

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



2003 Membership Directory

The 2003 edition of the TTA Membership Directory will be mailed to all current members in June. Please be sure your dues are paid up so that you will be listed in the directory and receive your copy when it's published. Also, please let us know if your telephone number(s), address or name has changed since the 2002 edition of the directory.

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

- **Internet:** Visit our website (www.tennesseetrails.org), navigate to "Member Services," select and fill out the "Electronic Address Change Form."
- **Mail:** Using the New/Renewal Membership Form (on pg. 12), 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.

Membership Expiration Dates!

Please check, the mailing label on your monthly newsletter displays your annual expiration date above your address. In the past, members who did not renew by their expiration date received one "grace" newsletter reminding them that they needed to renew. At the February 1, 2003, Board of Directors meeting, the Board voted to discontinue the grace newsletter as a cost-cutting measure. Therefore, in order to avoid a lapse in receiving your newsletter, please renew before your annual expiration date.

Tennessee Conservation Voters Report

Submitted by Jim Deming

The new Tennessee General Assembly is hard at work in its new session. Governor Bredesen held budget hearings in February, asking for departments to cut their budgets in the light of severe financial realities. Environmental advocates attended the hearings and monitored bills filed at the beginning of the session to try and gauge their impact on the Tennessee environment. Most bills were filed by mid-February but some will still come from representatives and senators; bills from the administration can be filed at any time.

The Tennessee Conservation Voters continues to work with other environmental partners to educate and advocate for Tennessee's environment. If you would like to know more up-to-date information about bills affecting our state water, forests, and air, e-mail Jim Deming (jdeming49@aol.com) to join an environmental list-serve.

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 Big Dig! event (see pg. 2) scheduled for May-June 2003.

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

Cumberland Trail Spring BreakAway Is Now! 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.

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 the Dogwood Camp.

No Experience Required!
On-site Training Provided!
Didn't Pre-register?
No Problem ...

Call the CTC office at anytime during the March 2-26 (931-456-6259) period and the staff there will provide you with the necessary details on where you will need to report for work, plus make any arrangements for lodging; if needed, at the Dogwood Camp.

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE STAFF:

Executive DirectorRob Weber robweber@usit.net
Resource ManagerArleen Scheller scheller@usit.net
Program CoordinatorMark Stanfill mstanfill@onemain.com
Office ManagerSusan 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

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 – BackCounty, BreakAway, **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*).

BackCounty Outings Seeks Volunteers

A BackCountry Outing combines the enjoyment of backpacking with that of trail building - we backpack and set up a base camp in the area we will be doing trail work. It's a lot of fun, very rewarding and your help is needed on the following outings:

April 11-13 (Fri-Sun) Rock Creek Gorge. Sale Creek, TN. Bill Leiper and Monty Matney are our "WagonMasters" on this outing where we will do some general trail maintenance in addition to any number of small projects that were left undone from the previous month. This outing will be the first overnight trip in this area, so if you're into history, be a part of this and you can say you were here first. On Friday, we will have a short hike into our camp and the same goes when leaving on Sunday.

Apr 25-27 (Fri-Sun) Smoky Mtn. (Greens Branch) Segment. We will pick up where volunteers left off last fall. We will drive in and then backpack a short distance to the campsite, which is right next to Greens Branch Bridge. Our goal is to cut new trail from the bridge, up to the ridge, and then connect to what was completed last fall from the Montgomery Fork. If we have time, we will also complete any work that needs to be done on the bridge.

Need More Information?

Visit our Website, then call / e-mail

Mark Stanfill 931-426-6259

mstanfill@onemain.com

Big Dig Tummies

Even a couple of centuries ago, Napoleon knew that an army marches on its stomach. Well, I guess hikers do too. And, I KNOW trailbuilders do. So during the **Big Dig**, how are we going to keep tummies happy so trailbuilders can keep building? One of TTA's very own has volunteered to solve this dilemma!

Carol Haley, longtime CTC volunteer trailbuilder, "WagonMaster," and past TTA/CTC treasurer, has exhibited great courage and generosity by agreeing to direct our meal planning and preparation for the **Big Dig**. After spending umpteen years with the IRS' data systems, this ought to be child's play for her! She'll do an excellent job, and we salute her willingness to take on the task. Salute!

All you out-of-towners who flock to Soddy Daisy to help build these 30 miles of the Cumberland Trail through the Rock, Possum, and Soddy gorges in May and June won't have to worry about feeding yourself. (Well, you DO have to FEED yourself, but you won't have to COOK for yourself!) Carol has designed an excellent menu, and we already have volunteers who will help her cook. Of course, we need MORE - so if you know your way around a kitchen and don't mind helping with this undertaking, while staying in a truly delightful spot on Chickamauga Lake for a while, let us hear from you.

The **Big Dig** is CTC's major 30-mile trailbuilding extravaganza, scheduled for May 18-June 28 near Soddy Daisy, just north of Chattanooga. Volunteers are needed in all areas from trailbuilding, cooking, shuttling, and photography to camp mom/pop, and the list goes on. If you would like to participate in this historical event, call (931-456-6259), e-mail (cumberlandtrail@rocketmail.com), or use the Volunteer Registration Form (on page 3) and mail it in, TODAY!!!

What is Big Dig?!

*Cumberland Trail Conference's
marathon trailbuilding session,
May 18-June 28, 2003*

Why are they doing it? To build 30 miles of new trail – fully 1/10 of the total Cumberland Trail mileage ... bringing the total miles completed to 150 ... halfway to the 2008 goal of completing the entire Cumberland Trail from Signal Point to Cumberland Gap!

Where is Big Dig? Near Soddy Daisy, northwest Hamilton County, just a few miles north of Chattanooga.

Who's involved? EVERYBODY can participate. We need all kinds of volunteers: trailbuilders, cooks, shuttlers, photographers, motivators. People who love hiking trails, and want to give back for all the hiking trails they've loved over the years, will enjoy participating in the **Big Dig**.

How is CTC going to make it work?

By adhering to the tried and tested BreakAway model they've perfected over the years. Teams of volunteers led by trained "WagonMasters," with intermediate supervision by student leaders, will build assigned portions of trail each day.

Can they make it easy for volunteers to participate? Sure can! CTC will feed you 3 meals a day and put you up for as many nights as you are willing to stay! They'll train you in trailbuilding techniques. Or, if you just want to help cook, they'll provide you a good place to stay, and a well-designed kitchen in which to help the team prepare meals.

