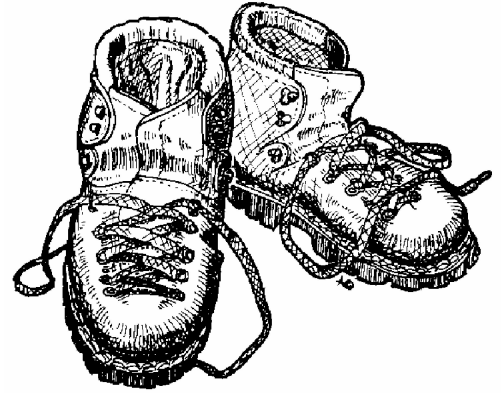


TENNESSEE TRAILS

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



2004 Annual Meeting! November 5-7

Pickwick Landing State Resort Park, Pickwick Dam, Tennessee
See Page 4 for the Registration Form!

Once each year, Tennessee Trails Association members from all across the state gather for a weekend of fun, food, and fellowship. There will be hikes, exhibits, an auction and Friday evening entertainment. The Annual Meeting will be held from Friday, November 5, through Sunday, November 7, at the Pickwick Landing State Park and Convention Center in Pickwick, Tennessee. Our hosts for this year's event are the Memphis and Northwest chapters.

Pickwick Landing State Park was a riverboat stop dating from the 1840's. In the 1930's, during the depression, the site was chosen for one of the Tennessee Valley Authority's dams on the Tennessee River. What comprises the park today was once the living area for the TVA construction crews and their families. The property passed from TVA to the Tennessee State Park system in the early 1970s. In early 1999, the state began construction of a new 119-room inn and 6,000 square foot conference center. The new Inn opened July 1, 2001.

Lodging:

Inn Rooms – The rooms have two queen size beds and are located at the Conference Center, where TTA's meetings and meals will take place. All Inn rooms have a balcony and picturesque view of the lake.

Cabins – A two-night stay is required and for these cabins the price shown is the two-night rate.

The cabins sleep eight and have two bedrooms, each with two double beds and 1 bath. Linens are provided. The kitchens are stocked with pots, pans, and cutlery. They are located in a wooded area ½ mile from Pickwick Inn & Conference Center.

Camping

There are 48 sites with hook-ups 20/30/50 amp electric and available on a first come, first serve basis. Each site may contain up to eight people but no more than three tents. Parked vehicles must not infringe on a neighboring campsite or block the road in any way. All sites have tables, grills, and water and electrical hook-ups 20/30/50 amp electric. A central bathhouse with showers is close by. Campsites are located about 1 1/2 mile from Pickwick Inn & Conference Center.

Meals

A 15% gratuity is included in the cost of all meals. All meals are all-you-can-eat buffet.



Walking with Fount

We have been successful in finding a new Executive Director for the Cumberland Trail. It has been a drawn out affair and we have looked at several people before making the decision to hire Paul Freeman. Paul was most impressive in his interview with the CTC Board and I feel he will bring to the table a lot of skills, knowledge and equally important...a lot of enthusiasm. I know you will welcome Paul into our fold and give him your full support and encouragement as he learns all the multifaceted duties and demands that come with the territory. I will leave the details to the CTC to introduce him to you. I do want to express my appreciation to the CTC Board for their diligence and patience in selecting a new ED.

The registration forms for our Annual Meeting are now in the newsletter. Be sure and set that time aside to attend this very important part of TTA. We will be making decisions that will affect all the chapters and it is very important that we have representation there from each one. Not only that...they are just plain fun! I look forward from year to year to seeing folks that I only get to see that one time. It is always so good to be able to catch up on what has happened in a year's time. It's also good to get to hike in areas that we normally wouldn't get to. This AM is being sponsored by the Memphis and Northwest Chapters and we need to give them our support as they work to get it put together. It takes a lot of work to put something of this magnitude on. They will be needing items for the auction and white elephant sales...the proceeds will go to support the BreakAway program again this year. I know it seems like a long way off...but it isn't...Start making your plans now!

As summer settles in, temperatures and humidity become a major factor in our activities. It is of vital importance that we prepare ourselves if we are doing outdoors events. My rule of thumb is take one half more water with you than you think you will possibly need. I know it's heavy and not the easiest burden to bear, but believe me it's worth the extra effort. Dehydration is a serious condition and can cause some pretty nasty things to happen to your body. Drink water before you even feel thirsty and keep an eye on your fellow hikers. When one ceases to perspire and cramps set in, it's a pretty clear case of dehydration. See to it immediately!

