

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



EVAN MEANS SMALL GRANTS PROGRAM

Deadline is Dec 31, 2013

In February 2013, TTA's Board of Directors will award small grants memorializing Evan Means. The grants support special volunteer projects that are compatible with the chartered objectives of TTA: *promoting and developing a system of hiking trails in Tennessee as well as working for the conservation of natural resources*. Project proposals are due no later than December 31, 2013.

All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grant application for the February 2013 Evan Means Small Grant Program Award.

Grant requests in the range of \$300-\$600 are encouraged. However, if a project requires additional grant money, considerations will be made.

For additional information and an application, please visit the TTA website (www.tennesseetrails.org) or write to:

TTA Grants Administrator
P. O. Box 41446
Nashville, TN 37204

The small grants program was established in February 1999 to honor Evan Means - journalist, author, conservationist, hiker, trail builder, originator of the Cumberland Trail, and co-founder of the Tennessee Trails Association. Mr. Means won countless awards for his work over the years to protect Tennessee's natural resources and beauty, as well as for his dedication to projects that allow hikers to enjoy this natural beauty.

CUMBERLAND TRAIL STATE SCENIC TRAIL WORK DAYS

Nov 6 – Trail Volunteer Day. 9:00 am to 3:00 pm ET. Help build the trail in the Cumberland Mountain Segment near LaFollette. Volunteers will meet at the Cumberland Trail Office located in Cove Lake State Park, Caryville TN and will shuttle to the trail. We will have a short hike to the work site. Wear long pants, boots, bring water, gloves and lunch. If you have any questions call Mark Stanfill at 423-566-2229 or mark.stanfill@tn.gov.

Nov 16 – Trail Volunteer Day. 9:00 am to 3:00 pm ET. Help build the trail in the Cumberland Mountain Segment near LaFollette. Volunteers will meet at the Cumberland Trail Office located in Cove Lake State Park, Caryville TN and will shuttle to the trail. We will have a short hike to the work site. Wear long pants, boots, bring water, gloves and lunch. If you have any questions call Mark Stanfill at 423-566-2229 or mark.stanfill@tn.gov.

**WE HOPE YOU ENJOYED THE
ANNUAL MEETING!! WE'LL
HAVE A FULL REPORT IN THE
DECEMBER NEWSLETTER!**



Office Location 409 Thurman Avenue, Ste 102
 Crossville, TN 38555
 Office Hours 8am-2pm CT
 Phone: 931-456-6259
 Fax: 931-456-4934
 Email: cumberlandtrail@rocketmail.com
 Website: www.cumberlandtrail.org

The CTC needs volunteer help with trail construction and maintenance. Besides the events listed below, if groups of eight or more volunteers are interested in trail construction on Graysville Mountain in Rhea County or trail maintenance on Cross Mountain in Campbell County, please contact the CTC office (contact information listed below). Dates and times can be arranged for a volunteer event. CTC will provide tools and instruction; volunteers will need safety glasses, work gloves, long pants, closed toe footwear.

Nov 9 - Volunteer Appreciation Day, Crossville, TN. Past and present Cumberland Trail volunteers and supporters are invited to a dinner and awards banquet to be held in Crossville, TN. A hike will take place on Black Mountain during the day with the banquet to follow. For more details and to RSVP, please contact the CTC office. CTC office can be contacted at 409 Thurman Ave, Suite 102, Crossville, TN 38555, 931-456-6259, or email Cumberlandtrail@rocketmail.com.

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.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: J.R. Tate 931-920-2692
clarksville@tennesseetrails.org
CHAPTER VICE-CHAIR: Suva Bastin 931-645-2849
clarksville@tennesseetrails.org
TREASURER: Chris Everett 931-494-8038
clarksvilletreas@tennesseetrails.org
SECRETARY: Robbin Cusic 931-542-3266
clarksvillesecy@tennesseetrails.org
OUTINGS COORDINATOR: Paul Schwab 931-645-9068
clarksvillehikes@tennesseetrails.org

(call Paul & volunteer to lead an outing)

MEETS MONTHLY: 3rd Tuesday at 6:00 pm CT,
 Crow Community Center, 211 Richview Rd.
 Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/clarksville>

Nov 2 - Annual Bonfire at Rotary Park Amphitheater (hike and pot luck supper). 2 miles. Moderate. Eat after hike. Suva Bastin 931-645-2849 or Allison Bennett 931-647-0943. Meet 5 pm CT, Rotary Park Amphitheater parking lot, E Old Ashland City Road, Clarksville.

