

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



Hike to Health in 2007

Welcome to all new and return hikers. Fortunately it's a new year and you made it!!! Want to help insure that you'll enjoy many more new years to come? Come out and hike with any one of the very active 13 chapters throughout Tennessee. This newsletter will be your guide as to how to link up to any of the trail leaders and how to get to the hike. Invite friends, family, and even your enemies to come and join you on one of our many fun hikes. Start with a New Year's Day outing where we get a head start on our health, in addition to hauling a lot of food around to enjoy midway through the hike. Just hauling the food will burn off enough calories to allow you to eat some of it!!! Were you aware that if you weight 155 pounds you can burn off 422 calories per hour. It gets even better if you weight 190 pounds. Then you can burn 518 calories off.

Worried about taking up hiking if you haven't done it recently or not at all? Two tips for you:

1. Choose an easy hike that covers 3-5 miles. We stop along the way and always wait for everyone.
2. Take some walks in the preceding couple of weeks using your hiking boots. Don't ever try to hike in new hiking boots until you have broken them in first.

Are you shy to show up to a group of strangers, either in a different chapter or for the first time in TTA?

1. You will always find new people just like you on every hike.
2. This is the best place to find new friends who have a wide variety of interests and backgrounds. Young and old, fit and not-very-fit make an interesting mix.

Hiking is so much more fun than just walking round and round and round. See beautiful sights, make new friends, and, best of all, get fit while you're doing it. Come on and join us in 2007

Don't Miss an Outing Plan Ahead Register Early!

Our hike coordinators are volunteers. Make it easier for them to contact you if a hike needs to be cancelled by registering!

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

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.*

CUMBERLAND TRAIL CONFERENCE

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

CUMBERLAND TRAIL CONFERENCE STAFF:

Executive DirectorPaul Freeman paul.freeman@frontiernet.net
Trail Development &
Office ManagerJanet D. Smith janet.d.smith@frontiernet.net

Cumberland Trail Conference's Fall Schedule 2006

The Cumberland Trail Conference has the following volunteer trail building opportunity. I ask that all of our volunteers to please consider participating in this event. The weather will be cooler and it will be a good time to do some trail work. For when you do come out and volunteer to help build and maintain the trail, it is more than just working on the trail. We are saving green space for our generation and future generations. You are giving back so others can enjoy hiking and experience nature. Generous volunteers that care for hiking trails bring people closer to nature and to our families thus providing an essential escape from the treadmill of our modern lives. So build some good hiking karma and come help on the Cumberland Trail

February 25 - March 31, 2007, Spring Break-Away:

Break-Away 2007 will be the start of the Cumberland Trail Conference's major campaign to build and complete the trail between Frozen Head and Cove Lake State Parks, thus connecting the two state parks. This will be our first time to stay at the Galilee Bible Camp in Lafollette, Tennessee. The camp is located on Norris Lake; details of the camp can be viewed at www.galilee biblecamp.org. We already have several schools signed-up. This will begin a new era in a new area.

April 20-May 11, 2007 (part 1) and May 18- June 10, 2007, (part 2) Spring Trail Building Program (formally Big Dig):

Trail building will take place in the vicinity of Smokey Junction, Tennessee. These two programs will be a continuation of the effort to connect Frozen Head and Cove Lake State Parks. Food and lodging will be provided, details to be announced.

May 26-27 (Memorial Day weekend), Tennessee Trail Association Weekend: This is an opportunity for all TTA chapters to come and enjoy the participation of building the Cumberland Trail in the Sundquist Wildlife Management Area. Saturday, May 26, will be a trail building day with Sunday, May 27, being a day for CTC lead hikes. So, mark your calendars and come help build the Cumberland Trail and enjoy a hike. More details will be announced.

Thanks, Tony

TTA's Calendar*

The following dates in 2007 refer to statewide activities that TTA as a whole participates in. Please refer to this calendar often so that you . . .

