel Falls, which will make this an 8-mile hike with two pretty healthy climbs. Because of rockiness and climbs, this hike is rated moderately difficult. Bring lunch, water, and sturdy hiking boots. Dress appropriately for the weather. We will meet at 8:30am EST in the parking lot in front of Roane County High in Kingston, and arrive at the trailhead at 9:45 EST. For information and to register, call Don Coffman at 865-376-5842, or e-mail him: don_e_coffman@yahoo.com

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER:

Doug Ratliff 931-455-0249 dougratliff@hotmail.com

OUTINGS COORDINATOR: (call & volunteer to lead an outing)

Alan Bryan 931-728-0765 BryanAlan@BFUSA.com
pbryan5@bellsouth.net

MEETS: 3rd Tue, 7pm, D.W. Wilson Center, 501 N. Collins St. Tullahoma

Feb 1 Foster Falls Area Hike, South Cumberland State Natural Area. Tracy City, TN. We will start our hike at the Foster Falls trailhead and hike about 6 to 8 miles over terrain rated strenuous due to several creek crossings and rock hops. Bring water, lunch and snacks, and wear sturdy hiking shoes. We will meet in the Foster Falls trailhead parking lot at 9:45am CST. NOTE: This is a joint outing with the North Alabama Sierra Club, and gives us the opportunity to meet and hike with other outdoor enthusiasts. For driving directions, information and to register, call Joette Carter 256-776-3551.

Feb 8 Short Springs State Natural Area. Tullahoma, TN. This area known for its wildflowers is also beautiful in winter – and close to home. The trail passes through rich woods, forest ravines, low cascades and big waterfalls. The hike is 2.9 miles and rated moderate for the few short steep hills we climb and the uneven footing we will pass over on our way to the larger falls. Bring water and sturdy shoes. We will meet at 9:00am CST at the Short Springs SNA trailhead parking lot. For information and to register, call Alan Bryan at 931-728-0765.

Feb 18 **MONTHLY MEETING.** Dennis Horn, a botanist and an officer with the Friends of Short Springs will present a program on wildflowers. He has been studying them for years and is quite knowledgeable. Lots in store! New hikers are always welcome! See you at 7:00pm CST at the D.W. Wilson Center, 501 N. Collins St. in Tullahoma.

PLANNING AHEAD:

Mar 1 Greeter Falls to Stone Door Ranger Station, Savage Gulf State Natural Area. Beersheba Springs, TN. This hike features scenic waterfalls and beautiful overlooks. The trail is 6 miles and rated moderate due to the rocky and uneven footing we walk over. Sturdy hiking shoes are a must, along with snacks, lunch and water. This is a one-way hike, which requires a car drop at each end of the trail. We will meet, and leave, from the Tractor Supply parking lot (near Hardee's) in Tullahoma at 7:30am CST. For information and to register, call Doug Ratliff at 931-455-0249.

MEMPHIS CHAPTER

OFFICER:

Betty Porter 901-755-4740

CO-CHAIR:

Norma McMinn 901-785-1479

BOARD REPRESENTATIVE:

Gloria Lenski 901-213-0604 glorialenski@yahoo.com

MEETS: 3rd Thur, 7pm, Germantown Library (Sept-May)

Feb 8 Shiloh National Military Park. Counce, TN. Join the fun for a 10-mile compass hike (compasses are required for each individual). You may choose to hike with a buddy or in a group, but not alone. This is a rugged cross-country hike with thick undergrowth. Wear long pants and boots or good leather shoes. Bring water and snacks and be prepared for bushwhacking. After the hike we will meet for a fabulous catfish dinner. We will meet at 9:30am CST at Ed Shaw's Café. For information and to register, call Jerry Lenski at 901-213-0604.

Feb 20 **MONTHLY MEETING.** Ray Burkett, a Professor of Biology at Southwest Tennessee Community College, will give a talk and slide presentation on long-term changes that occur in the environment, usually referred to as "Succession in Plant Communities." Ray will also talk about the environmental factors that bring about those changes. Hopefully, it will help everyone become more aware of why different trees, flowering plants, etc., are found where they are. Background information concerning changes with latitude and altitude, and global distribution of major ecological communities such as grassland, tropical rain forest, desert, etc., will also be discussed. Join us for a very interesting and educational program. (cont. on pg 9)

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE CONTACTS:

Executive DirectorRob Weber robweber@usit.net
 Resource ManagerArleen Scheller scheller@usit.net
 Program Coordinator.....Mark Stanfill..... mstanfill@onemain.com
 Office Manager.....Susan Weber..... sweber1@usit.net

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

BackCountry Outing Seeks Volunteers

Feb 22 & 23 BackCountry Outing, North Chickamauga at Stevenson Branch. Soddy Daisy Area, TN. A BackCountry Outing combines the enjoyment of backpacking with that of trail building - we will backpack and set up a base camp in the area we will be doing the trail work. Carl & Susan Turner will provide the leadership and trail building training in this beautiful gorge south of Soddy Daisy. This outing makes for a good warm up for the upcoming Spring BreakAway event (without the backpacking) and great for those interested in trail building during the cooler temperatures.