Nov 9 - Nathan Bedford State Park. 10 miles. Moderate to difficult. Bob Lyon 931-648-2354. Meet 7:30 am CT, Big Lots parking area, Riverside Drive, Clarksville. 73 miles to trailhead.

Nov 16 - Walls of Jericho Trail, Bear Hollow Mountain Wildlife Management Area, TN (contiguous to the Skyline WMA, AL). 8 miles. Difficult. Paul Schwab 931-645-9068. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot. 152 miles to trailhead.

Nov 19 - Monthly Meeting.

Nov 23 - Fort Donelson National Battlefield, hike around the battlefield and out and back to the Fort Donelson National Cemetery. 7 miles. Moderate. Shawn Cusic 931-542-3266. Meet 8:00 am CT at Kroger parking area, Dover Crossing Road, Clarksville. 29 miles to trailhead.

GO GREEN

Electronic Newsletter Available

This is reminder that you can now receive your monthly newsletter via email. If interested please contact Tim Townley at membership@tennesseetrails.org and please include your email address.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Marvin Caine 931-486-1632
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.

Nov 5 – Chapter Meeting. Cynthia Rohrbach will speak to us about the Swan Conservation Trust which was chartered as a non-profit land trust in 1992. She will talk about their mission and how their land protection efforts culminated with the creation of Big Swan Headwaters Preserve in 2004. Besides land protection, they conduct stream and wetland mitigation for TDOT road projects, which helps to meet the Trust's payments on the Preserve. Public education and outreach is accomplished through hikes, outings, fundraisers, and stewardship activities.

Nov 15, 16, 17 – Weekend in the Smokies. We will travel (car pool) on Friday and plan to stay in a Newport, TN hotel. If you prefer to camp, we can meet at the trail head each day. Bring water, sturdy hiking boots, and lunch for the trail. For more information and to register, please contact Laura Barber at *lbarber@earthlink.net* or by cell phone at 931-797-4450. Hikes may be altered depending on weather and group interest.

Nov 15 – Gabes Mountain Trail to Hen Wallow Falls and return. 4.3 miles. Moderate. This trail twists up and over small ridges and crosses several small streams on picturesque foot logs. Hen Wallow Falls is a cascade 95' high, one of the tallest in the park, and although it doesn't carry a high volume of water, it's a pretty sight any time of year.

Nov 16 – Low Gap Trail to Appalachian Trail to Mount Cammerer tower and return. 11.2 miles. Strenuous. A magnificent view from the top and the forest along the way make this long jaunt worthwhile. The altitude gain is over 2700' and although the grade is never extremely steep, it is fairly difficult because you are nearly always ascending to the Mt. Cammerer tower (4,928'). This offers one of the two or three best views in the park. This hike includes 2+ miles of the Appalachian Trail.

Nov 17 – Maddron Bald Trail to Albright Grove Loop and return. 6.8 miles. Moderate. The first 2.3 miles of Maddron Bald trail are along an old road and offer pleasant, easy walking beside Buckeye Creek. There is an elevation gain of 1,500'. The highlight of this hike is virgin forest, where Tulip trees, Fraser Magnolias and maples have grown into giants.

Columbia/Franklin Chapter – con't.

Nov 30 - Angel Falls Overlook Trail, Big South Fork National Recreation Area, between Jamestown and Oneida, TN. 5.6 miles. Difficult. The gorge formed by the Big South Fork of the Cumberland River formed a social chasm between Fentress and Scott Counties through the 1800's. The footbridge here was part of the old highway. Several trails originate here, including the popular Angel Falls Trail, which leads to Angel Falls. This trail, which parallels the Big South Fork of the Cumberland River, initially is a fairly level walk on an old roadbed offering continuous views of the river, high cliffs, and in spring, wildflowers. There is a 900 foot elevation gain in this trail. Bring sturdy hiking footwear, water, trail food and a change of clothes should you want to get out of your sweaty clothes after the hike. We'll stop for an early dinner after the hike. We'll leave from the north Spring Hill McDonald's (4908 Main St, Spring Hill) at 6:30 am CT. This is the McDonald's near the old Kroger's (now the People's Church). Register with Rick Lausten at *saturncar1@aol.com* or 615-516-1417 (cell).

