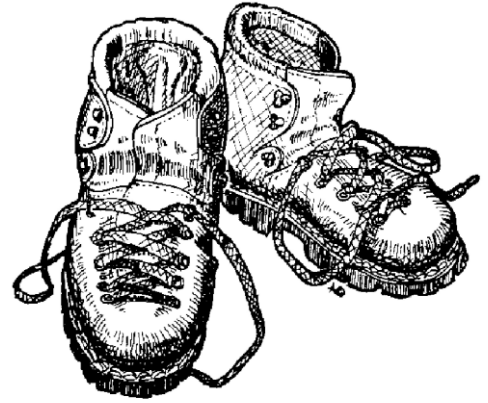


TENNESSEE TRAILS

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



THANK YOU!

Many thanks to the intrepid TTA volunteers who came out on a very rainy Saturday to help with the annual Spring Fling at Dunbar Cave. The Friends of Dunbar Cave are ever so grateful for our Tennessee Trails partners and the great enthusiasm they show each year at this event. A special thank you to Suva and Jack Bastin for the hot dog and coffee stand; Mike Connell, John Sneed, Bob Lyon, Merri Hinton, Ron Hunter, J.R. and Judith Tate, and Paul Schwab for being there to talk to folks about hiking, Tennessee Trails activities and for helping move tables, tents and chairs!!

Many Thanks!!
Sally Schiller, Interim President
Friends of Dunbar Cave
www.dunbarcave.org

JOIN US FOR THE QUARTERLY BOARD MEETING!

Due to the recent flooding in Nashville, the second quarter board meeting has been rescheduled for Saturday, June 12 at 1 pm CT at the Bells Bend Nature Center in Nashville.

All members are invited to join us for the hike and the board meeting. For more information, contact Don Dresser at president@tennesseetrails.org.

Directions to Bells Bend Nature Center:
From I-40 take exit 204 and go North on Briley Parkway. Take exit 24 and turn left onto State Rt. 12. – toward Ashland City. Go over 2 miles and turn left at the stop light onto Old Hickory Blvd. Go 4 miles, the entrance to Bells Bend Park (trailhead) is on your right. Go to the second Park entrance for the Bells Bend Outdoor Center.

SUPPORTING MEMBERSHIP RECOGNITION

We would like to recognize and thank these Supporting Members : **Barbara & Herb Fritch, Bryce West, Nancy & Allen Crawford, Akito Kai, Jerry & Gloria Lenski, Diane Manas, Harold & Martha McCurdy, Janet Sheahan, Steve & Kathy Zuck, and the TVA Natural Heritage Project.**

Even though we appreciate all of our TTA members, we are truly grateful to those who support our state's trail system by making an extra financial contribution. Your tax-deductible donation of \$25, \$50, or more over and above the membership fee is applied to our Evan Means Small Grants Program which provides support for trail projects across the state. As noted in the May newsletter, Evan Means Small Grants for 2010 went to the CTC to assist in their Spring Breakaway Program, Friends of Bledsoe Creek State Park for trail cleanup supplies, the Nashville TTA chapter to help fund a memorial bench in Edwin Warner Park in honor of Bob Brown, one of four co-founders of the Cumberland Trail, and the Southeastern Foot Trails Coalition Conference.

Many thanks to you all!

Ron Dunn
Membership Director

DID YOU MARK YOUR CALENDAR YET?

TTA ANNUAL MEETING

**NOVEMBER 12-14
PICKWICK LANDING STATE PARK**

CUMBERLAND TRAIL CONFERENCE

Office Location19 East 4th Street
.....Crossville, TN 38555
Office Hours8am-5pm
Phone:931-456-6259
Fax:931-456-4934
Email: cumberlandtrail@rocketmail.com
Website: www.cumberlandtrail.org

The CTC is continuing the effort to complete the New River segment of the CT. This segment is located in Campbell, Scott, and Morgan Counties, which is a very mountainous region of the Cumberland Plateau. Once completed, this segment will connect Cove Lake and Frozen Head State Parks, adding 35 miles to the over-all trail and fitting together another piece of our linear puzzle. In April, a CTC trail crew and volunteers constructed 1.25 miles of trail in this segment. This was a successful outing. Trail personnel camped at an established remote base camp, fully equipped, even with a hot shower. The weather was excellent, it was a good time, and a lot of work was accomplished. Other trail building programs for this segment are planned with the goal of completing this segment by June 2012.