"BreakAway" Needs You! (cont. from pg 1)

Even if you haven't had formal trail building training, it's easy, and you'll pick it up in no time. Tools, lodging and dinner each evening are provided – FREE! You just need to bring your breakfast and lunch, and wear clothes you don't mind getting dirty. We work about 7 hours each day and only on Monday, Tuesday, Thursday and Friday. Wednesday is a free day, no work! Can't come an entire week? Consider coming for two days, like a Mon & Tue, or a Thu & Fri. Trail building will be in the Rock, Possum and Soddy Daisy gorges, just north of Chattanooga. Lodging will be close by at Dogwood Camp.

Don't delay. Register today by mailing or faxing the application below. Need more information? Visit our website, or call / e-mail Mark Stanfill at 931-456-6259, mstanfill@onemain.com

No Experience Required! On-site Trail Training Provided!

2003 Spring BreakAway Volunteer Registration

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone hm: (____) _____ wk:(____) _____
 E-mail: _____

• I'm available on the following:

Week 1 (Mar 2-8) _____ Mon _____ Tue _____ Thu _____ Fri
 Week 2 (Mar 9-15) _____ Mon _____ Tue _____ Thu _____ Fri
 Week 3 (Mar 16-22) _____ Mon _____ Tue _____ Thu _____ Fri
 Week 4 (Mar 23-29) _____ Mon _____ Tue _____ Thu _____ Fri

• I need lodging on the following nights:

Week 1 (Mar 2-8) _____ Sun _____ Mon _____ Tue _____ Wed _____ Thu _____ Fri
 Week 2 (Mar 9-15) _____ Sun _____ Mon _____ Tue _____ Wed _____ Thu _____ Fri
 Week 3 (Mar 16-22) _____ Sun _____ Mon _____ Tue _____ Wed _____ Thu _____ Fri
 Week 4 (Mar 23-29) _____ Sun _____ Mon _____ Tue _____ Wed _____ Thu _____ Fri

• Have you participated in BreakAway before? Yes / No

• Have you participated in trail work before? Yes / No

• I am also willing to help on the following (circle as many):
 Trail builder _____ Cook _____ Shuttle _____

• Mail or Fax this form to: CTC Spring BreakAway
 Cumberland Trail Conference @ 19 East 4th Street @ Crossville, TN 38555
 Fax: 931-456-4934

ATTENTION:

Trail Training Workshop Graduates

To help you maintain the many trail building skills you've learned, be it this past September or any other workshops prior, you are invited back to help on any upcoming projects – BackCountry, BreakAway, **The Big Dig!** Feel free to invite members of your chapter, and/or friends to help (*you can show them how fun and easy trail building can be*).

What Is ? The Big Dig

Coming to the beautiful gorges of Hamilton County in May and June, **The Big Dig!** offers a unique opportunity for anyone who loves hiking trails to "give back" by helping to build a very important segment of the Cumberland Trail - the trail that we and generations to follow will be walking on!

Within this area, there are 30 miles of trail that when completed will total ten percent of the Cumberland Trail, and added to the forty percent already completed, we'll be halfway to our goal of completing this 300-mile corridor!

In order to make this long-distance hiking trail a reality, we need volunteers! Beginning May 18, and continuing through June 28, volunteers at all levels - from trail builders to cooks, shuttlers to photographers - are invited to come and help (come for as little as one day, or several – it's your choice!). Volunteers will be coming from all corners of Tennessee, in addition to several groups coming in from other areas in the United States. The camaraderie of meeting new (and old) folks that have the same enthusiasm for hiking and building trails, combined with the efforts and labors of a dream-turned-reality is extremely rewarding. And, becomes part of the history and stories that get passed on to our descendents.

(cont. on pg. 8)

What Is? The Big Dig (cont. from pg. 7)

During the day, trail work will consist of removing intruding limbs from the 4ft by 8ft "box" of the trail corridor, pulling the duff from the trail's path, removing woody plants and roots, shaping the tread, building rock steps, cribbing unstable tread sections and taking enough breaks to enjoy the beauty of our surroundings and for socializing with fellow volunteers. At the end of the afternoon, volunteers will return to base camp (Dogwood Camp in Soddy Daisy) to find so much waiting for them, such as a cool place to relax, a lake to swim in, hot showers, a nice meal (prepared by volunteers who've spent the afternoon cooking!), educational and entertainment programs presented by state and local personalities, and finally a comfortable room in which to sleep.

Volunteers can sign on today! Applications are available by calling the Cumberland Trail office (931-456-6259) or visiting their website: www.cumberlandtrail.org/bigdig.html

No experience required!
On-site trail training provided!
Tools provided.



The Perfect Valentine's Day Gift



Don't buy candy because we're all watching our weight. Flowers only last a few days. But giving your special someone a section of the Cumberland Trail will last forever!

You can sponsor a mile (\$10,000), half-mile (\$5,000), quarter-mile (\$2,500) or a bridge or shelter (\$1,000-\$3,000), and recognition of your gift will be placed at the trailhead or on the bridge/shelter.

We'll also send a special Valentine's Day certificate for you to include in your card.