Get them in a shady place and get them comfortable and have them drink as much water as they can handle. It doesn't take long to get the hydration levels back up if you start immediately.

This is a heavy vacation season with lots of traffic on the roads. Use extra caution when going to your hikes. Gasoline prices have come down...but are still outrageous. Be sure you do your part in helping with the fuel when you carpool with someone else.

Take care everyone...See you on a trail somewhere soon...

Fount

FROM "FOOTSTEPS IN THE FOREST" (1973)

By Astrid Ivask

***Soul's geography,
a continent of silence,
fawn-colored and green -
silence and sound,
water and earth
hand in hand,
overarched
by meridians of rain.***

TTA's Calendar*

The following dates in 2004 refer to statewide activities involving TTA as a whole. Please refer to this calendar often to either prevent scheduling conflicts or to volunteer to get involved with major activities planned (National Trail Days, etc.).

- | | |
|----------------|--|
| Aug 7 | Board of Directors' Meeting
Ellington Agriculture Center, TWRA
Office, 1:00pm CT, 5105
Edmonson Pike, Nashville |
| Sep 18 | National Public Lands Day |
| Nov 5-7 | TTA Annual Meeting
Pickwick Landing State Park. |

*Calendar will be revised as needed.

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE STAFF:

Executive Director..... Paul Freeman.....
Trail Development &
Maintenance Coordinator..... Mark Stanfill..... mstanfill@onemain.com
Office Manager..... Nora Beck..... norabeck@onemain.com
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

CTC Fall Trail Construction Dates

Listed below are the scheduled trailbuilding dates for the fall. We hope TTA members will come out and enjoy the Cumberland Trail trailbuilding experience! Check the Activities page of the Cumberland Trail website for additions or changes to this list as time goes on: www.cumberlandtrail.org/act.html. Call the office at 931-456-6259, or email cumberlandtrail@rocketmail.com, for more information.

→ **September 10 - 12, 2004** - Back Country Outing Rock/Possum/Soddy Gorge Segment - Volunteers will tent camp near the bridge construction site and construct the 55-foot span bridge. The hike in is only 100 yards. Much of the work will be done while standing in one foot deep water, so bring extra boots and dry clothes. It will be hot, so bring swim suits to cool off in a swimming hole at the end of the day.

→ **September 24 - 26, 2004** - Back Country Outing Rock/Possum/Soddy Gorge Segment - Volunteers will backpack approximately one mile along trail to the site and construct new trail. We will be near a nice swimming hole, so bring swim suits.

→ **October 1 - 3, 2004** - Back Country Outing Rock/Possum/Soddy Gorge Segment - Volunteers will backpack into the site and construct new trail.

→ **October 14 - 24, 2004** - "The Fall Program" Rock/Possum/Soddy Gorge Segment - Participants will be housed at the Lutheran Camp.

→ **October 29 - 31, 2004** - Volunteer Weekend. Cumberland Mountain State Park - Volunteers will arrive Friday evening and stay in cabins or camp at Cumberland Mountain State Park. We will work Sat & Sun on Black Mountain.

Please note: Program dates should not change; the location may change depending on project priorities.

CTC's Torch Has Been Passed!

For the past 6 months, Barry Spearman has been heading up the Cumberland Trail Conference as its Interim Executive Director while CTC's board sought a permanent replacement for Rob Weber. Rob's last day as Director was December 31, 2003.

At a meeting on June 26, the CTC board unanimously approved the new Executive Director. Paul Freeman assumed the leadership position officially on July 12, ready and eager to be about the business of moving forward with the acquisition and construction of the Cumberland Trail.

Paul, a resident of Harriman, TN, holds a BS in Recreational Planning from the University of Southern Mississippi, and has spent 21 years in industrial project management, as well as extensive high-level volunteerism with Boy Scout and city planning functions. We invite all TTA members to get to know Paul. We know you'll give him the great support that you gave Rob and Barry before him, as we move on toward 303 miles of the Cumberland Trail.



