

# 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



## CUMBERLAND GAP "BEARS" VISITING

It was a pre-Easter day and surprisingly I had no previous commitments. That was my sign to head out to Cumberland Gap National Historic Park. This was the weekend for "Black Bear Blast". I missed the festivities on Friday but Saturday caught me up to speed on this unusual event. I had a Schedule of Programs and I was determined to take in as much as possible. Upon arrival at the Visitors' Center (a beautiful, modern 2 story structure); I was greeted very nicely. The workers (or volunteers) were extremely helpful. I enjoyed the private room for their audio/visual historic displays. I took my time and went through each period enactment. This was a real joy and so much history! The second story housed a 100-seat theatre, where I watched a wonderful bear movie which was filmed in Alaska by a Naturalist who has studied bears for 30 years. She named her favorites and she was able to capture the bears in both playful and dangerous situations. Next to the theatre was a tremendous Gift Shoppe, filled to the brim with local artist's creations. So much talent in that area! Outside the Visitors' Center was equally interesting. There were 10 canopies set up; each with different demonstrations. All the canopies were fully staffed and the children were fascinated. The "Bear Diner" canopy was staffed with bear faced waitresses. They explained why bears should eat only "bear foods" and there were lots of samples of "bear foods" to touch and feel. Other canopies were for the Bear CSI demo, the "can you find me now" telemetry demo, good bear/bad bear hazing demo, bear games and much, much more. The Black Bear once roamed freely through these mountains but were virtually eliminated from the region through over hunting and loss of habitat. Due to recent conservation efforts and habitat availabilities, the black bear is making a comeback. This 2-day event was designed to educate the public about bears. The public needs to know that "the bears are not a threat but a sign of a healthy ecosystem".

Regards from Rosemary Marshall-President TTA

## THE BIG DIG NEEDS YOU

"Now is the time to start planning to attend Big Dig 2006 May 1 – June 14 We really need help in the kitchen to support all the trail workers. You can help cook, prep and/or wash dishes. This is a fun time with fewer people but lots of old friends. If you want to work on the trail, that's great. But if you don't want to do trail construction, come for several days and help out in the kitchen. Breakfast is early but there is opportunity for a nap during the day.

**Save the Date October 24, 25 & 26, 2008**  
**TTA's 2008 Annual Meeting Indian Creek Camp (Liberty, TN)**  
**Lots more information to come.**

# CUMBERLAND TRAIL CONFERENCE

Office Location ..... 19 East 4<sup>th</sup> Street  
..... Crossville, TN 38555  
Office Hours ..... 8am-5pm  
Phone: ..... 931-456-6259  
Fax: ..... 931-456-4934  
Email: [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com)  
Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

## CUMBERLAND TRAIL CONFERENCE STAFF:

General Manager..... Tony Hook.....[tony.hook@frontiernet.net](mailto:tony.hook@frontiernet.net)  
Trail Development Coordinator..... Amanda Leamon .....[amanda.leamon@frontiernet.net](mailto:amanda.leamon@frontiernet.net)  
Trail Programs Coordinator ..... Alex Schafer .....[alex.schafer@frontiernet.net](mailto:alex.schafer@frontiernet.net)  
Office Manager ..... Marleya Pendleton.....[marleyapendleton@frontiernet.net](mailto:marleyapendleton@frontiernet.net)

## Cumberland Trail Spring Programs 2008

Dear TTA Members

The CTC Staff would like to thank the TTA for their tremendous support during our 2008 Break Away program. With your help Break Away was a success, another 4.25 miles of the Cumberland Trail was construction, with 265 students being housed and fed. Once again thank you. CTC Staff.

### UPCOMING EVENTS

**May 4-10: AHS Week**-The Cumberland Trail Conference will host an American Hiking Society Volunteer Vacation which will focus once again on the Smoky Mountain Segment. This is not limited to only AHS members but anyone who wants to work with this high spirited and hard working group of people. Food and lodging will be provided by the CTC @ Stony Fork School. Work day will be 8-4:30 every day.

**May 16-18:** Come out for the **Scout Weekend**, where you'll get the chance to work with girls and boy from all over Tennessee. Boys and Girl Scouts will be staying @ Nick's Creek Campground. For this event, food, water, and camping gear will be provided by the scout groups. There is a \$3.00 registration fee to cover the cost of the patch.

**May 19-June 14: Phase 2** of bridge building in Rock/Possum/Soddy, food and lodging will be provided @ Lutheran Camp near Soddy Daisy, Tennessee. Work day will be 8-4:30 every day.