But can they make it fun?! Ask any BreakAway alumni - they'll give you a resounding YES! Trailbuilding, the fellowship with other volunteers, and the interactive educational programming that goes with it is fun and rewarding.

**Don't Delay !
Big Dig
Volunteer
Registration Form
is on page 3.**

2003 Big Dig Volunteer Registration

Mar 03

Name: _____ Phone Hm: (____) _____ Wk:(____) _____
 Street Address: _____ E-mail: _____
 City: _____ State: _____ Zip: _____

I'm available on the following days (please circle all that apply):

Week 1 (May 18-24)	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 2 (May 25-31)	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 3 (Jun 1-7)	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 4 (Jun 8-14)	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 5 (Jun 15-21)	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 6 (Jun 22-28)	Sun	Mon	Tue	Wed	Thu	Fri	Sat



I need lodging on the following nights (please circle all that apply):

Week 1 (May 18-24)	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 2 (May 25-31)	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 3 (Jun 1-7)	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 4 (Jun 8-14)	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 5 (Jun 15-21)	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 6 (Jun 22-28)	Sun	Mon	Tue	Wed	Thu	Fri	Sat

- Have you participated in trail work before? Yes / No
- I am also willing to help on the following teams (circle as many):
 Trail builder Cook Shuttle Camp Mom/Dad
- I'd like to help sponsor this event, and have enclosed a check in the following amount: \$ _____
Please make check out to Cumberland Trail Conference, The Big Dig



Mail or Fax this form to: **Big Dig** - Cumberland Trail Conference
 19 East 4th Street
 Crossville, TN 38555
 Fax: 931-456-4934



Bill Irwin – Blind A.T. Thru-Hiker to Speak at Wildflower Pilgrimage April 26

In 1990 Bill Irwin threw a pack on his back, harnessed his Seeing Eye guide dog, Orient, and set out on foot on a 2,168 mile journey from Georgia to Maine on the Appalachian Trail. This journey proved not only to be one of physical endurance, but one, which proved that the seemingly impossible can indeed, become a reality.

This may not have been such a remarkable feat – thousands have accomplished it since the first recorded thru-hike in 1948 – except for one “minor” little detail ... the man was blind!

Irwin will be the guest speaker following the closing buffet banquet at the Wildflower Pilgrimage, 8:00pm ET, Saturday, April 26, at Mills Auditorium, Gatlinburg, TN.

The Wildflower Pilgrimage, now in its 53rd year, is a consistently well-attended event offering participants the opportunity to enjoy Great Smoky Mountains National Park at its finest. A variety of nature walks, art classes, birding trips, photographic tours and lectures offer topics sure to pique everyone’s interest. Park rangers, botanists, zoologists, and other professionals will share their knowledge in their respective fields by leading over 150 natural history and cultural programs. Sponsors of the Wildflower Pilgrimage are Great Smoky Mountains Association, Friends of Great Smoky Mountains National Park, Great Smoky Mountains National Park, University of Tennessee – Knoxville, City of Gatlinburg, Gatlinburg Garden Club, Southern Appalachian Botanical Society and Arrowmont School of Arts and Crafts.

Tickets for “An Evening with Bill Irwin” are \$10 and go on sale March 17. For tickets or Wildflower Pilgrimage information, call 865-436-7318 (ext. 22) or visit the website at www.springwildflowerpilgrimage.org

Exciting! Volunteer Opportunity!

At the end of 2003, the Board of Directors will be looking for someone to serve as the statewide, Membership Director for 2004 (and hopefully beyond!). This is a wonderful volunteer position (looks great on a resume) and an excellent opportunity to serve on the Board of Directors. We are soliciting names of interested people now so that a candidate can have several months of leisurely training before assuming office.

No "professional" experience is required; however, you must have: (1) internet access, (2) basic computer skills, (3) an organized filing system for maintaining membership data; (4) the ability to attend quarterly board meetings, and (5) a willingness to devote approximately four hours per week to membership-related correspondence.

Don't be shy or modest! All inquiries will be considered as "no obligation." For more details about the position, contact Anne Wesley (615-851-1052 or ttahiker@msn.com).

**. . . Your Generosity . . .
 . . . Benefits All . . .
 Throughout Tennessee**

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 March 2003:

- Bill & Dee Gleason - Clarksville Chapter
- Becky Jones - Nashville Chapter
- Barbara Matheson & Herb Fritch - Nashville Chapter
- Carolyn Miller - Plateau Chapter
- Russell Smith - Columbia Chapter
- Mary Kay Walton - Nashville Chapter
- Eric Wilson & Vi Biehl - Big South Fork Chapter

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 **tax-deductible** 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.

Evan Means Small Grants Awarded

In February 2003, TTA's Board of Directors awarded Evan Means Small Grants to four volunteer groups across Tennessee for their trail-related projects. Volunteer-based, non-profit organizations, working alone or through public agencies, were eligible to apply for Evan Means Small Grants. These awards support special volunteer projects that are compatible with the chartered objectives of TTA: *promoting and developing a system of hiking trails in Tennessee as well as working for the conservation of natural resources.*

Congratulations to the following recipients:

- Cumberland Trail Conference (Crossville, TN.) - \$1,000.00, to help defray expenses of purchasing materials for the upcoming event, "**Big Dig**." (Event details are on pg. 2.)
- WATeR (Loudon, TN.) - \$600.00, to implement a trail system along the eastern shore of Tellico Reservoir. (*Contingent on submitting a complete budget.*)
- Northfield Elementary (Sparta, TN.) - \$800.00, to assist in constructing an outdoor environmental study area that will include a nature trail.
- North Cumberland PTO (Crossville, TN.) - \$600.00, for building/improving a 1-mile walking trail on its campus.

The small grants program was established in February 1999 to honor Evan Means - journalist, author, conservationist, hiker, trail builder, originator of the Cumberland Trail, and co-founder of Tennessee Trails Association. Mr. Means won countless awards for his work over the years to protect Tennessee's natural resources and beauty, as well as for his dedication to projects that allow hikers to enjoy this natural beauty.