- will know when your volunteering interests are especially needed (such as during BreakAway, National Trail Days, etc.)
- will consider organizing/leading volunteers from your chapter/region for an event listed
- can be sure to prevent scheduling conflicts with an activity you wish to plan

Jan 1	New Year's Day Hike 'n Feast Multi-chapter Event (Bridgestone Firestone Wilderness Area, Derosssett TN)
Feb 3	Board of Directors' Quarterly Meeting (Nashville)
Feb 25-Mar 3	CTC's Spring BreakAway, Wk 1 in Sundquist WMA (Wartburg/Caryville)
Mar 4-10	CTC's Spring BreakAway, Wk 2 in Sundquist WMA (Wartburg/Caryville)
Mar 11-17	CTC's Spring BreakAway, Wk 3 in Sundquist WMA (Wartburg/Caryville)
Mar 18-24	CTC's Spring BreakAway, Wk 4 in Sundquist WMA (Wartburg/Caryville)
Mar 25-31	CTC's Spring BreakAway, Wk 5 in Sundquist WMA (Wartburg/Caryville)
Apr 2-8	TDEC's Natural Areas Week (Statewide)
Apr 20-May 11	CTC's Spring Trail Building in Sundquist WMA (Wartburg/Caryville)
Apr 21	Earth Day Events (Observed Apr 22)
Apr 28	Board of Directors' Quarterly Meeting (Location TBA)
May 3-6	American Hiking Society's Great Southeastern Hiking Festival (Montreat, NC)
May 18-Jun 10	CTC's Spring Trail Building in Sundquist WMA (Wartburg/Caryville)
May 26-28	TTA Weekend: Trail Building in Sundquist WMA (Wartburg/Caryville)
Jun 2	National Trails Day
Aug 4	Board of Directors' Quarterly Meeting (Location TBA)
Sep 29	National Public Lands Day (Location TBA)
Oct 27	Make a Difference Day (National Volunteer Week)
Oct 12-14	Annual Meeting (Crossville, TN)

Give 'em a State Park?

Special Winter Rates at TN State Parks

Each winter, Tennessee State Parks offers sizable discounts on their inn rooms and cabins, and this year they are offering the Winter Promotion Discount. The lodging discounts begin Dec 1, 2006 and end on Feb 28, 2007.

There will be no discounts offered from Dec 22 through Jan 4. Reservations are not required; however, advisable since discounts are offered solely on rooms available. Upon check-in, you will need a discount/promotional coupon which are available at TN State Park's website, www.tenstateparks.com (follow the link to Winter Discounts). Or, you can obtain them when phoning to make your reservation toll free at 888-867-2757. Specifics regarding the promotion on inn rooms and cabins are as follows:

Inn rooms: The discount for 1 inn room is \$45.95 seven days a week. No other discounts apply. Groups may take advantage of this discount.

Cabins: The discount for cabins is 50% with a 2-night minimum required. The cabin discount is good Sunday through Thursday. No other discounts apply. The cabins at Reelfoot Lake State Park are not included in this promotion.

Tennessee State Parks has six inns with over 600 rooms and 17 parks with over 300 cabins throughout the state. We invite you to come visit us and "Enjoy Our Good Nature."

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Charles Gibbs
423-628-5678 cgibbs@nxs.net
SECRETARY / TREASURER: Benita Howell
423-628-5521 or 865-974-7797 bhowell@nxs.net
BOARD REPRESENTATIVES: Tim & Lynn Takacs
615-824-7048 lynntakacs@comcast.net
or ttakacs@comcast.net
OUTINGS COORDINATOR Eric Wilson
423-628-2817 ericavi@nxs.net
(Call Eric & volunteer to lead an outing.)

Get in touch with chapter officers for information about the hikes planned for your chapter in January.

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COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm
423-562-1110 Richard.Helm@ahss.org
CO-CHAIR: George Gill
423-562-7121
MEETS MONTHLY: 1st Monday at 6:00pm ET LaFollette Recreation Center's Craft Room 201 S. 9th This meeting will be replaced by the Christmas Party
Jan 8 Monthly meeting at the LaFollette Recreation Center at 6 p.m. For information call Richard Helm at 423-562-1110

Jan 20 Jerry and Sharon Phillipsp will lead a hike at the Greebriar area along Porter's Creek. Meet at Eagle Market at 8 a.m. For more information call 423-563-0867

Hiking books?

Shop amazon.com Through TTA's Website

We have an arrangement with amazon.com where TTA receives a commission on all items (books, magazines, music, electronics) purchased when you enter their site through our webpage link. It's very easy! Go to the TTA website (www.tennessee-trails.org), navigate to the "To Buy!" page, then follow the link to the "virtual bookstore." Commissions are earned solely on sales made through the TTA website, therefore always enter amazon.com from the TTA website, and do not sign up for their one-click service.