**In order to make food and lodging plans, we ask that interested trail volunteers register for these events. Registration can be completed on-line at [www.cumberlandtrail.org](http://www.cumberlandtrail.org) or call the CTC office at 931-456-6259, fax 931-456-4934.**

## REMEMBER THE BIG DIG MAY 1-JUNE 14

### BIG SOUTH FORK CHAPTER

**CHAPTER OFFICER:** Jim Meadows  
423-628-6475 [jhnmh@highland.net](mailto:jhnmh@highland.net)  
**SECRETARY / TREASURER:** Benita Howell  
423-628-5521 [bjhowell@highland.net](mailto:bjhowell@highland.net)

**BOARD REPRESENTATIVES:** Tim & LynnTakacs  
615-824-7048 [lynntakacs@comcast.net](mailto:lynntakacs@comcast.net)  
or [ttakacs@comcast.net](mailto:ttakacs@comcast.net)

**OUTINGS COORDINATOR** Tom Howell  
423-628-5521 [tshowell1003@highland.net](mailto:tshowell1003@highland.net)  
(Call Tom & volunteer to lead an outing.)

**TRAIL MAINTENANCE COORDINATOR** Bob Hemminger  
[dagbob@juno.com](mailto:dagbob@juno.com)

Big South Fork Chapter is very busy getting ready for annual Rugby Spring Festival. In May. Although there are no hikes or nature walks scheduled during that time, all members are invited to come join the fun.

Please join other hikes in the area with neighboring chapters.

### CLARKSVILLE CHAPTER

**CHAPTER OFFICER:** J.R. Tate 931-9-  
**OUTINGS COORDINATOR:** Suva Bastin 931-6-  
(call Suva & volunteer to lead an outing)  
**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday, 7:00 pm CT at Crow  
Community Center, 211 Richview Rd.

**May 3** Overnight at Pioneer Cabin and hike, Rugby (must register); S. Bastin 931-645-2849

**May 10** Savage Gulf, South Cumberland Recreation Area; 10 miles, difficult; M. Hinton 270-725-0220

**May 17** Bowie Nature Center, Fairview, TN; 6 miles, easy; S. Bastin 931-645-2849

**May 24** No hike—Memorial Day weekend

**May 31** Cumberland Mountain St. Pk., Crossville, TN; 5 miles, easy; L. Weikel 931-358-5794

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## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER OFFICER:** Bobby Hardeman  
615-305-7955 puttr22@aol.com

**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at Grand Buffet (Hwy 31, north side of Spring Hill). Socializing and dinner at 6:00pm CT; meeting starts at 7:00pm.

**May 6** Regular monthly meeting. We will discuss April hikes and plan hikes for the remainder of the year.

**May 10** Monte Sano State Park, Huntsville, Alabama. Rising 1,650 feet above sea level, Monte Sano State Park consists of 2,340 acres, over 20 miles of hiking trails, plus adjacent Land Trust trails, cabins and other facilities. Bob Goodwin and Sandra Parker, natives of Huntsville, will lead this four mile moderate hike. It will include panoramic views of the Tennessee Valley, a large sink hole and the Stone Cuts, which are deep erosional clefs in a section of limestone on the top of the mountain. The trail passes through these large high walled, cave-like cuts. The trail is in good condition but rocky and uneven in places. There will be a 200 foot elevation gain in about ¼ mile and a 300 foot gain in one mile. Please note that there will be a \$3 per person fee to get into the park. After our hike we will have lunch at a local restaurant. Next, we will have a short tour of Big Spring International Park in downtown Huntsville. We will leave from A&D Market at 7:00 AM. Distance from A&D Market to Monte Sano State Park is about 125 miles. For more information and to register for the hike, please contact Bobby Hardeman at puttr22@aol.com or phone (615) 305-7955.

**May 31** Nathan Bedford Forrest State Park. We will leave A&D Market at 7 AM. The hike has several small creek crossings but they are shallow and should be no trouble. The trail starts at the Folk Life Interpretive Center. There are actually several trails. We will hike the five mile trail and maybe the 3 mile trail if time and energy permit. Bring plenty of water, lunch and trail snacks. You will also need sturdy boots. This is a moderate hike because of some elevation changes. Register with Hilda Vaughan at jvhk@charter.net or (615) 794-1331.

### 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. 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.

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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:** **MEETS MONTHLY:** Beginning in April, meetings will be held at Cove Lake State Park at 6:00pm on the first Monday each month. The meetings will return to the LaFollette Recreation Center in the fall.

