

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



BreakAway 2004 Students Are Coming! To build the CT February 29 – March 27 And, We Need Your Help!

They are packing the vans and will be on their way soon!! Students from 18 schools, plus 1 AmeriCorps and 1 Landmark team, will be spending their Spring Break in northwest Hamilton County building the Rock/Possum/Soddy segments of the Cumberland Trail.

We really need your help. Please fill out and send in your Registration Form (on pg. 3 of this newsletter) and/or Adopt-a-Food commitment very soon!

Are you new to TTA/CTC-BreakAway? Our Spring BreakAway is a cooperative all-volunteer venture with the national Alternative Spring Break (ASB) program whereby groups of college students from across the nation spend their spring breaks doing service projects. Many of these schools enjoy the challenge of environmental service programs giving the students an opportunity to enjoy the outdoors and to contribute something in return. Our BreakAway ASB program focuses on providing the students an outdoor learning experience to include trail construction and maintenance, leadership and team building skills, and an immersion in our natural and cultural world.

This year's strong student participation, up to 70 students per week, will challenge our resources and will require plenty of volunteer leadership: "mules" and "wagon-masters" alike.

We have again reserved the Dogwood Camp in the Soddy-Daisy/Bakewell community (a mighty fine facility located directly on the Tennessee River's Chickamauga Lake), but also the Lutheran Church Camp just across the lake. Can you believe we need TWO CAMPS! Each week, student groups arrive on Sunday afternoon and leave on the following Saturday morning. Trail work is scheduled only on Monday, Tuesday, Thursday and Friday. Wednesday is our off day, which provides students (and volunteers) a day of sightseeing and/or hiking.

(cont. on pg. 3)

Board of Directors' Meeting Saturday, February 7, 2004 Nashville, TN

TTA's Board of Directors will be meeting at 1:00pm CT on Saturday, February 7 in the Nature Conservancy Conference Room in the St. Bernard Academy Building at 2021 21st Ave. South in Nashville, TN.

ALL! TTA members are invited and encouraged to attend. If you cannot attend and have an issue you wish presented, forward your concerns prior to Feb. 7 to your local Chapter Officer or Regional At-Large Director.

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. A map is also available on our website at: www.tennesseetrails.org/nashmap.php

All !!! TTA Members Are Invited

Cumberland Trail Conference Adopt-a-Food Drive

During TTA's Annual Meeting this past November, Carol Haley (Memphis) presented a unique, fun and easy opportunity for us to help subsidize a major expense associated with the 2004 Spring BreakAway and Big Dig programs: Adopt-a-Food.

Every BreakAway and Big Dig volunteer will receive breakfast, lunch and dinner each day that they work. Imagine, 90 volunteers per week receiving 3 meals/day during BreakAway. Then, multiply that by 4, which is the number of weeks there is of BreakAway. That's 5,400 meals! The Big Dig is 42 days, 60 volunteers per week and 3 meals per day, that's 7,650 meals! Stocking the pantry for these two events will cost over \$8,600.

Your help is needed (and greatly appreciated!!!) in order for this campaign to be successful. There are several options available to help:

- You or your chapter may buy* the items and bring them to the CTC office (other delivery/pick-up options may exist, call the CTC office to further discuss).
- You or your chapter can send money for the kitchen committee to purchase items (the committee has a tax exempt Sam's card).

* Please contact Carol Haley before heading to the grocery to purchase items.

(cont. on pg. 3)

Walking With Fount

A Message from TTA's President

By now we are all through the hectic holiday season and have returned to the mundane and routine. This time of year is traditionally one that causes a feeling of melancholy and in some cases, depression. This condition in layman's terms is called the "post-holiday blues," and there are several ways to combat this (and I highly recommend that if you are experiencing a sluggish or low mood that you try some of these and see if it doesn't work). One of the best things to do is to assign yourself a project with a set time to get it completed. We all have things that we have put off to do later. Well, why not do them now? Another solution is to do volunteer work that benefits others (your church, community, TTA, CTC). Non-profit organizations always have projects that need a willing hand to perform. Helping others invariably helps us. My personal favorite when those low mood feelings arise is to get outside! This is a season that isn't as colorful or interesting as some, but there are definite advantages too. With the leaves off the trees, the overlooks become a window into things you would never be able to see when the foliage is full. You are able to see details of rock formations, outcroppings, and views off the ridges as you hike that would never be available otherwise. And, there aren't any bugs! If your chapter doesn't have a hike planned, contact one that does! Or, better yet, plan one and volunteer to lead it. Trust me, if you build it, they will come. That would serve a dual purpose. It will give you a project, something to look forward to and a hike. I'm looking forward to at least two hikes this month and it should be enough to shake any "blues" that might come my way.

Happy trails everyone!

Fount Bertram

Wilderness First Aid Basics Course March 13 & 20 *

(*must attend both dates)

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 \$85 and includes two, take-home textbooks. This 16-hour class will meet over the two days of March 13 & 20 from 8:00am-5:00pm CT - you must attend both dates - at the Red Cross facilities at 129 W. Fowlkes St., Suite 1, Franklin TN.

NOTICE: The registration deadline is March 7. There are no prerequisites; 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.

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

TTA's Calendar - 2004

The following dates in 2004 refer to statewide activities involving TTA as a whole. Please refer to this calendar often to prevent scheduling conflicts and/or for planning a volunteer event in support of these major activities (i.e., BreakAway, TTA's Annual Meeting, etc.).

- Feb 7 Board of Directors' Meeting
(Nashville)
- Feb 29-Mar 27 Cumberland Trail Spring
BreakAway
- Mar 29-Apr 4 ... TN State Natural Areas Week
- Apr 22 Earth Day
- Apr 24-25 Southeastern Foot Trails Coalition's
Leadership Council (AL)
- May 1 Board of Directors' Meeting
(Location TBA)
- May 16-Jun 26 . Cumberland Trail Big Dig
- Jun 5 National Trails Day
- Aug 7 Board of Directors' Meeting
(Location TBA)
- Sep 28 National Public Lands Day
- Nov 6-7 TTA Annual Meeting
- Nov 7 Board of Directors' Meeting
(Location TBA)

**Calendar will be revised as needed.*

Are You Joining TTA as a New Member? Is Your Membership Up For Renewal?