Contact Arleen Scheller at the Cumberland Trail office at 931-456-6259, or e-mail her: scheller@usit.net



Adopt the Cumberland Trail

The following segments of the Cumberland Trail are in need of adoption:

- Cumberland Mtn. Segment – Bruce Gap Trailhead to Devil's Racetrack Overlook.
- Laurel-Snow Segment – Trailhead to Laurel-Snow junction.
- Smoky Mtn. Segment – Bruce Gap Trailhead to Red Ash Creek Bridge and Montgomery Fork to McCoy Ridge.

Adoption requires a 2-4 times a year commitment on your assigned section of trail. It includes removal of downfall, clipping and pruning, waterbar clearing, and trash pickup. Serious problems are reported to CTC for resolution.

For information, call or e-mail Mark Stanfill at the CTC office: 931-456-6259 / mstanfill@onemain.com

Dig! This!

The Bridges of Hamilton County

submitted by Sandra Spearman

Volunteers in Soddy Daisy and Dunlap were chomping at the bit to start building the bridges needed for the Cumberland Trail corridor in the Rock, Possum, and Soddy gorges – and in no mood to wait for The Big Dig! event scheduled for May and June (announcement is on page 7). Their enthusiasm was high (still is!) as well as their confidence, so off they went in the dead of winter to build bridges.

Their first effort, a first-rate natural pole bridge across South Board Camp Creek, a feeder stream, has been completed and ready for volunteers to build a trail to it! Those preferring to build hiking trails versus bridges are going to be so pleased when they reach this point. Imagine, won't it be wonderful, the bridge is already there just beckoning us to come to it, rather than us building a trail, then having to return later to put in the bridge across the stream.

We are so proud of this team of bridge builders. They have spent many hours with Barry Spearman and our other longtime bridge builders to get the feel of what is needed. Many bring with them their own professional building experience, so we look forward to exchanging construction tips with them. Jim Schroeder is the site surveyor for this area and has spent a lot of time with them. So, if you happen to see the following enthusiastic volunteers: Don Elliott, T.C. Varner, Tom Levi, or Lloyd Stockburger, please tell them how much you appreciate what they are doing for us and for all the hikers of Tennessee.

In addition, these folks have plans, and a schedule, to build six more bridges before The Big Dig! event gets underway. If you are interested in helping with building these bridges, you are invited to join us on any of the following dates:

- Feb 6-9
- Feb 20-23
- Mar 6-9
- Mar 27-30

Call Sandra Spearman at the Cumberland Trail office and she will put you in touch with them.

. . . Save the Date . . .

Cumberland Trail Auction

April 12

Mark your calendars for the 3rd Annual Cumberland Trail Auction on Saturday, April 12, 2003. We are returning to the Garden Plaza Hotel in Oak Ridge, and Bear Stephenson has again graciously donated his superb auctioneering talents. Auction proceeds will benefit the Cumberland Trail's The Big Dig! event scheduled for May-June 2003.

Auction donations welcome ... tell your friends about it...come up early in the day and hike a segment of the CT!!

MEMPHIS (cont. from pg. 6)

Feb 22 Wapanocca National Wildlife Refuge. Turrell, AR. Join us to see wildlife along an easy and flat 6-mile levee walk. The Wapanocca refuge literally stands as a wildlife oasis in an agricultural sea. An excellent diversity of habitat exists comprised of mainly agricultural land, bottomland, hardwood forest, upland forest, open water and flooded cypress/willow swamp. Thirty small field impoundments have been developed for waterfowl in the agricultural land. Because of its strategic location in the heart of the Mississippi Flyway and the diverse habitat, the refuge is a prime wintering area for migratory waterfowl and a major stopping place for migrating warblers. Nesting on the refuge are bald eagles, great blue herons, great egrets and anhingas. There are two options for meeting us: 9:00am CST at the visitor's center. For the carpoolers, we'll meet no later than 8:15am CST at the Tennessee Welcome Center. For information and to register, call Kathleen or Gil Griffin at 901-767-0529.

PLANNING AHEAD:

Mar 1 Big Hill Pond State Park. Pochontas, TN. This 8-mile loop trail is rated moderate with elevations that vary from 611 to 380 feet. A half-mile-long boardwalk across the Dismal Swamp is known for its bald cypress, tupelo gum and a variety of wildlife. Bring lunch and water. Boots strongly recommended. There are two options for meeting us: carpooler will leave Borders Bookstore at Kirby Parkway & Poplar Ave at 7:30am CST, or you can meet us at 9:00am CST at the Park's boat dock. For information and to register, call Ann Lindholm at 901-388-4123.

Mar 8 Trail Work Day at Meeman-Shelby Forest. Memphis, TN. We plan to install wood steps (2-3ft wood timbers), cover a few wood bridges with chicken wire, and clear overgrowth from the trail. You will need to bring water and lunch, along with equipment such as gloves, shovels, clippers, and/or a saw. We will meet at the Park's visitor's center at 9:00am CST, ready to do trail work on the Woodland Trail. Dress for the weather. For information, call Ken Novak at 901-377-9127.