Avoiding Hypothermia

Hypothermia occurs when a person's body temperature falls below normal. It usually happens on cold (55° and below), wet, windy days to people who are tired, poorly clothed and hungry. *It is very dangerous!!!* Often, a person doesn't realize what is happening. Mental confusion often accompanies hypothermia and may cause the person not to seek help. Death can occur in just hours.

Early Symptoms:

At first, uncontrolled shivering and pale skin. Then, confusion and dizziness, with slow, clumsy movements and walking. Extreme exhaustion/sleepiness is common.

Prevention:

Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body temperature as you exercise. And since it's as important not to get over-heated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.

- Eat high-energy foods frequently and drink plenty of fluids.
- Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.
- Stay warm, but avoid heavy sweating, which will evaporate and overly cool the skin and body.
- In bad weather, find protection from the wind and elements.

Treatment for Mild Hypothermia:

- Quickly get the person to a dry place that is not windy.
- Replace wet clothing with warm, dry clothing, making sure the head, feet, and hands are covered.
 - If available, use a sleeping bag or blanket(s) to wrap around the person.
 - Have the victim held by one or more people for the body heat.
 - Give warm, sugared liquids. No alcohol! Give sweet things to eat such as candy or ripe fruit.

Avoiding Hypothermia was adapted from Dirk Schroeder, ScD, MPH and author of *Staying Healthy in Asia, Africa and Latin America*.

CLARKSVILLE CHAPTER

CHAPTER OFFICER: Merri Hinton *andrews@logantele.com*

CO-CHAIR: Suva Bastin 931-645-2849

SECRETARY: Lucy Weikel 931-358-5794
j107sw@aol.com

TREASURER: Sandy Janus 931-551-8523

OUTINGS COORDINATOR: J. R. Tate 931-920-2692

(call Sandi & volunteer to lead an outing)

MEETS MONTHLY: 3rd Tuesday, 7:00 pm CT,
Crow Community Center 211 Richview Rd

Jan 1—Montgomery Bell State Park. Traditional hike and New Year's Day feast. Guaranteed to have black-eyed peas, cornbread, mashed potatoes, and sauerkraut—plus who knows what other goodies will show up! Call Suva Bastin at 931-625-2849.

Jan 6—Radnor Lake. 5 miles; moderate. Call Suva Bastin at 931-645-2849.

Jan 13—Ft Donelson National Battlefield. 8 miles; moderate. Call J.R. Tate 931-920-2692.

Jan 15—Martin Luther King, Jr. Day. Lakeside hike at Land Between the Lakes, northern end. 10 miles; moderate to difficult. Call Merri Hinton at 270-726-3141.

Jan 20—Cedars of Lebanon State Park. 8 miles; moderate. Call J.R. Tate at 931-920-2692.

Jan 27—Ashland City Rails to Trails. 5 or 10 miles; easy to moderate. Call Sandy Janus at 931-551-8523.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER OFFICER: Sherrie Yokley
931-381-9274 *yokley2004@bellsouth.net*

MEETS MONTHLY: 1st Tuesday at 6:30 pm CT
Grand Buffet (North of Spring Hill)

Jan 1
New Year's Day Hike at Bridgestone/Firestone Centennial Wilderness. Bobby Hardeman will coordinate our chapters participation. Contact him at *puttr2@aol.com* or 615-305-7955.

Jan 2 Monthly Meeting at Grand Buffet Spring Hill, TN. This is a very important meeting so all members should plan to attend to help schedule our hikes through July. Please be prepared with details before the meeting and also email the details to Sherry, *yokley2004@bellsouth.net* so she can have them ready to present.

Jan 27
Savage Gulf Bobby Hardeman will lead this 9 1/2 mile loop. This hike is rated moderate only because of length, there is very little elevation change. We will start at the Savage Gulf Ranger Station take the Savage Day Loop to the Plateau Trail, cut over to the rim on the Big Oak Trail and return by the North Rim Trail. We will lunch on the trail at a gulf overlook. Bring water, snacks and lunch and as always sturdy boots. Plan to have supper on our return home. We will leave A&D Market, Hwy. 431 south of Hwy. 840, at 7:30. Register with Bobby at *puttr2@aol.com* or 615-305-7955.

Looking Ahead

February's speaker will be J. R. "Model T" Tate. Mr. Tate is a 3 times thru hiker of the Appalachian Trail, authored books and built many miles of trails. This is not a meeting to miss so make you reservations now.