Joining TTA as a New Member? Membership Up For Renewal? Your Generosity Benefits All!

When you join or renew your Tennessee Trails membership, you have the opportunity to become a Supporting Member by donating a little (or a lot) above the regular dues.

In the past, Supporting Member donations in excess of the regular dues were allocated to TTA's general operating fund. During the 2001 Annual Meeting, TTA's Board of Directors voted to allocate Supporting Member donations to the Evan Means Small Grants Fund. Your tax-deductible Supporting Member donations will now directly benefit trail projects throughout the state of Tennessee. We thank you all for your support of TTA at any membership level, but we hope you will enrich Tennessee's trail system by joining or renewing as a Supporting Member.

COVE LAKE HIKING CHAPTER

CHAPTER CHAIR: John Redmon 423-869-8286
covelake@tennesseetrails.org

SECRETARY/BOARD REPRESENTATIVE:
Kathy Sarvis 865-494-0374
covelakehikes@tennesseetrails.org

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

Nov 16 – Pioneer Trail, Cumberland Mountain State Park, Crossville, TN. 5 mile loop. Easy to moderate. Wear sturdy boots, bring walking stick, camera, water, bug repellent, lunch/snack. If restaurant is still open some might want to eat at the buffet. For more information call Harry Shatz 865-494-0374. DIRECTIONS: Those coming from Campbell County meet at the Jacksboro Middle School parking lot at 9 am ET to car pool to X-122 (Clinton/Norris exit on I-75) to meet rest of hikers at Burger King parking lot at 9:30 am. We should arrive in Crossville around 11 am.

Nov 21 - Trail maintenance day. We'll be working the trail at Eagle Bluff. Meet at the Jacksboro Middle school parking lot at 9 am ET (car shuttle - 4 wheel drive necessary); we will work until 1 pm, about 4 hours total. Bring lunch/snack, water, rake, snippers and gloves. If you are interested in doing work or must cancel, please call John Redmon so he will know whether to make the trip to Campbell County. John can be reached at: home 423-869-8286, cell 865-278-8495. DIRECTIONS: I-75 exit 134 - pass Cove Lake Park - school is a bit before Wal-Mart on driver's side.

DYER COUNTY CHAPTER

Graydon Swisher 901-737-3114
westregional@tennesseetrails.org

This chapter is in the process of being reorganized.

For further information, contact Graydon Swisher at 901-737-3114 or *westregional@tennesseetrails.org*. In the interim, you are welcome to attend (14 to select from) other chapters' outings, events and meetings.

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

Nov 2 – Will Skelton Greenway, Knoxville, TN. We will hike this wonderful Wildlife Sanctuary in our city's most scenic green space. The bends of the mighty Tennessee River is our hiking trail. It's an "in and out" with total of 8.6 miles or you can plan a pickup at the 4.3 mile marker. This trail has very little elevation and can be enjoyed by all hikers. We will meet at the trail head at 10:00 am ET. Pre-registration is required. *Rosemary_L@hotmail.com*.

Nov 16 – GSMNP Grapeyard Ridge Trail (Joint hike with Plateau Chapter). The hike is a moderate 7.9 miles with elevation gain of 1300 over 6 miles. Some of the trail features will be some stone foundations, rock walls and cemetery, train engine remains from wreck, babbling creek, and quiet woods. There is a cabin off the Roaring Fork trailhead with a 4-stall barn and corn crib. There is a 10 mile/20 minute one-way car shuttle. Bring snacks, water, lunch, and hiking boots. We will meet at 8:30 am ET at the Food City in Seymour and drop a vehicle at the trail end and proceed to the trailhead where we will meet up with the Plateau Chapter at 10:30 am ET. Pre-registration is required. *Rosemary_L@hotmail.com*.

The "10* Essentials"

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

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

Other considerations:

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

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

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Linda Hudson 931-841-0540
highlandrim@tennesseetrails.org
SECRETARY Carolyn Fitz 931-598-0597
highlandrimsecy@tennesseetrails.org
TREASURER: Marietta Poteet 931-924-7666
highlandrimtreas@tennesseetrails.org
OUTINGS & PROGRAM COORDINATOR & NEWSLETTER
CONTACT: Joan Hartvigsen 931-962-0811
highlandrimhikes@tennesseetrails.org
(contact Joan & volunteer to lead an outing)
MEETS MONTHLY: 4th Monday at 7:00 pm CT at the D. W.
Wilson Community Ctr., 501 N. Collins St., Tullahoma.