2004 TTA Annual Meeting Registration Form

November 5 - 7, 2004

Pickwick Landing State Park
Park Road
Pickwick Dam, TN 38365-0015
800-250-8615

DUE ON OR BEFORE October 5, 2004

Families: Please provide the name of each member of your family attending.

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

LODGING – The following accommodations are available. ***Reservations must be made directly with Pickwick Landing State Park, however, please provide the details of your reservation for planning purposes.*** All rooms are on a first come, first serve basis. Give Tennessee Trails Association Group Code 2165 when making reservations. ***Reservations must be made by October 5, 2004.***

If you are the person reserving an Inn Room or Cabin for a group, please provide the names of those sharing with you.

name _____ name _____ name _____
name _____ name _____ name _____

INN ROOMS - 70 Rooms are on hold and rates are based on type of room per night - 2 queen beds with private bath

Inn Rooms:	Fri	Night Rate / 2 people	@	\$78.00	Total \$	_____
	Sat	Night Rate / 2 people	@	\$78.00	Total \$	_____
		each additional adult	@	\$ 6.00	Total \$	_____

Suites are not on hold - 4 queen beds, living room sleeper, 3 baths

2 Bed Suites	Fri	Night Rate	@	\$224.00	Total \$	_____
	Sat	Night Rate	@	\$224.00	Total \$	_____

AAA Cabins (3 cabins are on hold – 2 Bedroom total 4 double beds, 1 bath, capacity of 8 people)

AAA Cabins:	Fri	Night Rate	@	\$120.00	Total \$	_____
	Sat	Night Rate	@	\$120.00	Total \$	_____

CAMPING – All sites are on a first-come, first-serve basis. The campground has a total of 48 sites with hook-ups (20/30/50 amp electric). ***Please provide the details of your reservation for planning purposes.***

Friday Night

Tent Camping (2 people)	# of People _____	@	\$15.50	_____
RV Camping :	# of People _____	@	\$17.50	_____
ADDITIONAL CAMPERS	# of People _____	@	\$.50	_____
children under 7 free				

Saturday Night

Tent Camping (2 people)	# of People _____	@	\$15.50	_____
RV Camping :	# of People _____	@	\$17.50	_____
ADDITIONAL CAMPERS	# of People _____	@	\$.50	_____
children under 7 free				

MEALS: (Fri. Dinner, Sat. Breakfast and Dinner are all-you-care-to-eat buffets).

FRIDAY	Dinner Buffet	# of People _____	x	\$14.00	Total \$	_____
SATURDAY	Breakfast Buffet	# of People _____	x	\$ 8.30	Total \$	_____
	Box Lunch	# of People _____	x	\$ 6.95	Total \$	_____
	Dinner Buffet	# of People _____	x	\$14.00	Total \$	_____
SUNDAY	Breakfast Buffet	# of People _____	x	\$ 8.30	Total \$	_____
REGISTRATION FEE		# of People _____	x	\$15.00	Total \$	_____

(This registration fee cannot be pro-rated. The full amount is required of each participant, regardless of the number of days attending.)

TOTAL ENCLOSED \$ _____

Please complete this Registration Form and mail it with a check for your registration fee and meals made payable to:
Tennessee Trails Association c/o Jim Clark, 307 S. McCombs, Martin, TN 38237 Phone: 731-587-2225 jclark@utm.edu

An email confirmation or postcard will be sent to you upon receipt of your check and registration.

Don't Miss an Outing ... Plan Ahead, Register Early!

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

Don't Forget to Sign Up for the Annual Meeting! Registration Form is on Page 4!!

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Thomas Howell

423-628-5521, tshowell@nxs.net

SECRETARY-TREASURER: Benita Howell

423-628-5521 or 865-974-7797, bhowell@nxs.net

BOARD REPRESENTATIVES: Tim and Lynn Takacs

615-824-7048, lynntakacs@comcast.net or

ttakacs@comcast.net

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

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

Aug 21 Twin Arches and Charit Creek Loop, Big South Fork National River and Recreation Area, Jamestown, TN. We will join Jim and Marietta Poteet and Nashville hikers for this outing. See details listed under Nashville Chapter hikes.

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 Janus 931-551-8523

MEETING: Monthly - 3rd Tuesday at 7:00 pm CT,

Crow Community Center, 211 Richview Rd

Aug 7. Hike and car camp in the Great Smoky Mountain National Park. For reservations, call Merri Hinton at 270-726-3141.