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: Tom Bentley
931-455-5859 *htbentley@charter.net*

MEETS MONTHLY: 1st Tuesday at 7:00p at the Crockett's
restaurant in Tullahoma

Jan 1 New Year's Day Hike & Feast, Bridgestone Firestone Wilderness Area. Derossett, TN. This is a joint outing with several Middle TN chapters. We will hike Polly Branch Falls Trail to the Screw Bluff Overlook, which is at the end of the Chestnut Mountain Trail where we will serve up a New Year's Day feast, socialize and take in the views of the Caney Fork River Gorge. We will return to our cars via the Chestnut Mountain Trail. The total hiking distance is 6 miles and rated moderate due to the rocky, uneven terrain and two small stream crossings. Sturdy hiking shoes that provide stability are strongly advised! Everyone is encouraged to participate by bringing something (black-eyed peas, cornbread, greens, cook stoves, cook pots, paper plates, cups and cutlery, desserts, cider or hot chocolate and the water for making them, napkins and garbage bags to remove our trash). Even if you're not a chef, you can help by carrying in/out stuff. Sorry, this is not an outing recommended for young children or dogs. For information about carpool meeting time/location, contact Tom Bentley at *htbentley@charter.net* or 931-455-5849.

Jan 2 Monthly Meeting. Davy Crockett's Roadhouse restaurant in Tullahoma. The meeting will begin at 7:00 PM but you can arrive at 6:00 PM if you would like to eat.

Jan 13 - The Poteets will hold our annual Ice/Snow Hike/Chili lunch hike. We will meet at the Poteets at 10:00am CST. The hike will be about 4 miles on the Perimeter trail where the probability for icicles will be most likely, then return to the house for Chili and fixin's. Directions follow I24E towards Chattanooga. Get off at Exit 134 (Sewanee, Monteagle); turn toward Sewanee. When the road (41A) narrows down to 2 lanes (about 1/2 mile), turn left into the Clifftops development. We will alert the gatehouse that people are coming. Just tell them you are going to the Poteets. Go to the 1st stop sign, turn left. Turn left onto Huckleberry Place (do not turn back on the exit out of Clifftops). We are 525 Huckleberry Place. Phone 932-924-7666 if you get lost. Please let us know how many people to expect.

Jan 20 - Cave Cove, Wolf Cove on Carter Mountain. Joint hike with Sierra Club, strenuous 8 miles, some off trail, waterfalls, caves, views. Hike will begin around 9:15 am. Call Joette at (931) 968-0073 before Friday, Jan 19th.

HIKE TO HEALTH

JACKSON CHAPTER

CHAPTER OFFICER: Gary Cooper
731-424-5375 *gcooper52@yahoo.com*

MEETS MONTHLY: 1st Tuesday. Socializing & meal starts at 6:00p CT; meeting starts at 7:00 at Perkins Restaurant
999 Vann Drive in Jackson

Chapter Officer: Gary Cooper 731-424-5375
gcooper52@yahoo.com

Meets Monthly 1st Tuesday. Socializing and meal starts at 6:00pm CT meeting starts at 7:00 at Perkins Restaurant 999 Vann Drive in Jackson.

Jan 2- Monthly Meeting Come to hear about hikes and talk about the ones we are doing in January. Everyone welcome. Come at 6:00 to eat or 7:00 for the meeting.

Jan 13- Nathan Bedford Forrest State Park, Camden, TN- Join us for a 6-mile hike rated moderate over hilly terrain. Meet at the Park Interpretative Center at 9:30 am CT and bring snacks, lunch and water. To register and for carpool information, call Candy Higgs 731-660-2332 or *chiggs_3@yahoo.com*

Jan 27- Shiloh Military Compass Hike- Shiloh National Military Park near Counce, TN. Join the fun and at the same time learn more about your compass. A compass and registrations is required for each participant. Bring water and lunch and dress for some bush-wacking that we will do along the way. We will meet at Ed Shaw's Cafe (located on TN Hwy 22). For additional information, to register or obtain carpool details or to confirm meeting times contact Roy Corley 731-668-5070 *roycorley@aeneas.net* Please register for hikes as weather can force a cancellation and we want to contact you regarding the cancellation.

A big THANK YOU was received from Mark Stanfill to the following Jackson TTA members who helped on trails in Natchez Trace in October- Don Dresser, Mike and Julie Holt, Candy Higgs and James Avery.