Nov 1 – 6 – Backpacking Trip, Appalachian Trail, Roan Mountain. Approximately 40 miles. Strenuous. Best views on the AT. Stay in hostel in Erwin, TN Friday night, Nov. 1. Take shuttle to trailhead on morning of Nov. 2. \$26.00 per person for hostel and shuttle. Hike ends on US 19E. Limit of nine hikers. Contact Linda Hudson at *lyndalehudson@gmail.com* or 931-841-0540.

Nov 2 – Overlook Trail, Waterfalls Trail and West Rim Loop Trail, Cloudland Canyon State Park, Trenton GA. 7 miles. Moderate. Cloudland Canyon S.P. is located on the western edge of Lookout Mountain and offers rugged geology and beautiful vistas. The Park straddles a deep gorge cut into the mountain by the combined waters of Bear and Daniel Creeks. Daniel Creek forms the beautiful Cherokee and Hemlock Waterfalls. Bring water, snacks, lunch, hiking boots and hiking sticks. Contact Joan Hartvigsen at 931-962-0811 or email *jhartvigs@comcast.net* to register and for carpool information.

Nov 9 – “Lawsons Rock There and Back” Hike, Cumberland Trail, Prentice Cooper State Forest. 6.6 miles. Moderate. We begin our hike at the Cumberland Trail trailhead parking lot on Tower Drive in Prentice Cooper State Forest and hike 3.3 miles to the outcrop of Lawsons Rock. Here we will enjoy awesome views of the Tennessee River Gorge, Edwards Point, Raccoon Mountain and the confluence of Suck Creek with the Tennessee River. Poplar Spring back-country campsite is located near Lawsons Rock for those who wish to stay overnight. The Day Trippers will return to the Tower Drive Trailhead parking lot. Along the way to Lawsons Rock we will see fascinating geology including a narrow passage between two giant boulders, Indian Rock House (a huge overhang), and rock bluffs. And the spectacular Tennessee River Gorge is continually visible through the trees! On this hike we will enjoy breathtaking views of the Tennessee River making a 180 degree bend around Raccoon Mountain. Bring water, snacks, lunch, hiking boots and hiking sticks. Contact Joan Hartvigsen at 931-962-0811 or email *jhartvigs@comcast.net* to register and for carpool information.

Highland Rim Chapter – con’t.

Nov 16 – Eat-Hike-Eat Hike, Sewanee Perimeter Trail, Sewanee, TN. Meet at 9:00 am CT at The Blue Chair Restaurant in Sewanee for breakfast or 9:30 a.m. if you just want to hike. We will leave shuttle cars at Gate 11 on Breakfield Road and begin our hike from the Girault Jones Drive cul-de-sac near the farthest west point we reached on the trail in October. Bring water and a snack. Contact Sally Hubbard at 931-598-5338 or email *sally@hubbard.net* for more information and to register.

Nov 15-17 – Annual Friends of Tennessee State Parks Conference, Montgomery Bell State Park, Burns, TN. This Conference includes educational sessions, programs, field trips, Friday night dinner and a Saturday night Cookout and hikes. Tennessee State Naturalist Randy Hedgepath will lead a Saturday afternoon hike. All Friends Group Members and everyone who love our Tennessee State Parks are invited. Contact Joan Hartvigsen at 931-962-0811 or *jhartvigs@comcast.net* for more information.

Nov 25 – Chapter Meeting. Dinner at 5:00 pm CT at Applebee’s, 1957 N. Jackson St., Tullahoma, TN. Our meeting is at 7:00 p.m. at D. W. Wilson Community Center. TTA Murfreesboro Chapter member Ron Dunn will speak on his recent hike in the Orkney Islands, an archipelago in northern Scotland.