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 2004:

Charles & Leigh Jones - Plateau Chapter

Harold & Martha McCurdy - At Large

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 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.

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE STAFF:

Interim Executive DirectorBarry Spearman barry_spearman@yahoo.com
Development DirectorArleen Decker..... deckerstudio@bellsouth.net
Program CoordinatorMark Stanfill..... mstanfill@onemain.com
Office ManagerSusan Weber..... sweber1@usit.net
CTC Advisor.....Rob Weber robweber@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

2004 Spring BreakAway Volunteer Registration Form

Feb 04

Name/Organization: _____ Date: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone HOME: (____) _____ WORK:(____) _____
E-mail _____

YES, I can volunteer on the following trail dates:

Week 1 (Mar 1-5) _____ Mon _____ Tue _____ Thu _____ Fri
Week 2 (Mar 8-12) _____ Mon _____ Tue _____ Thu _____ Fri
Week 3 (Mar 15-19) _____ Mon _____ Tue _____ Thu _____ Fri
Week 4 (Mar 22-26) _____ Mon _____ Tue _____ Thu _____ Fri

YES, I will need lodging on the following nights:

Week 1 (Feb 29-Mar 5) _____ Sun _____ Mon _____ Tue _____ Wed _____ Thu _____ Fri
Week 2 (Mar 7-12) _____ Sun _____ Mon _____ Tue _____ Wed _____ Thu _____ Fri
Week 3 (Mar 14-19) _____ Sun _____ Mon _____ Tue _____ Wed _____ Thu _____ Fri
Week 4 (Mar 21-26) _____ Sun _____ Mon _____ Tue _____ Wed _____ Thu _____ Fri

Please **CIRCLE** those dates meals are needed. Wed. is a non-working day; therefore, meals are not provided.

- Vegetarian meal preferred? Yes / No
- I am also willing to help on the following (circle as many):
- Trail Builder Camp Help Cook Donate Food/Materials/Funds
- Have you participated in BreakAway before? Yes / No
- Have you participated in trail work before? Yes / No
- Mail, Fax or E-mail this form to:

Cumberland Trail Conference
ATTN: Spring BreakAway
19 East 4th Street
Crossville, TN 38555
Fax: 931-456-4934

cumberlandtrail@rocketmail.com



Students Are Coming!

(cont. from pg. 1)

This year, we will be providing meals to **ALL** of our volunteers, so that students and volunteers can dine together (any amount of help you can provide as a volunteer is appreciated).

These students will be looking for leadership and guidance, not only on how to build the Cumberland Trail but also in how to become the next generation of conservation leaders. Talk to those who have helped in the past and find out their experiences. Many will tell you that the energy and vitality of the students rubs off on them, and vice versa.

No experience required!
On-site trail training provided.

Volunteer and stay a while.

Thanks!

Mark Stanfill,
Program Coordinator

The Cumberland Trail STOMP April 24, 2004

Mark your calendars...we're gonna hike the Cumberland Trail to raise money for The Big Dig 2004. Various community organizations, hiking clubs, and churches along the Cumberland Trail corridor from Chattanooga to Cumberland Gap will host a series of 8-10 hikes. Host organizations will be rounding up hikers and hikers will be rounding up pledges. Last year the Fairfield Glade Hiking Club in Crossville raised almost \$2,000, and the Oak Ridge Pathways team raised \$4,000 on fundraising hikes for the *Pathways for People, People for Nature* campaign.

If your chapter would like to participate as a host organization or as hikers, or you'd like to help on an individual basis, please contact Arleen Decker at 931-456-6259 (CTC Office), 865-856-9679 (HM) or deckerstudio@bellsouth.net.

Adopt-a-Food Drive (cont. from pg. 1)

For additional information, contact either your chapter officer or Carol Haley at 901-388-9163, Hav2Hike@aol.com.

Here is a small sampling of some of the items and quantities needed (at the time this newsletter was going to the printer):

Big Dig Items

350 - 4 oz Applesauce
200 - 4 or 8 oz Canned Fruit
50 lbs - Brown Sugar
14 lbs - Saltine Crackers
60 lbs - Rice (Plain)

BreakAway Items

500 - Cheese 'n Crackers
500 - Peanut Butter 'n Crackers
70 lbs - Corn Meal (Self-rising)
400 lbs - All Purpose Flour
100 lbs - Spaghetti

Other Stuff Needed:

15,000 Napkins (Even McDonald's can donate)
5,000 Ziploc Sandwich Bags
4000 Brown Lunch Sacks

Check Out BreakAway's Student Volunteers

Look Who's Coming & When ?

Week 1 (Feb 29 – Mar 6): College of St Benedict (MN), Davidson College (NC), Grand Rapids Community College (MI), Grand Valley State University (MI), AmeriCorps.

Week 2 (Mar 7 – Mar 13): Emory University (GA), Illinois State University (IL), Indiana University of Pennsylvania (PA), Michigan State University (MI), University of Pittsburgh (PA), AmeriCorps.

Week 3 (Mar 14 – Mar 20): Iona College (NY), Keene State (NH), Manhattan College (NY), Our Lady of the Lake (TX), St. Norbert (WI), University of Wisconsin (WI), Landmark, AmeriCorps.

Week 4 (Mar 21 – Mar 27): Frostburg State University (MD), Hamilton College (NY), MA Institute of Technology (MA), AmeriCorps.

Trail Etiquette

Hikers have a duty to minimize their impact on the trails they walk and the surrounding environment, and TTA is a corporate non-profit member of the Leave No Trace organization. The following guidelines will ensure that we do our part to maintain our trails.