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER: James Hubert
931-459-4839 *jhubert1@frontiernet.net*

SECRETARY/TREASURER: Mitze Anderson
931-788-6731 *Wanderso121@yahoo.com*

There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information or to get on an e-mail list for the hikes, contact Bill Harris at 931/484-9152 or Jim McCullough at *sue1290@frontiernet.net*. Rain cancels.

Jan 6. Lilly Bridge Overlook and Point Trail. Obed Wild and Scenic River, Wartburg, TN. We'll hike to the Lilly Bridge Overlook and then go along a ridge to a point above where Clear Creek and the Obed River join. This will give us a total distance of about 5 miles. The trail is easy most of the way, but is rated moderate due to some elevation gain. Bring snacks and water. Meet at the Dairy Queen on Genesis Road at 9:00 AM

PLATEAU (Cont)

CST. For more information and to register, contact Gene or Myra Holloway at 931/788-1724 or at *genetn@hotmail.com* for details.

Jan 11. Monthly meeting. Art Circle Public Library Community Room. 6:30 PM.
Call Chapter officers for details.

Jan 20. Piney Falls and Stinging Fork State Natural Areas, Grandview and Spring City, TN. These two hikes are being combined to give a total hiking distance of about 7 miles. Piney Falls is a 3-mile round trip hike that features the 80 foot tall Upper Piney Falls. Stinging Fork State Natural Area is about 10 miles from Piney Falls and features a 35-foot waterfall and cascade at the end of the 1 ½ mile trail. Due to some elevation gain and possibly slick rocks, the hike is rated moderate. Meet at the boat dock parking lot at Cumberland Mountain State Park at 8:00 AM CST. For more information and to register, contact James Hubert at 931/459-4839 or at *jhubert@frontiernet.net*.

MEMPHIS CHAPTER

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

MEETS MONTHLY: (Sep - May) 3rd Thursday at 7:00 pm at Cordova Library, 8457 Trinity Rd. Turn east off Germantown Parkway onto Trinity Rd. approx. 1 mile on the right. Library shares entrance with Bert Ferguson Community Center

Jan 1, Meeman-Shelby Forest New Year's Day Hike > Meet at the Visitor Center at 10 a.m. for a 4 to> 5-mile easy to moderate hike through the forest. > Bring water and snack. For information call Freddi> Felt 901-684-9915

>
Jan 6, Herb Parsons Lake, Fisherville located> northeast of Collierville, near Collierville> Arlington> Rd. and> Macon Rd. > Meet at the lake at 9:45 a.m. or for carpooling meet> at 9:00 am at the soccer field on Walnut Grove Road> (located on the south side of Walnut Grove, west of> the traffic light at Farm Road). Bring snack and> water and join the fun for this easy 6-mile walk> around the lake. For information and to register> for> carpool call Deena Spuryer 901-685-7706.

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Jan 13, Meeman-Shelby Forest, Chickasaw Bluff Trail> Meet at the Visitor Center at 9 a.m. and bring water> and snacks or lunch. Hike begins with a car shuttle> to the north end of the trail for a 5 to 6-mile easy> to moderate hike through the forest and connect up> to> the Woodland Trail then hike back to the Visitor> Center. For information call Carol Haley at> 901-388-9163. Directions: From Interstate 40, take exit 2-A, turn> right, go 6 traffic lights to Watkins Road (this is> Highway 388),

MEMPHIS (Cont)

turn left and go until the road> dead-ends. Turn left, go one mile to a four-way> stop, > Shelby Forest General Store and turn right, go one> mile, turn left into the park. ><http://www.state.tn.us/environment/parks/parks/MeemanShelby/>

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Jan 18 Monthly Meeting: Day Hike,> Slack-packing, England 's Coast-to-Coast Walk > In 2003, Diane and Z Manas (members of the Nashville> chapter) planned and set off to day-hike (aka> slack-packing) England 's Coast to Coast Walk (C2C)> versus hiring a guide service. The C2C is 200 miles> long and begins in the small village of St. Bees at> the Irish Sea. Traveling west to east with the wind> at your back (yea, sure), the C2C crosses three> National Parks, undoubtedly some of England's finest> scenery; passes right through several private> farms/estates as well as lots of historical areas;> contains some road walking; and, ends at the North> Sea> in the quaint village of Robin Hood's Bay. This walk> doesn't require a lot of planning, unless you are> the> serious travel planner. Everyone can do this, all> you> need is the desire to walk, a moderate level of> fitness and time. Tonight, spend a little time> learning about this delightful journey and how to go> about planning this for yourself/a group, or through> any one of the guide services available.
>

Jan 21, Nonconnah Greenway> Walk the first completed section of the planned > Nonconnah Greenway. Meet at 1:00 p.m. at Life> Church> at Schilling Farms (1035 Winchester Blvd.> Collierville). We will explore the surrounding> neighborhood along with walking the 1.5 mile flat, > paved trail. Total distance about 4 miles. Contact> Walter Cygan 901-753-6916 to register or more> information.

