

# 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



## SAVE THE DATE

The Southeastern Foot Trails Coalition will hold its biennial conference in Tennessee the weekend of September 20 - 23, 2012.

The conference will be based at Fall Creek Falls State Park in Pikeville, TN.



## ABOUT THE CONFERENCE

Members of hiking and trail building organizations from across the southeastern United States, partners of the coalition and any other interested parties will gather in Tennessee for a weekend of hiking, education, fun and celebration of the foot trails experience. Several guided hikes of varying length and difficulty will be offered in nearby locations. Simultaneously there will be a series of educational sessions of varying length on tracks which address needs and interests of the hiking and trails community. Social activities will provide opportunities to share in fun with other participants and make new friends in the "trails community".

## DON'T LEAVE HOME WITHOUT IT

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

Experienced outdoor enthusiasts know what items are most important to bring - even for short walks or hikes out of base camp. The "10 Essentials" are items that cannot be improvised from materials lying on the forest floor. To be found without these few items, even only a few miles from car, camp or cabin, can spell disaster. The "Ten Essentials" are the end-product of years of hard-won experience. They are intended to help outdoor enthusiasts avoid getting into trouble in the first place, and, if that doesn't work, to minimize the damage.

The standard list of 10 essentials varies slightly depending on which source you go to. For example, the Boy Scouts, Sierra Club, and The Seattle Mountaineers', each have their own lists, yet they all incorporate the same basic items.

The following list is not to be considered cast in concrete - each outdoor enthusiast should customize his or her own kit for the barest minimum of supplies. Note that the first three items are for finding your way, the second three are for your protection, and the last four are for emergencies.

- Map
- Compass
- Flashlight, extra batteries and bulb
- Hat, sunglasses, bug repellent, gloves
- WATER!!! And a way to purify water. Extra food.
- Clothing: raingear, socks, sweater, space™ blanket
- Matches / lighter, candle / fire starter
- Mirror, whistle
- Pocket knife
- First aid kit: moleskin, antibiotic ointment, medications.
- Always tell someone else your hiking plans
- Use your common sense

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



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As almost everyone knows, the Cumberland Trail Conference (CTC) is an affiliate of the Tennessee Trails Association and the TTA is a sponsor of the Cumberland Trail project. In times past at the TTA's statewide annual meeting, donated items were sold and auctioned off to raise money for the CTC's *BreakAway* volunteer trail construction event. For the past 14 consecutive years, the CTC has hosted various groups of college and university students from across the United States who travel to Tennessee and help construct the Cumberland Trail. Yearly, it is the largest volunteer event managed by the CTC. This year, 2012, will be the 15<sup>th</sup> consecutive year and the TTA donated \$3,558.00 for the event. This generous donation was proceeds from the 2011 TTA annual meeting auction. The Cumberland Trail Conference wants to state a big **THANK YOU** to the Tennessee Trails Association.

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## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** J.R. Tate 931-920-2692  
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**CHAPTER VICE-CHAIR:** Suva Bastin 931-645-2849  
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**SECRETARY:** Judith Tate 931-920-2692  
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**OUTINGS COORDINATOR:** Paul Schwab 931-645-9068  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)

*(call Paul & volunteer to lead an outing)*

**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday at 7:00 pm CT,  
 Crow Community Center, 211 Richview Rd.  
*Additional information may be seen at our web site:*  
<http://www.tennesseetrails.org/blog/clarksville>

**Apr 14 - Mossy Ridge Trail, Warner Park, Nashville. 6.5 miles. Moderate.** John Sneed 931-920-3828. Meet 8:30 am CT, I 24 Exit 11 commuter parking lot. 49 miles to trailhead.

**Apr 17 - Monthly Meeting.**

**Apr 21 - Earth Day!** Activities to be announced.

**Apr 28 - Ashland City Rails to Trails. 6.5 miles Easy except for length.** Will shuttle. Ken Johnson 931-220-3361. Meet 8:30 am CT, Madison Street KMart, Clarksville, TN. 23 miles to trailhead.

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## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CHAIR:** Marvin Caine 931-486-1632  
[columbia@tennesseetrails.org](mailto:columbia@tennesseetrails.org)  
**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at Grand Buffet (Hwy 31 north side of Spring Hill). Socializing and dinner at 6:00 pm CT; meeting starts at 7:00pm.

**Apr 3 – Chapter Meeting –** Bob Goodwin will present pictures of his 12 day trip with Sandra Parker on a 2,000+ mile trip from Northern New Mexico and the area bordering Colorado, to Carlsbad Caverns in the south during the late summer of 2010. This trip includes the Capulin Volcano National Monument, Vietnam Memorial, Philmont Scout Ranch, the Cumbres and Toltec scenic railroad which weaves through northern New Mexico and southern Colorado-touted as America's longest and highest narrow gauge railroad. It also features the high road to Taos, various Indian reservations, Los Alamos (Atomic City), Bandelier National Monument, Valles Caldera National Preserve (a huge volcanic crater), Window Rock, AZ headquarters of the Navajo, Zuni Pueblo, El Morro National Monument, Gallup, Acoma Pueblo, Abiqui-Georgia O'Keefe country, Sandia Peak, Socorro area, to include the National Radio Astronomy Observatory (Very Large Array Telescope), Las Cruces, La Mesilla and Carlsbad.

**Apr 14 – Savage Day Loop Trail, Savage Gulf State Natural Area, Cagle, TN. 4.5 Miles (with 10 Mile option). Relatively easy.** The hike begins at the Savage Ranger Station and makes a loop on top of the plateau. There is a wooden suspension bridge crossing over Boyd Branch. There is also a decent viewing area at Rattlesnake Point Overlook. We will take the spur trail to Savage Falls Overlook. Those who want to hike the longer 10-mile loop using the Mountain Oak Trail, may do so if we bring at least 2 vehicles. This longer hike would include a few more scenic overlooks. Bring water and snacks for the trail, and bring a lunch for the trail if you plan to hike the longer loop. Wear sturdy boots. We may or may not stop for lunch after the hike, depending upon interest. We will meet behind McDonalds, 4908 Main Street (Hwy 31) in front of the People's Church, Spring Hill, and leave at 6:30 am CT. We should arrive at the trailhead around 8:15 am. To register, please contact Kevin Hahn at 615-775-4259 or [compensate@yahoo.com](mailto:compensate@yahoo.com).