Aug 14. Hike Rotary Park Take an orange juice break and anyone interested will move on to Dunbar Cave. Clarksville, TN. Call Sandy Janus at 931-551-8523

Aug 21. Hike and car camp at Meriwether Lewis Park. Hohenwald, TN. After hiking, take a swim in the scenic Buffalo River. This can be a day trip. For more information, contact Suva Bastin at 931-645-2849.

Aug 28. Hike close to home. Rails to Trails. Ashland City, TN. Easy, and good for new hikers. Call Jack Bastin at 931-645-2849.

Attention: Hike Coordinators

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

www.tennesseetrails.org/release.php

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

MEETING: Monthly - 1st Tuesday at 6:30 pm CT

Grand Buffet (North of Spring Hill)

Aug 3 Monthly 6:30 pm at The Grand Chinese Buffet, 5228 N. Main Street Springhill, TN. Andrea (Pandy) English, Wildlife Diversity Coordinator for the Tennessee Wildlife Resources Agency, (TWRA) will speak at our chapter meeting about wildlife in Tennessee we may encounter on our hikes. Pandy has a Master's Degree in biology from Austin Peay State University. She has worked for 20 years as an interruptive naturalist at places as The Woodlands Nature Center at TVA's Land Between the Lakes, Dunbar Cave Natural Area and Warner Parks. Pandy is currently researching and writing management plans for "species of concern" in Tennessee. Discount coupons for the restaurant can be obtained on line at www.chinagrandbuffet.com/coupon.jpg.

Aug 14. Bill Clardy will lead a hike at Mousetail Landing State Park, near Linden, TN. Eagle Point Trail is an easy to moderate 8.2 miles. To register, contact Bill at billclardy@djs.com or 931-381-0239.

Aug 28. Marvin Caine will lead our hike on the John C. Clayborn Millennium Trail at Edgar Evins State Park. This is a difficult 7.9 mile loop. To register, contact Marvin at micaine@aol.com or 931-486-1632.

HIKE REPORTS

On June 12 Bobby Hardeman lead 5 dedicated hikers on a 6-mile hike of the Savage Gulf Day Loop, North Rim and South Rim Trails. We over came heat and mosquitoes to get great views of the Savage Gulf and beautiful waterfalls.

June 18 and 19 Rick Lausten, Russell Smith, Marvin Caine, Bob Warnica and Bobby Hardeman built trails on the last week end of "The Big Dig." We stayed at the Dogwood Lodge and worked on the trail near Soddy-Daisy. It was great that our chapter could participate in the building of the Cumberland Trail. Please make plans now to help build trails next year at "The Big Dig."

PLANNING AHEAD

Sept 11 Kerry Sumners will lead a hike of Greeter Falls at Stone Door.

Sept 25 Our chapter will hike Pickett Loop Trail near Land Between the Lakes. We need a leader for this hike.

(cont') COLUMBIA/FRANKLIN CHAPTER

Oct 9-10 Kerry Sumners will lead an overnight canoe trip down the Elk River.

Oct 16 Bobby Hardeman will lead a hike to Hobbs cabin at Savage Gulf.

Oct 23-24 Ernie Stewart will lead an overnight on Roan Mountain.

Oct 30 Bob Warnica will lead a hike at Virgin Falls.

Nov 5, 6 and 7 The TTA annual meeting at Pickett Landing State Park.

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm
865-426-4472, Richard.Helm@ahss.org

CO-CHAIR: Mari Haslam

423-562-3227, pittsteelersfan@earthlink.net

MEETING: Monthly - 2nd Monday at 6pm ET

LaFollette Recreation Center's Craft Room, 201 S. 9th St.

Aug. 15 (Sun) Vance Lawson will be our leader for an afternoon at Ijams Nature Center in Knoxville. We will meet at the parking lot behind Eagle Market at 1:30 pm. For more information, contact Mari Haslam at 423-562-6856.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall
rosemary_1@hotmail.com

OUTINGS COORDINATOR:

(*call & volunteer to lead an outing*)

Bob Uhren

snowcap34@charter.net

TREASURER: Harold Draper, h.m.draper@att.net

Aug 14 Melton Hill Dam, Chapter Picnic. We will meet at the Melton Hill Overlook Shelter # 1 for our annual chapter picnic. Harold Draper has agreed to man the grill again this year and plans to begin cooking around 12:30 p.m. The Chapter will furnish hamburgers and everyone attending is encouraged to bring a side dish or dessert or anything else you may want for the grill. Directions: From I-40, Exit 364 (US 321 and TN 95 exit), head north 1 mile. Turn right before bridge on Melton Hill Dam access road. Follow road 1 mile to dam and continue straight ahead to end of road at overlook. For more information, contact Harold at 865-689-7757.