Grant requests for 2004 are currently being accepted and must be submitted by December 31, 2003. All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grant application. Grant requests in the range of \$300-\$600 are encouraged. However, if a project requires additional grant money, considerations will be made. For additional information and to obtain an application, please write to:

TTA Grants Administrator
 P. O. Box 41446
 Nashville, TN 37204

TTA's Calendar

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

- Mar 2-29 Cumberland Trail Spring BreakAway (Soddy Daisy)
- Apr 6-12 TN State Natural Areas Week
- Apr 12 Cumberland Trail Auction (Oak Ridge)
- Apr 19 Earth Day Events (Observed Apr 22)
- May 3 Board of Directors' Meeting (Nashville)
- May 18-Jun 28 Cumberland Trail **Big Dig** (Soddy Daisy)
- Jun 7 National Trails Day
- Aug 2 Board of Directors' Meeting (TBA)
- Sep 27 National Public Lands Day
- Oct 17-20 Southeast Foot Trails Mtg (Monteagle)

**Calendar will be revised as needed.*

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER

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

BOARD REPRESENTATIVE

Bob Hemminger 423-628-5145 hemminr1@math.vanderbilt.edu

OUTINGS COORDINATOR

(Call & volunteer to lead an outing.)

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

Mar 15 Frozen Head State Park, Wartburg, TN. Depending on the weather, if the day is fair, we'll hike to the fire tower for lunch and the view, making this outing eight miles roundtrip with an 1000-foot climb on the way up. Alternatively, we'll climb Bird Mtn. from Big Cove Campground and loop back to the campground via the service road, a distance of about 7 miles, with a 1900-foot climb on switchbacks to the ridge. Castle Rock is a key attraction on Bird Mtn. Both trails are rated moderate because of the climb. Bring snacks, lunch, and water. Dress for changeable March weather and wear sturdy boots. FHSP 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 ET to carpool from the Harrow Road Cafe in Rugby. For information and to register, contact Benita or Tom Howell at 423-628-5521, or bhowell@nxs.net

CLARKSVILLE CHAPTER

CHAPTER OFFICER

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

OUTINGS COORDINATORS

(Call & volunteer to lead an outing.)

Faye Balbac 931-553-6826

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

Sandra Koenig 931-645-2048

MEETS MONTHLY - 3rd Tuesday at 7pm CT

Crow Community Center, 211 Richview Rd

Mar 1 Shiloh National Battlefield, Selmer, TN. Shiloh is the site of one of the major battles of the Civil War. You will see Indian Mounds, a cannon battery, an old homestead, split rail fences and many memorials to those who gave their lives. This is a 10-mile hike and rated easy. For information, call Bill Hamilton at 931-920-2760.

Mar 8 Mousetail Landing State Park, Linden, TN. If you want to see a great overlook of the Tennessee River, this is the hike for you. The hike is 8 miles through some lovely hardwood and evergreen forests with some moss-lined pathways. This terrain is rated moderate due to some hills. For information, call Darryl Butts at 931-645-9177. (cont. on pg 5)

CLARKSVILLE (cont. from pg. 4)

Mar 15 Full Moon Hike at Rotary Park. Clarksville, TN. Clear skies permitting - join us for a 3 to 4-mile hike through Rotary Park. Without the benefit of sunshine, this normally easy hike will appear a little more challenging in the dark. Providing there aren't any clouds in the sky, we should have plenty of moonlight to see our way. For information, call Sandy Koenig at 931-645-2048.

Mar 18 MONTHLY MEETING. Imagine visiting a country the size of California, with a population of one million people, 10 million sheep, and incredible scenery everywhere. It's the kind of scenery that beckons you to "do whatever, just get outside." New Zealand became a destination for many after they saw the movie - *Lord of the Rings*, last year. For Diane and Z Manas, it was a destination that began in 1994 and they have returned several times since then. Tonight, we will hear about their adventures - "Tripping and Trekking in New Zealand." Bring a friend or guest, and new hikers are always welcome. See you at 7:00pm CT at the Crow Community Center on Richfield Rd.

Mar 22 Burgess Falls State Natural Area & Edgar Evins State Park. We will be visiting two very different, yet beautiful areas. Our first stop will be at Burgess Falls SNA, which is close to Cookeville, and offers us a short 2-mile hike. In addition to the abundance of natural beauty, if you like waterfalls, this is one area to see! There are a series of several falls that get bigger and better with every step. Afterwards, we will drive a short distance to reach Edgar Evins SP. At Edgar Evins SP, we will hike the 8-mile trail built by TTA members almost 2 years ago. Along the way, we will have several views of the lake. The terrain is quite rugged, due to many hills and the uneven, rocky trail we will encounter; therefore, this hike is rated moderate. For information and to register, call Sandi Hamilton at 931-920-2760.

Mar 29 Cumberland River Bicentennial Rail-Trail. Ashland City, TN. We're combining the enjoyment of a hike with the rewards of giving back during this trail clean-up and hiking outing. The hike is 6 miles one way along an old railroad bed that has been converted to a rail-trail, and follows the shoreline of the Cumberland River, where we are sure to see an assortment of water fowl, plus the spring wildflowers that should be visible at this time. The walking is easy because the trail is smooth and flatter than a pancake. Please, come out and help us on this very worthwhile activity. For information, call Charlie Putnam at 931-362-3669.

HIKE REPORT:

On Feb. 8, six brave hikers walked the Canal Loop at Land Between the Lakes. There were about 3-4 inches of snow on the trail and a few spots of slippery mud. Wonderful views of the lakes with snow-covered shores and trees, and a couple of eagles were spotted. We had a great 10-mile hike through some virgin snow with a surprise pop quiz and "Out-Door Prizes" at the end, thanks to a great hike leader, Ron Ashley. It's not often that we have a chance to hike through a winter wonderland in our area, and we all had a terrific time!

LOOKING AHEAD:

Apr 5 Pennyrite State Park. Hopkinsville, KY. We will be following the 3-mile trail that follows the shoreline of Pennyrite SP. The terrain is rated easy. For information, call Wade Winters at 931-647-9659.

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

MEETS MONTHLY - 1st Tuesday at 6:30 CT

Country Farm Family Buffet on Hwy 31 (Between Spring Hill & Thompson Station, Next to Kroger at Campbell Station)

CHAPTER NEWS: We had a good turnout for our Feb. meeting. Fourteen members, and prospective members gathered for dinner and a fabulous program by Jed King, manager of Blue Ridge Mountain Sports of Cool Springs. Jed demonstrated the latest in backpacking equipment. His ultimate ultra-light campsite included 25 items weighing in at 24lbs. 4 oz., plus, we got to see lots of other gear at great prices! (Thank you Jed, for making this a fun and educational evening.)