It's Tick Season

Tick season is usually the end of March through June. Unlike other biting insects, ticks do not bite right away; they crawl around and find a nice, warm, hairy area and dig in.

You can prevent bites by wearing long pants, tucked into your socks, and checking your body regularly for ticks. If you wear shorts, you will need to inspect your bare legs often.

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.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Paul Schwab 931-645-9068
clarksville@tennesseetrails.org
CHAPTER CO-CHAIR: J.R. Tate 931-920-2692
clarksville@tennesseetrails.org
TREASURER: Sandy Janus 931-551-8523
clarksvilletreas@tennesseetrails.org
SECRETARY: Pam Gadsey 931-552-2325
clarksvillesecy@tennesseetrails.org
OUTINGS COORDINATOR: John Sneed 931.920.3828
clarkvillehikes@tennesseetrails.org
(call John & volunteer to lead an outing)
MEETS MONTHLY: 3rd Tuesday at 7:00 pm CT at Crow
Community Center, 211 Richview Rd.
Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/clarksville>

Jun 5 - National Trails Day- We will do a work project on the Cities' McGregor Park RiverWalk Upland Trail from 8:00 am until 11:00 am CT. McGregor Park RiverWalk Upland Trail connects to Commerce Street pedestrian bridge and ends just before Valleybrook Park. Paul Schwab 931-645-9068. Meet at Main Street and N Spring Street.

Jun 12 - Greeter Falls, Grundy County, TN. 3 miles. Moderate. John Sneed 931-920-3828; Randy Hedgepath will lead an interpretive hike. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot.

June 15 - Chapter Meeting. State Naturalist Randy Hedgepath will present an interesting and informative program.

June 19 - Bearwaller Gap, Defeated Creek Recreation Area, Smith County, TN. 5.6 miles. Difficult. Suva Bastin 931-645-2849. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot.

June 26 - Two hikes: Hematite Lake on Land Between The Lakes, Trigg County, KY, and Grand Rivers, KY urban hike. Easy. John Sneed 931-920-3828. Meet 8:00 am CT, Sears Parking Lot in Governors Square Mall, Clarksville.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Bobby Hardeman 615-430-0638
columbia@tennesseetrails.org

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

Jun 1 - Chapter Meeting. Our speaker is Andrea (Pandy) English, Wildlife Diversity Coordinator for the Tennessee Wildlife Resources Agency. Pandy has a Master's Degree in biology from Austin Peay State University. She has worked for over 20 years as an interpretive naturalist at places such as The Woodlands Nature Center at TVA's Land Between the Lakes, Dunbar Cave Natural Area and Warner Parks. Pandy will speak to us on bats and caves in Tennessee.

Jun 5 - NATIONAL TRAILS DAY - Devil's Backbone, Natchez Trace, near Hohenwald, TN. 3.5 miles. Moderately strenuous. This loop trail, with 200 feet of elevation change, takes the hiker from the pavement of the Natchez Trace Parkway out along the ridges of Tennessee's Highland Rim, down along a creek and back again. Hikers should wear sturdy boots, and bring water and snacks for the trail. We will meet at Columbia State College in front of the Administration Building at 9:00 am CT to carpool, or you may meet us at the Trailhead at 10:00 am. Directions from Nashville: Head southwest on the Parkway to mile marker 394 where a large sign points to the parking area. Directions from Highway 412: Head northeast on the Natchez Trace for about 3 miles. The entrance is on the left. Hikers should be at the trailhead early and must sign a liability waiver. Contact Bobby Hardeman for more information and to register at 615-430-0638 or puttr22@aol.com.