>Planning Ahead

Feb 3, Meeman-Shelby Forest, Poplar Tree Lake Trail> Meet at the Visitor Center at 9:00 a.m. for a 5 to> 6-mile easy to moderate hike through the forest. > Bring water and snack. For information call Kathryn> Skinner 901-527-4308

The "10* Essentials"

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

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

Other considerations:

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

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

MURFREESBORO CHAPTER

CHAPTER OFFICER:

Anna Bertram

615-765-5357

abertram@dtccom.net

OUTINGS COORDINATOR: Millette Jones

millette.jones@comcast.net 615-397-9588

MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT

Barfield-Crescent Park's Wilderness Station

697 Barfield-Crescent Rd., Murfreesboro

Jan 1 - New Year's Hike and Feast, annual multi-Chapter event at Bridgestone-Firestone Centennial Wilderness. 6 miles, easy, except for a couple of small stream crossings. Bring traditional New Year's Day foods to share, a large trash bag, your disposable eating utensils, and drinking water. Wear sturdy footwear. Contact Fount Bertram for carpool information, and to let him know to expect you: fwbertram@dtccom.net or 615-765-5357

Jan 9 - Monthly Meeting at 7 PM Barfield Park Wilderness Center. Join us as we welcome two of TTA's finest, Jim and Marietta Poteet. They will treat us with tales and a DVD of their hiking excursions in Kenya and Ireland. Come listen and get inspired.

Jan 13 - Chilly/Chili Hike and Social. Jim and Marietta Poteet will lead this multi-Chapter hike on the Sewanee Perimeter Trail, about 4 miles, easy. This is a beautiful historic trail on the edge of the University of the South campus. We will go to the Poteet's home in Monteagle for their famous hospitality, chili and cornbread, after the hike. You may bring chips, salads, or anything else that goes with chili. Contact Fount Bertram for carpool information and to let him (and the Poteets) know to expect you: fwbertram@dtccom.net or 615-765-5357

Jan 20-21- Bear Waller Gap Backpacking Trip

This is a good beginner's backpacking trip due to distance to the campsite. This is considered by some to be one of the finest trails in middle Tennessee. It extends along the wooded and rugged shoreline of Cordell Hull Lake for over 5 miles, passing waterfalls, old homesites, and rocky overlooks. Total distance will be 11.2 miles, there and back, and it is rated difficult. The backcountry campsite is about 4 miles into the hike. We will stop and set up camp then walk to the Tater Knob Overlook (total distance 5.6 miles). We will limit this trip to 15. If you choose to participate we will also have a group supper with each hiker contributing something for a shared meal. On Sunday morning we will hike out and enjoy a big country breakfast at the Defeated Creek Marina. For more information on the trip details, please e-mail Tammy Day at, or call in the evening to 615-904-0009.

Jan 20- Bear Waller Gap Day Hike

We will join the backpackers for a 5.6 mile day hike at Bearwaller Gap along Cordell Hull Lake to the Tater Knob Overlook. This is a one-way hike with shuttle. See full description above. Contact Tony or Millette Jones for more info. 615/397-9588 millette.jones@comcast.net

NASHVILLE CHAPTER

CHAPTER OFFICER:

615-356-6246

Jim Johnson

jimjohnsonjr@gmail.com

OUTINGS COORDINATOR:

Libby Francis

Libbyslibbys@Comcast.net

(email Libby & volunteer to lead an outing)

MEETS MONTHLY: The monthly meeting will be the chapter party at Jim & Jenice Johnson's house, from 5:00 to 10:00 PM on Friday, December 15th. Will email specific directions, or call 356.6246.