- Stay on the established trails. Shortcutting a trail might save you 20 seconds of walking but will eventually erode the true trail.
- Try to walk single file in the middle of the trail. This protects fragile plant life on the sides of the trail. Also be careful not to "stab" the edge of a trail with your hiking stick.
- If you have packed it in, then you must pack it out. Bring extra zipper storage bags to carry away your trash, leftover food, fruit peels, etc.
- Do not wash anything directly in a water source. Carry water away from the creek, etc. and use biodegradable soap.
- When nature calls, dig a cathole at least 6 inches deep and well away from the trail and any water. Use biodegradable toilet paper. Cover it completely when you are through.
- **DO NOT PICK FLOWERS OR PLANTS.** Leave them for others to enjoy this season and in the future.
- Observe wildlife, but do not feed them. Feeding animals teaches them that humans are a food source and eventually destroys their natural behavior patterns.
- When horses approach, hikers must yield the trail by stopping and stepping to the side.
- Please consult with the Hike Coordinator before assuming your dog is welcome on a trip. Dogs are not allowed on the trails in some state natural areas or most national parks. If you bring your dog, it must be controlled at all times. No one likes an unrestrained dog pushing past them, especially on trails with a steep drop-off. Dogs may also limit the group's chance to observe wildlife.
- Although we like to socialize, occasionally walk in silence so that we all can enjoy the beautiful sounds of nature.
- Carry an extra trash bag to remove the thoughtless litter of others. Leave the trail in better condition than you found it.
- Follow all rules and regulations established by park officials. If a trail is closed, do not use it. Comply with all permit requirements.

Don't Leave Home Without It

What good will a green plastic credit card do you 20 miles from the nearest paved road? What do you really need when out away from civilization?

Experienced outdoor enthusiasts know what items are most important to bring, even for short walks or hikes out of base camp - the "**Ten Essentials**." These are items that cannot be improvised from materials lying on the forest floor. To be found without these few items, even if you are within a few miles of your car, camp or cabin, can spell disaster. The "**Ten Essentials**" are the end product of years of hard-won experience. They are intended to help outdoor enthusiasts avoid getting into trouble in the first place, and, if that doesn't work, to minimize the damage.

Before you head out on the trail, check your pack to be sure it contains the following items*. Note that the first three items are for finding your way, the second three are for your protection, and the last four are for emergencies.

For Finding Your Way:

Map Compass Flashlight

For Your Protection:

Hat/Gloves WATER & Extra Food
Raingear & Extra Clothing

For Emergencies:

Whistle Pocket Knife First Aid Kit
Fire Starter / Matches

Other considerations:

Leave someone a copy of your hiking plans
Use your common sense
Hiking poles

By avoiding unnecessary problems and dangers you will save on your own personal wear and tear, and probably get back home in one piece. However, if something does come up, at least you know you've got those 10 important items stowed away in your pack.

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

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Julian Bankston 423-628-2845

jrbankston@nxs.net

BOARD REPRESENTATIVE: Bob Hemming 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:

No hikes are planned for this month, but watch your e-mail for announcements of impromptu hikes or work sessions on the historic trails around Rugby. Meanwhile, you are welcome to participate in outings or events sponsored by other chapters of TTA.

CLARKSVILLE CHAPTER

CHAPTER OFFICER: Bill Hamilton 931-920-2760

billhamilton@charter.net

OUTINGS COORDINATORS: (Call & volunteer to lead an outing.)

Suva Bastin 931-645-2849

Sandra Koenig 931-645-2048

MEETS MONTHLY: 3rd Tuesday at 7pm CT

Crow Community Center at 211 Richview Rd

Feb 7 Reelfoot Lake Hike and Eagle Watch, Reelfoot Lake State Park. Tiptonville, TN. Reelfoot Lake is home to one of the largest wintering populations of eagles in the country. During the peak season (mid Jan. - early Feb.), there can be as many as 200 eagles wintering on Reelfoot. This is a combined outing with the members of the Warioto Chapter of the National Audubon Society. Bring snacks, lunch and water. You have the option of joining us for just the day, or staying over night. For information, call Suva Bastin at 931-645-2849.

Feb 14 Cumberland River Bicentennial Trail. Ashland City, TN. The Cumberland River Bicentennial Trail is nestled among mystifying wetlands and jagged bluffs, meandering the outskirts of the scenic Cumberland River. We will hike the entire 12 miles that are flat as a pancake because this was at one time a railroad bed that was reclaimed for hiking and bicycling. Although flat, we will rate this hike moderate for the distance covered. Bring snacks, lunch and water. We will meet and carpool from Rotary Park at 9:00am CT. For information, call Sandy Janus at 931-645-9177.

Feb 17 **MONTHLY MEETING.** Learn hiker safety tips, hear about past and upcoming hiking trips, and meet/greet members and friends. New hikers and guests are always welcome! Lots in store! See you at 7:00pm CT in the Crow Community Center, 211 Richview Road.

Feb 21 Nathan Bedford Forrest State Park. Eva, TN. The park was named for General Nathan Bedford Forrest, the intrepid Confederate cavalry leader, who on November 4, 1864, attacked and destroyed the federal supply and munitions depot at (Old) Johnsonville at the mouth of Trace Creek. Expect to see large trees and great views of the Tennessee River as we traverse the several hills on this 10-mile hike. The terrain is rated moderate for the uneven and rocky areas, and hills. Bring snacks, lunch and water. We will meet and carpool from Big Lots (Riverside Drive) parking area at 8:00am CT. For information, call Suva Bastin at 931-645-2849.

Feb 28 Rotary Park. Clarksville, TN. We will hike one of our favorite local trails and this is a good one for those new to hiking and wanting to get a taste of hiking with a club – fun!!! Bring water and snacks, and after the hike, we'll regroup for chili at a nearby Wendy's (bring \$\$ to pay for your meal). We will meet at 10:00am CT at Rotary Park, first shelter on the left upon entering the park. For information, call June Miller at 931-648-4195.

COLUMBIA / FRANKLIN

CHAPTER

CHAPTER OFFICER

Rick Lausten 615-373-0029

saturncar1@aol.com

OUTINGS COORDINATOR

(Call & volunteer to lead an outing.)