Jun 26 - Monte Sano State Park, Stone Cuts Trail, Huntsville, AL. 2.5 miles. Easy to Moderate (in some short sections). This will be good summer hike as most of the trail system runs through the forest. We will start on the Sinks Trail off the closed road near the overlook parking area, continue on Logan Point Trail and Panther Knob Trail, then take the Stone Cuts Trail and spend a little time exploring the rock formations on that trail. We will then loop back on the other end of the Sinks Trail. Wear sturdy boots and bring lunch, snacks and plenty of water for the trail. We will meet in the old Kroger parking lot behind McDonald's at 4908 Main Street (Hwy 31) on the north end of Spring Hill at 6:45 am CT and leave at 7:00 am sharp. The drive to the trailhead is about 2 hours. We do not plan to stop for lunch on the way back, but if another carload wishes to do so they may. Please contact Kevin Hahn at 615-591-8130 to register.

COVE LAKE CHAPTER

CHAPTER CHAIR: Richard Helm 423-562-1110
covelake@tennesseetrails.org

CO-CHAIR: George Gill 423-562-7121

Jun 5 – Devils Race Track. Moderate to Difficult. Meet 9:00 am ET at the Bruce Gap parking lot. For more information contact Richard Helm 423-562-1110.

Jun 8 - Meet 6:00 p.m. at Cove Lake State Park shelter I or 2 to discuss upcoming hikes. This is potluck so bring your favorite. Everyone is welcome to attend. For more information contact Richard Helm. 423-562-1110.

Jun 19 –Roan Mountain. 3 miles. Easy. We will meet 7:00 am ET at Jacksboro Middle School. Be sure to dress warm. For more information contact Richard Helm 423-562-1110.

Jun 27 – Greenway Trail, Harrogate, TN. 5 miles. Easy. Meet 1:30 pm ET at Food Lion. For more information contact John Redmon 423-869-8286.

DYER COUNTY CHAPTER

CHAPTER CHAIR: Rita Norvell 731-445-4601
dycounty@tennesseetrails.org

SECRETARY/TREASURER: Frank Salowitz
dycountysecy@tennesseetrails.org

OUTINGS COORDINATOR/BOARD REP: Jim Stark 731-589-1776
dycountyhhikes@tennesseetrails.org
(Call Jim & volunteer to lead an outing.)

MEETS MONTHLY: (Sep-Jun) 4th Thursday at 5:30 pm CT at Dyersburg Main Street Office, 111 Market Street on the south side of the square in downtown Dyersburg

No hikes scheduled at press time.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-548-6171
easttennessee@tennesseetrails.org

VICE-CHAIR: Elise Eustace 865-201-5806
easttennessee@tennesseetrails.org

TREASURER: Bob Uhren
easttennesseetreas@tennesseetrails.org

No scheduled hikes in June.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Barbie Taylor 931-454-0599
highlandrim@tennesseetrails.org

VICE CHAIR: Nora Henn 931-668-1870
highlandrimvice@tennesseetrails.org

TREASURER: Marietta Poteet 931-924-7666
highlandrimtreas@tennesseetrails.org

OUTINGS COORDINATOR & NEWSLETTER CONTACT:
Jim Poteet 931-924-7666
highlandrimhikes@tennesseetrails.org
(contact Jim & volunteer to lead an outing)

MEETS MONTHLY: 1st Tuesday at 7:00 pm CT at the D. W.
Wilson Community Ctr., 501 N. Collins St., Tullahoma.

Jun 1 – Chapter Meeting. Randy Hedgepath, Tennessee's State Naturalist, will present an entertaining program on wildflowers along the trails of the State Park system. Some folks will be eating at Fazoli's Restaurant, 1969 N. Jackson Street, at 5:30 pm CT. Call Barbie Taylor for additional details.