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**May 5** Our meeting is scheduled at 6:00 P.M. at Cove Lake State Park Shelter 1 to discuss upcoming hikes For information call Richard 423-562-1110

**May 3** We will be hiking the Possum Trail creek in Soddy Daisy area north of Chattanooga. Meet @ Eagle Mart 8:00A.M. The hike is 4mi moderate. More info. contact Jerry Phillips 423-563-0867

**May 17** Meet Eagle Mart @ 8:00 A.M. to hike the Burnt Mill Bridge Loop located in the Big South Fork 4.3 miles rated moderate. More information contact Jerry Phillips 423-563-0867

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## EAST TN CHAPTER (Oak Ridge / Knoxville)

**CHAPTER OFFICER:** Rosemary  
865-548-6171 *Rosemary\_L@ho.*

**CHAPTER CO-OFFICER:** Allie Sass  
865-494-9522 *hike\_announcement\_etchapter@.*

**ASSISTANT CO-OFFICER:** Elise  
865-712-1916 *eliseus@hu*

**TREASURER:** E  
*snowcap34@hu*

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**May 10** Spence Field - GSMNP - Please join members of the East TN chapter of the Tennessee Trails Association on May 10th at 8:30AM as we make our way up to Spence Field courtesy of Lead Cove and Bote Mountain Trails. Spence Field's mountain top clearing boasts outstanding views and is a great place to stop for lunch. If our group is interested and time permitting we can head up a ways further to Rocky Top for a panoramic view of the park. From the trailhead (where we will meet up) at Lead Cove to Spence Field and back is 9.4 miles and the hike is rated difficult. Please bring water, lunch and snacks. For more information and to reserve your space on the hike, please contact Elise Eustace at 865-712-1916 or eliseus@hotmail.com.

**May 24** :Middle Prong Trail to Indian Flats Falls GSMNP .A scenic hike along an old railroad bed which follows the Middle Prong of the Little River. Approximately 8 miles, rated moderate with an elevation gain of about 1000 feet. Meet at 9:00 A.M. at Browns Creek Shopping Center near the Sonic on East Lamar Alexander Parkway (321-Walland Highway) in Maryville. Contact Karen Towle or Robert Paul at (865-983-1985) or robbypaul@hotmail.com for more information.

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## HIGHLAND RIM CHAPTER (Tulahoma Area)

**CHAPTER OFFICER:** H.T. (Tom) Bentley  
931-455-5849 *htbentley@charter.net*  
**VICE PRESIDENT:** Joette Carter 931-968-0073  
**OUTINGS COORDINATOR / NEWSLETTER CONTACT:**  
Marietta Poteet 931-924-7666  
*nannietta@blomand.net*

*(contact Marietta & volunteer to lead an outing)*

**MEETS MONTHLY:** 1st Tuesday at Crockett's restaurant in Tulahoma.  
Socializing & dinner at 6:00pm CT; meeting starts at 7:00pm

**May 3 - 4** - Back pack trip # 3 with Murfreesboro Group to Walls of Jericho. Contact Kim Griswald 615-893-6489 or [griswold.kim@gmail.com](mailto:griswold.kim@gmail.com).

**May 6** - The monthly meeting will be held at Crockett's and will be a joint meeting with Friends of Short Springs> The program has yet to be determined. Dinner will be at 6:00 and the meeting will be at 7:00. Meeting leaders will be Bud Austin and Margorie Collier.

**May 10** - Marietta Poteet will lead a hike to Cloudland Canyon We will do the West Rim Trail which is a 5.2 mile loop. We will then walk down to see the waterfalls which is a 500' drop and back up again. The loop is rated easy; however, the walk down to the falls, although via wooden stairs is rated moderate to difficult. Call Marietta Poteet at 931-924-7666 or email at [nannietta@blomand.net](mailto:nannietta@blomand.net).

**May 17**, Eat Hike Eat at Sewanee. Hike to be determined Start at Blue Chair about 9:45 but show up earlier for breakfast coffee and fellowship Contact To Bentley(931) 273-6344 [htbentley@charter.net](mailto:htbentley@charter.net) May 24 - Float Trip on the Elk River from the Elk River Dam to Farris Creek Bridge. Bring water toys and a lunch. We may have extra slots for canoeist and kayaking. The length will be 8 miles. Call Tom Bentley 931-273-6344

**May 26** - Memorial Day lake party on Carter Mt. Kayaks, canoes, paddle boats will be available. Easy 5 mile hike at 1:30 pm Bring lunch and drinks. Gas grill will be provided if you want to grill. Picnic pavilion at 11:00 am. Directions: go to Winchester courthouse and continue to Fayetteville, about 2 miles out of Winchester. Turn left onto Hwy. 16. Follow 16 up Keith Springs Mt. and between miles markers 22 and 23. Turn left onto Jehovah Jireh Lane. Follow road to private lake. Call Joette 931-968-0073.