Nov 29 – Old Stone Fort State Archaeological Park, Manchester, TN. 5 miles. Moderate. This is our traditional post-Thanksgiving joint hike with the Murfreesboro Chapter. Meet at the Museum at 9:00 a.m. CT. The Old Stone Fort is a 2,000 year old American Indian ceremonial site. The two forks of the Duck River cut into the edge of the Highland Rim Plateau at the site of the Old Stone Fort. On our hike we will see numerous waterfalls and cascades and tall rock bluffs bordering the Duck River. On the Backbone Trail we will climb up and walk along a ridge looking down on tops of huge trees. Bring water and a snack, hiking boots and hiking poles. Contact Joan Hartvigsen at 931-962-0811 or email *jhartvigs@comcast.net* to register and for more information.

TIP

Dressing in layers will allow you to adjust to different levels of exertion. Weather can change unexpectedly in the spring, fall and winter, and proper layering will help keep you comfortable, warm and dry.

JACKSON CHAPTER

CHAPTER CHAIR: Vicky Moeller 731-668-9336
jackson@tennesseetrails.org
TREASURER: Anne Goodson 731-664-1556
jacksontreas@tennesseetrails.org
SECRETARY: Don Dresser 731-668-4190
jacksonsecy@tennesseetrails.org
OUTINGS COORDINATOR: Glen Rognstad 731-217-5966
jacksonhikes@tennesseetrails.org

(call Glen & volunteer to lead an outing)

MEETS MONTHLY: 1st Monday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

Nov 4 - Chapter Meeting. We will meet at Perkins Restaurant at 6 pm for dinner, followed by a short meeting to discuss upcoming events. For more information, please contact chapter chair Vicky Moeller.

Nov 9 - Big Hill Pond. Sara promises that this hike will cover new territory in Big Hill Pond SP. We will leave from Panera Bread at 9 am CT and start the hike from the boat dock at about 10 am CT. Please contact Sara Rognstad at 206-553-9334 or email *hakim.sara@gmail.com* if you would like to come.

Nov 16 - Mousetail Landing State Park. Ann Goodson will lead this hike through Mousetail Landing State Park. For those wishing to carpool, please meet at Panera Bread at by 8:00 am CT. The hike will begin at the Visitors Center at 10 am. If you are coming, please register with Ann at *annegoodson@eplus.net* or call her at 731-664-1556

Nov 23 - Natchez Trace SP (Red Leaves Trail) Bridge Building Project. Dick McKeen and Gary Cooper will lead this service project, which involves the construction of a bridge on the Red Leaves Trail in NTSP. We will meet at Panera at 8 am CT and the park's visitor center at 9 am CT. Please contact Dick at *sprucemountain@Eplus.net* or 720 469-0619 for more details and to let him know if you are coming.

Attention: Hike Coordinators (aka Hike Leaders)

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

www.tennesseetrails.org/release.php

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
memphis@tennesseetrails.org
VICE-CHAIR: Francis Ruffin 662-701-6284
memphisvice@tennesseetrails.org

Nov 2 - Herb Parsons Lake State Park, Fisherville. Here's an easy 6-mile hike around the lake and through the woods. Meet at 9:30 am CT at the lake and bring snacks and water. Contact Janet Sheahan at 901-761-0705. Fisherville located northeast of Collierville, near Collierville Arlington Rd. and Macon Road.

Nov 9 - Lucius Burch Natural Area Wolf River off Germantown Road, After the Hike "Soup & Sides" Lunch. We will meet at 9:00 am CT in the main parking area off Germantown Road. Turn off at the traffic light on Germantown Road between Agri Center & Lowe's. Our hike will focus on the Yellow Trail paralleling the Wolf River for 3+ miles. Depending on trail conditions we will either return on the Yellow Trail or take the inland Blue Trail experiencing a mix of natural environments. Portions of both trails are shared with bikes. With heavy use and wet conditions the trail, especially gullies, can be muddy and slippery. After the hike we will meet at Larry and Gwen's for soup. Soup will be provided...bring salad, cornbread, rolls, or dessert and your favorite beverage. Contact Larry at 901-624-0651.

Nov 16 - Tishomingo State Park, located south of Iuka, MS. (approx 2 ½ hr drive from Memphis)

Registration required. This is a 5-6 mile hike winding along rocky ridges with spectacular views, through shallow, fern-filled canyons, and across the Bear Creek Swinging Bridge constructed in the 1930's. Bring lunch and water. Sturdy hiking boots recommended. Meet at 9:30 am CT at the park toll gate. There is a parking lot to the right just before entering the park through the gate. We will regroup into lesser vehicles. To register contact Kam at 901-299-8359. Heavy rain will cancel this hike.