Jun 5 - National Trails Day - Workday at Short Springs State Natural Area, Tullahoma, TN. We will meet at the parking area at 9 am CT. Depending on the number of volunteers available, we will tackle a number of projects, including re-painting trail markers, placing water bars on the Machine Falls Trail, installing a stepping stone crossing of Machine Creek, eradicating invasive plants, constructing a board walk across a wet weather area of the trail, and extending the Adams Falls Trail. Please pre-register with Wally Bigbee at 931-473-5968 or at *bigb@blomand.net*.

Jun 12 - Annual Membership Meeting of the Friends of South Cumberland. All are welcome. The meeting gets under way at noon, but there will be ranger led hikes in the morning, and Jim & Marietta Poteet will be leading a hike on the Climber's Loop at Foster Falls after the meeting. Pre-registration is not necessary, just meet at the Visitor Center on US41 between Monteagle and Tracy City. More details will be available on the Friends website, *www.friendsofscsra.org*.

Jun 19 - Eat-Float-Eat outing on the Elk River, starting just below Tims Ford dam. Contact Tom Bentley at *htbentley@lighttube.net* or 931-273-6344 for more details.

Water: It's a Real Lifesaver

Perhaps the single most essential element of a safe, enjoyable hiking trip is access to water. Although plenty of carbohydrates are an important part of keeping your energy up while out on the trail, water is the fuel you absolutely must have to keep your engine running. You can survive a surprisingly long time without food, but you cannot survive without water. Approximately 70 percent of your total body mass is water, and your blood is 90 percent water. Without water, the blood thickens and causes your blood pressure to rise and your muscles to cramp. Through perspiration, breathing, and urination, the average human loses at least three quarts of water per day and much more when engaging in a strenuous physical activity. It is important to replenish this water on a daily basis - it is essential to replenish it during, and after, a hike. Experts recommend people consume between three and four quarts of water a day, or approximately half an ounce per pound of body weight. The amount increases in high temperatures, when your body loses more water through sweat, and in low temperatures, when water escapes through breath. When you can see your breath, you are exhaling a mass of tiny water droplets that need to be replaced. Altitude also affects the amount of water your body requires. You will need a minimum of three quarts of water per day up to 12,000 feet and at least 10 quarts per day in higher regions.

An adequate water supply is necessary for the body to metabolize nutrients efficiently. Water also keeps your joints lubricated, regulates your body temperature and helps flush out contaminants. It is important to continuously replenish your body's water while you hike - not only when you are thirsty. Thirst is a sign that your body's water level is already low. Fatigue and headaches are also signs that you are becoming dehydrated. You may even become irritable. To avoid dehydration, experts recommend drinking at least one cup of fluid for every 20 minutes of vigorous hiking.

Dehydration is classified in three levels. When you are mildly dehydrated, your nose dries up, your urine is noticeably yellow, and you are mildly thirsty. In moderate dehydration, these symptoms become more severe and are compounded by a weak, rapid pulse. When your body hits severe dehydration, your mucous membranes dry up completely, you become disoriented and drowsy, are unable to urinate or make tears. As this condition worsens, you will eventually go into shock. The best way to avoid dehydration is to drink regularly, even if you are not thirsty. If you start to experience early signs of dehydration, start drinking more water - quickly. More severe dehydration should be treated with salt tablets; be aware that these are difficult to digest. Other precautions include avoiding caffeine and alcohol. Both are diuretics and extract water from your system. After a long day on the trail, continue drinking large quantities of water throughout the evening to completely rehydrate.

So, how much water should you pack along? Experts maintain that a hiker will consume an average of two gallons of water per day, or as much as 3.5 gallons if the temperature climbs over the 100-degree mark. Even if you are hiking along streams and have a purification system, you should still have extra water. Water weighs more than 2 pounds per quart and can become a tremendous weight in your pack. But, when paring down, leave the radio and even the camera at home - don't skimp on the water.