MURFREESBORO CHAPTER

CHAPTER OFFICER:

Martin McCulloch 615-896-1043 mam1932@earthlink.net

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Ray & Linda Eckerson 615-847-0322 reckerson@comcast.net

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

Feb 8 Stones River Battlefield. Murfreesboro, TN. Join our guide, Jim Schroeder, on this informative hike and tour of this historical battlefield. We will hike 4-5 miles over terrain rated easy. After the outing, we'll meet for lunch at a local restaurant. Group size is limited, and registration is required by calling Jim Schroeder at 615-896-3023.

Feb 11 **MONTHLY MEETING.** Learn hiker safety tips; hear about past and upcoming hiking trips and meet/greet members/friends. New hikers are always welcome! Lots in store! See you at 7:00pm CST at the Wilderness Center at Murfreesboro's Barfield Crescent Park.

Feb 22 Hidden Springs Loop Trail, Cedars of Lebanon State Park. Lebanon, TN. This trail makes a loop through a geologically interesting landscape full of rock formations and sinks. In addition to several cedar glades we will pass through and scattered among this hardwood forest. The trail is about 4½ miles and rated easy because the terrain is fairly flat so the walking is easy – but it's also rocky. Be sure to wear sturdy hiking boots. For more information and to register, call Martin McCulloch at 615-896-1043.

NASHVILLE CHAPTER

CHAPTER OFFICER:

David Furse 615-353-6435 dfurse@comcast.net

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Elizabeth Gerlock 615-356-6260 eygerlock@aol.com

MEETS: 4th Tues, 7pm. St. Bernard Academy
2021 21st Ave South

HIKING HOTLINE

615-367-7045

CHAPTER NEWS: THANK YOU! to the following gift-wrapping elves who volunteered their time on December 15 to wrap holiday gifts for customers (and prospective members) at Cumberland Transit: Peter Gregory, Jim & Jenice Johnson, and Diane Manas. Donations received (and gladly accepted) totaled \$80 and will be used by the chapter to fund upcoming trail projects. This was the second year our chapter participated in a gift-wrapping booth at a local outdoor retail shop, and both years have been quite successful.

Feb 1 Mossy Ridge Trail, Edwin Warner Park. Nashville, TN. If you have plans to attend the Board of Directors' meeting (*all TTA members welcome*) this afternoon, you will have ample time to hike this trail and have lunch before the 1:00 pm CST start time. This is a 4½-mile hike and rated moderate for the several hills we ascend and descend along the way. Plan on hiking at a 2-2½ mile/hour pace. Hiking boots with ankle support are advisable. Bring water and snacks. This is a popular trail for dogs (many off-leash) and their owners. For our enjoyment and to eliminate confrontations, please leave your dog at home. We'll meet at 8:00am CST at the "Deep Well" trailhead. (**DIRECTIONS:** From Nashville, travel west on Hwy 70. At the split in Belle Meade, go left onto Hwy 100. Go approx. 2 miles and turn left at the gray stone arches. Follow the road approx. 1 mile to the parking area at the t-intersection.) For additional information, call Diane Manas: 615-352-7777.

Feb 1 Twin Arches to Middle Creek in Big South Fork National River & Recreation Area. Jamestown, TN. The Twin Arches are the largest natural-bridge complex in TN with massive rock walls and overhangs. Other features of the hike include: niter mines, Jakes Place - an 1884 homestead, Slave Falls, Needle Arch, Indian Rock House, and many more impressive rock formations. If weather conditions are right, this trail is a winter wonderland of icicles along the rock walls and overhangs, and Slave Falls is spectacular when frozen. The trail is 11 miles long and rated moderate due to mileage covered and uneven, rocky terrain. Bring water, snacks, and lunch, and wear sturdy hiking boots. For information and to register, call Keith White at 615-833-9770, or e-mail him: takehike@bellsouth.net

(cont. on pg. 10)

Attention: Hike Coordinators

A TTA *Release of Claims & Hold Harmless Agreement* form (aka "Liability Waiver") must be signed by everyone before you start your hike or before carpooling to your hiking destination. They can be obtained from your local Chapter Officer or downloaded easily from our web site:

www.tennesseetrails.org/release.php

NASHVILLE (cont. from pg 9)

Feb 2 Connector, Mossy Ridge and Warner Woods Trails, Warner Parks. Nashville, TN. By connecting these three trails, we'll get in 9 miles of hiking. Expect to encounter hills, roots, rocks and uneven terrain along the way, making this a moderate hike. We also may see deer and wild turkey that make this beautiful park their home. Bring snacks and water, and wear sturdy hiking shoes. We will meet at 1:00pm CST at the Park's Nature Center on Hwy 100. For information and to register, call Bryan Trull at 615-347-4015 or 731-584-3666, or e-mail him: b.trull@charter.net

Feb 4 (Tue) Warner Woods Trail, Warner Parks. Nashville, TN. Are you free during the week or have a job that will give you extra time for a healthy lunch? By hiking the 2½-mile Warner Woods Trail at a brisk pace, you can plan on completing the hike in about 45-50 minutes. This trail has a few hills, some rocks and uneven terrain and is rated moderate. Wear sturdy hiking shoes, and dress for the weather. We will begin our hike at 12:00pm CST. To ensure you don't get left behind, please arrive before then. If you have extra time and are not in a hurry to return to work afterwards, we will grab a healthy lunch at a nearby restaurant. For information and to register, call Dallas Shewmaker at 615-260-8990, or e-mail him: dallas@citylegalguide.com