Aug 26 Maryville Greenway, after-work hike. In order to avoid the heat that normally comes at this time of year we will be scheduling an evening walk on the Maryville Greenway. We'll meet at Sandy Springs park at 6:00 p.m. and walk about 2.5 miles out and back for a round trip of 5 miles or so. After we finish if enough people are interested we plan on having dinner at Sullivan's Downtown in Maryville. Bring plenty of water and \$\$\$ for your dinner. For more information, contact Bob Uhren at 865-748-9227 or snowcap34@charter.net.

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: Doug Ratliff

931-455-0249, dougratliff@hotmail.com

MEETING: Monthly - 3rd Tuesday at 7:00 pm CT
D.W. Wilson Center, 501 N. Collins St., Tullahoma

TRAIL WORK REPORT: On a hot and humid June 12, seven TTA members began construction of a new trail at Short Springs State Natural Area near Tullahoma. When completed, the new trail will form a loop with the current Adams Creek trail spur. Thanks to **Sharon Bell, Earl Kiech, Brent Morris, Dawn Odette, Doug Ratliff, Taylor Ratliff, and Cindy Walinski**. Approximately 500 yards of trail were built before thunderstorms threatened. We plan to have other work days to complete the trail.

Aug 14 Trail Building at Short Springs State Natural Area, Tullahoma, TN. No experience required! Here's a great opportunity to make a contribution to one of Tennessee's treasures close to home! Join us as members of the TTA and Friends of Short Springs continue to build a new section of trail. Everyone is welcome and is encouraged to participate... you determine how long you want to stay. Remember, no prior experience required. We'll meet at 7:00 AM CDT (to get a jump on the heat) at the parking area by the water tower. Bring plenty of drinking water. We may stop by the Short Springs Market for a delicious sandwich. For additional information and to RSVP, contact Doug Ratliff at 931-455-0249 or dougratliff@hotmail.com. Your help is greatly appreciated!

Aug 17 MONTHLY MEETING Join us as Bud Austin, a local long-time hiker, shares his many experiences hiking the trails in our area. New hikers and guests are always welcome. See you at 7:00 pm CT at the D. W. Wilson Community Center, 501 N. Collins St., Tullahoma.

JACKSON CHAPTER

CHAPTER OFFICER: Lee Sparks

731-298-1658, leesq@bellsouth.net

MEETING: Summer Monthly Meeting at North Park, June 1, Picnic 6:30 pm

No Meeting in August

Aug 29 Annual Picnic-Chickasaw State Park We will start gathering at 11:30 a.m. at the park and plan to eat at 12:00 noon. Bring food to share, non-alcoholic beverages, lawn chair and/or blanket, and insect repellent. Let me know what you plan to bring to the picnic so that when someone ask "what to bring.." I can offer suggestions. Just let me know if you plan to bring meat, veggie, salad, dessert, paperware, plastic eating utensils, soft drinks, ice.

After lunch we will hike through the woods or hike around the lake. Other activities are paddle boats and swimming. Meeting location: Ellen will arrive early and try to save a covered picnic table near the lake. Ask at the visitor center for the "Hike Group". To pre-register, please contact Ellen Volet at 731-427-3666.

NOTICE: Hikes or picnic may be cancelled due to bad weather so call the contact person for updates.

MEMPHIS CHAPTER

CHAPTER OFFICER: Carolyn Pierce

901-755-5635, cedpierce2000@yahoo.com

BOARD REPRESENTATIVE: Gloria Lenski

901-213-0604, glorialenski@yahoo.com

MEETING: Monthly (Sep-May) 3rd Thursday at 7:00 pm CT
Germantown Library

Aug 22 Annual Memphis Chapter Picnic The picnic will be at the lakeside home of John and Regena Martin (canoes and paddle boats available). This is a potluck; bring your favorite summer dish and a lawn chair. Socializing starts around 1 p.m. with food whenever we get hungry enough. This is also our August meeting, so bring any business items you would like to discuss. The address is 3876 S. Lakewood Dr., in the Lake Windermere subdivision near Raleigh. For directions, call John or Regena at 386-3722.