Tanya Juday 931-490-0856

MEETS MONTHLY: 1st Tuesday at 6:30pm CT

Grand Buffet (North of Spring Hill)

Feb 3 **MONTHLY MEETING.**

Stephen Felts is out guest tonight and will be speaking on Wilderness First Aid and Safety. Stephen has been an avid hiker for 25 years and is a certified Advanced Wilderness First Aid Responder. Stephen has hiked the Cascades of Washington State, Colorado Rockies, Wind River Range in Wyoming and the Southern Appalachians in the U.S. In addition, he has hiked abroad in several countries. You won't want to miss this fun and very informative meeting. In addition, please bring some food staples to be donated to the Cumberland Trail's BreakAway and Big Dig events. New members, guests and family are always welcome. We gather at 6:30pm CT for dinner and the meeting at Grand Buffet in Spring Hill and we always adjourn by 8:00pm.

Feb 14 Buggy Top Trail. Sewanee, TN. This scenic 4-mile hike, round-trip, is rated moderate. Part of the trail will be rocky, climbing over a ridge and passing through a large wooded area. After about 2 miles, we will reach a high bluff that will drop off and lead us down to a large cave with a stream emerging from the mouth. We plan to eat lunch at this spot. Wear boots and warm clothing, and bring water, snacks and lunch. For information and to register, call Russell Smith at 615-790-1833 (Russell assures everyone that they will be home by 5:00pm to celebrate Valentine's with that special someone).

Feb 28 Mossy Ridge Trail, Warner Park. Nashville, TN. Our hike on the Mossy Ridge Trail is 4½ miles and rated moderate because of some hills we will ascend/descend along the way. Expect to see large trees and great views. Part of the trail may be a little muddy so you may want to bring an extra pair of shoes to change into. Bring water and snacks. For information and to register, call Rick Lausten at 615-373-0029.

PLANNING AHEAD:

Mar TBA Old Stone Fort State Archaeological Park.

Mar 13 Short Springs State Natural Area.

Apr TBA Hobbs Cabin Backpacking Outing.

Apr TBA Meriwether Lewis Loop Trail

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.

EAST TN CHAPTER (Oak Ridge / Knoxville)

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

Feb 21 Middle Prong Trail, Great Smoky Mtn. National Park. This 8-mile hike (round trip) starts at the end of Tremont Road and ends at the junction with Greenbrier Ridge Trail. Most of the trail follows an old railroad bed and is easy to moderate with about a 1,200-foot climb in elevation. Features also include waterfalls and cascades, and historic logging remnants. Bring water and lunch, and dress appropriately for the weather. We will meet at 9:00am ET at the Townsend "Y." For information, contact Beverly Neurock at 865-220-9679 or bneurock@bellsouth.net.

Feb 9 **MONTHLY MEETING.** Learn hiker safety tips; hear about past and upcoming hiking trips, and meet/greet members and friends. Guests and new hikers are always welcome! Lots in store! See you at 6:00pm ET at LaFollette Recreation Center's Craft Room 201 S. 9th St.

Feb 11 Trail Work Day. We have set aside the Wednesday following our monthly meeting as our standing trail-work day. We will be either be working on maintaining the Cumberland Trail in our area, or on our local project, the LaFollette Nature Trail. Wear warm clothes and sturdy boots, and bring work gloves, snacks and water. We will meet at 1:00pm ET at a location TBA. For information, call Faith Dippold at 423-566-8026.

Feb 15 Hike on the Lawson Farm. Join Vance and Wanda Lawson for a hike on their farm, which goes back in the family several generations. We will see a pre-Civil War cabin and an old cemetery. We will also visit a cave (if you want to go spelunking, bring a flashlight and old clothes). This location also boasts beautiful views of both mountains and lake. This should be an easy 2-mile hike. We will meet at 1:30pm ET at the Grantsboro Church. For information and to register, call Vance or Wanda Lawson at 423-562-6856.

PLANNING AHEAD:

Mar 13 Cumberland Trail, Eagle Bluff to Tank Springs. Gordon Early 423-566-8319.

Apr 18 LaFollette Nature Trail. Vance & Wanda Lawson 423-562-6856.

Apr 25 Savage Gardens, Lake City. Richard Helm 865-426-4472.

May 22-23 Camping at Kentucky Mushroom Farm. Jerry & Sharon Phillips 423-563-0867.

Jun 20 Pickett State Park. Vance & Wanda Lawson 423-562-6856.

HIGHLAND RIM CHAPTER

(Tullahoma Area)

CHAPTER OFFICER

Doug Ratliff 931-455-0249

dougratliff@hotmail.com

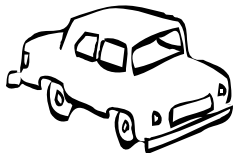
MEETS MONTHLY: 3rd Tuesday at 7pm CT
D.W. Wilson Center
501 N. Collins St., Tullahoma

Feb 7 Perimeter Trail, University of the South, Sewanee, TN. We will meet at the Blue Chair restaurant for breakfast, hike five miles on the Perimeter Trail, and have lunch at Shenanigan's. For information and to register, call Joan Bentley at 931-455-5849.

Feb 17 **MONTHLY MEETING.** Learn hiker safety tips, hear about past and upcoming hiking trips, and meet/greet members and friends. New hikers and guests are always welcome! Lots in store! See you at 7:00pm CT at the D.W. Wilson Community Center, 501 N. Collins St., Tullahoma.

Feb 28 Carter Mountain. Franklin County, TN. This hike is rated strenuous because it is 8 to 10 miles, and is off trail. Expect to see rock formations, views, and waterfalls. To obtain meeting time and location, and to register, call Joette Carter at 256-776-3551.

Carpool Etiquette



Gasoline prices have continued to roller coaster up and down. Please be considerate and take your turn as a carpool driver. If you are a rider, always



contribute to the cost of gasoline (i.e. bring small bills, it'll save time and prevent the inconvenience of having to stop to locate change).

Your driver is not a chauffeur. Assist him or her by reading the map and/or directions to the trailhead. Help your driver remain alert on the drive home by staying awake and conversing.

All passengers must wear seat belts to minimize the risk of injury in case of an accident !!! The drive to and from a trailhead is generally the most dangerous part of any hiking trip.