Con't on next page

**Apr 28 – Short Springs Natural Area, Tullahoma, TN. 3.5 miles. Easy.** This 420 acre natural area is one of the best spring wildflower locations in the state. We may see Trout Lilies, Virginia Bluebells, Jack-in-the-Pulpit, Larkspur, Dutchman's Breeches and the more common Trillium and Mayapples. It also provides an excellent contrast between the Highland Rim and Central Basin geology and vegetation. When descending along the Machine Falls trail, exposed black Chattanooga shale can be seen at mid-slope. The formation delineates the two geographical regions. Thickets of mountain laurel grow on the upper slopes under a dry oak-hickory forest canopy that is characteristic of Highland Rim vegetation. The lower slopes and areas along Bobo Creek support towering sycamores, buckeye, magnolia, beech and tulip poplar trees with a rich shrub layer and herbaceous cover. The steep escarpment and its numerous wet weather seeps are particularly impressive during the moist winter and spring months. Waterfalls in the area include Machine Falls, with a drop and width of more than 60 feet, and Busby Falls, which can be seen from overlooks on the Bobo Creek trail. We will meet behind McDonald's, 4908 Main Street (Hwy 31) on the north side of Spring Hill (near the old Kroger's, now a branch of the People's Church) and leave promptly at 8:00 am CT. Please arrive at least 15 minutes early to sign the TTA release form. Wear sturdy boots and bring water and snacks for the trail. As the trail to Machine Falls can get wet, please bring a change of clothing and spare shoes for the return drive. We will stop in Tullahoma or Manchester for a late lunch. Register with Rick Lausten at [saturncar1@aol.com](mailto:saturncar1@aol.com) or by phone at 615-516-1417 (cell).

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## DYER COUNTY CHAPTER

**CHAPTER CHAIR:** Rita Norvell 731-445-4601  
**OUTINGS COORDINATOR/BOARD REP:**

Jim Stark 731-589-1776  
[dyercountyhikes@tennesseetrails.org](mailto:dyercountyhikes@tennesseetrails.org)

*(Call Jim & volunteer to lead an outing.)*

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

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Hike information unavailable at press time.

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## COVE LAKE HIKING CHAPTER

**CHAPTER CHAIR:** John Redmon 423-869-8286  
[covelake@tennesseetrails.org](mailto:covelake@tennesseetrails.org)

**SECRETARY/BOARD REPRESENTATIVE:**  
Kathy Sarvis 865-494-0374  
[covelakesecy@tennesseetrails.org](mailto:covelakesecy@tennesseetrails.org)

**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at 7:00 pm ET at the recreation center, 300 W. Beech St., La Follette.

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**Apr 1 - Wildflowers at Savage Gardens.** Those coming from Campbell County meet at Jacksboro Middle School parking lot at 1:00 pm ET to car pool to Norris Dam State Park, or meet at 1:30 at the park. Bring a walking stick. Directions to Norris Dam State Park: I-75 to the Clinton/Norris (exit 122), turn east toward Norris onto State Highway 61. Past the Museum of Appalachia, turn left onto U.S. Highway 441 toward Norris Dam State Park. Follow Highway 441. Do not cross dam, park in lot near glass building to car pool to Savage Gardens in Lake City. Please RSVP Harry Shatz 865-494-0374 as viewing may have to be moved up since spring has arrived very early this year.

**Apr 15 - River Bluff Trail, Norris Dam State Park. 3.1 mile loop.** Bring a walking stick. The River Bluff Trail parallels the Clinch River and offers one of the most diverse concentrations and finest displays of spring wildflowers in the region. Bold Yellow Trout Lily, Red and Yellow Trillium, subtle White Blood Root, Hepatica and many more carpet the forest floor the final weeks of March and the first few weeks of April. Those coming from Campbell County meet at Jacksboro Middle School parking lot at 1:00 pm ET to carpool to Norris Dam State Park or meet at the park at 1:30 pm. See Apr 1 hike listing for directions to Norris Dam State Park. Please RSVP Harry Shatz 865-494-0374 as hike date may be changed.

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## EAST TN CHAPTER

### (Oak Ridge / Knoxville)

**CHAPTER CHAIR:** Rosemary Marshall 865-548-6171  
[easttennessee@tennesseetrails.org](mailto:easttennessee@tennesseetrails.org)

**VICE-CHAIR:** Elise Eustace 865-201-5806  
[easttennessee@tennesseetrails.org](mailto:easttennessee@tennesseetrails.org)

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**Apr 14 - White Oak Sinks via Chestnut Top Trail, GSMNP. 7.5 miles. Moderate.** This hike will start at the Townsend Wye parking lot entrance to the Park. We'll begin ascending Chestnut Top Trail for 1200' over a distance of 2.7 miles before intersecting Schoolhouse Gap Trail at 4.3 miles and turning right. At the picnic tables at the park boundary we begin the off-trail descent into White Oak Sinks. While in the "Sinks" we'll check out the Bat Cave, sinkholes, the disappearing waterfall, and the abundance of wildflowers. We exit White Oak Sinks via a sometimes steep, well-worn path that leads back to Schoolhouse Gap Trail near the Turkey Pen Ridge Trail intersection. It's then just 1.1 miles down to Laurel Fork Rd. Wear sturdy hiking boots and bring lunch and water. Meet at 9:00 am ET at the Townsend Wye. To pre-register contact Rosie at [rosemary\\_1@hotmail.com](mailto:rosemary_1@hotmail.com) or 865-951-8317.