Mar 4 MONTHLY MEETING. We are delighted to have as our guest speaker, Rita Venable, who will bring great slides and talk to us about spring wildflowers and butterflies. Rita is a freelance outdoor writer, photographer and speaker specializing in non-game wildlife and outdoor recreation. She has been published in newspapers, magazines and literary publications on topics including birding, butterflying, wildlife viewing, biking and hiking. She is the editor of *Butterfly Gardener*, a national publication of the North American Butterfly Association. Rita is an active member of Outdoor Writers of America Association and of Southeastern Outdoor Press Association. She has served on the Board of Directors of Tennessee Outdoor Writer's Association and has won Excellence in Craft Awards at the state and regional levels. She is a Creative Writing Artist-in-Residence with the Tennessee Arts Commission and speaks at workshops for teachers and students in outdoor writing. Everyone is invited to join us for this informative and fun evening! Dinner and socializing starts at 6:30pm CT, and the meeting starts shortly thereafter. See you at Country Farm Family Buffet on Hwy. 31, between Spring Hill and Thompson Station, next to the Kroger at Campbell Station.

Mar 8 Chickasaw Trace County Park, Columbia, TN. We will be hiking a series of trails that wind through forests, open fields, up and down gently rolling hills and along Knob Creek and Duck River. Plan to hike about 6 miles over terrain that is rated moderate due to the rocky and uneven trail. Bring snacks, lunch and water. Wear sturdy hiking shoes and dress appropriately for the weather. We will meet at 9:30am CST at the Hanson Shelter inside the park. For information, call Pam Frakes at 931-388-2197.

DIRECTIONS: *From Nashville* and points north, take I-65 south to Exit 46 (Route 412). Head west on Route 412 to Columbia. At Route 7, turn right (heading north toward Dickson). Go about 3 miles and turn left into the park. *From Memphis* and points west, take I-40 east to Exit 172 (Route 46). Head south on Route 46 to a stop sign. Go straight, which is Route 7, for about 20 miles and turn right into the park.

Mar 22 Hidden Springs Trail, Cedars of Lebanon State Park. Lebanon, TN. Along this 4½-mile trail, hikers will encounter deep sinks and caves, limestone rock gardens, cedar glades, and forests of cedars and hardwoods. We are hoping to see some wildflowers too. This area is known for its abundant variety of wildflowers. This hike is rated moderate due to the rocky and uneven terrain; therefore, sturdy hiking shoes are essential. Bring snacks, lunch and water, and dress appropriately for the weather. For information, call Rick Lausten at 615-373-0029.

HIKE REPORT:

Our Warner Parks hike scheduled for Jan. 18 with Rick Lausten was canceled due to snow and extreme cold. On Feb. 8, several of us braved the temperatures in the upper teens and 20s to scout Chickasaw Trace. Some snow was still around, and the trail was frozen, which made for better hiking actually. Had it been a little warmer as it was later in the day, we would have been slipping and sliding in the mud!

COVE LAKE CHAPTER

CHAPTER OFFICER

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

CO-CHAIR

Mari Haslam 423-562-3227 pittsteelersfan@earthlink.net

MEETS MONTHLY - 2nd Monday at 6pm ET
LaFollette Recreation Center's Craft Room
201 S. 9th St.

Mar 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 6:00pm ET at the Craft Room in the LaFollette Recreation Center, 201 South 9th Street.

Mar 16 Wilderness Road Trail, Cumberland Gap National Historical Park, Cumberland Gap, TN/KY. We will hike on the Wilderness Road Trail going through the Cumberland Gap, the nation's first doorway to the West, following in the footsteps of Daniel Boone and 300,000 pioneers who traveled through the Gap to the Western frontiers. We will shuttle cars and hike about 4 miles between the East and West end parking lots and also hike up to the Tri-State Peak. Bring water and snacks. We will meet at 1:30pm ET and carpool from the Food Lion parking area. The rain date is one week later, March 23. For information, call Faith Dippold at 423-566-8026.

HIKE REPORT:

On Jan. 19, a group of eighteen hikers, led by Richard Helm, explored the Yahoo Falls area in the Big South Fork. Two weeks of steady, sub-freezing weather had rendered this waterfall, the tallest in Kentucky, with an awesome 18-foot ice cone at its base and a massive set of icicles at its lip above. After checking out the falls, we tamped a trail of tracks onto fresh snow on a spur trail leading to Yahoo Arch, a large rockhouse, which has opened in the back to form an arch. Back at the parking lot, as the sky began to redden, painting pink the naked trees across the gorge, we did not overlook to overlook at the overlook above the cracking, frozen Cumberland River below.

LOOKING AHEAD:

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 Mtn. Laurel Hike. Remember that New Year's Day Hike? Sugarland Mtn. 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 Rhododendron Hike. Shelton Trace to Van Hook Falls. Laurel Co., KY. Richard Helm 856-426-4472.

CUMBERLAND GAP CHAPTER

CHAPTER OFFICER

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

NEXT MEETING: Thursday, April 17.

(Location TBA.)

CHAPTER NEWS: Our chapter will not be meeting in March; however, we have plans to meet Thursday, April 17 at 7:00pm ET. During this April meeting, we will be setting goals for the chapter and making decisions that will affect the membership. At the time this newsletter was going to press, a meeting location had not been identified. Watch for details in the April newsletter. Please mark your calendar, and make plans to attend.

Mar 9 Join Betty Kottwitz for a great hike and special treat. The hike will be 2 miles over terrain rated moderate. (*Hikes with Betty are always entertaining and informative.*) Afterwards, we have been invited to Betty and Keith's for a special treat. We will meet at 1:30pm ET at the LMU campus. For information and meeting location, call Betty Kottwitz at 423-869-0081.

Mar 16 Local hiking opportunity with the Cove Lake chapter (see the announcement above).