Nov 23 - Big Hill Pond State Park, near Pocahtontas, TN. 7-8 miles. Moderate. We will meet at the boat dock parking lot in the park at 9:30 am CT and start the hike promptly at 9:45 am. This loop trail will follow Dry Ridge Trail passing Grassy Point shelter at about the one mile mark. Our snack/lunch stop will be at the Watchtower, providing panoramic views of the Tusculumbia River Valley. After crossing the Dismal Swamp on the Boardwalk we merge with the main trail tracking Travis McNatt Lake and our return to the boat dock area. Bring snacks/lunch and plenty of water. Boots and poles are recommended. Rain will cancel the hike. For information and car pool coordination contact Pat Mazzeo at 901-725-1842 or *ssandy6@hotmail.com* or cell (iffy service at times) 901-604-0510.

Nov 30 - Woodland Trail, Meeman-Shelby Forest. Meet at the Park's Visitor Center at 9:00 am CT. Join us for a 3-4 mile hike along the Woodland Trail with a side trip to the Woodland Shelter. The loop trail has a few steep climbs (for Mississippi Delta country, that is) but most of the walk is fairly level. Bring water and snack. Invite a friend! For information contact Holly at 901-377-6278.

MURFREESBORO CHAPTER

CHAPTER CHAIR: Sara Pollard 615-714-3610
murfreesboro@tennesseetrails.org

TREASURER Ann Jacobs 615-896-3935
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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: 2nd Tuesday at 7:00 pm CT, Barfield-Crescent Park's Wilderness Station, 697 Veterans Parkway, Murfreesboro

BLOG: www.tennesseetrails.org/blog/murfreesboro

Nov 2-3 - Meeman-Shelby/Fort Pillow State Parks Overnight Camping Trip. Millington, TN. Approximately 8 miles total. Joint hiking event with the Plateau Chapter. We plan to leave Murfreesboro Saturday morning at 6:00 am CT and hike the moderate 7 mile Pioneer Springs and Chickasaw Bluff trails at Meeman-Shelby Forest State Park. Sunday morning we travel to Fort Pillow State Historic Park for an easy 4.8 miles round trip hike on the Chickasaw Bluff Trail. These hikes are necessary to earn the TTA Fran Wallas "Great Hikes in Tennessee State Parks" patch. To register, contact Sara Pollard at 615-714-3610 or sarapollard@gmail.com.

Nov 9 - Burgess Falls State Natural Area. Easy to Moderate. 1.5 mile loop. Good beginners hike. Located along the Falling Water River, north of Sparta on the eastern edge of the Highland Rim Plateau, this 1.5-mile loop leads to three waterfalls - the biggest of which drops 136 feet. Those wishing to reach the bottom of the Big Falls will need to negotiate a 75-step metal stairway. The Butterfly Garden near the parking lot is also worth a visit. After the hike, we will stop for lunch at a restaurant along the Caney River near Smithville. Contact Nabil Wakid at 615-893-7942 or nwakid@bellsouth.net or Mary Belle Ginanni at 615-895-6072 or mginanni@comcast.net to register/info.

Nov 12 – Monthly Meeting- 6:00 pm. NOTE TIME CHANGE. This will be our hike planning meeting for January-June 2014. Bring a finger food to share and your calendar to schedule hikes you want to lead, or ideas for hikes you would like to take. Chapter will provide drinks and paper products. We will also have our chapter officer elections for the year 2014. For information, contact Sara Pollard at 615-714-3610 or sarapollard@gmail.com.

Nov 16 - Mossy Ridge-Warner Park .Nashville. 4.5 miles. Moderate. Come join us as we hike through the hills and hollers on the Mossy Ridge Trail, located smack dab in one of the prettier parts of Nashville. This 4.5 mile loop trail is rated moderate due to elevation change, along with rocks and roots that love to surprise you on the trail. We will have lunch afterwards at an area restaurant. Contact Ann Jacobs at eannjacobs@aol.com or 615-653-6354 for meeting time and car pool info.

Murfreesboro Chapter – con't.