David Lillard and Gwyn Hicks, "Water: It's a Real Lifesaver," Exploring the Appalachian Trail, Hikes in the Virginias, 1st ed. (Mechanicksburg, PA: Stackpole Books, 1998), 128-29.

JACKSON CHAPTER

CHAPTER CHAIR: Glen Rognstad 731-217-5966
jackson@tennesseetrails.org
TREASURER: Anne Goodson 664-1556
jacksontreas@tennesseetrails.org
SECRETARY: Don Dresser 731-668-4190
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OUTINGS COORDINATOR: Glen Rognstad 731-217-5966
jacksonhikes@tennesseetrails.org

(call Glen & volunteer to lead an outing)

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

There are no chapter meetings during the months of June, July and August.

Jun 12 - Eleven Point Wild and Scenic River Canoe Trip - Alton, Mo. This scenic river meanders through the picturesque Ozark hills of southern Missouri. Its course is cut in the shadows of steep bluffs, through sloping forested valleys and low-lying riparian ecosystems. Barely more than a small stream at its upper reaches near Thomasville, it gains considerable width and depth as it proceeds southeastward. Springs pouring from dolomite bluffs or rushing up from a vast network of underground flow systems provide a continuous source of water and beauty. Alternating stretches of rapid and deep clear pools wind around moss-covered boulders and shading bottomland hardwood trees. River birch is abundant along the shore, and aged sycamores lean out across the river from their shoreline moorings. In some places the canopy of green closes overhead. The canoe rental company will provide round trip transportation to and from the river, a 17-foot canoe, paddles, and life vests. Recommended items include a hat, sun screen, shoes and plenty of water and snacks. For additional information and to register, please contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com*.

Planning Ahead:

Jul 17 - Buffalo River Canoe Trip, Linden, TN. The Buffalo River offers the perfect outdoor getaway. The clean, clear water of the Buffalo River sets the pace for a day next to nature. We are currently planning on the 10-mile float from Bell Bridge to Slink Shoals which takes an average of 4-6 hours. The canoe rental company will provide round trip transportation to and from the river, a 17-foot canoe, paddles, and life vests. Recommended items include a hat, sun screen, shoes and plenty of water and snacks. For additional information and to register, please contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com*.

MEMPHIS CHAPTER

CHAPTER CHAIR: Margaret Smith 901-210-6097
memphis@tennesseetrails.org
VICE-CHAIR: Francis Ruffin 901-396-1108
memphisvice@tennesseetrails.org
MEETS MONTHLY: (Sep – May) 3rd Thursday at 7:00 pm CT at
Cordova Library, 8457 Trinity Rd.

It's vacation time! No chapter meetings or hikes scheduled during the months of June, July and August. In the meantime, check out other TTA chapters hike listings in the TTA Newsletter or *www.tennesseetrails.org* and join a hike!

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.

MURFREESBORO CHAPTER

CHAPTER CHAIR: Millette Jones 615-397-9588
murfreesboro@tennesseetrails.org

OUTINGS COORDINATOR/BOARD REPRESENTATIVE:
Tony Jones 615-397-4463
murfreesborohikes@tennesseetrails.org

(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

BLOG: www.tennesseetrails.org/blog/murfreesboro

Jun 5 - National Trails Day - Barfield Crescent Park, Murfreesboro, TN. Come join us for some trail maintenance at this wonderful park. Bring Gloves, sturdy shoes a sack lunch and water. For more information or to sign up contact Jim Schroeder at doughboyjim@comcast.net or 615-896-3023.

8 - Chapter Meeting: Annual summer picnic at Barfield Crescent Park Shelter # 2. We will feast at 6 pm CT. Please bring a covered dish to share and call in advance to tell us how many you will be bringing. This is open to all TTA members and their families and any guests of the TTA. Please contact Tony Jones at awj68@comcast.net or 615-397-4463 to CONFIRM.