EAST TN CHAPTER

(Oak Ridge / Knoxville)

CHAPTER OFFICER

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

Mar 8 Crib Gap, Lead Cove, Bote Mountain and Anthony Creek Trails, Great Smoky Mountain National Park. We will combine these four trails to form an 8.5-mile loop, which will start and finish at the back end of the Cades Cove picnic area. This hike should provide us the opportunity to see much of the park's diversity. We will hike through a thicket of rhododendron as we ascend the Lead Cove Trail, view wonderful mountain vistas along the ridgeline of Bote Mountain and see several scenic cascades as we descend along Anthony Creek. The hike should be considered moderate due to the overall length and an elevation gain of over 2000 feet to the junction of Bote Mountain at Anthony Creek Trails. Wear sturdy hiking shoes, dress appropriately and be prepared for the likelihood of lower temperatures at higher elevations. Bring plenty of water, snacks and lunch. We will meet at 9:00am ET at the Anthony Creek trailhead, which is in the back of the Cades Cove picnic area. For information and to register, contact Bob Uhren at 865-977-9333 or snowcap34@msn.com

Mar 22 Big Creek Trail, Great Smoky Mountain National Park. This will be an easy to moderate 6 to 8-mile hike that starts in the Big Creek picnic area. We will hike upstream heading to Walnut Bottoms, but don't intend to hike as far as the backcountry campsite. We will pass a nice waterfall from a side stream on our way to some large boulders in the middle of the stream where we will have our lunch/snack stop. Bring lunch and plenty of drinking water, and dress appropriately for the weather. There are two options for meeting us: carpoolers will meet at 8:00am ET in the outer parking lot of the Home Depot in the East Towne Crossing Shopping Center (Exit 8/Washington Pike of I-640) or you can meet us at 9:45am ET at the Big Creek trailhead. For information and to register, contact Rosemary Marshall at 865-405-1915 or rosemary_1@hotmail.com (*Directions: I-40 east to exit 451/Waterville. At the bottom of the exit turn right, cross the Pigeon River Bridge, turn left and follow the road 2.3 miles to a 4-way stop sign. Continue straight ahead, passing the Big Creek Ranger Station and drive about 1/2 mile beyond to reach the Big Creek Picnic area, near the campground.*)

HIKE REPORT: Submitted by Keith Mertz

On Feb. 1, it was a cold and overcast day as 28 hikers tackled Old Mac Mountain at Frozen Head. Brown mud and leaves gave way to light snow and sleet pellets covering the ground about two-thirds of the way up South Old Mac Trail with about 1 inch of snow and fog at the fire tower. After lunch, which was at the fire tower, most of the group went to the Indian rockhouse where they were treated to a fantastic display of icicles hanging both outside and inside the rockhouse. Except for a few slips and slides, the hike down North Old Mac Trail was largely uneventful.

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.



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 MONTHLY - 3rd Tuesday at 7pm CT

D.W. Wilson Center, 501 N. Collins St., Tullahoma

CHAPTER NEWS: Happy 1st Birthday to the Highland Rim chapter! Under the able leadership of its chapter officers and with the enthusiastic support of its members, the Highland Rim chapter now boasts a phenomenal 49 memberships (24 of which are Family memberships) since its colonization in February 2002! Congratulations to all!

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 will be walking 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 CT. For more information and to register, call Doug Ratliff at 931-455-0249.

Mar 18 MONTHLY MEETING. Bob Reed will speak to us on astronomy and star gazing. Bob has been studying them for years and is quite knowledgeable. New hikers are always welcome! See you at 7:00pm CT at the D.W. Wilson Center, 501 North Collins St. in Tullahoma.

Tick Season is Approaching - Be Prepared!

Tick season usually begins in late March (or whenever the warm spring weather arrives) and lasts until the first major frost. Unlike other biting insects, ticks do not bite immediately; they crawl around and find a nice, warm, hairy area, and then dig in.

You can prevent bites by wearing gaiters or long pants, tucked into your socks, spraying your clothes and skin with insect repellent, treating your clothes (not your skin) with Permethanone, and checking your body regularly for ticks. If you wear shorts, you will need to inspect your bare legs often. Light-colored clothing makes it easier to spot and remove a tick.

Although there are many methods for removing ticks, it is best to use forceps or tweezers, grasp the tick closely around its entire body, and pull straight out, gently and firmly. Afterwards scrub and sterilize the area.

Tiny deer ticks can cause Lyme Disease. In addition, larger ticks can carry Rocky Mountain Spotted Fever. If you experience flu-like symptoms and/or a spotted or measles-like rash, see a doctor immediately. Both conditions are treatable but fatal if not treated properly.

TTA Gift Memberships Available Throughout the Year!

- ◆ Birthdays ◆ Anniversaries ◆ St. Patrick's Day ◆ Boss' Day ◆
- ◆ Mother's Day ◆ Graduation ◆ Father's Day ◆ Halloween ◆
- ◆ Hanukah ◆ Christmas ◆ 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.

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.

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 MONTHLY: (Sept-May) 3rd Thursday
at 7pm CT at the Germantown Library

Mar 1 Big Hill Pond State Park, Pocahtontas, TN. The 8-mile loop trail hike is rated moderate. An 0.8-mile boardwalk crosses Dismal Swamp, a unique area with abundant wildlife. Bring lunch and water. Boots strongly recommended. Carpoolers will leave Borders Bookstore at Kirby Parkway & Poplar Ave at 7:30am CT, or you can meet us at the boat dock in the park at 9am CT. For information, call Ann Lindholm at 901-388-4123.

Mar 8 Trail Work Day at Meeman-Shelby Forest, Memphis, TN. We plan to install wood steps (2-3 ft 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 any equipment you may have such as gloves, shovels, clippers, and/or a saw. We will meet at the Park's Visitor's Center at 9:00am CT, ready to do trail work on the Woodland Trail. Dress for the weather. For information, call Ken Novak at 901-377-9127.

Mar 16 Shelby Farms Park, Memphis, TN. Newcomers Hike! *Are you new to Memphis? Hiking? Interested in checking out a hiking club? Or, just want a gentler hike? Then, this hike is just for you.* Join us for an easy 3 to 6-mile walk. We will meet in front of the Visitor's Center at 2:00pm CT. Bring a snack and water. For information, call Ray Burkett at 901-357-4657.

Mar 20 MONTHLY MEETING. If you thought you missed J.R. Tate's talk in January, you're in luck because it was rescheduled due to inclement weather. Did you ever think about taking a leisurely jaunt across the top of the world? In the summer of 2001, J.R. "Model-T" Tate did exactly that - tackling the Colorado Trail, which meanders along the crest of the Colorado Rockies for nearly 500 miles, from Denver to Durango. J.R., a member of the Clarksville chapter, will talk about his adventures (and misadventures) on this mind-boggling, heaven-scraping journey. You won't want to miss this! See you at 7:00pm CT at the Germantown Library.

Mar 22 Chickasaw Bluff Trail, Meeman-Shelby Forest, Memphis, TN. Meet at the Visitor's Center at 9am CT, and bring water and lunch. This hike will begin with a car shuttle to the north end of the trail. Then, we'll hike a 7-mile easy to moderate hike through the forest, then connect up to the Woodland Trail, and end at the Visitor's Center. For information, call Jerry Lenski at 901-213-0604.