**Apr 21 - 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 10:00 am ET at trailhead. To pre-register contact Rosie at [rosemary\\_1@hotmail.com](mailto:rosemary_1@hotmail.com) or 865-951-8317.

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## HIGHLAND RIM CHAPTER

### (Coffee and Franklin Counties)

CHAPTER CHAIR: Linda Hudson 931-841-0540

[highlandrim@tennesseetrails.org](mailto:highlandrim@tennesseetrails.org)

TREASURER: Marietta Poteet 931-924-7666

[highlandrimtreas@tennesseetrails.org](mailto:highlandrimtreas@tennesseetrails.org)

OUTINGS COORDINATOR & NEWSLETTER CONTACT:

Joan Hartvigsen 931-962-0811

[highlandrimhikes@tennesseetrails.org](mailto:highlandrimhikes@tennesseetrails.org)

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

MEETS MONTHLY: 4<sup>th</sup> Monday at 7:00 pm CT at the D. W.

Wilson Community Ctr., 501 N. Collins St., Tullahoma.

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**Apr 14 – “Invite a Friend to Hike” Hike.** Short Springs State Natural Area, Tullahoma, TN. 4 miles Moderate. This is a spectacular wildflower hike plus the added bonus of awesome Machine Falls! Take this opportunity to introduce a friend to the fun of hiking. We’ll also hike the Adams Falls Loop, Busby Falls Loop and the Laurel Bluff Loop. Bring your friend, water and lunches to the Short Springs SNA parking lot at 9:00 am CT. Contact Joan Hartvigsen at 931-962-0811 or 931-636-2914 for more information and to register.

**Apr 21 & 22 – Annual Trails and Trillium Event, Monteagle Assembly, Monteagle, TN.** Instead of our usual Eat-Hike-Eat outing in Sewanee, Cathleen Close, Joan Hartvigsen and other members of the Highland Rim Chapter will be leading hikes for the annual Trails and Trillium event. Formerly held on the Saint Andrews-Sewanee campus, the event is now located on the grounds of the Monteagle Sunday School Assembly, with the friends of South Cumberland State Park as sponsor. The list of hikes has not yet been finalized, but there will be a number of half-day hikes in the morning and again in the afternoon on Saturday, as well as several all-day hikes on Sunday. Keep checking the TTA web calendar (<http://www.tennesseetrails.org/calendar.php>) for a complete schedule of hikes.

**Apr 23 – Chapter Meeting.** Our dinner is at 5:30 pm CT at Ming’s Buffet, 1406 N. Jackson St., Tullahoma, TN. Then we will be treated to a wonderful program at 7:00 pm at the D. W. Wilson Community Center! Nature photographer Barrett Hedges will present his program “Winter in Yellowstone”. Wolves will be one of the many animals featured.

## Highland Rim – con’t

**Apr 28 - Lost Cove Cave, Carter State Natural Area, South Cumberland State Park, Sewanee, TN. 4.5 miles roundtrip. Moderate.** 650 foot elevation change. Lost Cove is a completely enclosed valley just to the south of Sewanee. All water that drains into the cove goes underground at the Big Sink (located on private property), and emerges at the Buggytop entrance to the cave. Peter Cave is a higher, dry entrance to the cave system. Jim and Marietta Poteet will lead us to both the Buggytop and the Peter Cave entrances. While it is possible to traverse the cave between the two cave entrances, the cave interior is currently closed to exploration in order to protect hibernating bats from the spread of white-nose syndrome, a disease that has decimated bat populations in other caves. (Note: much of the signage which bans cave access has been vandalized at the Natural Area. You should not enter the cave just because you don’t see any signs. There will be ample public notification when the ban is lifted.) Contact Marietta at [nannietta@blomand.net](mailto:nannietta@blomand.net) or at 931-924-7666 for information about meeting time and place.

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## 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.

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## JACKSON CHAPTER

**CHAPTER CHAIR:** Vicky Moeller 731-668-9336  
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**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:** 1<sup>st</sup> Monday at Gander Mountain, Vann Drive,  
Jackson. Socializing & dinner starts at 6:00 pm CT;  
meeting starts 7:00 pm

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**Apr 14 - LBL – Canal Loop.** This will be an eleven mile hike at the north end of Land Between the Lakes. We will meet at Panera at 8 am CT or at the North Visitor Center at 10:30 am. To register or obtain additional information, please contact Dick McKeen at *sprucemountain@Eplus.net* or 731-697-8372.

**Apr 28 - Tishomingo.** This will be a 7 to 8 mile hike in Tishomingo State Park. We will meet at Panera at 8 am CT or at the park entrance station at 10:30 am. To register or obtain additional information, please contact Sara Rognstad at *hakim.sara@gmail.com*.

### Planning Ahead:

**May 26-28 - Smokies Camping Trip.** Mark your calendars for this upcoming camping trip on Memorial Day weekend.

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## 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.*

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## MEMPHIS CHAPTER

**CHAPTER CHAIR:** Charlie Bright 901-829-4434  
*memphis@tennesseetrails.org*

**VICE-CHAIR:** Francis Ruffin 662-781-5034  
*memphisvice@tennesseetrails.org*

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**There is no meeting this month.**

**Apr 1 – Woodland Trail Wildflower Hike, Meeman-Shelby Forest.** Shelby Forest comes alive in the spring! Tricia will lead a leisurely 2-3 mile hike to discover the colorful wildflowers in Shelby Forest. Wear sturdy shoes and bring a bottle of water and meet us at the Shelby Forest Visitor's Center at 1:00 pm CT. Contact: Tricia at 901-488-4844 or *bestarmymom@gmail.com*.