MURFREESBORO CHAPTER

CHAPTER OFFICER: Anna Bertram (also Board Rep.)

615-765-5357, abertram@heartoftn.net

OUTINGS COORDINATOR:

(Call & volunteer to lead an outing)

Ron Dunn

615-867-3301, trekkingtn@yahoo.com

MEETING: Monthly - 2nd Tuesday at 7:00 pm CT

Barfield-Crescent Park's Wilderness Station

697 Barfield Rd., Murfreesboro

Aug 14 Chattanooga, TN. Beat the heat and join us for a "Cool Chattanooga Caper!" We plan to visit the famed Aquarium, lunch at T.G.I Fridays (or Sticky Fingers), hike on the Tennessee Riverpark Greenway, and the Walnut Street Bridge. There are currently 6 miles of the Riverpark Greenway open from the historical Ross's Landing at the Aquarium to the Chickamauga Dam. (Not a loop.) The Walnut Street Bridge is a scenic linear park over the Tennessee River that is billed as the world's longest pedestrian bridge. (Just under a mile as I recall.) The bridge will take us to the lovely Coolidge Park where we can cool off in the interactive water fountains, ride the carousel, or just hang out. Plenty of interesting little specialty shops and snack bars are adjacent to the park. This is not going to be a highly structured day, but will be serendipitous regarding the weather and the interests of the group. Don't want to do the Aquarium with the group? Okay, do something else for the 2 or 2 1/2 hours the rest of us do that, then meet us for lunch and the hike. Maybe we'll even do the I-Max Theater if it rains or gets too hot. Chattanooga is an interesting and enchanting place for all interests, and all weather. We guarantee this will be a fun-filled day with lots to do, rain or shine! Bring money! Aquarium Admission: \$14.00 - IMAX Theater Admission: \$7.50 (Discount for 10 or more persons.) T.G.I.Fridays or Sticky Fingers: most entrees \$6.00 to \$10.00. Meet at 8:00 A.M. in the Sam's Club parking lot, Murfreesboro, and we'll carpool from there. Anna & Fount Bertram, (615) 765-5357 or abertram@heartoftn.net

Aug 21 Murfreesboro, TN. Historic hike. Come along with us on this 3-5 mile tour of Murfreesboro, rated easy, to include the town square, historic Cannonsburg and a cooling creek-side walk on the Greenway. Bring plenty of water, a snack, and plan to join us for lunch following our hike. For more information, contact Jeanne' Hoehst-Ronner at 615-890-9084 or hoaxie@comcast.net.

(cont')MURFREESBORO CHAPTER

Aug 10 MONTHLY MEETING You will be in for a real treat as we get a live trail building demonstration from our own Jim Schroeder, one of the South's most respected expert trail builders. Come participate as Jim teaches us the basics for building and maintaining our beloved trails. Part two of the evening will be a live fire building demonstration by TTA's current president, Fount Bertram. He's going to show us how to build an old timer's traditional camp fire that will conserve wood and last several times longer than a teepee fire. There may even be some fixings for S'mores!!

We will congregate in the usual place at the Wilderness Station, but will leave by 7:15 P.M. for the back country campsite for the demonstrations. The paved walk is clearly marked from the parking lot and is 1.8 miles; or you may take the trail through the woods if you prefer. Please remember your bug spray, a blanket or chair to sit on, and a flashlight! An alternate program will be available if it rains.

Sept 14 MEETING PREVIEW Are you a good camp cook? Have a favorite way of doing it? A favorite dish? Bring your expertise, equipment, and food, to the September meeting! You might win a prize! Or just come to sample and pick up some ideas to improve your own camp cooking skills.

NASHVILLE CHAPTER

CHAPTER OFFICER: David Furse

615-308-7988, dfurse@comcast.net

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Nancy Juodenas, njuodenas@hotmail.com

Sue Waldrop

MEETING: Monthly - 4th Tuesday at 7:00 pm CT

TN Wildlife Resources Association meeting room at Ellington

Agricultural Center, 5105 Edmondson Pike

HIKING HOTLINE - 615-367-7045

Aug 7 First Saturday Beaman Hike, Beaman Park 1st Saturday Hike Joelton, TN. Join Friends of Beaman Park as we explore one of Nashville's newer parks being developed by volunteers. Our hike is 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.