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## MEMPHIS CHAPTER

**CHAPTER OFFICER:** Sandra Amsden  
901-830-8311 *amsden61@yahoo.com*  
**MEETS MONTHLY:** (Sep - May) 3rd Thursday at 7:00pm CT at Cordova Library, 8457 Trinity Rd.

**May 4**, Germantown Greenbelt /Riverwood Natural Area Kristel Reed will lead an easy 3-4 mile walk through the Riverwood Natural Area. Meet at 1:00 p.m. at the Riverwood Natural Area parking lot. For information call Kristel at 901-289-5981 or email [krisriverwalker@wmconnect.com](mailto:krisriverwalker@wmconnect.com) Directions: Turn east on Wolf River Blvd. off Germantown Pkwy. Once past the Stern Cardiovascular Clinic travel a short distance (approx 1/5 mi) and look for the entrance and small parking lot on the left across from Kimbrough Grove.

**May 15**, Monthly Meeting Cordova Public Library 7:00 p.m.

**May 17**, Memphis Chapter Annual Picnic --Postponed -- Watch June TTA Newsletter for a new date.

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## JACKSON CHAPTER

**CHAPTER OFFICER:** 731-695-1960 *chig*  
**TREASURER:** 206-553-9334 *ha*  
**SECRETARY** 731-668-4190 *Donald*  
**OUTINGS COORDINATOR:** 731-217-5966 *grogstad*  
*(Call Glen & volunteer to lead an outing)*

**MEETS MONTHLY:** 2nd Monday at Perkins Restaurant, 999 Vann Drive in Jackson. Socializing & dinner starts at 6:00pm CT; meeting starts at 7:00pm

**May 12** - Chapter Meeting: Meet at Perkins Restaurant on Vann Drive. Dinner at 6:00 p.m. and meeting starts at 7:00 p.m. Help plan the hiking schedule for the last half of 2008. This will be our last meeting until August 11th.

**May 17**: Tishomingo State Park, MS: Join us for a 7-10 mile hike winding along rocky bridges with spectacular views, through shallow, fern-filled canyons, and across the Bear Creek swinging bridge constructed in the 1930's. Bring lunch, water and wear sturdy hiking shoes. Registration is required for carpool information, meeting locations and time. Please contact: Glen Rognstad, 731-217-5966 or [grogstad5966@charter.net](mailto:grogstad5966@charter.net) Directions: Highway 45S to Corinth, then highway 72 toward Alabama to Highway 25S. Take 25S through Tishomingo then follow state park signs. We will meet at the tollgate/visitor's center.

### The Sensible Approach to Hydration

Being sensible about hydration can help you avoid heat illnesses (heat cramps, exhaustion and stroke), dehydration and over-hydration.

--Drink fluids only until your urine is clear. It isn't necessary to keep drinking (particularly the night before a race) so often that you have the need to urinate every 15-30 minutes.

--On hot, muggy days try to avoid training during the late morning or early afternoon hours. Run early in the morning or in the evening when the air is cooler. Never train in a sweat suit or nylon suit during hot weather to acclimate yourself to heat training or to lose weight.

--Choose sports drinks containing sodium and electrolytes rather than plain water for hydration during training and racing. Drink enough of a hydration sports fluid to give you clear urine prior to a training run or race, then drink only when you start to feel thirsty.

--Monitor your body. Some people sweat more than others. Some people also lose more minerals in their sweat than others. If you're the kind of person who finishes a workout caked with white salt around your hairline and/or under your arms, you may need to take in more of a sports drink than someone who loses less.

--If you're running a marathon, pay attention to signals that you may be developing dehydration, over-hydration or a heat-related illness. If you start to feel woozy, overly fatigued, tingling in your fingers or toes and you feel a headache coming on, stop running and let medical personnel know that you need attention.

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## MURFREESBORO CHAPTER

**CHAPTER OFFICER:** Millette Jones  
615-397-9588 *millette.jones@comcast.net*  
**OUTINGS COORDINATOR / CO-OFFICER:** Tony Jones  
615-397-4463 *awj68@comcast.net*

*(Call Tony & volunteer to lead an outing)*

**MEETS MONTHLY:** 2nd Tuesday at 7:00 pm CT  
Barfield-Crescent Park's Wilderness Station  
697 Barfield-Crescent Rd., Murfreesboro

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**May 3-** Wade Mountain Preserve, 5 mi., moderate. Bob Goodwin and Sandra Parker will lead the hike to Wade Mtn. Preserve which consists of 821 acres, with a semi-arid micro climate at the top and with views of Northern Alabama and Tennessee. The trail is in good condition with uneven, rocky footing in a few areas and climbs 350 feet in about 1 ½ miles; later another 150 feet in ½ mile. Once at the high point we will gradually descend 500 feet in 3 miles. There should be an abundance of wildflowers. Legend has it, that The Devil's Race Track at the top was used many years ago for horse racing. Lunch afterward at a local restaurant. For more information and to register for the hike, please contact Bob Goodwin at CAMEL40@earthlink.net or 256-564-8417. A carpool will leave from Murfreesboro at 8am.