HIKING HOTLINE: 615-367-7045

Jan 23--This month our presenters are our very own Jenice Johnson and Libby Francis. Last June this peripatetic pair took off on another of their summer sojourns and landed in South Dakota for two weeks. They took in the Black Hills, the Badlands and more and--good for us--they took along that digital camera. Even if you saw these images via Libby's internet slideshow, you'll thrill to see them on the big screen. Come enjoy the austere beauty of the Dakotas and the priceless repartee that you get only with the Jenice and Libby show! 7PM at the Tennessee Wildlife Resources Agency Headquarters building, on-campus at the Ellington Ag Center, Trousdale Road. Jan 1 (Mon) New Year's Day Hike & Feast, Bridgestone Firestone Wilderness Area. Derosssett, TN. Refer to your December issue of Tennessee Trails newsletter for information. The registration deadline was December 29; however, if you have a question, call Diane Manas at 615-352-7777.

Jan. 6. Bells Bend Park-Hike With the Mayor

Nashvillians can take a walk in the park with Mayor Bill Purcell each month during the Celebrate Nashville festivities. The walk will be held rain or shine on the first Saturday of each month. Most of the walks will be about an hour long. All hikes are free, open to the public and start at 9am. For more information on these hikes, call the Mayor's office at 862-6000.

Jan.6. Beaman Park, Nashville. Explore one of Nashville's newer parks. The approximately 5 mile hike is rated easy to moderate. A friend of Jerry's will have hands on demonstration of survival shelter building. Jerry will do a demonstration on fire building while on the ridge trail. This should take about an hour and maybe useful if one were to get lost in the woods or even in the city if the unthinkable should happen, like a earthquake, etc. Anyway come and learn something useful. If you do not wish to stay for the demo, there will be an escort out. We will meet at the spring on Little Marrowbone Road. For information and to register, contact Jerry Hendrixson at Bigwagee@aol.com.

Jan.7 Radnor Lake, Nashville. For the first weekend of the New Year, we offer a trek to a familiar place: Radnor Lake State Natural Area just south of Nashville. This time we'll ascend Ganier Ridge, one of the highest points in Davidson County's Overton Hills. This hike is rated moderate for the elevation change and the mileage--roughly five to six. We'll gather in the West (Visitor Center) parking lot at 1:30. Please pre-register with Dave Walton at 615-292-1384.

Jan.13 Montgomery Bell Trail at Montgomery State Park, Hwy 70S near Dickson. This trail follows the perimeter of the park and passes by several lakes, near several historic areas and crosses streams. The hike is 11 1/2 miles and rated easy for the terrain, but moderate because of the distance. Bring snacks,

NASHVILLE (cont)

lunch and water. Wear boots for stream crossings. For more information and to register contact Nancy Juodenas, 615-227-4595 or njuodenas@hotmail.com.

Jan. 13. Ice/Snow Hike Perimeter Trail, Sewanee. The hike will be about 4 miles on the Perimeter trail where the probability for icicles will be most likely. Afterwards, Jim and Marietta Poteet will host their annual Chili and Fixin's lunch at their home in Sewanee. Meet at the Poteets at 10:00 am CST. For directions and to let them know you are coming call 932-924-7666. or e-mail nannietta@blomand.net.

Jan. 20) Twin Arches to Middle Creek, Big South Fork National Park Joint hike with Cookeville Chapter. See Cookeville write-up for details. Contact Garnett Rush at 615-352-7217 or e-mail rushga01@yahoo.com for information and to sign up for carpooling.

Jan. 27 Radnor Lake, Nashville. Continuing in the tradition of the Newcomers' hikes, we will have a leisurely hike followed by lunch at a nearby restaurant. We will hike the Lake Trail, Ganier Ridge Trail, and the South Lake Trail for about 4 miles. Views of the lake are especially nice with all the leaves off the trees. Wear boots and bring water and money for lunch. We will meet at 9:00 a.m. at the Visitors' Center. Call Elizabeth Gerlock to preregister at 356-6260 or 516-3478.

LEAVE NO TRACE PRINCIPLES

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



Tip: Avoid cotton clothing as "cotton is rotten" and "cotton can kill" when outdoors in cooler temperatures. Cotton dries slowly and won't keep you warm when you get wet, while wool, fleece and other synthetics will. Reconsider wearing jeans if rain is predicted – they weigh too much and take forever to dry.

SODDY DAISY CHAPTER

This chapter is being reorganized. For further information, contact Charles Jones, East Tennessee Representative At-Large at cejones9@earthlink.net. In the interim, you are welcome to attend other chapters (13 to choose from) outings, events and meetings.