Feb 6 (Thu) Warner Woods Trail, Warner Parks. Nashville, TN. *See Feb 4 above.*

Feb 8 Pot Point Loop, Prentice Cooper State Forest. N. Chattanooga, TN. Pot Point Loop Trail offers grand views of the Tennessee River Gorge. Along the way, we will have many opportunities to look out over and into the gorge below. Often red-tailed hawks and birds of prey can be seen from these overlooks. Also, we'll pass over a 30-foot-high natural bridge of sandstone. The trail is rocky in places and passes over several streams. Even though there are no great changes to the elevation, this hike is rated moderate for the hills we will encounter, mileage covered (10.9 miles) and rocky uneven terrain. Sturdy hiking boots are required. Bring snacks, lunch and plenty of water for this all-day outing. Note: we will be joined by members/guests of our newest chapter - Soddy Daisy. For information, meeting time and location, and to register, call Diane Manas at 615-352-7777.

Feb 8 Beaman Park Work Day. Joelton, TN. Every second Saturday, volunteers gather from 9:00am CST until noon to build and maintain the trails in Beaman Park in preparation for the park's opening. A two-mile loop is complete, but in need of some fine-tuning, and work has begun on a second loop of similar length. Trail building experience helps but is not required, and the work is no more difficult than moderate gardening. Please bring work gloves, water and whatever tools that you have. We will meet at 9:00am at the spring on Little Marrowbone Road. Questions? Call Nancy Dorman at 615-299-9586, or e-mail her: nancydorman@yahoo.com (cont.)

Hike Registration? Why?

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

Please, be considerate and register.

Feb 9 Beaman Park Hike. Joelton, TN. Come experience a beautiful and easy 2-mile walk in Beaman Park, just minutes from Nashville. This park is not yet open to the public, therefore hiking is by permit only. The area remains pristine, and work is continuing to be done on the trails. We will have an opportunity to check out a spur trail currently being developed, and for those interested, the loop can be walked again to make this a 4-mile hike. We will begin at 9:00am CST at the spring and trailhead on Little Marrowbone Road. For more information and to register, call Marie Chitwood at 615-834-8674, or e-mail her: mchitwood1@msn.com

Feb 15 Nathan Bedford Forrest State Historic Area. Eva, TN. Over 20 miles of hiking trails meander through the park, providing unexcelled views of woods, water and wildlife. Overall, the park has very challenging hills, many views of the Tennessee River, and several areas of trail covered by moss - providing the feel of a soft carpet under foot. We will hike a 10-mile trail that is rated moderate due to the hills, and rugged, rocky terrain. Bring snacks, lunch and plenty of water for this all-day outing. NBFSHA charges a \$3 per vehicle per day access fee. If you haven't already purchased the annual Multi-Visit Pass, you can purchase one when you arrive, or feed the machine \$3 to park. We will meet and carpool from Warner Park's Nature Center on Hwy 100 at 8:00am CST. For information and to register, call Bryan Trull at 615-347-4015 (cell) or 731-584-3666, or e-mail him: b.trull@charter.net (Outing will be co-led by Daniel Jones.)

Feb 16 Long Hunter State Park Day Loop. Hermitage, TN. This trail runs through rolling hills covered with second growth hardwood forest. About halfway around the loop, a limestone bluff looks west to a scenic vista of Percy Priest Lake. The hike is 4 miles and rated easy due to minimal elevation change. Bring water and snacks. Afterwards, we will go to a nearby restaurant for lunch (bring \$\$ to pay for your meal). You can meet us at either the Kinko's in the K-mart parking lot on Donelson Pike (exit 216C off of I-40 east) at 9:00am CST, or the trailhead parking area at 9:30am. For information and to register, call Nancy Juodenas at 615-643-0936, or e-mail her: nancyjuodenas@earthlink.net

Are you new to Nashville? Hiking? Interested in checking out a hiking club? Or, just want a gentler hike? Then, the following hike is just for you. Meet new, as well as seasoned hikers who also share your desire to be outdoors. You are encouraged to use this time to learn about hiking and TTA while enjoying the great outdoors with friendly people.

Feb 22 Newcomers Hike at Bowie Nature Park. Fairview, TN. In the 1950s, three sisters began buying worn-out farmland in Fairview. They paid local children a penny each to plant a sapling, and over the years more than 500,000 trees have grown to reclaim the 723 acres that make up this park. Seventeen miles of multi-use (hiking and mountain biking) trails are available to us today; however, we'll only hike about 6 of them. The terrain is hilly in areas, and there's just enough of them to keep the winter chill off of us. Hiking boots are recommended, and bring a snack and water. Afterwards, we will go to a nearby restaurant for lunch (bring \$\$ to pay for your meal). For information and to register, call Libby Francis at 615-889-5718.