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.

JACKSON CHAPTER

CHAPTER OFFICER: Lee Sparks 731-298-1658 leesq@bellsouth.net

MEETS MONTHLY: (Sep-May) 1st Tuesday at 7pm CT

Lambuth University, 705 Lambuth Blvd
Hyde Hall in basement on Maple Street

Feb 3 MONTHLY MEETING. Mark Stanfill, Program Coordinator for the Cumberland Trail Conference and a native to West TN, will give an overview of the status of the Cumberland Trail and the organization's plans. He will also provide information on current opportunities for volunteers for the 2004 Spring BreakAway in March and Big Dig in May-June. This is a great opportunity to learn about TTA's original mission ... building the Cumberland Trail. New hikers and guests are always welcome! See you at 7:00pm CT at Lambuth University, 705 Lambuth Blvd, Hyde Hall in the basement on Maple Street. For additional information, call Lee Sparks at 731-298-1658.

Feb 14 Mousetail Landing State Park. Linden, TN. The 8-mile trail is rated moderate with some steep and rugged hills. Bring snacks, lunch and water. You have the option of carpooling from Jackson or meeting us at the Park's Visitor's Center. For carpool/Visitor's Center meeting time, contact Sara Hakim at 731-425-3260 or hakim@lambuth.edu.

Feb 28 Chickasaw Bluff Trail, Meeman-Shelby Forest. Memphis, TN. Our outing begins by setting up a car shuttle at the north end of the trail because this is a one-way hike. We will hike 7 miles over terrain rated easy to moderate through the forest, and will connect up to the Woodland Trail which returns us to the Visitor's Center. Bring snacks, lunch and water. We will meet at 9:30am CT at the Park's Visitor's Center. New hikers welcome! To register and obtain carpool information, call Ellen Volet at 731-427-3666.

MEMPHIS CHAPTER

CHAPTER OFFICER: Carolyn Pierce 901-755-5635 cedpierce2000@yahoo.com

BOARD REPRESENTATIVE: Gloria Lenski 901-213-0604

glorialenski@yahoo.com

MEETS MONTHLY: (Sep-May) 3rd Thursday at 7pm CT
Germantown Library

Feb 19 MONTHLY MEETING. Mark Stanfill, Program Coordinator for the Cumberland Trail Conference and a native to West TN, will give us an update on the progress on completing the Cumberland Trail. He will also talk about the 2004 Spring BreakAway and Big Dig programs, and opportunities for trail work. New hikers and guests are always welcome! See you at 7:00pm CT at the Germantown Library.

Feb 14 Big Hill State Park. Pocahtontas, TN. Join us for an 8-mile loop hike, rated moderate, across the 0.8-mile boardwalk crossing Dismal Swamp, a unique area with abundant wildlife. Bring lunch and water. Boots strongly recommended. We will meet at the boat dock in the park at 9:30am CT. New hikers welcome! For more information or to carpool, call Carol Haley at 901-388-9163.

Feb 29 Arkabutla Lake, MS. Join us for an easy 3-4 mile walk through the bottom land forest. Bring snacks and water. Hike begins at 2:00pm CT at the parking lot below the dam at the spillway. New hikers welcome! For information, call Freddi Felt at 901-685-9915.

PLANNING AHEAD:

Mar 6 Nathan Bedford Forrest State Park. Eva, TN. Join us for a 6-mile hike, rated moderate, over hilly terrain. We will meet at the Park's Interpretative Center at 9:30am CT. Bring snacks, lunch and plenty of water. New hikers welcome! For more information or to carpool, call Jerry Lenski at 901-213-0604.

MURFREESBORO

CHAPTER

CHAPTER OFFICER

Martin McCullough 615-896-1043

mam1932@earthlink.net

MEETS MONTHLY: 2nd Tuesday at 7pm CT

Barfield-Crescent Park's Wilderness Station
697 Barfield Rd., Murfreesboro

Feb 7 Lake Guntersville State Park. Guntersville, AL. This will be a scenic hike led by Heloise Shilstat in hopes of spotting American Bald Eagles that tend to spend winters in the Park. The hike is 7 miles over easy terrain. Please bring snacks and/or a light lunch and water. For departure time/location and carpool information, contact either Heloise Shilstat (615-896-6278), or Martin McCullough (615-896-1043, mam1932@earthlink.net).

Feb 10 MONTHLY MEETING. Our stalwarts are back from their grand adventure to the Yellowstone National Park and led by Martin McCullough, will share their experiences with us. Come and vicariously visit one of our more popular and recently controversial parks. Guaranteed to be enjoyable, hearing the stories and memories of this trip. See you at 7pm CT at Barfield-Crescent Park's Wilderness Station, 697 Barfield Rd. in Murfreesboro.

Feb 21 Cardwell Mountain Trail. McMinnville, TN. This is a joint outing with the members of the Upper Cumberland chapter and an opportunity to hike with members we don't get to see very often. A detached piece of the Cumberland Plateau, Cardwell Mountain offers beautiful mountain scenery and rock formations in addition to sitting atop Cumberland Caverns, Tennessee's largest cave network. Beauty aside, the trails of Cardwell-Shellsford also holds a place in history as a section of the 1838 Trail of Tears. Wear sturdy footwear for this 5½-mile loop, and bring water, snacks, and lunch. The hike is rated moderate for some rocky and uneven terrain. For information and to register, contact Ron Dunn at 615-867-3301 or trekkingtn@yahoo.com.

Feb 28 Beginner's Hike at Cedars of Lebanon State Park. Lebanon, TN. Here's a great opportunity to make new friends while "whetting your toes" on a hike that offers a 2 and 3-mile option, or the possibility of combining both for a total of 5 miles. No matter what is chosen, the hike is rated easy for flat terrain. Bring water and snacks for the hike, and \$\$ to join us afterwards for lunch at a nearby restaurant. Cedars of Lebanon SP charges a \$3/carload State Park Access Fee. If you don't already have your Annual State Park Pass, bring \$3 to pay the fee. For information and to register, contact Jeanne Hoehst-Ronner at 615-890-9084 or hoaxie@comcast.net.