LOOKING AHEAD:

Apr 5 Ft. Pillow State Park, Henning, TN. Join us for a 5-mile hike rated moderate over hilly terrain (elevation 210 to 420 ft.) and through hardwood forests followed by a catfish lunch at Miss Sips. Carpoolers will meet at 8:00am CT at Raleigh Springs Mall by Penny's parking area, or you can meet us at the Park's Interpretative Center at 10:00am CT. For information, call Carol Haley at 901-388-9163.

Attention:
Hike Coordinators
(aka Hike Leaders)

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.tennesseehike.org/release.php

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.

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.

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 MONTHLY - 2nd Tuesday at 7pm CT
Barfield-Crescent Park's Wilderness Station 697 Barfield Rd.,
Murfreesboro

Mar 8 Sweden Cove Trail, Franklin State Forest. Sewanee, TN. This is a moderate, six-mile hike in little known Franklin State Forest (sometimes called Marion Franklin Forest because it is in both counties). Sweden Cove Trail follows a bluff line that will provide us many opportunities for scenic overlooks along the way. Wear sturdy hiking shoes, and bring snacks, lunch and plenty of water for this full-day outing. We will meet and carpool from the McDonalds (Hwy 96 / 1-24 junction) in Murfreesboro, or if you prefer to drive directly to the trailhead, you will need to pull out a map and plan your driving route. For meeting times and to register, contact Heloise Shilstat at 615-896-6278, 615-631-5884 or stillwild@bellsouth.net

Mar 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 CT at the Wilderness Station at Barfield Crescent Park in Murfreesboro.

Mar 13 Rock Castle Gorge. Jamestown, TN. Join us as we trek through the historic Rock Castle Gorge, which is privately owned and seldom visited. The trail runs along a canyon and provides us with views into the gorge. The hike is about 5 miles long and rated moderate for the steep 1/4-mile climb out at the end. This is a one-way hike (not a loop) and will require us to have cars parked at each end of the trail. Bring plenty of water and a lunch. Sturdy hiking footwear is a must! We will meet at 8:00am CT and carpool from the Hardee's in Woodbury. For information, contact Fount Bertram at 615-765-5357 or fwbertram@heartoftn.net

NASHVILLE CHAPTER

CHAPTER OFFICER

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

MEETS MONTHLY - 4th Tuesday at 7pm CT St. Bernard Academy Building 2021 21st Ave South

OUTINGS COORDINATOR (Call & volunteer to lead an outing.)

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

HIKING HOTLINE - 615-367-7045

Mar 1 Beaman Park First Saturday Hike. Joelton, TN. Join us as we explore one of Nashville's newer parks being developed by volunteers. Our hike will be from 9:00am until 12:00 noon CT and led by Mack Pritchard, Tennessee State Naturalist. We will meet at the spring on Little Marrowbone Road. For meeting time and to register, contact Nancy Dorman at 615-299-9586 or nancydorman@yahoo.com

Mar 1 Savage Gulf State Natural Area. Beersheba Springs, TN. Come hike one of the more scenic areas in the state that features rugged canyons and disappearing waterfalls. We will start out at the Stone Door Ranger's Station and take the Stone Door Trail to the Big Creek Gulf Trail and follow it down into the gulf. We will have the option of a 1-mile (roundtrip) side trip to Ranger Falls, before climbing out of the gorge and reaching the Big Creek Rim Trail, which takes us back to the Ranger's Station. Along the Big Creek Rim Trail, we will have opportunities to see the "crow foot" shaped canyons from several vantage points. This loop hike is 8 miles (plus the optional 1-mile side trip to Ranger Falls) and rated difficult trail due to some rock scrambling and steep elevation losses and gains, but the scenery is worth it. Wear sturdy hiking boots, and bring water, lunch, and snacks. We will meet at 7:30am CT at the Target on Bell Road, at the I-24 junction. For information, contact Marie Chitwood at 615-834-8674 or 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/descend. 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 8 Cooper Mountain Trail, Standing Stone State Park. Hilham, TN. This is an 8-mile loop hike through the woods on a ridge overlooking the lake in Standing Stone State Park. There is an approximate 400-foot gain in elevation, most of it at the beginning of the hike as the trail leaves the lakeshore and starts up the ridge. The trail passes a bog and several huge sinkholes as it winds its way along the top of Cooper Mountain. We hope to catch some early spring wildflowers. For information, call Jim or Marietta Poteet at 615 824-7666.

Mar 8 Trail Work (half-day) at Beaman Park. Joelton, TN. Every second Saturday, volunteers gather from 9:00am until noon CT 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? Contact Nancy Dorman at 615-299-9586 or nancydorman@yahoo.com (cont. on pg. 9)

Mar 9 Montgomery Bell Trail, Montgomery Bell State Park. Burns, TN. We will hike the Eastern and Western sections of this very scenic and historic trail for a total of 11.7 miles. The trail gently rolls through forests, across streams that usually can be navigated by stepping-stones, and along the shores of Lake Woodhaven. We will pass a replica of an early cabin, and ore pits where iron ore was once mined. Even though the terrain is gently rolling, the hike distance is 11.7 miles(!) and therefore rated moderate. Wear sturdy hiking boots, and bring water, lunch, and snacks. We will meet at 8:00am CT at Kroger on Charlotte Pike (just off of White Bridge Rd.). For information and to register, call Brian Dion at 615-331-7331.

Mar 15 Shelby Bottoms Greenway, Nashville, TN. Enjoy an early spring walk along the Cumberland River from Shelby Park past views of the Cumberland River. Expect to walk about 8-10 miles on terrain that's rated easy because it's flatter than a pancake, yet also rated moderate for the distance traveled. Bring water and snacks. We will meet at 9:00am CT at the Shelby Bottoms parking lot. For information and to register, contact David Furse at 615 353-6435 or dfurse@comcast.net

Mar 15 Beaman Park Exotic Plant Inventory. Joelton, TN. Come and assist volunteers in identifying non-native invasive plants that threaten the native plants as a first step in the efforts to eradicate them. Friends of Beaman Park have received a small grant to assist in this effort. The Inventory will take place from 9:00am until 3:00pm CT. Bring water, lunch, and snacks. We will meet at the spring on Little Marrowbone Rd. For information and to register, contact Nancy Dorman at 615-299-9586 or nancydorman@yahoo.com

Mar 16 Mossy Ridge Trail, Percy Warner Park. Nashville, TN. We will hike this favorite 4½-mile trail, that is rated moderate for several hills we will ascend/descend, and admire the moss, which is prominent this time of year. For those who desire a longer hike, we will have the option of adding the Warner Woods Trail (2½ miles). We will meet at 9:00am CT at the Mossy Ridge/Warner Woods trailhead in the "Deep Well" area of the park. Wear sturdy boots, and bring water and snacks. For information and to register, contact either Justine Gregory (615-383-3167) or Peter Gregory (no relation, 615-300-8174).