Feb 22 Virgin Falls, Bowater Pocket Wilderness. DeRossett, TN. This hike follows a tumbling stream that bounds over rocks, creating small waterfalls until it disappears underground. On the way to Virgin Falls, the trail passes: a beautiful overlook, Big Branch Falls, Big Laurel Falls, and Sheep Cave Falls. Virgin Falls is formed by an underground stream that emerges from a cave, drops over a 110-foot cliff, and disappears back into a cave at the bottom. This 8-mile hike is beautiful in all seasons and one of TTA's most popular hikes. The hike is rated moderate due to rocky and uneven terrain, elevation losses and gains, plus the long climb we will have on the way back to our cars. Sturdy boots are a must! Bring snacks, lunch, and water for this all-day outing, and wear clothes appropriate for the weather. For information and to register, call Jim or Marietta Poteet at 615-824-7666. (cont. on pg. 11)

NASHVILLE (cont. from pg 10)

Feb 23 Rock Creek Loop and Rock Creek Trail. Big South Fork National River & Recreation Area and Pickett State Park. Jamestown, TN. We will start on the Rock Creek Loop Trail in Big South Fork NRRRA, ford Rock Creek to a seldom-used connector trail, and complete a loop on the Rock Creek Trail in Pickett State Park before connecting back up to finish the first loop we started. We will pass through an abandoned tunnel; therefore, bring some form of light/headlamp. This hike is rated moderately difficult due to the two stream crossings and the distance covered - about 11 miles. Be sure to wear sturdy hiking boots, and bring snacks, lunch, and water for this all-day outing. Due to the long drive and the mileage we will be hiking, plan on leaving out of Nashville at 7:00am CST. For more information and to register, call Doug Burroughs at 615-587-0085.

Feb 25 **MONTHLY MEETING.** Come meet a guy who's never caught without spare batteries! Our guest speaker is Bill Overton of the Nashville Grotto and National Speleological Society. Bill knows caves! He'll tell us about caving opportunities in Middle Tennessee and give us an update on the Rumble Room in Spencer, and the fight to keep clean water flowing through it. Bring a friend and a flashlight!

Before the start of our program this evening, we will hear about upcoming projects and goals for our chapter in 2003. Everyone is encouraged to attend and get involved.

PLANNING AHEAD:

Mar 1 Stone Door, Big Creek Gulf and Big Creek Rim Trails, Savage Gulf State Natural Area. Beersheba Springs, TN. Savage Gulf is known for its rugged canyons and disappearing waterfalls. This hike is an 8-mile loop with a 1-mile side trip to Ranger Falls. Starting at the Stone Door Ranger Station, we will hike the Stone Door Trail, descending through the Stone Door down into the Big Creek Gulf, and pick up the Big Creek Gulf Trail. This trail is fairly rugged with its many large boulders that we will hike over and around. Because of the awkward footing, this portion of the trail is pretty challenging and is rated moderate. While making our way through the gulf, we will have the option to hike 4/10 of a mile each way to visit Ranger Falls. After this, we will begin our climb up and out of the gorge (aka rock scramble and quite challenging) to reach the Big Creek Rim Trail. The Big Creek Rim Trail is flatter than a pancake and provides several overlooks into the gulf. From several vantage points, we can see the "crow foot" shaped canyons around us. Please bring water, lunch, and snacks, and wear sturdy boots. We will meet at 7:30am CST at the Target on Bell Road (exit 59 off of I-24). For information and to register, call Marie Chitwood at 615-834-8674, or e-mail her: mchitwood1@msn.com

Mar 2 John C. Clayborn Millenium Trail, Edgar Evins State Park. Silver Point, TN. We will revisit this trail built by TTA volunteers about two years ago. This trail offers a rugged and challenging hike over rocky ridges with lakeside bluff views and wooded hollows. The trail is 8 miles and rated moderate to strenuous due to the rocky and uneven terrain, and the numerous hills we will ascend/descent. If we're lucky and winter is yielding to spring, we may catch some early wildflowers, like Spring Beauties, Bloodroot and Hepatica. Bring snacks, lunch and water, and wear sturdy hiking boots. For information, call Diane Manas at 615-352-7777.

Mar 21-23 (Fri-Sun) 3rd Annual Leprechaun Leap Backpacking Trip. This is a repeat of last year's backpacking trip on the Tennessee River Gorge segment of the Cumberland Trail, near Chattanooga. This is one of the most beautiful segments of the CT, following bluff tops and ridges - 1,800 ft. to 2,000 ft. above sea level. There are several spectacular overlooks into the "Grand Canyon of Tennessee" and Mullen's Cove. We will also see several natural rock formations such as Mushroom Rock, the Indian Rock House and the Natural Bridge. The trail is reasonably level with no major elevation changes; however, the terrain is uneven, quite rocky and NOT FLAT! therefore, this outing is rated moderate. For anyone unable to make the 3 days, there is a 2-day option, and on each day there is a choice of mileage options (see below). For example, the 3-day FULL MOON hike is 10 miles on Fri, 16 on Sat and 8 on Sun. The 3-day ¾ Moon hike is 10 miles on Fri, 8 miles on Sat and 8 miles on Sun. and so on. The group's size is limited to 12 participants. To ensure your space, make your reservation ASAP. For more information and to register, call Herb Kneeland at 615-298-4462.