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@bellsouth.net

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

HIKING HOTLINE - 615-367-7045

CHAPTER NEWS:

THANK YOU! to the following gift-wrapping elves who volunteered their time to help wrap holiday gifts for customers (while at the same time talking to them about hiking & TTA; i.e., prospective members) at Cumberland Transit (Dec. 13 & 14) and REI (Dec. 14 & 20): *Doug Burroughs, Donna Daily, Libby Francis, Jerry Hendrixson, Nancy Juodenas, Diane Manas, Dwight McClure, Bob O' Dell, Rachel Paul, June Parker, Toni Reeves, Judith Ruskin, Paul Smith, Keith White.*

Donations totaled \$350 and will be used by the Cumberland Trail Conference to buy food to feed the volunteers that are helping to build the Cumberland Trail during BreakAway in March. This was the third year our chapter participated in this type of fund-raiser and each year it has been well received and quite successful.

Feb 1 Frozen Head State Park. Wartburg, TN. Frozen Head SP contains the highest and most rugged peaks in the Cumberland Mountains. We will hike the Chimney Top Trail up to Chimney Rock for a beautiful view of the mountains all the way to Mt. LeConte, if the weather is clear. From there, we will hike along the ridge to the Lookout Tower and then return by way of the South Old Mac Trail for a total hike distance of about 12 miles. The hike is rated difficult for distance and elevation change. Wear sturdy boots, and bring lunch and water. We will meet at 7:00am CT at Kinko's on Donelson Pike. For information and to register, contact Doug Burroughs at 615-292-9307 or 615- 587-0085.

Feb 7 Lake Trail, Standing Stone State Park. Hilham , TN. Standing Stone SP was created in the 1930's by workers from the WPA to restore abused land, check erosion and reforest the area. It contains 11,000 acres and a 69-acre lake. The 4.6-mile loop trail is rated moderate for some climbing and uneven footing. It offers views of the lake, a beautiful stone dam and recreation buildings built in the 1930's. Bring lunch and water, and wear sturdy hiking boots. For information, meeting time and place, and to register, contact Nancy Juodenas at 615-642-0936 or njuodenas@hotmail.com.

Feb 7 First Saturday Hike in Beaman Park. Joelton, TN. Join Friends of Beaman Park as we explore one of Nashville's newer parks being developed by volunteers. Our hike will be from 9:00 am until 12:00 noon CT on terrain rated easy to moderate. We will meet at the spring on Little Marrowbone Road. For information and to register, contact the Warner Parks Nature Center at 615-352-6299.

Feb 8 Bearwaller Gap Trail. Carthage, TN. This Corps of Engineers trail extends from Tater Knob Overlook above the Cordell Hull Dam to Defeated Creek Recreation Area on Cordell Hull Lake for a total of 5.7 miles. The trail provides many dramatic overlooks from the bluffs, and often we spot wild turkeys, turkey vultures, and waterfowl. This is a one-way hike and requires a car shuttle between the Tater Knob Overlook and Defeated Creek Recreation Area. The trail is rated moderate for the several rolling hills we will climb. Bring snacks, lunch and water, and wear hiking boots. We will meet at 8:00am CT at the Kinko's on Donelson Pike. For information, contact Brian Dion at 615-331-7331 or Brian.Dion@state.tn.us.

Feb 14 Virgin Falls, Bowater Pocket Wilderness Area. DeRossett, TN. Winter is the perfect time to view the Caney Fork River and the mountains in the distance on this exceptionally beautiful trail. If we are lucky, we may see frozen waterfalls or at least frozen mist at the base of the falls. This is an 8-mile hike rated moderate to difficult due to the rocky terrain and the elevation lost, then gained. Wear sturdy boots, and bring water, lunch, and snacks. For information and to register, and obtain meeting time/location, call Jim or Marietta Poteat at 615-824-7666 or 615-824-7286.

Feb 21 Twin Arches to Middle Creek, Big South Fork Nat'l River & Recreation Area. Jamestown, TN. The trail is 11 miles and rated moderate in difficulty due to the length. Features include the Twin Arches, the largest natural-bridge complex in TN; massive rock walls and over hangs; niter mines; Jakes Place, a 1884 homestead; Slave Falls; Needle Arch; Indian rock houses; 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. For information and to register, and obtain meeting time/location, contact Keith White at 615-833-9770 or takehike@bellsouth.net.

Feb 24 **MONTHLY MEETING.** Our guest will be Phil Thomason, whose company recently traced the routes of the Trail of Tears, from the southeast out to Oklahoma. In 1837 and 1838, where did the Cherokee actually step, as they made their miserable way to a new home? As we hike throughout the Volunteer State, do we walk where they walked? Phil's presentation will give a new perspective to our favorite pastime. Come and hear, and bring a friend. See you at 7:00pm CT at the St. Bernard Academy Building, 2021 21st Avenue South.

Nashville Chapter, cont. on pg 9

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.tennesseehikes.org/release.php

NASHVILLE (cont. from pg. 8)

**Are you new to Nashville? Hiking? Interested in checking out a hiking club? Or, just want a gentler hike? This is the hike 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 28 Newcomer's Hike on the Montgomery Bell Trail (eastern section), Montgomery Bell State Park. Burns, TN. This is a 6.2-mile hike and rated easy due to little elevation change. We will cross several streams and walk along Creech Hollow Lake. Wear sturdy boots due to mud and stream crossings. Bring snacks and water and after the hike, we will gather for lunch at the Perfect Pig in White Bluff (bring \$\$ to pay for your meal). We will meet at 7:30am CT at the Kroger parking lot on Charlotte Pike, or you can meet us at 8:30am at the Park's Visitor's Center (the Park is off US 70 between White Bluff and Dickson.) For information and to register, call Elizabeth Gerlock at 615-356-6260 or 615-516-3478.