**Apr 7 – Woodland Trail Wildflower Hike, Meeman-Shelby Forest. \*\*DATE CHANGE\*\*** Shelby Forest comes alive in the spring! Tricia will lead a leisurely 2-3 mile hike to discover the colorful wildflowers in Shelby Forest. Wear sturdy shoes and bring a bottle of water and meet us at the Shelby Forest Visitor's Center at 9:00 am CT. If you have any questions, please contact Tricia at 901-488-4844.

**Apr 14 - Big Hill Pond State Park near Pochontas, TN. 6-7 mile loop. Moderate.** We will meet at the boat dock in the park at 9:30 am CT and start the hike promptly at 9:45 am. This trail takes us over wooded hills through rock outcroppings and to a fire tower overlooking the Tuscumbia river valley. Bring lunch and water. Boots strongly recommended. If you have questions, contact Wayne Simpson, 901-385-1988 or *w.simpson2@comcast.net*.

**Apr 21 - Mousetail Landing State Park, Parsons, TN.** Carpool 7:30 am CT from the Memphis/Shelby County Visitor's Center at exit 25 on I-40 (south on Highway 205 toward Collierville from I-40), or meet at 10 am at Mousetail Landing Park Visitor Center. The 8-mile trail is rated moderate with some steep and rugged hills. We will eat lunch at a shelter on a bluff overlooking the Tennessee River. To register for carpool contact Francis, 662-781-5034 or Gloria, 901-277-5756. Directions: Take I-40 to Exit 126, south on Hwy 69 14 miles to Parson, TN. Travel east on Hwy 412 for 6 miles and cross the Tennessee River. Take a left on Hwy 438, travel 2.5 miles. The park entrance is on the left. Drive about a mile to at the park visitor center parking lot.

**Apr 28 - Chickasaw State Park.** Eileen and Brian will lead a multi trail 4-5 mile hike. The park is located 18 miles south of Jackson on Hwy 100. Use the campground entrance, meeting at the amphitheater/camp store parking area, just across from the RV campground at 9:30 am CT. Your hike leaders will be staying in the park for the weekend and invite you by their campsite for refreshments after the hike. Bring water and a snack for the trail. The park has 52 RV and 29 tent camping sites available. For information contact Eileen at *e\_kelm@yahoo.com* or call 901-873-3221. For more information on the park, see <http://www.tennessee.gov/environment/parks/Chickasaw>.

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## MURFREESBORO CHAPTER

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*murfreesboro@tennesseetrails.org*

**TREASURER** Ann Jacobs 615-896-3935  
*murfreesborotreas@tennesseetrails.org*

**MEMBERSHIP** Mary Belle Ginanni 615-895-6072  
*murfreesboromembership@tennesseetrails.org*

**PROGRAMS** Valerie Galan 615-586-2882  
*murfreesboroprograms@tennesseetrails.org*

**OUTINGS COORDINATOR:** Cathy Bingham 615-890-9791  
*murfreesborohikes@tennesseetrails.org*  
(Call Cathy & volunteer to lead an outing)

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

**BLOG:** [www.tennesseetrails.org/blog/murfreesboro](http://www.tennesseetrails.org/blog/murfreesboro)

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**Apr 7 - Bowling Farm Wildflower Walk & Potluck Social, Monterey, TN.** Join us for our annual walk & social at the Monterey farm of Winston & Billie Jo Bowling. We will have two hike options - a 1.5 mile total walk to the creek (wildflower row) and then continue from the creek, cross it and continue a total of 4 miles back to the house OR can choose to have Mr. Bowling haul you back up the hill in his RTV after hiking the first short portion. Even if you cannot hike, please come out to enjoy the friendship and social. The hike is moderate due to elevation change and a creek crossing. Please bring a covered dish to share. For information or to register, contact Tony Jones at [tonjon1968@gmail.com](mailto:tonjon1968@gmail.com) or 615-397-4463. There will be a carpool from Murfreesboro to be announced later.

**Apr 10 - Monthly Meeting.** Would you like to learn about BRAT...aka Bicycle Ride Across Tennessee? Join us for an informative encounter led by none other than our own Maryedith McFarlin, as she helps us visualize the trips that this adventurous group has taken from the Bluffs of Memphis to the ridges of Chattanooga and beyond during her more than 17 years of membership. Come learn what this group is all about and how YOU can join and begin your own adventures!

**Apr 14 - Lookout Mountain—Craven House/Sunset Rock Loop via Rifle Pit, Upper Truck, Gum Springs, Bluff, and Mountain. Approx 4.4 miles. Moderate due to elevation changes.** Enjoy beautiful trails along the way while stopping for a sack lunch at Sunset Rock. There is a gradual 600 foot total elevation change with the exception of a 100 foot climb to Sunset Rock and/or Point Park. Parking once we get there will be at Craven House. Meet at Sam's in Murfreesboro and depart at 7:30 am CT. Contact Jim Schroeder at 615-896-3023 or [doughboyjim@comcast.net](mailto:doughboyjim@comcast.net) to register for hike. Sturdy hiking boots recommended as some of the trail is rough.

## Murfreesboro – con't

**Apr 14 - Celebration of Spring and the 75th Birthday of Tennessee State Parks, at Edgar Evins State Park, between Smithville and Cookeville.** Join us for a free day of fun for families and individuals! Scheduled activities include morning nature identification hikes (wildflowers, birds, butterflies) with experts Randy Hedgepath, State Naturalist, and Holly Taylor. These will be approximately 1 1/2 mile each on the hilly terrain of the Highland Rim Nature Trail. Signups at the Visitors Center for the nature hikes start at 8 am CT and will be on a first come, first serve basis. There will be live on-stage entertainment throughout the day, crafting, kite flying, 3-legged and sack races, pontoon boat rides for children over 3 accompanied by an adult, ssssnakes!, and more. This is a good opportunity for you to bring a picnic lunch, enjoy the nature hikes in the morning, hike the other trails in the afternoon on your own, take in some live entertainment and just kick back for a relaxing day in this beautiful park. This is an outstanding recreational opportunity too for those who wish to spend a day outdoors with their school age children or grandchildren. If you wish to make this an overnight or weekend outing, there are cabins and camping available through the park office. Contact Fount or Anna Bertram for more information about the celebration: [abertram@dtccom.net](mailto:abertram@dtccom.net) or (615) 765-5357.