**May 3-4-** Beginners Backpack at the Walls of Jericho Contact Kim Griswold for information. 615-893-6489 or griswold.kim@gmail.com

**May 13-** Monthly Meeting, 6:00 pm, Hike Planning and Finger Food Supper. Bring a finger food dish and your hiking ideas to the Wilderness Station at Barfield Crescent Park in Murfreesboro. We will be planning our schedule for August '08-January '09. Remember we meet 1 hour earlier than our normal meeting time.

**May 16-** Cloudland Canyon State Park, Rising Fawn, GA, 4.8 mi., moderate. This moderate hike offers rugged geology and beautiful vistas in one of the most scenic parks in Georgia. The park straddles a deep gorge cut into the mountain, and elevation differs from 800 to 1,980 feet. The most spectacular view into the canyon is found near the picnic area parking lot; however, additional views can be found along the West Rim Loop. Daniel Creek drops from the rim of the canyon to the floor in a series of cascades and waterfalls, two of which are visible from the Waterfall Trail. A \$3.00 parking fee may be required. Overnight camping is an option; please inquire with hike leader if you are interested. We will meet for the day hike at the Park Office at 10:00am. For information, directions and to register for the hike, contact Kathi Reagh at 615-793-2454 or kreagh115@clearwire.net.

**May 20-** Adventure Trip to Farmer's Market and the Bicentennial Capitol Mall, Nashville, rated easy. We will stroll through the park and the market. The beautiful 19 acre landscaped park has been rated by visitors as the top tourist attraction in Nashville, but few of us have been there. The farmer's market will have lots of spring flowers, shrubs, and produce for sale in a colorful, fun atmosphere. Its many ethnic food vendors will offer us choices for lunch that include Mexican, Greek, Middle Eastern, Cajun, Oriental, and good old Southern Cooking cuisines. Depart from Murfreesboro Sam's Club parking lot at 9 AM and return by 4 PM. Wear comfortable

## (cont) MURFREESBORO

clothes, and shoes for city walking. Bring \$\$ for lunch and to help with gas. Spouses and friends welcome. Contact Anna or Fount Bertram, abertram@dtccom.net or 615-765-5357.

**May 24-** Foster Falls South Cumberland State Park, 4-5 mile loop, moderate From the parking lot we will hike down to the river and cross the cable bridge to view the falls. We will then skirt along the bottom of famous cliffs known to climbers as the White Walls and the Dihedrals. A steep climb precedes our way back along the top of the cliffs for another view of the falls. You will need sturdy boots and plenty of water. After the hike we will have lunch in Monteagle. Register with Nabil Wakid at nwakid@bellsouth.net or call 615-893-7942.

### Planning ahead-

**June 10-** Monthly Meeting- Our Annual Summer Picnic at Barfield-Crescent Park, Shelter 5. TTA will provide hamburgers, hot dogs, fixings and drinks. Bring a side dish or dessert to share and your friends and family. Please sign up as early as possible so that we know how many burgers and dogs to buy, veggie alternatives are available, let us know your preference. Contact Millette Jones at millette.jones@comcast.net or 615-397-9588.

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### 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
- |           |   |
|-----------|---|
| May 1-31  | CTC's Big Dig Trail Building Event on the Cumberland Trail                                |
| May 3     | Board of Directors' Quarterly Meeting (Location TBA)                                      |
| May 4-10  | American Hiking Society's Volunteer Vacation Trail Building Event on the Cumberland Trail |
| May 16-18 | Boy & Girl Scout Troops Trail Building Event on the Cumberland Trail                      |
| Jun 1-14  | CTC's Big Dig Trail Building Event on the Cumberland Trail                                |
| Jun 7     | National Trails Day   |
| Aug 2     | Board of Directors' Quarterly Meeting (Location TBA)                                      |
| Sep 14-20 | B.R.A.T. (Proceeds Benefit the Cumberland Trail)  |
| Sep 27    | National Public Lands Day (Location TBA)  |
| Oct 24-26 | Annual Meeting (Liberty, TN) hosted by Nashville Chapter                                  |

*\*Calendar will be revised as needed.*

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Save the  
Date

TTA's 2008 Annual Meeting October 24, 25 & 26, 2008  
Indian Creek Camp (Liberty, TN)

## We have a new place for our board meetings!!!!

Shelby Bottoms Nature Center  
1900 Davidson St. Nashville

Saturday, May 3, at 1 p.m.