Feb 29 Celebrate Leap Year Hike on Devil's Backbone Trail, Devil's Backbone State Natural Area. Hohenwald, TN. (TN milepost #394 of the Natchez Trace Parkway). This trail is 3 miles and was trail built by TTA members several years ago. The terrain is rated easy and basically flat. We will meet at 8:00am CT at Elmington Park (I-440 and West End Avenue). Bring snacks, lunch and water, and wear sturdy boots. For information, contact Brian Dion at 615-331-7331 or Brian.Dion@state.tn.us.

PLANNING AHEAD:

Mar 19-21 (Fri-Sun) Fourth Annual Leprechaun Leap Backpack. Chattanooga, TN. This will be a 3-day trek on the Tennessee River Gorge segment of the Cumberland Trail. We will hike one of the most beautiful sections of the CT located near Chattanooga. The trail has several spectacular overlooks into the "Grand Canyon of the Tennessee" and Mullins Cove. We will also see several natural rock formations such as Mushroom Rock and Indian Rock House. The trail is reasonably level with no major elevation changes and rated moderate. There are 2 options: (1) All three days, which consists of 10 miles on Fri., 8 on Sat. and 8 on Sun. (2) A two-day backpack consisting of 7 miles on Sat. and 8 miles on Sun. The group size is limited to 12 and you must pre-register. For information, contact Herb Kneeland at 615-298-4462 (O), 615-460-1144 (H) or hdk3@comcast.net.

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.

NORTHWEST CHAPTER

(UT at Martin & Weakley County)

CHAPTER OFFICER: Jim Clark 731-587-2225 jclark@utm.edu

MEETING: February 2 at 7:00pm CT, see below

UT Martin Campus, Boling University Center in Room 231

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

Feb 2 (Mon) **MONTHLY MEETING**. You can pay the Sierra Club to allow you to do trail maintenance work at, say, Mesa Verde. The American Hiking Society has many service projects, most of which cost, but for absolutely nothing, you can work on the Cumberland Trail **AND** most of your meals will be provided. This meeting will be devoted to the Cumberland Trail. Mark Stanfill, who gave up a job watching money transfers go across his computer screen to become program coordinator for the Cumberland Trail Conference is (tentatively) to be our guest. We are hopeful that Mark can also make presentations to some of our student groups while he is here. The monthly meeting is rescheduled so that Mark can visit the Jackson Chapter on the next evening. With local folks having participated in Spring BreakAway and the Big Dig, the program will feature the Cumberland Trail regardless of the tentative nature of Mark's visit. You won't want to miss this fun and informative meeting, see you at 7:00pm CT in the University Center, room 231.

Feb 14 Mousetail Landing State Park. Linden, TN. It's been 18 months since we were last here, and we've never done it in winter, so anticipate lots of views of the Tennessee River as we take the 8-mile backcountry loop. We will return in plenty of time for you to celebrate Valentine's day with that special someone! For information and to register, contact Jim Clark at 731-587-2225 or jclark@utm.edu.

PLANNING AHEAD:

Mar 27 Canal Loop at Land Between the Lakes. Dover, TN. The Canal Loop is the trail used by Nancy Warren to train for Mount Kilimanjaro! It has lots of ups and downs with fantastic views of Kentucky Lake. This trail is extremely popular as in its entirety it is 12 miles long but there are numerous connector trails that allow one to cut it down substantially to just about any length you want. There have been some improvements on this trail recently (as of Dec. 20) --better signage and some repairs. For information and to register, contact Jim Clark at 731-587-2225 or jclark@utm.edu.

Apr 17 Bell Smith Springs, Shawnee National Forest. Eddyville, IL. Eight miles of bluff tops, springs, water-eroded rocks, and the tallest natural bridge in Illinois. There should still be lots of spring-blooming flowers. Hikers on the trip to nearby Jackson Hollow about this time last year were treated to a sea of Dog Tooth Violets that were not quite ready to bloom, perhaps this year these will be out en masse. Note that there are several stream crossings, perhaps not over the boot tops, but if you don't have waterproof boots, you will get wet feet! For information and to register, contact Jim Clark at 731-587-2225 or jclark@utm.edu.

HIKE REPORT:

On the October 18 hike to Rim Rock and Garden of the Gods in Southern Illinois, the Northwest Chapter entertained a number of international guests. Besides the West Tennesseans on the hike, we had 4 folks from Japan, one from Brazil, and one from Russia. This was our chance to show off one of the premier natural areas in the mid-west to our visiting friends and provide a different view of our country than one gets from visiting just the cities or universities.

Moved? Have a New Address?

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

- **Internet:** (www.tennesseehike.com) Visit our website and navigate to "Member Services." Select "Address Change" and fill out the "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, Toni Reeves at 615-790-3839.

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER: Carolyn Miller 931-260-6674 cardan@usit.net

MEETS MONTHLY: 2nd Thursday at 6:30pm CT
Art Circle Public Library's Community Room
154 East 1st Street in Crossville

There is a leaderless hike in the Crossville area every Wednesday morning. Visitors are welcome to join the group. For information, call Bill Haynes at 931-707-7606. Rain cancels the hike.

CHAPTER NEWS:

During our December 11 Monthly Meeting and Holiday Social we elected the following officers: Chapter Officer, Carolyn Miller; Vice/Co-Officer, Terry Brophy; Treasurer, Myra Holloway. We also voted to change our meeting time from 7:00pm CT to 6:30pm. Our meeting location remains the same. Thank you to Charles Jones for his leadership during 2003.

Feb 12 MONTHLY MEETING. Please note: our meeting time has changed. We will begin our meetings at 6:30pm CT. Learn hiker safety tips; hear about past and upcoming hiking trips, and meet/greet members and friends. New hikers and guests are always welcome! Lots in store! See you at 6:30pm in the Community Room at the Art Circle Public Library in Crossville.

Feb 14 The Sinks/Cove Trail at Cumberland Cove. Mayland, TN. This is a moderately difficult trail down into a bowl shaped area. The Sinks is about 2½ miles and the Cove Trail will add another 1½ miles. We will meet at 9:00am CT at the entrance to Cumberland Cove Road. Please pre-register so that we can include you in our lunch plans. For information and to register, call Jim Lifsey at 931-839-3939.