Aug 14 Bicentennial Rails to Trails. Ashland City. This is an easy and flat 8 miles round trip. Meet at Kroger parking lot on Charlotte and White Bridge Rd. at 8:00 Bring water, snacks and money for restaurant afterwards. Contact Elizabeth Gerlock at 356-6260 or EYGerlock@bellsouth.net

Aug 15 Fiery Gizzard Trail, Grundy Forest to Foster Falls, South Cumberland State Park. Tracy City, TN. This 12.5 mile trail is considered one of the most interesting and challenging in the Southeast. Attractions include Big Fiery Gizzard Creek, Chimney Rocks, Sycamore Falls, RavenPoint Overlook, Laurel Gorge and Foster Falls. This beautiful hike is one way and requires a shuttle. It is rated difficult for length, rocky terrain, ascents and descents. Bring snacks, lunch, water, sturdy hiking boots, extra clothes, and bathing suit for swimming in Foster Falls. Meet 7:00 am CT at Target parking lot on Bell Rd. and I-24. Contact Robin Harkins at redtailtime@hotmail.com or 615-399-3872 or 615-260-6369

Aug 21 Twin Arches, Charit Creek Loop, Big South Fork NRA, Jamestown, TN. The Twin Arches are spectacular natural bridge formations with spans of 135 feet & 93 feet and clearances of 70 feet & 51 feet.

(cont') NASHVILLE CHAPTER

(cont') Aug 21 In addition, the trail passes by several rock shelters, the site of Jake Blevins' farm of the 1800's and Charit Creek Lodge, a hostel for both hikers and horseback riders. The loop is 5.9 miles and rated moderate to difficult. Please wear sturdy boots and bring water, snacks and lunch. To register and obtain meeting time and location, contact Jim or Marietta Poteet: 615-824-7666 or jpoteet@genesco.com

Aug 22 Great Smoky Mountains, OK here ya go then, you asked for it Snake Den Ridge to the A/T, over to Low Gap Trail. This is a very strenuous hike involving serious elevation change up Snake Den to the A/T. We will follow the A/T to Low Gap Trail and hike back to the car(s) on a balloon loop totaling 12.5 miles. This hike will challenge even the best of us, come prepared, and bring lots of liquids and energy food. Wear sturdy hiking boots because of some rocky conditions. We will meet early in the morning at 6:00am at Kinko's' on Donelson pike. Contact Brian Mahoney if you plan to attend at 615-479-4385 or btmahoney@aol.com

Aug 28 and 29 (Sat. and Sun.). Rock Island State Park. Car Camping weekend to enjoy the many waterfalls, swimming hole opportunities and hiking. We will reserve the group camp and all participants will divide the camping fee. If you love the water then this is the trip for you. For directions and more information, contact Jerry Hendrixson at 423-7019 or CHEIFWAGEE@aol..

Aug 28 Newcomer's Hike at Radnor Lake. Radnor Lake State Natural Area. Nashville, TN. Enjoy great views of the lake as the trees fill out and see the wild flowers. Newcomers as well as seasoned hikers are welcome. We will hike the Lake Trail and Ganier Ridge before returning by the South road trail. The trails are rated easy; though there are some short elevations, wear comfortable shoes. To register or for info. Call Sue Waldrop, 615-662-7594 or e-mail Boots1028@bellsouth.net We will meet at the Nature Center parking lot at 8:00. The group will go out for brunch afterwards.

Aug 29 Mossy Ridge Trail Full Moon Hike. Percy Warner Park, Nashville TN. Meet at the Deep Well parking area at 7:00 p.m.CST. Call David Furse at 308-7988 or dfurse@comcast.net

NORTHWEST CHAPTER (UT at Martin / Weakley County)

CHAPTER OFFICER: Jim Clark

731-587-2225, jclark@utm.edu

MEETING: usually the 2nd Thursday

Call for confirmation or visit our chapter website.