If someone from the Shelby Bottoms staff is available, I've asked them to come in for a couple of minutes at the beginning of the meeting to tell us about the center - as far as I know, it's the first "green" nature center in the Metro Parks system. There's more info on the Metro Parks website if you need it for the newsletter: [www.nashville.gov/parks/nature](http://www.nashville.gov/parks/nature)

### Directions to Shelby Bottoms.1900 Davidson Street. Nashville

From I-24 West, take exit #49 at Shelby Avenue and turn right at traffic light. Turn right at South 5th St and continue to stop sign. Turn left onto Davidson Street and follow to the Shelby Park entrance at the stone columns. Continue along river road to entrance of Shelby Bottoms Greenway under the railroad bridge.

For anyone coming from East or West TN, you would go west on I-24 from I-40.

### 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.



## NASHVILLE CHAPTER

### CHAPTER OFFICER:

615-517-6486

Nora Beck

[nora\\_beck@comcast.net](mailto:nora_beck@comcast.net)

### OUTINGS COORDINATOR:

Libby Francis

[libbyslibbys@comcast.net](mailto:libbyslibbys@comcast.net)

*(email Libby & volunteer to lead an outing)*

### MEETS MONTHLY: 4<sup>th</sup> Tuesday at 7:00 pm CT

TN Wildlife Resources Association meeting room at Ellington Agricultural Center, 5105 Edmondson Pike. For directions, visit: [www.tennessee-trails.org/nashville.php](http://www.tennessee-trails.org/nashville.php)

**May 27** - Annual chapter picnic at Edwin Warner Park. The picnic is the program! Bring a potluck dish and beverage to share. Plates, cups, napkins and flatware will be provided. Family and friends are welcome! We will reserve Shelter 10 from 3:00 p.m. to sunset, so come early as 3:00 - others will be there. We'll plan on a twilight hike following our meal. **Directions:** From Nashville, head west out of town. In Belle Meade, pickup up Hwy. 100 from the Hwy. 70 & 100 split. Drive 3-4 miles and turn left onto Old Hickory Blvd. Go to the first traffic light and turn right onto Vaughn Road. Travel approximately 3/10-mile and turn right into the picnic shelters area (there will be signs). For those who prefer to navigate using GPS: 36.03.064 N, 08654.866 W. For more information contact Nora Beck at [nora\\_beck@comcast.net](mailto:nora_beck@comcast.net) or 517-6486.

**May 7 & 21** Mossy Ridge, Percy Warner Park, Nashville. This moderate 4.5-mile hike over hills and dales is perfect for an after work cool down. Wear sturdy boots and bring water. Meet at the Deep Wells trailhead at 5:00 pm, CDT. Contact Garnett Rush at 615-352-7217 or [rushga01@yahoo.com](mailto:rushga01@yahoo.com) to ask questions or sign up.

**May 10**, Bledsoe Creek Loop, Gallatin. Let's try this again. Maybe it won't snow this time. This loop hike offers lakeside walking in addition to some hilltop walking through prime deer and wild turkey habitat. The 3.1-mile trail is rated easy to moderate. Bring snacks, water and sturdy walking shoes. Contact Libby Francis, 615-889-5718 or [libbyslibbys@comcast.net](mailto:libbyslibbys@comcast.net) for more info.

**May 14** Radnor Lake, Nashville. After work hike, and dinner, Hike in the middle of the week, we will meet at 5:30 P.M. then after hike dinner is at Panera Bread. we will be able to sit outside. Contact Toni Reeves, 615 509 7278 [tonir@bellsouth.net](mailto:tonir@bellsouth.net) for more info.

**May 18**, Appalachian Center for Crafts Trail, Smithville. The trail head is at the craft center. There are 3 trails, 10 miles in all, with moderate elevation gain. Most of the trail is on the shore line of Center Hill Lake. Email Jerry at [Bigwagee@aol.com](mailto:Bigwagee@aol.com) to sign up for the hike and for info on carpooling.