NORTHWEST CHAPTER (UT at Martin/Weakley County)

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

Jan 15, Martin Luther King Day. We continue our annual hike on the North-South trail at Land Between the Lakes. We will start at the spur trail from Mountain Laurel Springs and proceed to the Home Place. A total of 8 miles over rolling hills. Rated easy to moderate, but watch for cold weather! Contact Jim Clark at 731-587-2225 or iclark@utm.edu.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Pam Miller 931-526-9259

Jan 6 Chimney Top, Frozen Head State Park, Wartburg, TN. We will hike to Chimney Top from the ranger station via Rough Ridge Trail. The hike is about 7 miles and very strenuous. The view from the top is wonderful. We will lunch at the top and retreat along the ridge top to the abandoned Connector Trail and down to Spicewood Branch. Bring lunch, water, dress in warm layers, good hiking boots, and bring a walking stick or trekking poles. You can meet us in the Penney's parking lot in Cookeville at 8:00am CT. We will leave from the ranger station about 10:00am. The hike should take about 5 ½ hours. For information and to register contact Paul Miller at 931-526-9259 or pdmiller@citlink.net.

Jan 13 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 water, snacks, and lunch. You can meet us at 8:00am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 8:30. For information and to register contact Jeremy Ey at 615-519-9868 or kayakerscout@hotmail.com.

Jan 20 Twin Arches to Middle Creek, Big South Fork NRA, Jamestown, TN. This hike features the Twin Arches, the largest natural bridge complex in Tennessee, Slave Falls, Needle Arch, rock houses, and other rock formations. Slave Falls is spectacular when frozen. The hike is about 11 miles and is rated easy for the terrain and moderate for the distance. Bring water, snacks, and lunch. You can meet us at 7:30am CT in the Penney's parking lot in Cookeville. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Joining TTA as a New Member? 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.

In the past, Supporting Member donations in excess of the regular dues were allocated to TTA's general operating fund. During the 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.

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 publicize your next trail volunteer day,
contact Harold Draper at 865-689-7757**

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ttahiker@msn.com

Vice-President
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Rosemary_L@hotmail.com

Treasurer
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East TN At-Large Director
VACANT

Membership
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rushga01@yahoo.com

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
Leslie El-Sayad editor@tennesseetrails.org

Newsletter Deadlines:

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

Due	For Newsletter Dated
Jan 10	Feb 1
Feb 10	Mar 1
Mar 10	Apr 1

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

Please send all submissions to:
editor@tennesseetrails.org

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 website:
www.tennesseetrails.org/release.php

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. Removable, no adhesives.

_____ TTA License Plate 14.00
Perfect for the front bumper of your 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.

_____ TTA Flashlight Carabineer Key Ring, blue 6.00

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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

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Mail your check payable to: Tennessee Trails Association
c/o Marietta Poteet, 525 Huckleberry Place
Monteagle, TN 37356

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

Jan 07

RENEWING MY MEMBERSHIP

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Garnett Rush 615-352-7217 rushga01@yahoo.com

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

PLEASE, PRINT CLEARLY.

- ___ Individual \$25.00
- ___ Family \$35.00
- ___ Student (FULL-TIME) \$15.00
- ___ Supporting (\$50.00, \$100.00 or more)
- ___ Life Member (Individual) \$500.00
- ___ Life Member (Family) \$750.00

Name _____
Address _____
City _____ State _____
Home Phone (___) _____ Zip _____ -- _____
Work Phone (___) _____
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

Leslie El-Sayad
Home: 865-717-6246
Les1202@aol.com

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

December 13, 2006

Leonard Chavaz
615-781-1071
cell ph: 615-207-0947
colplprt@bellsouth.net

Newsletter Printing

Cover Date: Jan 2007

Number of pages submitted
with this purchase order: **10 pages**

Printed Paper size: **two** - 11 x 17 sheets
one - 8½ x 11 sheets
printed on 2 sides
11 x 17 pages to be folded in ½ by Color Plus

Paper Weight: 20 pound paper weight

Paper Color: white

Ink Color: black

Print Quantity: 850 pieces

Approximate Cost:

Send **TAX EXEMPT** Invoice to:

Tennessee Trails Association
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Nashville, TN 37204

Leonard, please contact TTA Newsletter Party Coordinator Contact Diane
Manas, Newsletter party near Dec.18th at 7pm

- Their picking newsletters up from you at Color Plus Printing or,
- Your delivering newsletters to Their home or,
- Your delivering the newsletters to the location of the Newsletter Party