**Apr 21 - Piney River Trail segment of the Cumberland Trail, Spring City, TN. 10 miles. Moderate.** We will start from the picnic area on Shut-in Gap Road and a car shuttle will be necessary. The trail follows Duskin Creek and Piney River - crossing them several times, along with a 100 foot suspension bridge and several other bridges. We will take the spur trail to Spider Den Bluff and then go past the White Pine Cascades to the Newby Forest Camp trailhead. Bring water, lunch, and wear sturdy boots. We plan to stop for dinner on the way home. Contact Sara Pollard at 615-714-3610 or email [sarabpollard@gmail.com](mailto:sarabpollard@gmail.com).

**Apr 28 - Stone Door/Big Creek Gulf/Big Creek Rim, Savage Gulf State Natural Area. 8 miles. Difficult.** Are you ready for a fun, difficult hike? Join us for a trip through the Great Stone Door and along the Big Creek Gulf Trail. We will stop along the way to see Ranger Falls and will end up at Alum Campsite and will take the easier Big Creek Rim trail back to the Door and the Ranger Station. This hike is DIFFICULT due to rock hopping, steep descents down the Door, and elevation changes. Please bring your lunch, plenty of water and hiking sticks are recommended. For information or to register contact Tony Jones at [tonjon1968@gmail.com](mailto:tonjon1968@gmail.com) or 615-397-4463. There will be a carpool from Murfreesboro to be announced later.



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## 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:** 4<sup>th</sup> Tuesday at 7:00 pm CT in the REI  
Community Room, 261 Franklin Road, Brentwood. For  
directions, visit: [www.tennesseetrails.org/nashville.php](http://www.tennesseetrails.org/nashville.php)  
**BLOG:** [www.tennesseetrails.org/blog/nashville](http://www.tennesseetrails.org/blog/nashville)

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**Chapter News:** The Nashville Chapter now has a web site!!! Check us out at the following address [www.tennesseetrails.org/blog/nashville](http://www.tennesseetrails.org/blog/nashville). Find out about upcoming hikes, social activities, and chapter news. It is a great place to send your photos of hikes and trip reports. Thanks to blog guru, Doug Burroughs for getting this together. Visit soon!!

**Apr 7 - Outdoor Recreation Vendors Show, Bells Bend Park, Nashville.** Join in the fun for guided hikes, nature presentations at the center, see the latest in outdoor recreational equipment, and learn about adventure clubs and services. The Nashville Chapter will have a booth there all day. Stop by and see us! We are looking for several volunteers to work in the booth for a couple of hours. E-mail Libby Francis at [libbylibbys@comcast.net](mailto:libbylibbys@comcast.net) if you would like to help.

**Apr 8 - Wildflower Walk along Mossy Ridge Trail, Warner Parks, West Nashville, TN.** Spiderwort, Fire Pink, Dutchman's Breeches and Trout Lily – oh my! This must mean that it's wildflower time. A hike to view wildflowers means that this will be a SLOW hike – can you say “tortoise?” Therefore, all of you rabbits need not consider going on this hike unless you can tolerate slow and informative; otherwise, you'll be bored to tears. Depending on Mother Nature's weather swings (i.e. are we experiencing an early or a late spring); will determine which wildflowers will be in bloom. The Mossy Ridge Trail is 4.5 miles long, and rated moderate due to the uneven terrain and several ascents/descents we will encounter along the way; however, at a wildflower viewing pace, and if you have maintained a regular walking program, you should be fine. Bring water and snacks, and wear sturdy hiking shoes/boots. We will meet at 1:00 pm CT in the “Deep Well” area of the park. To get to Deep Well from Nashville: head west on Hwy 70 (aka West End Ave). In Belle Meade (after you have crossed over Woodmont Blvd, passed Publix then Kroger on the right, and the Belle Meade Mansion on the left), Hwy 70 splits. Take the left side, which puts you on Hwy 100. Go approximately 1.8 miles and turn left into the grey stone entrance, drive to the end/t-intersection (approximately 1 mile) – you're in Deep Well. If on Hwy 100 and you reach Old Hickory Blvd, you've gone too far. For additional information, call Diane Manas at 615-352-7777.

## Nashville – con't

**Apr 14 - Collins Gulf Loop Trail, Gruetli-Laager, TN: 12 plus miles. Difficult.** The hike rating is due to the distance, terrain, and elevation changes. We will hike along the west rim of Collins Gulf and down the Old Stagecoach Road to Sawmill campground, then back up the east side, passing Horsepound Falls and Suter Falls back to the start. At one point, we can see where the Collins River disappears underground. Be sure to bring lunch, water, good hiking boots, and clothing appropriate to the weather. For experienced hikers only. Call Doug Burroughs at (615) 283-0507 for more information and to register.

**Apr 14 - Boardwalk Dedication, Beaman Park, Nashville.** 2:00pm. Please join the Friends of Beaman Park and Nashville Mayor Karl Dean, as we dedicate the recently completed Boardwalk Trail at the Beaman Park Nature Center (5911 Old Hickory Blvd). After the ribbon cutting, Mayor Dean, and some special guest naturalists, will lead us on a 3-mile wildflower hike. Other wildflower hikes and programs are planned for the day. For more information, call the Beaman Park Nature Center at 615-862-8580.