FULL MOON = 3 day hike. 10 miles on Fri, 16 on Sat, and 8 on Sun

¾ MOON = 3 day hike. 10 miles on Fri, 8 on Sat, and 8 on Sun

½ MOON = 2 day hike. 13 miles on Sat and 8 on Sun

¼ MOON = 2 day hike. 8 miles on Sat & 8 on Sun

Apr 4-6 (Fri-Sun) Backpacking the Lakeshore Trail, Great Smoky Mtn. National Park. Fontana Dam, NC. Backpack the entire length of the Lakeshore Trail (~34 miles) over 3 days (12 miles on Fri, 11 on Sat and 10.6 on Sun). Because this outing is in a remote area of the park ("secluded" with no easy exit points) and the semi-high daily mileage, this outing is rated moderate and only open to experienced backpackers. In order to get on the trail early on Friday, rooms nearby have been reserved for Thursday night. Also, this is a one-way hike and a shuttle service has been hired to save us the pre and post hike drive time. The group size is limited to 8, and registration is required before March 20. Approximate cost per person for the room and ride is about \$45 (lower, if we have 8). To secure your reservation, a \$25 deposit (first received, first reserved) is required and totally refundable, provided your space can be filled. For more information, call Diane Manas at 615-352-7777.

NORTHWEST CHAPTER (UT at Martin / Weakley County)

CHAPTER OFFICERS:

Jim Clark 731-587-2225 jclark@utm.edu

MEETS: 2nd Thur, 7pm, UT Martin Campus, Boling University Center, Room 231 **ONLY** when college is in session

website: www.utm.edu/~jclark/trails/

Feb 13 **MONTHLY MEETING.** Anna Clark will talk on "The Five Trails to Mt. LeConte," a sometimes humorous look at the five approaches to the summit of Mt. LeConte and the strains that occur when hiking them with her husband.

Feb 22 Big Hill Pond State Park. Pocahtontas, TN. We will take the dry ridge trail around McNatt Lake, veering off toward the Tuscumbia Bend Shelter, on what *Hiking Tennessee Trails* states is the "most scenic trail in the park, offering vistas along the Tuscumbia river bottom." We will return (after taking a spur to the lookout tower) via the 0.8 mile long boardwalk trail across Dismal Swamp to loop to our starting point. For information and to register, call Jim Clark at 731-587-2225, or e-mail him: jclark@utm.edu

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER:

Charlie Jones 931-277-3228
cejones@Crossville.com

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Carolyn Miller 931-260-6674
cardan@usit.net

MEETS: 3rd Thurs, 7pm, The Family Place, 141
Pinewood Dr. (across from the old Avery
Dennison Bldg./HWY 70)

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

Feb 8 Cumberland Cove Cow Pens Trail. Monterey, TN. Explore an historical part of the county on this easy three-mile hike. Bring water and snacks. We will meet at 9:00am CST at the main entrance to Cumberland Cove. For information and to register, call Jim Lifsey at 931-839-3939.

Feb 20 MONTHLY MEETING. Check out our temporary monthly meeting location: The Family Place at 141 Pinewood Drive, across from the old Avery Dennison Bldg. on Hwy. 70. Last month was our first meeting here, and we're going to test this facility for one more meeting before making any decisions on making this permanent. So, come and learn hiker safety tips; hear about past and upcoming hiking trips and meet/greet members/friends. New hikers are always welcome! Lots in store! See you at 7:00pm CST.

Feb 22 Polly Branch Falls Trail, Bridgestone Firestone Wilderness Area. Sparta, TN. Come visit Scott's Gulf to explore the Polly Branch Falls Trail, with beautiful overlooks and waterfalls! This 6-mile hike is rated moderate due to uneven terrain. Bring lunch and water. We will meet at 9:00am CST in the Kroger parking lot in Crossville. For information and to register, call Charles Jones at 931-277-3228, or e-mail him: cejones@crossville.com

TTA Gift Memberships Available Throughout the Year!

- ◆ Birthdays ◆ Anniversaries ◆
- ◆ Valentine's Day ◆
- ◆ Graduation ◆ Just Because ◆

For the price of a regular membership, we will send the gift membership recipient a beautiful TTA logo patch enclosed in a card (customized for the occasion) announcing your gift. Gift memberships can be purchased by contacting Anne Wesley: ttahiker@msn.com, or 615-851-1052.

SODDY DAISY CHAPTER

CHAPTER OFFICER:

Susan Turner 423-867-5677 sturner@bdbc.com

No Meeting in Feb. Next Meeting is March 7 at 6pm EST, location TBA.