Jun 19 - Cumberland Trail Possum Creek Day Hike. 10 miles. Moderate. Bring sturdy shoes and PLENTY of water for this hike on the CT. For information or to sign up contact Jim Schroeder at doughboyjim@comcast.net or 615-896-3023.

Jun 19 - ELK RIVER Kayak/Canoe float beginning at Tim's Ford Dam. Please see Highland Rim description for details.

Jun 27 (SUNDAY) - Duck River Kayak/Canoe float. We will float from Normandy Dam to Dement Bridge with lunch and small portage at Cortner Mill. Contact Tony Jones at awj68@comcast.net or 615-397-4463 to register or for information.

NASHVILLE CHAPTER

CHAPTER CHAIR: Libby Francis
nashville@tennesseetrails.org

OUTINGS COORDINATOR: Libby Francis
nashvillehikes@tennesseetrails.org
(email Libby & volunteer to lead an outing)

MEETS MONTHLY: 4th Tuesday at 7:00 pm CT in the REI
Community Room, 261 Franklin Road, Brentwood. For directions, visit: www.tennesseetrails.org/nashville.php

Jun 5 - Meriwether Lewis Loop, Hohenwald, TN. 3.5 miles. Easy to moderate. This ridge and streamside forest loop travels some very historic ground. We visit the site of Meriwether Lewis' burial, the historic Natchez Trace, and Grinders Stand cabin. The Little Swan Creek valley is always beautiful. If there is interest, we will hike the Devil's Backbone loop just down the road following this hike. You will need sturdy boots, snacks and lunch, and lots of water. For more information, meeting times, and place, contact Libby Francis at libbyslibbys@comcast.net, or 615-889-5718.

Jun 7 (Monday) - After Work Hike on the Warner Woods Trail, Warner Parks. Nashville, TN. 2.5 miles. Easy. This hike is great for newcomers to TTA as well as beginners to hiking. The Warner Woods Trail overall is rated easy; it's short (2.5 miles); there are some hills (great if you're looking to increase your heart rate); and can be done wearing either hiking boots or trail worthy shoes. Please be aware that there will be roots, rocks, ruts and some mud to challenge even the most balanced walkers. Along the way you can expect to see a variety of early summer wildflowers, maybe some critters, areas of large old-growth forest; and as we approach the sun's setting we may even have the opportunity to hear the night creatures stirring about – such as evening songbirds, owls hooting, or maybe even the coyotes calling. In addition to wearing sturdy hiking shoes, you may want to carry a bottle of water and a flashlight (we should be off the trail before it gets dark). The hike should take about one hour to complete. We will meet at 6:45 pm CT at the flagpole just inside the sandstone arch entrance to the park – which is at the very end of Belle Meade Blvd (and at the intersection of Page & Chickering Roads). An RSVP is not required, but it is helpful to know to expect you (and wait a few minutes if you're running late) or to call you if the hike is cancelled (only due to rain). If you have questions, please call Diane Manas at 615-352-7777.

Jun 14 (Monday) – After Work Hike. See description for June 7 above.

Jun 21 (Monday) – After Work Hike. See description for June 7 above.

Nashville – continued from page 6

Jun 22 - Chapter Meeting. We have a real treat in store! Danny Shelton, an avid bird watcher, has put together a 37-minute DVD presentation that will take us through four seasons of birds we can expect to see in Tennessee. "A Year with Birds" was recently premiered to the Nashville chapter of the Tennessee Ornithological Society, to a standing ovation. Bring your bird-watching friends, and plan on staying after the brief business meeting and great program to meet and greet and enjoy light refreshments. For more information contact Nora Beck at nora_beck@comcast.net.