**Apr 21 - Wildflower Hike, Bicentennial Rails to Trails, Ashland City. 6 miles. Easy.** This hike will be a leisurely paced walk to look for wildflowers and eagles! We will start at the Eagle Pass Trailhead and walk to the Cheatham Dam campground area (after taking a look through our binoculars at the eagle's nest). From there we will take a short 1 mile side trail up to the top of the bluff and back down. There will be some fantastic views from up there and a nice place to rest before the trek back. Bring your sharp eyes for spotting unusual wildflowers and maybe some baby eagles. (binoculars too.). Also please bring the usual water, snacks and good walking shoes. A trekking pole or stick might also be useful for the bluff climb. There will be an option for an additional 4 miles back to the Mark's Creek Trailhead, if people want a longer hike. Call or e-mail (preferred) Nancy Juodenas at [njj1011@gmail.com](mailto:njj1011@gmail.com)/615-319-8811.

**Apr 21 - Nashville Earth Day Celebration.** 11 am to 7 pm CT at Centennial Park. The TTA booth will be there, and volunteers are already signing up. Spend a couple of hours with us and take in the sights and sounds - the merchant's village will be there again this year, and there will be good live music and fun food. Contact Nora Beck to sign up [615-517-6486/nora\\_beck@comcast.net](mailto:615-517-6486/nora_beck@comcast.net).

**Apr 24 – Monthly Meeting.** Mark Tolley of the Tennessee Ancient Sites Conservancy will tell us about how to recognize indications that early Native Americans have been where we're hiking - and what to do if we think we've found something of interest to archaeologists. He'll describe the work of his group to protect Indian mounds and other sites, and the sites' significance to their descendants and to us. Bring a friend!

## 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 re-hydrate.

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, 1<sup>st</sup> ed. (Mechanicksburg, PA: Stackpole Books, 1998), 128-29.*



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## 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:** 2<sup>nd</sup> 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

Hike information unavailable at press time.

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## SODDY-DAISY CHAPTER

**CHAPTER CHAIR:** Bob McGavock 423-667-2960  
*soddydaisy@tennesseetrails.org*

**MEETS QUARTERLY:** 1st Tuesday in Jan, Apr, Jul, Oct at  
6:00 pm ET at Burk's United Methodist Church, 6433  
Hixson Pike, Hixson

*Additional information may be seen at our web site:  
<http://www.tennesseetrails.org/blog/soddydaisy>*

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For info, contact George Bonneau at  
*george.r.bonneau@gmail.com* or 423-842-3619 except  
for the hikes on Apr 24 and Apr 28.

**Apr 3 - Roaring Creek at Graysville Mountain. 2  
miles roundtrip.** Meet at Durham Street parking lot at  
10 am ET.

**Apr 7 - Mowbray Pike to Sluder Lane. 5 miles.** Meet  
at Durham Street parking lot at 10 am ET. Will stage  
vehicles.

**Apr 10 - Stringer's Ridge. 3 miles.** Meet at Red Bank  
Bi-Lo parking lot at 10 am ET.

**Apr 14 - Fall Creek Falls.** Meet at Durham Street  
parking lot at 9:00 am ET. Trail to be determined later.  
Wildflower tour with park rangers hopefully.

**Apr 17 - Harrison Bay State Park. 4 miles.** Meet at  
Target parking lot off Hwy 153 at 10 am.

**Apr 24 - Enterprise Park South. 3-4 miles.** Meet at  
Target parking lot off Hwy 153 at 10 am ET. For info,  
contact Nance Jo Ogozalek at 256-509-1541.

**Apr 28 - Retro Hughes Trailhead to Rock Creek  
Bridge and back. 5 miles.** Meet at Durham Street  
parking lot at 9 am ET. For info, contact Nance Jo  
Ogozalek at 256-509-1541.

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## 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

**BLOG:** *[www.tennesseetrails.org/blog/plateau](http://www.tennesseetrails.org/blog/plateau)*

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There is a leaderless hike (typically 5 - 7 miles) every  
Wednesday morning. For additional information, contact Bill  
Harris at 931-484-9152 or visit the Plateau Chapter Blog.  
Rain cancels.

**Apr 7 - Cumberland Trail, Piney River Segment, Spring  
City, TN.** This trail winds along streams and the Piney  
River most of its 7.5 mile length. Designated as a pocket  
wilderness by the Bowater Paper Co., it is now part of the  
Cumberland Trail. The trail is not difficult but is long and the  
hike should be undertaken only by hikers that can complete  
7.5 miles. Sites of interest along the trail include a  
picturesque 100 foot suspension bridge and the remains of  
an old dinky railroad bed. A visit to the Spider Den will be  
included, if enough hikers are interested. We will need to  
arrange a shuttle on this one way trail and will hike at a  
moderate pace. Wear good hiking shoes or boots; bring  
water, lunch and snacks. We will meet at 7:45 am CT at  
the Trinity Tabernacle. For more information and to  
register, contact Carolyn Miller by e-mail at  
*cardan@frontiernet.net* or at 931-839-3213.

**Apr 12 - Chapter Meeting.** 6:30 pm CT. First United  
Methodist Church Annex, 69 Neecham Street, Crossville.  
Program: "Critters That Hike Where You Hike" by Don  
Hazel. Dinner at LaCosta Mexican Restaurant, 138 The  
Crossings, Crossville at 5 pm. Contact Chapter Chair,  
Cheryl Heckler at *thehecklers@charter.net* or 931-456-6437  
for additional information.

**Apr 21 - Cardwell Mountain, McMinnville, TN.** Cardwell  
Mountain is a detached piece of the Cumberland Plateau  
that rises 1000 feet above the scenic Collins River. A part  
of the historic Trail of Tears, the trail climbs to the massive  
bluffs and boulders atop the mountain. This will be a 5.5  
mile loop hike rated moderate. Wear good hiking shoes or  
boots; bring water, lunch and snacks. We will meet at 7:45  
am CT at the Tractor Supply. Contact Howard Owens at  
931-484-1328 or by e-mail at *owenshb@charter.net*.