Mar 16 Old Stone Fort State Archaeological Park. Manchester, TN. This park is the site of an ancient wall built between 1,000 and 3,000 years ago and probably for religious or spiritual purposes. A museum on-site provides information about the area and the Native American culture living here. The 3 to 5-mile hike follows the wall part way and goes by waterfalls and the forks of the Duck River. We will meet at 9:00am CT at the Target on Bell Road, at the I-24 junction. Wear boots, and bring water and snacks. Afterwards, we'll stop for lunch on the way home. For information and to register, contact Jerry Hendrixson at 615-423-7019 or cheifwagee@aol.com

Mar 23 Fiery Gizzard Trail. South Cumberland State Recreation Area. Tracy City, TN. Spectacular overlooks, beautiful waterfalls, bubbling streams, hemlock forests, and rocks and boulders underfoot await us on this very scenic hike. We will hike approximately 9 miles on the Fiery Gizzard and Dog Hole Trails to Raven Point. On the return, we will go back on either the Dog Hole Trail or down into the gorge on the Fiery Gizzard Trail, and over lots of boulders to make this a loop hike. Sturdy boots are a must! The hike is rated moderate to difficult for steep climbs and rocks. Bring water, lunch, and snacks. We will meet at 8:00am CT at the Target on Bell Road, at the I-24 junction. For information and to register, contact Elizabeth Gerlock at 615-356-6260 or eygerlock@aol.com (Remember to provide your phone number.)

March 25 MONTHLY MEETING. Our guest speaker this month is Jane Holston. Last year, at the age of 63, she scaled Mt. Kilimanjaro. Jane brought to the project a background in psychology and retail bicycle sales, but precious little of the right stuff for mountaineering. Her strategy? "Gut it out, puke a lot and maybe you'll make it." She did, and lived to tell it. Tonight, she tells us. Lots in store! Bring a friend and new hikers are always welcome! See you at 7:00pm CT in the Nature Conservancy Room at St. Bernard Academy Building, 2021 21st Ave. South.

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.

Mar 29 Newcomer's Hike at Radnor Lake State Natural Area. Nashville, TN. TTA will be offering several hikes to Radnor Lake SNA this spring in celebration of the park's 30th Anniversary. For this outing, we will hike a combination of trails, the Lake, Ganier and South Cove Trails, which makes this a 4½-mile loop. Along the way, we may see some of the early spring wildflowers, in addition to any number of animals that make this area their home. Please wear sturdy walking shoes or boots, and bring water. After the hike, we'll have lunch at a nearby restaurant (bring \$\$\$ to pay for your meal). We will meet at 9:00am CT at the park's Visitor's Center. Radnor Lake SNA 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, contact either Sue Waldrop (615-662-7594) or June Parker (615-832-5418).

Mar 30 Sewanee Perimeter Trail, University of the South. Sewanee, TN. We will hike a portion of the 21-mile trail along the bluff circling the University of the South. The first part of the hike passes through Shakerag Hollow, which is well known for its spring wildflowers. We will also pass by wonderful bluff views, interesting rock formations, and waterfalls. The hike will be about 9 miles and rated moderate for some climbing and rock scrambling. This is a one-way hike (not a loop) and will require us to have cars parked at each end of the trail. Bring water and snacks, and wear sturdy hiking boots. After the hike, we will reconvene at Shenanigans, a local Sewanee restaurant, for lunch. We will meet at 8:00am CT at the Target on Bell Road, at the I-24 junction. For information, call Brian Dion at 615-331-7331.

OTHER ACTIVITIES:

Mar 25 Pre - Monthly Meeting Dinner at Bosco's in Hillsboro Village, 1805 21st Ave South. We'll meet around 5:15pm CT and leave at 6:35 pm. Bring \$\$\$ to pay for your meal. For information, contact Paul Smith at 615-832-9388 or paolov@bellsouth.net

NORTHWEST CHAPTER (UT at Martin & Weakley County) CHAPTER OFFICER

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

WEBSITE - www.utm.edu/~jlark/trails/

CHAPTER NEWS: Due to the regular monthly meeting time falling during UTM's spring vacation, there will be no March meeting. Moreover, as our plans for a cave exploration trip near Mousetail Landing State Park have not been finalized, members will be informed by e-mail of definite plans for the March event. In the meantime, members are encouraged to take part in other chapters' events.

LOOKING AHEAD:

Apr 12 Jackson Hollow, Shawnee National Forest. Eddyville, IL. The first time we did this hike, it was autumn. Spring wildflowers should be abundant on this trail that first follows bluff edges, crossing above two waterfalls, before descending through a cleft in the rocks to the canyon below. Following the base of the rock bluffs, this loop trail is one of our favorites. The hike will be from 4 to 8 miles depending on the makeup of the group, and regardless of the distance, it is worth every step taken! For information, call Jim Clark at 731-587-2225.

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 MONTHLY - 3rd Thursday at 7pm CT

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 CT. 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.

Mar 8 Brady Mtn. Segment of the Cumberland Trail. Crossville, TN. Come explore the Brady Mountain portion of the Cumberland Trail. We will see the view of Grassy Cove from Brady Bluff, rock formations, and an airplane crash site. The hike is 6 miles roundtrip and rated moderate to difficult due to the elevation gain and terrain. We will meet at 9:00am CT at the Visitor's Center at Cumberland Mountain State Park. For information and to register, contact Jim McCullough at 931-484-8222 or sue1290@multipro.com

Mar 20 MONTHLY MEETING. Joe Kelly, retired U.S. National Park Ranger, will entertain us with "Ole Smoky Staff and Neighbor Stories." Come spend a memorable night with us! Lots in store! New hikers are always welcome! See you at 7:00pm CT at the Family Place, 141 Pinewood Drive, across from the old Avery Dennison Bldg. on Hwy. 70.