Feb 21 Trail Maintenance along the Brady Mountain segment of the Cumberland Trail. Crossville, TN. Our chapter adopted this segment of the trail and we need your help clearing parts of the trail. Wear clothes that you don't mind getting dirty and bring gloves. If you own any trail trimming tools (such as loppers, swing blade, etc.), please bring them. We will meet at 8:00am CT at Cumberland Mountain State Park. For information and to register, call Bill Haynes at 931-707-7606.

Feb 28 Newcomer's Hike on the Pioneer Short Loop and Pioneer Trail at Cumberland Mountain State Park. Crossville, TN. This is an easy hike of 5 miles circling Byrd Lake. We will meet at 9:00am CT at Cumberland Mountain State Park. For information and to register, contact either Charles or Leigh Jones at 931-484-5298 or cejones9@earthlink.net.

SODDY DAISY CHAPTER

Arleen Decker 865-856-7262
deckerstudio@bellsouth.net

**This chapter is in the process
of being reorganized.**

**For further information,
contact Arleen Decker at
865-856-7262 or**

deckerstudio@bellsouth.net

In the interim, 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: Richard Savage 931-526-2035
savage_richard@hotmail.com

Feb 7 Virgin Falls, Bowater Pocket Wilderness. Sparta, TN. This is one of middle Tennessee's most interesting hikes featuring waterfalls and caves. The hike is 8 miles and is rated moderate to strenuous. For a shorter hike, one can hike to Laurel Falls and return which makes the length 4 miles. Bring snacks, lunch and water. You can meet to carpool from either Penney's parking lot in Cookeville at 8:30am CT or Firststar Bank across from McDonald's in Sparta at 9:00am. For information and to register, call Marnell Cothran at 931-738-5874.

Feb 14 North Old Mac and Spicewood Trails, Frozen Head State Park. Wartburg, TN. This hike to Frozen Head Mountain, one of the highest peaks in the Cumberland's, features nice views. We will ascend the mountain on the North Old Mac Trail and descend using the Spicewood Trail. The hike is 9 miles and is rated strenuous because of the elevation change of almost 2,000 feet. Bring snacks, lunch and water. We will meet at 8:00am CT at Penney's parking lot in Cookeville. For information and to register, contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Feb 21 Cardwell Mountain Trail. McMinnville, TN. This is a joint hike with the Murfreesboro chapter and an opportunity to hike with members we don't get to see very often. A detached piece of the Cumberland Plateau, Cardwell Mountain offers beautiful mountain scenery and rock formations in addition to sitting atop Cumberland Caverns, Tennessee's largest cave network. Beauty aside, the trails of Cardwell-Shellsford also holds a place in history as a section of the 1838 Trail of Tears. Wear sturdy footwear for this 5½-mile loop, and bring water, snacks and lunch. The hike is rated moderate for some rocky and uneven terrain. For information and to register, contact either Ron Dunn (615-867-3301, trekkingtn@yahoo.com) or Richard Savage (931-526-2035, savage_richard@hotmail.com).

OFFICERS:

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

Vice-President
Anne Wesley 615-851-1052
ttahiker@msn.com

Treasurer
June Parker 615-832-5418
jmparker13@hotmail.com

Secretary
Nancy Juodenas 615-643-0936
njuodenas@hotmail.com

Past President
Leigh Jones 931-484-5298
cejones9@earthlink.net

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

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
Arleen Decker 865-856-7262
deckerstudio@bellsouth.net

Membership
Toni Reeves 615-790-3839
tonir@bellsouth.net

Cumberland Trail Conference Representatives
Sandra Spearman 931-839-2320
sandbar@multipro.com

TN Rails To Trails Advisory Council
VACANT

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

Newsletter Editor
Tina Dean *editor@tennesseetrails.org*

Newsletter Deadlines:

Deadlines for Chapter announcements
and articles of special interest
are due as follows:

<u>Due</u>	<u>For Newsletter Dated</u>
February 5	March 1
March 5	April 1
April 5	May 1

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

Please send all submissions to:
editor@tennesseetrails.org

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)

WEBSITE www.TNRailsTrails.org

TRAC is in the process of being reorganized. Stay tuned for further information.

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.

**TTA turned 35 in December 2003!
Celebrate TTA's Birthday, and show
your affiliation with pride!**

_____ TTA 35th Anniversary Commemorative T-Shirt.. 16.00*
*Choose Size: Small / Medium / Large / X-Large
Choose Color: Sand / Yellow / Stone-Gray*

_____ TTA 35th Anniversary Commemorative Patch 6.00
*Round embroidered patch commemorating TTA's
35th Anniversary, sew it on anything.*

_____ *Shipping & Handling on T-shirt Orders ONLY!!! 1.50

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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

E-mail Address: _____

*Mail your check payable to: Tennessee Trails Association
c/o Marietta Poteet
324 Raintree Drive
Hendersonville, TN 37075*

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

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

ADDRESS SERVICE REQUESTED

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



NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.
To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below.
PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!

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

- A NEW MEMBER**
 RENEWING MY MEMBERSHIP

Feb 04

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,
Toni Reeves 615-790-3839 tonir@bellsouth.net

PLEASE, PRINT CLEARLY.

___ Individual	\$25.00	Name _____
___ Family	\$35.00	Address _____
___ Student (FULL-TIME)	\$15.00	City _____ State _____
___ Supporting (\$50.00, \$100.00 or more)		Home Phone (___) _____ Zip _____ -- _____
___ Life Member (Individual)	\$500.00	Work Phone (___) _____
___ Life Member (Family)	\$750.00	e-mail _____

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

Please list me with the following chapter:

___ Big South Fork	___ Cumberland Gap	___ Memphis	___ Plateau (Crossville)
___ Clarksville	___ East TN (Oak Ridge/Knoxville)	___ Murfreesboro	___ Soddy Daisy
___ Columbia	___ Highland Rim (Manchester/Tullahoma)	___ Nashville	___ Upper Cumberland
___ Cove Lake	___ Jackson	___ Northwest (UT at Martin/Weakley)	(Sparta/Cookeville)
			___ 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.