Feb 8 Pot Point Loop, Prentice Cooper State Forest. N. Chattanooga, TN. Pot Point Loop Trail offers grand views of the Tennessee River Gorge. Along the way, we will have many opportunities to look out over and into the gorge below. Often red-tailed hawks and birds of prey can be seen from these overlooks. Also, we'll pass over a 30-foot-high natural bridge of sandstone. The trail is rocky in places and passes over several streams. Even though there are no great changes to the elevation, this hike is rated moderate for the hills we will encounter, mileage covered (10.9 miles) and rocky uneven terrain. Sturdy hiking boots are required. Bring snacks, lunch and plenty of water for this all-day outing. Note: we will be joined by members/guests of the Nashville chapter. For information, meeting time and location, and to register, call Susan Turner at 423-867-5677, or e-mail her: sturner@bdbc.com

PLANNING AHEAD:

Mar 7 MONTHLY MEETING. We have not located a permanent home for monthly meetings; however, we will meet at 6:00pm EST and the meeting location can be obtained by calling Susan Turner at 423-867-5677, or by e-mailing her: sturner@bdbc.com

HIKE REPORT:

Our first hike was Saturday, December 28 and led by Carl and Susan Turner. A total of six of us hiked from Signal Point to Rainbow Falls along the ridge of Signal Mountain. The day was clear and the weather crisp, which made the views spectacular. We enjoyed running streams and icicles leftover from a recent freeze, and took our lunch break in the sun on top of a boulder at Rainbow Falls.

Hikes are subject to changes in dates, times and locations depending on the weather and attendance. Please register for hikes so you can be notified when/if there are any last minute changes.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICERS:

Helen Anglemier 931-858-5947 helena@cookeville.com

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Sue Bass 931-528-1386 take-a-hike@charter.net

Please register for hikes so you can be notified when/if there are any last minute changes. Hiking boots are recommended for all hikes. Bring plenty of water, snacks and/or lunch, and wear clothing appropriate for the weather.

Feb 8 Cardwell Mountain. McMinnville, TN. We terrain (rocks, roots, dirt) we will be walking over is actually the ceiling of Cumberland Caverns. The hike is about 5½ miles and rated moderate to difficult due to the rugged terrain and elevation changes. For information and to register, call Matthew Pung at 931-432-1435.

HIKE REPORTS:

On Dec. 28, twelve hikers gathered and trekked from Greeter Falls to Stone Door (Beersheba Springs, TN). The weather was perfect! Wayne and Bonnie Broadway led the hike, which was described as "so goooood." We enjoyed the company of several new faces on this outing. We look forward to hiking with them again soon.

On Jan 1st (New Year's Day), fourteen of us hiked about six and a half miles at Bridgestone Firestone Wilderness Area, near Sparta, TN. The weather was unseasonably mild, and we met up with the 42 hikers from several Middle TN chapters who had just finished their smorgasbord of traditional New Year's food. After our hike, Bonnie and Wayne Broadway served us black-eyed peas and cornbread in their lovely new home. What a great way to start the new year!

OFFICERS:

President
 Leigh Jones 931-277-3228
 cejones@crossville.com

Vice-President
 Fount Bertram 615-765-5357
 fwbertram@heartoftn.net

Treasurer
 Carol Haley 901-388-9163
 hav2hike@aol.com

Secretary
 Anna Clark 731-587-2225
 aclark@utm.edu

Past President
 Libby Francis 615-889-5718
 libbyslibbys@comcast.net

Past President
 Jim Poteet 615-824-7666
 jpoteet@genesco.com

West TN At-Large Director
 Jerry Lenski 901-255-6574
 jlenski@yahoo.com

Middle TN At-Large Director
 Brent Morris 931-454-1718
 bmorris@edge.net

East TN At-Large Director
 VACANT

Membership
 Anne Wesley 615-851-1052
 ttahiker@msn.com

Cumberland Trail Conference Representatives
 Barry & Sandra Spearman 931-839-2320
 sandbar@tipro.com

TN Rails To Trails Advisory Council
 Jim Deming 615-354-9767
 jdeming@tals.org

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

Newsletter Editor
 Diane Manas 615-352-7777
 dmanashikes@comcast.net
 dmanashikes@yahoo.com

Newsletter Deadlines:

Chapter announcements and articles of special interest must be received before February 10th in order to be included in the March 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

When sending by email, use both:

dmanashikes@comcast.net
 dmanashikes@yahoo.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 Deming 615-354-9767 jdeming@tals.org

web site: www.TNRailsTrails.org

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

_____ TTA Patch..... 6.00
Round embroidered patch, sew it on anything.
 _____ TTA Window Decal..... 3.00
A must for each car.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

PHONE hm: (____) _____ wk:(____) _____

*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

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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

Feb 03

RENEWING MY MEMBERSHIP

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Anne Wesley, at 615-851-1052 or ttahiker@msn.com

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 (FULL-TIME) \$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 | ___ East TN (Oak Ridge/Knoxville) | ___ Northwest (UT at Martin/Weakley) |
| ___ Clarksville | ___ Highland Rim (Manchester/Tullahoma) | ___ Plateau (Crossville) |
| ___ Columbia | ___ Memphis | ___ Soddy Daisy |
| ___ Cove Lake | ___ Murfreesboro | ___ Upper Cumberland (Sparta/Cookeville) |
| ___ Cumberland Gap | ___ Nashville | ___ At Large |

When you become a TTA member, you will receive: (1.) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2.) TTA's 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. (3.) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, in the 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.