**Apr 28 - Cumberland Trail/Black Mountain, Grassy  
Cove, TN. Pink Lady Slippers in bloom 1st of May.** We  
will hike from the trail head at the top of the mountain down  
to Windless Cave and back, then around the loop on the  
mountain top. Splendid overlooks, abundant wildflowers  
especially Pink Lady Slippers, and interesting geology are  
features of this trail. This is a moderate seven mile hike  
with a climb of 1200 feet. Meet at the southeast corner of  
Cracker Barrel parking lot off Interstate 40 exit 317 at 7:45  
am CT to car pool. Wear good hiking shoes or boots; bring  
water, lunch and snacks. For more information or  
registration contact Levonn Hubbard via email  
*lhubbard@gmail.com* or by phone, 931-707-1020 or Marcy  
Tucker at 931-788-3470 or by email at *matuck42@aol.com*.

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## SUMNER TRAILS CHAPTER

### CHAPTER CO-CHAIRS:

David & Shirley Primeau 615-424-2948  
[sumner@tennesseetrails.org](mailto:sumner@tennesseetrails.org)

### MEETS MONTHLY: 1<sup>st</sup> Tuesday at 7:00 pm CT

Hendersonville First United Methodist Church, 217  
E. Main St. Hendersonville, TN

**Apr 3 - Chapter Meeting.** Who said "I'm the president of the United States and I'm not going to eat any more broccoli"? And in which city is the geographical center of the state of Tennessee? You might learn the answers to these and other fascinating facts if you attend the Chapter "meeting". Instead of our usual 7 pm meeting at the Methodist Church, we will meet at 6:15 PM at Barefoot Charlie's restaurant for an evening of food, fun and fellowship. Tuesday is Trivia night and our chapter will form at least one team in the competition. The Trivia competition begins at 6:30 pm so try to arrive by then - if not, we'll see you when you get there. Bring money for dinner and beverages and, as always, family and friends are welcome to attend. Barefoot Charlie's, 125 Sanders Ferry Road, Hendersonville. Questions? Contact David or Shirley Primeau at [davidprimeau@bellsouth.net](mailto:davidprimeau@bellsouth.net) or 615-424-2948.

**Apr 14 - Come Celebrate Spring on a Wildflower Hike with Nashville Mayor Karl Dean.** Beaman Park (off Old Hickory Blvd in Joelton) is hosting a full day of outdoor fun. At approximately 2:15 pm CT, Mayor Dean will cut the ceremonial ribbon to dedicate a new boardwalk, and immediately afterwards, he will participate in a 3-mile wildflower hike. Beaman Park's knowledgeable staff will be on-hand to lead the hike and to help with the flower identification. The three-mile loop trail has a few ascents and descents as well as beautiful creekside views. Although the terrain is probably rated on the easier side of "moderate," wildflower hikes are usually led at a slow pace to admire the flora. Our charming chapter volunteer, Lea Whitton will organize the carpools to Beaman Park. Please meet at 1:30 pm at the Hendersonville First United Methodist Church. If you have hiking boots, you'll probably want to wear them (these are dirt trails - not paved). Hiking sticks and water are good ideas also. You can RSVP to Lea the week of the hike at [WHITTONM@realtracs.com](mailto:WHITTONM@realtracs.com). Questions about the park or the trail can be sent to Anne at [ttahiker@att.net](mailto:ttahiker@att.net).

**Apr 21 - Fall Creek Falls State Park - 3 miles. Easy** (except for the optional trails to the foot of the falls). We will begin at the Nature Center at Cane Creek Falls, cross Cane Creek on the swinging bridge and then follow the rim trail to the top of Fall Creek Falls and the various overlooks. There is an optional hike to the foot of the falls before returning to the Nature Center - we should spot some interesting birds in the beautiful gorges. Fall Creek Falls is the highest waterfall east of the Rockies, and there should be a good flow of water this time of year. Meet at First Presbyterian Church in Hendersonville at 8 am CT or at the park Nature Center at 10 am CT. After the hike we'll have lunch in the dining room at the Park Lodge. For further info, contact Owl Ballenger at [ballallenger@aol.com](mailto:ballallenger@aol.com) or 615-347-2623 after 3 pm on Friday.

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## UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

### CHAPTER CHAIR:

Louise Miniard 931-528-9115

[uppercumberland@tennesseetrails.org](mailto:uppercumberland@tennesseetrails.org)

### HIKE COORDINATOR:

Cindy Johnson 931-570-0122

[uppercumberlandhikes@tennesseetrails.org](mailto:uppercumberlandhikes@tennesseetrails.org)

**Apr 7 - Across the Gulf, Savage Gulf State Natural Area, Beersheba Springs, TN. 17 miles. Strenuous.** We will start at the Stone Door Ranger Station and cross the gulf to Hobb's Cabin. We will then hike the length of the North Rim Trail and end our hike at the Savage Gulf Ranger Station. The North Rim Trail features more overlooks than any other trail in the South Cumberland area. The trails vary between level, steep, and rocky. Sturdy hiking boots are required. Bring headlamp, water, snacks, and lunch. We will meet at the Stone Door Ranger station at 8 am CT. For hike and carpool information, and to register, contact Gary Kimbrell at 931-215-9520 or [gkimbrell@tbf.com](mailto:gkimbrell@tbf.com).

**Apr 14 - Rock Creek, Big South Fork National Recreation Area, Rock Creek Loop, Big South Fork NRR, Jamestown, TN.** The trail follows Rock Creek for part of its length. Other interesting features include the old railroad beds which are used for part of the trail. Bring snacks, water, and lunch. You can meet us in the Penney's parking lot in Cookeville at 8:00 am CT. For information and to register contact Kathleen Sullivan 931-520-6294 or [ksully@frontiernet.net](mailto:ksully@frontiernet.net), or Eugene Cummings 931-933-5561 or [eugeneslions@yahoo.com](mailto:eugeneslions@yahoo.com).