**May 17:** May Prairie State Natural Area near Manchester, TN. This is one of the most floristically diverse of our state natural areas, with more than 300 plant species documented - and 25 of those are considered rare in Tennessee. This hike should be rated easy - not a lot of elevation change. Because of the floral diversity that makes this place unique, we won't be in a hurry - the wildflowers will be the main attraction. You'll want to have water and snacks and your camera. Contact Nora Beck at [nora\\_beck@comcast.net](mailto:nora_beck@comcast.net) for meeting time and place and further details.

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**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.tennessee-trails.org/release.php](http://www.tennessee-trails.org/release.php)

**2008 Membership Directory**  
**It's Update Time!**

The 2008 edition of the TTA Membership Directory will be mailed to all current members in May/June. Please be sure your dues are paid up so that you will be listed in the directory, and receive your copy when it's published. Also, please let us know if your home/email address and/or telephone number has changed since the last directory that was published in July 2007.

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

- • **Internet:** Visit our website ([www.tennessee-trails.org](http://www.tennessee-trails.org)), navigate to "Member Services," select and fill out the "Electronic Address Change Form."
- • **Mail:** Using the New/Renewal Membership Form (on the last page of this newsletter), fill in your new information, write on the form "address change" and mail to the address shown on the Membership Form.
- • **Email / Phone:** TTA's Membership Director, Garnett Rush at [rushga01@yahoo.com](mailto:rushga01@yahoo.com) or 615-352-7217.

Not sure of when your membership expires? **Please** look at the mailing label on your current monthly newsletter; it displays your annual expiration date just above your address. You will need to renew your membership within that month showing on your mailing label in order to avoid a lapse/interruption in receiving your newsletter.

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**NORTHWEST CHAPTER**  
**(UT at Martin/Weakley County)**

**CHAPTER OFFICER:** Jim Clark 731-587-2225  
[jclark@utm.edu](mailto:jclark@utm.edu)

Our Chapter is working on the 2008 hike schedule and is active despite not having an announcement for specific hikes. Call Jim Clark at 731-587-2225 to find out what you can do to help the chapter.

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**PLATEAU CHAPTER (Crossville)**

**CO-CHAPTER OFFICERS:** Jan Barber  
931-839-6663 [taxxing@aol.com](mailto:taxxing@aol.com)

931-788-1724 [genetn1@hotmail.com](mailto:genetn1@hotmail.com)

**SECRETARY/TREASURER:** Jim Grove  
**MEETS MONTHLY:** 2nd Thursday at 6:30pm CT. Art Circle Public Library's Community Room, 154 East 1<sup>st</sup> Street, Crossville

*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](mailto:sue1290@frontiernet.net). Rain cancels.*

**May 8.** Chapter meeting. Art Circle Public Library Community Room. 6:30 PM CDT. Program to be announced. Please contact Co- Chair, Jan Barber.

**May 10.** North and South Old Mac Trails, Frozen Head State Park, Wartburg. We'll go up the North Old Mac trail to the newly completed tower/observatory, and then come back down the South Big Mac trail. The hike is about 6.5 miles in length, good hiking trail, but rated moderately difficult due to 2000 foot elevation gain. Meet at the Vanity Fair Outlet Mall parking lot at 7AM CDT. For more information and to register, contact Gary Ruetenik at [druetenik@frontiernet.net](mailto:druetenik@frontiernet.net) or 931-484-0824.

**May 17.** Cloudland Canyon, Rising Fawn, Georgia (Northwest Georgia). Located on the western edge of Lookout Mountain, this is one of the most scenic parks in Georgia, offering rugged geology and beautiful vistas. The park straddles a deep gorge cut into the mountain by Sitton Gulch Creek, and the elevation differs from 800 to 1,980 feet. The hike along the West Rim and Waterfalls Trail includes a 600-step staircase on the way to two waterfalls cascading over layers of sandstone and shale into pools below. With a little luck we'll see both rhododendrons and azaleas in bloom. The total hiking distance will be about six miles, is rated moderate, and will take about three to four hours. The driving time from Crossville is a little over 2 hours. Bring water, lunch, and snacks. Meet at the Grace Community church on the Miller bypass at 7 AM CDT. For more information and to register contact Jim McCullough at [sue1290@frontiernet.net](mailto:sue1290@frontiernet.net) or 931-484-8222.

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## UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Pam Miller 931-526-9259  
*pdmiller@citlink.net*

**May 3** Mullen's Cove Loop, Prentice Cooper State Forest and Wildlife Management Area, Signal Mountain, TN. The loop offers views of the Tennessee River Gorge, rock bluffs, and cascading streams. The hike is rated moderate for 500 foot elevation changes, stream crossings, steep ascents and descents, and length. The total distance is 10.2 miles. Bring water, snacks, and lunch. You can meet us in the Penney's parking lot in Cookeville at 7:30am CT or at the US Bank across from McDonald's in Sparta at 8:00. For information and to register contact Pete Broehl at 931-738-3551 or *pbroehl@tnaccess.com*.