Meetings start at 7:00 pm CT

UT Martin Campus, Boling University Center, Room 231

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

The Northwest Chapter is done meeting for the summer. You are welcome to attend other chapter's outings, events and meetings.

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER: Carolyn Miller

931-260-6674, cardan@usit.net

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

There is a leaderless hike every Wednesday morning at 8:00 am CT. The hikes are moderately paced and may average 5 to 6 miles. For additional information or to get on an e-mail list for the hikes, contact, Bill Haynes at 931/707-7606 or billhaynes@citlink.net. Rain cancels.

(cont') PLATEAU CHAPTER

Aug. 12 Monthly Chapter Meeting. Community Room of the Art Circle Public Library. 6:30 PM CDT. Let's get together and plan hikes for the rest of the year.

Aug 28 Lost Creek Cave, Sparta, TN. (This is a joint hike with the Upper Cumberland Chapter). It's hot outside but we should be comfortable as we hike into Lost Creek Cave to see a 50-foot waterfall. The cave is tall enough that you will be able to walk to the waterfall with no need to crawl. The hike is only 1 1/4 miles one way, but is rated moderate to difficult due to some uncertain footing, rock stepping, and the need to climb over some rocks and boulders. Two flashlights and extra batteries are required for safety reasons. Wear sturdy hiking boots and bring water, lunch, and snacks. Registration is required. Crossville hikers should meet at the Tractor Supply Parking lot on Highway 70 in Crossville at 8:00 AM. We will meet the Cookeville hikers at the Rockhouse on the Sparta highway at 8:30. For more information and to register, call Bill Harris at 931/484-9152.

SODDY DAISY CHAPTER

Arleen Decker 865-856-7262

This chapter is being reorganized. For further information, contact Arleen Decker at 865-856-7262. In the interim, you are welcome to attend 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

Aug 3 (Tues.) Socializing, Dinner, and Meeting, Cookeville, TN. We will gather at 6:30pm at Ryan's Steakhouse in Cookeville for socializing, dinner, and hike planning for the coming months. For information, contact Louise Miniard at 931-528-9115 or lminiard@flowserv.com.

Aug 14 Mt. Le Conte, Great Smoky Mountains National Park, Gatlinburg, TN. We will follow a section of the Appalachian Trail to the Boulevard Trail which makes a gradual ascent of Mt. Le Conte along a crooked narrow ridge connecting the mountain to the main Appalachian chain. As the elevation never drops below 5000 feet on the ascent, temperatures should be pleasant. We will descend by way of the spectacular Alum Cave Trail. There are many excellent viewpoints along the Boulevard and Alum Cave Trails. The hike is about 13 miles and rated strenuous. Bring snacks, water, and lunch and wear sturdy hiking boots. For information and to register, contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Aug 28 Lost Creek Cave, Sparta, TN. (This is a joint hike with the Plateau Chapter). It's hot outside but we should be comfortable as we hike into Lost Creek Cave to see a 50-foot waterfall. The cave is tall enough that you will be able to walk to the waterfall with no need to crawl. The hike is only 1 1/4 miles one way, but is rated moderate to difficult due to difficult footing, rock stepping, and the need to climb over some rocks and boulders. A flashlight and a spare with extra batteries are required. Wear sturdy hiking boots and bring water, lunch, and snacks. Registration is required. You can meet us in the Penney's parking lot in Cookeville at 8:00am or at the Rockhouse near Sparta at 8:30. For more information and to register, call Bill Harris at 931-484-9152.

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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:

Due For Newsletter Dated

August 5.....September 1

September 5.....October 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, contact Harold Draper at 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 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 Patch6.00
Round embroidered patch, sew it on anything.

_____ TTA Window Decal.....3.00
A must for each car.

_____ 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

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

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

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

Aug 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/Franklin ___ 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.

Purchase Order

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

Tina Dean
865-774-1070

July 15, 2004

Color Plus Printing
4825 Trousdale Dr, #102
Nashville, TN 37220

Leonard Chavaz
615-781-1071
cell ph: 615-207-0947

Newsletter Printing

Cover Date:

August 2004

Number of pages submitted
with this purchase order:

10 pages

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One - 8.5 x 11
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Ink Color:

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P. O. Box 41446
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Leonard,

June will be picking up the newsletters from Color Plus Printing on Thursday, July 22. June's phone numbers are work: 872-6198, home: 832-5416