**Apr 21 - Savage Gulf Waterfalls, Savage Gulf State Natural Area, Altamont, TN. 14.5 miles. Strenuous.** Highlights of this hike include six of the major waterfalls of Savage Gulf and spectacular spring wildflower displays. The hike begins at the Greeter Falls parking lot. We will see Upper and Lower Greeter Falls before descending into the gulf and taking the side trip to Ranger Falls. We will then continue along the Big Creek Gulf and Connector Trails before ascending from the gulf on the Collins Gulf Trail past Horsepound and Suter Falls. Bring snacks, water, lunch, and hiking boots. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT or at the US Bank across from McDonald's in Sparta at 7:30. For information and to register contact Richard Savage at 931-526-2035 or [savage\\_richard@hotmail.com](mailto:savage_richard@hotmail.com).

**Apr 28 - Maude's Crack, Big South Fork NRR, Jamestown, TN.** Maude's Crack is a shoulder width crack in a rock cliff about 100 feet high. It was used as a shortcut by Minnie Maude Royston to bring supplies from a settlement near the bottom of the cliff to workers at the top. The hike is a loop (plus a side trip to the John Muir Overlook) that descends to the bottom of No Business Gorge, then follows the creek for a mile or so then ascends to the rim of the gorge. The last 100 feet of the climb is through Maude's Crack. There are relics of an early 20th century settlement along No Business Creek. The side trip to the John Muir Overlook is a steep climb. The hike is about 8.5 miles and is rated moderate to strenuous because of the rugged terrain, a stream crossing (we may need to wade the creek), and two several hundred foot climbs. Bring snacks, water, lunch, and hiking boots. You can meet us at 7:30 am CT in the Penney's parking lot in Cookeville. For information and to register contact Kathleen Sullivan 931-520-6294 or [ksully@frontiernet.net](mailto:ksully@frontiernet.net).

## OFFICERS:

<b>President</b>	Millette Jones	615-397-9588 <i>president@tennesseetrails.org</i>
<b>Vice-President</b>	Carolyn Miller	931-839-3213 <i>vicepresident@tennesseetrails.org</i>
<b>Treasurer</b>	Ann Jacobs	615-896-3935 <i>treasurer@tennesseetrails.org</i>
<b>Secretary</b>	Diane Manas	615-352-7777 <i>secretary@tennesseetrails.org</i>
<b>Past President</b>	Don Dresser	731-668-4190 <i>pastpresident1@tennesseetrails.org</i>
<b>Previous Past President</b>	Rosemary Marshall	865-548-6171 <i>pastpresident2@tennesseetrails.org</i>
<b>West TN At-Large Director</b>	Graydon Swisher	901-737-3114 <i>westregional@tennesseetrails.org</i>
<b>Middle TN At-Large Director</b>	Nora Beck	615-517-6486 <i>middleregional@tennesseetrails.org</i>
<b>East TN At-Large Director</b>	Levonn Hubbard	931-707-1020 <i>eastregional@tennesseetrails.org</i>
<b>Membership Director</b>	Ron Dunn	615-867-3301 <i>membership@tennesseetrails.org</i>
<b>Cumberland Trail Conference Representative</b>	Diane Manas	615-352-7777 <i>CTC@tennesseetrails.org</i>
<b>TN Rails To Trails Advisory Council Representative</b>	Bob Richards	615-532-0753 <i>TRAC@tennesseetrails.org</i>
CHAPTER REPRESENTATIVES ON THE BOARD ARE LISTED WITHIN EACH CHAPTER'S HEADER		
<b>Newsletter Editor</b>	LouAnn Partington	931-393-4835 <i>editor@tennesseetrails.org</i>

## TTA 2012 CALENDAR

The following dates in 2012 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

Apr 8-14 ..... TDEC's Natural Areas Week (Statewide)  
 Apr 22 ..... Earth Day 41<sup>st</sup> Anniversary  
 May 5 ..... Board of Directors' Quarterly Meeting (Location TBA)  
 Jun 2 ..... National Trails Day (Statewide)

### THIRD QUARTER

Aug 4 ..... Board of Directors' Quarterly Meeting (Location TBA)  
 Sep 8-15 ..... Bike Ride Across TN (B.R.A.T.) Proceeds Benefit the Cumberland Trail  
 Sep 20-23 ..... Southeast Foot Trails Coalition. 2012 Meeting. (Fall Creek Falls SP)  
 Sep 29 ..... National Public Lands Day (Statewide)

### FOURTH QUARTER

Oct 26-28 ..... TTA's Annual Meeting; hosted by Clarksville chapter. Brandon Spring Group Center at Land Between the Lakes.

## Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Apr 10 .....	May 1
May 10 .....	Jun 1
Jun 10 .....	Jul 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

ADDRESS SERVICE REQUESTED



**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**

Apr 12

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

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

**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 email.

\*\* CTC Membership \*\* \*\*\$5.00\*\*

\*\* Special \$5.00 rate for membership in Cumberland Trail Conference if you also are joining TTA or renewing your TTA membership. CTC is building the Cumberland Trail, which will go from Chattanooga to Cumberland Gap. Over 185 miles are now complete and open for hiking. More information can be found at [www.cumberlandtrail.org](http://www.cumberlandtrail.org). Please consider enhancing your commitment to Tennessee's great trails by joining the CTC.

Please list me with the following chapter:

\_\_\_ Clarksville  
\_\_\_ Columbia/Franklin  
\_\_\_ Cove Lake  
\_\_\_ Dyer County  
\_\_\_ East TN (Oak Ridge/Knoxville)  
\_\_\_ Highland Rim (Manchester/Tullahoma)  
\_\_\_ Jackson  
\_\_\_ Memphis  
\_\_\_ Murfreesboro  
\_\_\_ Nashville  
\_\_\_ Northwest (UT at Martin/Weakley)  
\_\_\_ Plateau (Crossville)  
\_\_\_ Soddy Daisy  
\_\_\_ Sumner Trails (Sumner County)  
\_\_\_ 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 - 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, 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 any/all TTA/CTC/TRAC functions.**