**May 10** Perimeter Trail, Sewanee, TN. We will hike from the intersection of Brakefield Road with the Perimeter Trail past Dotson Point and Rutledge Point to Greens View. This moderate hike is about 7.3 miles and features overlooks from the edges of the bluffs. After the hike we will explore the Sewanee campus which is a historical and architectural gem and visit a local pub for refreshment. Bring snacks, water, and lunch. You can meet us at 7:00am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 7:30. For information and to register contact Eugene Cummings at 931-528-6139 or *eugenelions@yahoo.com*.

**May 17** Virgin Falls 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 in the Penney's parking lot in Cookeville at 8:00am CT or at the US Bank across from McDonald's in Sparta at 8:30. For information and to register contact Marnell Cothran at 931-738-5874 or *leron@blomand.net*.

### 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*

### Tick Season is Approaching Be Prepared!

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

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

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

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

### 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.*

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Save  
the  
Date

TTA's 2008 Annual Meeting  
October 24, 25 & 26, 2008  
Indian Creek Camp (Liberty, TN)  
Lots more information to come



## OFFICERS:

### President

Rosemary Marshall 864-548-6171  
*Rosemary\_L@hotmail.com*

### Vice-President

LouAnn Partington 931-393-4835  
*louannpartington@bellsouth.net*

### Treasurer

Don Dresser 731-668-4662  
*Donald\_Dresser@usit.net*

### Secretary

Carolyn Miller 931-456-4465  
*cardan@frontiernet.net*

### Past President

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

### Previous Past President

Fount Bertram 615-765-5357  
*fwbertram@dtccom.net*

### West TN At-Large Director

D. Jack Smith 901-685-1586  
*djlawfirm@yahoo.com*

### Middle TN At-Large Director

Libby Francis 615-889-5718  
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### East TN At-Large Director

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*matlockjf@usit.net*

### Membership

Garnett Rush 615-352-7217  
*rushga01@yahoo.com*

### Cumberland Trail Conference Representative

Ray Garrett 865-483-4466  
*garrett.ray@comcast.net*

### TN Rails To Trails Advisory Council

Bob Richards 615-532-0753  
*robert.richards@state.tn.us*

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:

<u>Due</u>	<u>For Newsletter Dated</u>
<b>May 10</b> .....	June 1
June 10 .....	July 1
July 10 .....	Aug 1

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

Please send all submissions to:  
*editor@tennesseetrails.org*

## Shop amazon.com Through TTA's Website

### When You Buy Books

(or anything else)

### at amazon.com

### Through TTA's Website

### TTA Benefits!

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

## Tennessee Trails Merchandise Order Form

\_\_\_\_\_ TTA Patch .....5.00  
*Round embroidered patch, sew it on anything.*

\_\_\_\_\_ TTA Window Decal .....2.00  
*A must for each car. Removable, no adhesives.*

\_\_\_\_\_ TTA License Plate.....12.00  
*Perfect for the front bumper of your car.*

\_\_\_\_\_ TTA 35<sup>th</sup> Anniversary Commemorative Patch .....5.00  
*Round embroidered patch commemorating TTA's 35th Anniversary, sew it on anything.*

\_\_\_\_\_ TTA Flashlight Carabineer Key Ring, blue .....3.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_ Zip: \_\_\_\_\_

PHONE hm: (\_\_\_\_) \_\_\_\_\_ wk:(\_\_\_\_) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Mail your check payable to: Tennessee Trails Association  
 c/o Marietta Poteet  
 525 Huckleberry Place  
 Monteagle, TN 37356  
*nannietta@blomand.net*

*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**

May 08

**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](mailto: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

April 12, 2008

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

Color Plus Printing  
415-A Spence Lane  
Nashville, TN 37210

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

## Newsletter Printing

Cover Date: May 2008

Number of pages submitted  
with this purchase order: 10 pages

Printed Paper size: 2 - 11 x 17 sheets  
1 - 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: 800 pieces**

Approximate Cost:

Send **TAX EXEMPT** Invoice to:

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

Leonard, please contact Diane Manas at 615-352-7777  
or 615-351-6431 to arrange:

- Her picking up newsletters from you at Color Plus Printing or,
- Your delivering newsletters to her home or,
- Your delivering newsletters to the newsletter party, which will be:  
April 17 at 6:00pm at Nora Beck's; 3811 Baxter Ave, Nashville (37216); 517-6486