Jun 26 - Couchville Cedar Glade. 1.5 miles. Easy. This 122-acre state natural area is adjacent to Long Hunter State Park. Expanses of surface limestone and shallow soils support plant species that only grow in these conditions. Another special feature is bird life - we have the opportunity to hear whippoorwills, chuck will's widows, and nighthawks - perhaps simultaneously! So - we're making this a birding opportunity as well, with a late-afternoon start. Meet at the K-Mart/FedEx parking lot on Donelson Pike just north of I-40 (Exit 16-C off I-40 from points west) at 3:30 pm CT. This area is flat so the hike/walk is rated very easy; trail is less than 1.5 miles in length. Wear comfortable shoes and bring water; snacks, too, if you like. Insect repellent is a very good idea; and cameras are encouraged. You may want to bring a portable cushion for comfortable seating as we listen for bird calls. To register contact Nora Beck at 615-517-6486 or nora_beck@comcast.net.

NORTHWEST Chapter (UT at Martin / Weakley County)

CHAPTER CHAIR: Scott M. Pun 731-881-7316
northwest@tennesseetrails.org

TREASURER: Sandy Davis 731-587-9134
northwesttreas@tennesseetrails.org

MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT during the academic year (Feb-Apr and Sep-Dec) on the UT Campus in the Paul Meek Library, Rm 120, Media Services B1

Jun 8 – Chapter Meeting. Meet at the Library at 7 pm CT. We will hand out T-shirts then if you did not get them from Scott sooner.

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-456-6437
plateau@tennesseetrails.org

SECRETARY/TREASURER: Jim Grove 931-484-7900
plateausecy@tennesseetrails.org

MEETS MONTHLY: 2nd Thursday at 6:30 pm CT
First United Methodist Church Annex, 69 Neecham St., Crossville
BLOG: www.tennesseetrails.org/blog/plateau

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 visit the Plateau Chapter Blog at www.tennesseetrails.org/blog/plateau. Rain cancels.

Jun 5 - National Trails Day - Black Mountain, Crossville, TN. Choice of two hikes: Hike 1 will be an easy 1.7 mile loop around the top of Black Mountain with two overlooks providing a view of the Cumberland Plateau and the Tennessee Ridge and Valley landscape. Hike 2 will be a moderate 5 mile hike from the top of Black Mountain to Windless Cave and then to Cox Valley Road. For planning purposes, both hikes require registration. Meet at Trinity Tabernacle Church, 2028 South Main (Hwy 127 South) at 8:00 am CT. For more information and to register, contact Cheryl Heckler at thehecklers@charter.net or 931-456-6437.

Jun 19 - Caney Fork River Canoe Trip, Silver Point, TN. This is an easy (Class 1) float of 6 miles from the put in at the dam to the take out at the Happy Hollow river access. The Caney Fork features clear, cold water which is good for fishing or swimming on a hot day. To enjoy the scenery and a lazy float down the river, plan to spend approximately 4 hours on the water. Cost is \$45 for up to 2 people in a canoe or \$45 for one person in a kayak. There is an additional charge of \$3 per person for the shuttle service. Reservations are required. Deadline for reservations is June 12. For more information and to register contact Carolyn Miller at cardan@frontiernet.net or 931-839-3213.

Jun 26 - Abrams Falls, Great Smoky Mountain National Park. 5 miles. Moderate. We will hike along Abrams Creek to the 20 foot Abrams Falls and back. The trail features several elevation changes along the way. We hope to catch the Catawba Rhododendrons in bloom. We will make a brief stop at Cades Cove Village afterwards. Meet at the southwest corner of Vanity Fair parking lot at 6:45 am CT. For more information and to register, contact Cheryl Heckler at 931-456-6437 or thehecklers@charter.net.