Mar 22 Obed River Hike. Crossville, TN. The hike is 5 miles roundtrip from the trailhead. An additional 2 miles may be necessary if there are not enough parking spaces at the trailhead. The hike is rated moderate because there is a bit of bushwhacking over some fallen trees, and the last half-mile includes some scrambling over rocks along the stream. The group size is limited to 30 participants and **REGISTRATION IS REQUIRED!** We will meet at 9:00am CT at the Halcyon Days restaurant (Genesis Rd. & I-40). For information and to register, contact Dick Braun at 931-277-5677 or dtbraun@usit.net

SODDY DAISY CHAPTER

CHAPTER OFFICER

Susan Turner 423-209-4224 or 423-867-5677

sturner@bdbc.com

CHAPTER NEWS: We hope everyone got a chance to get out and enjoy the snow that covered many of the trails over the past few months, and is looking forward to spring breaking and the wildflowers that will be forthcoming. We do not have any outings or meetings planned for March; however, we are ready to start scheduling outings for our new chapter. If you would like to lead an outing or have ideas for one, please contact Susan Turner. Please note, you are welcome to attend any of our other chapter's (13 to choose from) outings, events and meetings.

UPPER CUMBERLAND

CHAPTER

(Sparta / Cookeville)

CHAPTER OFFICER

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.

Mar 8 Mystery Hike at Edgar Evins State Park. Silver Point, TN. It's a mystery hike because we aren't sure which trail we will hike until March 8, and it will be up to those attending to decide. We will probably take the trail from the Visitor's Center, which is only about two miles long but goes down a big hill to the lake and then up again to the parking lot. This 2-mile trail is well known for its wildflowers. For information and to register, contact Mary Jane Powell at 931-528-5627 or MJHike@charter.net

Mar 22 Cooper Mtn. Trail, Standing Stone State Park. Hilham, TN. This is a joint outing with members of the Sierra Club. This wonderful and varied trail documents why our state forests need to be protected as examples of our native mixed Mesophytic forest. The hike is 8 miles and rated moderate for the hilly uneven terrain. For information and to register, contact John Harwood at 931-528-6395 or jharwood@tntech.edu

Mar 29 Black Mountain. Crab Orchard, TN. It's nearing the early spring wildflower season, and this area is known for its abundance of them. The hike is about 7 miles roundtrip and is rated moderate for the uneven and hilly terrain. Bring snacks, lunch and water. The plan is to make Windlass Cave our lunch break. For information and to register, contact Kathleen Airhart at 931-432-2348 or km_airhart@hotmail.com (e-mail her several days in advance since her e-mail address is at work).

HIKE REPORTS:

On January 20, eleven walked Milksick Mountain with Bobby Felton, who provided fascinating commentary on the geology of the area. Afterwards, we had a wonderful feast at the Felton's home, prepared by his wife Arlene, and we planned our hikes for spring.

On February 8, six ventured out on a very cold day to Cardwell Mountain and report an enjoyable hike.

THE "10* ESSENTIALS"

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

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

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.



TTA Web Site Update

The TTA web site has undergone major renovations over the past year and continues to be updated frequently, sometimes daily.

New features were added allowing members to submit membership information (address, phone number, e-mail changes), post gear for sale, submit photographs, review past issues of the newsletter, purchase merchandise through Amazon.com (TTA benefits by receiving a small commission on each item purchased), obtain Release of Claims Liability Forms, and surf within the site to reach our Associate Organizations (CTC and T.R.A.C.) and state parks.

Take a moment to surf around, you'll be glad you stopped in for a visit: www.tennesseetrails.org

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ADOPT-A-TRAIL NEWS

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

Have you considered ... Maintaining a Particular Trail or a 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

WEBSITE 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.

Update: Cumberland River Bicentennial Trail (CRBT)

Advocates and supporters of the CRBT continued planning in January to establish the Friends of the Cumberland River Bicentennial Trail as a 501(c)(3) nonprofit entity. This designation will allow them to solicit private donations that are tax deductible and thus approach individuals and businesses to become financial backers of the expanding trail.

The Friends elected officers, explored possibilities for trail signage, and discussed new surfaces and composites for bridge-building. The Friends also set dates for activities:

- Mar 29 TTA Clarksville chapter trail work day (and hike).
- Apr 12 Walk on the Wildflower side, Earth Day Celebration, and Bridge Birthday Bash.
- May 14 Senior Day on the Trail.
- Oct 18 Fall bike ride and fundraiser.

Plans are still underway for paving 3+miles of the CRBT this spring at a time that will not interfere with planned events. For more information, contact Michelle Ingram Jones at treehuggermij@worldnet.att.net

Newsletter Deadlines:

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

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

ADDRESS SERVICE REQUESTED

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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.

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

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

- A NEW MEMBER**
- RENEWING MY MEMBERSHIP**

Mar 03

Please Mail This Form To:
Membership Director
P.O. Box 41446
Nashville, TN 37204-1446

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, PRINT CLEARLY.

<input type="checkbox"/> Individual	\$25.00	Name _____
<input type="checkbox"/> Family	\$35.00	Address _____
<input type="checkbox"/> Student (FULL-TIME)	\$15.00	City _____ State _____
<input type="checkbox"/> Supporting (\$50.00, \$100.00 or more)		Home Phone (____) _____ Zip _____ -- _____
<input type="checkbox"/> Life Member (Individual)	\$500.00	Work Phone (____) _____
<input type="checkbox"/> Life Member (Family)	\$750.00	e-mail _____
		<input type="checkbox"/> Please do not list my e-mail address in the TTA Annual Membership Directory

Please list me with the following chapter:

- | | | |
|---|--|---|
| <input type="checkbox"/> Big South Fork | <input type="checkbox"/> East TN (Oak Ridge/Knoxville) | <input type="checkbox"/> Northwest (UT at Martin/Weakley) |
| <input type="checkbox"/> Clarksville | <input type="checkbox"/> Highland Rim (Manchester/Tullahoma) | <input type="checkbox"/> Plateau (Crossville) |
| <input type="checkbox"/> Columbia | <input type="checkbox"/> Memphis | <input type="checkbox"/> Soddy Daisy |
| <input type="checkbox"/> Cove Lake | <input type="checkbox"/> Murfreesboro | <input type="checkbox"/> Upper Cumberland (Sparta/Cookeville) |
| <input type="checkbox"/> Cumberland Gap | <input type="checkbox"/> Nashville | <input type="checkbox"/> 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.