SODDY-DAISY CHAPTER

CHAPTER CHAIR: Brandy Selman (423) 544-9608
soddydaisy@tennesseetrails.org
TREASURER: Jan Agee (423) 504-3581
soddydaisytreas@tennesseetrails.org
MEETS QUARTERLY: 1st Monday of Jan, Apr, Jul & Oct at
6:00 pm in Soddy Daisy's Municipal Building

No hikes scheduled at press time.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Thomas & Debra Obrock 615-826-7459
sumner@tennesseetrails.org
MEETS MONTHLY: 1st Tuesday at 7:00 pm CT
First Presbyterian Church
172 West Main Street, Hendersonville

No hikes scheduled at press time.

Tip:

Protect yourself from the sun. A brimmed hat, sunscreen, lip balm and sunglasses are important items to have in your pack.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR: Louise Miniard 931-528-9115
uppercumberland@tennesseetrails.org

No hikes scheduled for June.

Planning Ahead:

Jul 31 - Mt. LeConte, Great Smoky Mountains National Park, Gatlinburg, TN. 13 miles. Strenuous. We will hike a section of the Appalachian Trail to the Boulevard Trail, which makes a gradual ascent of Mt. LeConte along a crooked ridge connecting the mountain to the main Appalachian chain. As the elevation never drops below 5000 feet on the way to the summit, temperatures should be pleasant. We will descend by way of the spectacular Alum Cave Bluff Trail. There are many excellent viewpoints along the Boulevard and Alum Cave Trails. Bring snacks, water, lunch, and hiking boots. For information and to register contact Richard Savage at 931-526-2035 or *savage_richard@hotmail.com*.

Tip:

Dehydration is serious. Drink a lot of water – more than you feel you need. One of the first signs of dehydration is a headache. If you become hydrated, you must slow down immediately and get re-hydrated.

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

Newsletter Editor
 LouAnn Partington 931-393-4835
editor@tennesseetrails.org

TTA CALENDAR

The following dates in 2010 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 or leading volunteers from your chapter/region for an event listed.
- can be sure to prevent scheduling conflicts with an activity you wish to plan.

SECOND QUARTER

Jun (tbd) Trail Building on the Cumberland Trail
 Jun 5 National Trails Day (Statewide)
 Jun 12 Board of Directors Quarterly Meeting
 (rescheduled), Bells Bend Nature Center,
 Nashville, TN.

THIRD QUARTER

Aug 7 Board of Directors' Quarterly Meeting
 (Location TBA)
 Sep (tbd) Bike Ride Across Tennessee (B.R.A.T.)
 Proceeds Benefit the Cumberland Trail
 Sep 25 National Public Lands Day (Statewide)

FOURTH QUARTER

Oct 17-23..... CTC's "Making the Connection" Trail
 Building on the Cumberland Trail's New
 River Segment with American Hiking
 Society's Volunteer Vacation (Wartburg)
 Nov 12-14 Annual Meeting at Pickwick Landing State
 Park hosted by Jackson & Memphis
 Chapters
 Nov 14-17 American Trails National Symposium
 (Chattanooga, TN)

Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Jun 10	Jul 1
Jul 10	Aug 1
Aug 10	Sept 1

All submissions are subject to editing. Articles of general interest and non-hiking events will be included as space permits.

Please send all submissions to:
editor@tennesseetrails.org

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**

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Ron Dunn 615-867-3301 membership@tennesseetrails.org

Jun10

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
- I would like to receive my newsletter by e-mail.

Please list me with the following chapter:

- ___ Clarksville
- ___ Columbia/Franklin
- ___ Cove Lake
- ___ Dyer County
- ___ East TN(Oak Ridge/Knoxville)
- ___ Highland Rim(Coffee & Franklin Counties)
- ___ Jackson
- ___ Memphis
- ___ Murfreesboro
- ___ Nashville
- ___ Northwest(UT at Martin/Weakley)
- ___ Plateau(Crossville)
- ___ Soddy Daisy
- ___ Sumner Trails
- ___ Upper Cumberland(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 - CTC and TRAC. (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, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie, and programs, in addition to learning about the progress and plans of the organization.

As a member of TTA, you are welcome to attend all TTA/CTC/TRAC functions.