Nov 23 - Long Hunter State Park-Volunteer Trail. 11 miles. Moderate due to length. The Volunteer trail is a 5.5 mile "there and back" trail for a total of about 11 miles. The terrain is generally flat and mostly follows the shores of Percy Priest Lake. This is a nice trail that I have done several times, and the 11 miles will earn you that extra piece of pie on Thanksgiving. We will be leaving from the Broad Street Park and Ride at 8:00 am CT. You can contact me, Roy Duncan, at royduncan1959@yahoo.com or call 615-848-5454. Bring water, lunch and good boots.

Nov 29 - Old Stone Fort After Thanksgiving Hike. Joint hike with Highland Rim Chapter. 5 miles. Moderate. Looking for a way to justify that extra slice of pie, or you just don't want to fight the shopping crowd? Then come on down and join us for our annual Day after Thanksgiving Joint Hike with the Highland Rim Chapter! A more detailed description may be found at the Highland Rim entry. This is an enjoyable hike with beautiful scenery and a fun bunch of people! Bring water, a snack, hiking boots and hiking poles, as we will also climb up and walk along a ridge where we will be looking down at huge trees looking back up at us. There will be a carpool from the Murfreesboro area. Contact Tony Jones for carpool info at 615-397-4463 or email awj1968@comcast.net. You can also contact Joan Hartvigsen at 931-962-0811 or email jhartvigs@comcast.net to register and for more information.

Shop amazon.com Through TTA's Website

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

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-283-0507
nashville@tennesseetrails.org
OUTINGS COORDINATOR: Nancy Juodenas 615-319-8811
nashvillehikes@tennesseetrails.org

(email Nancy & 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
BLOG: www.tennesseetrails.org/blog/nashville

Nov 2 - Honker Lake. Land Between the Lakes. 4.5 miles. Easy to moderate hike. Beginners are welcome. Great bird sightings possible, not just “honkers” but osprey and bald eagle are possibilities – and migration season will be in full swing. The trail winds through several different habitats and affords great views of Barkley and Honker Lakes. Rolling terrain but no treacherous areas. If time allows we can take in other features of LBL including a stop at the Nature Center. Sturdy shoes, water, snacks. For logistics contact Nora Beck *norellibee@gmail.com* or 615-517-6486.

Nov 9 - Rock Creek/Possum Gorge on the Cumberland Trail. 7 miles. We will begin at the Retro-Hughes trailhead and hike north to south along a section of the Cumberland Trail. Once we reach the Little Possum Campsite and a hiking bridge nearby, we'll stop for lunch and then return via same route. Some degree of fall foliage can be expected. It is a beautiful scenic area and a well built trail. The trail passes through a giant hemlock grove at about 1.7 miles and then nears Coalbank Branch. Learn more about the Cumberland Trail and this specific segment at www.cumberlandtrail.org/three_gorges_rock.html and www.cumberlandtrail.org/three_gorges_possum_topo_map.html. We will meet at 9 am ET at the Retro-Hughes trailhead parking lot rain or shine. Location is about 25 miles north of Chattanooga. Coming north from Chattanooga on US 27, at the second stoplight (Bakewell) beyond the US 27/TN 111 split turn west (left) on Retro Hughes Road. Proceed a total of 7 miles from US-27 to the trailhead on right, about 100 feet past graveled logging road. Entrance to parking area is on right about 200 feet past logging road. Hike leader Tom Vickstrom; for more information e-mail: *tomzinger55@gmail.com*.

Nov 16 - Perimeter Trail (west side segment), Montgomery Bell State Park (MBSP). Burns, TN. 7 miles. Moderate due to the continuously rolling and hilly terrain. MBSP is home to lots of wildlife: deer, turkey, owl, fox, chipmunk and squirrel, to name just a few. Sturdy hiking boots or trail shoes are a must! Bring snacks, lunch and water. Carpoolers will meet in west Nashville in the Wal-Mart parking lot (on the left side of the store – “garden center area”) on Charlotte Pike (Exit 201 off of I-40). Another option for those not living in Nashville is to meet at Montgomery Bell SP's Visitor's Center just inside the park's entrance. For more information, carpool (or Visitor's Center) meeting time, and to register, call Diane Manas at 615-351-6431. The time frame for this outing will be about 9:00 am till 4:30 pm CT.

Nashville Chapter – con't.

Nov 22 – 24 - Big Hill Pond State Park, Pocahtontas, TN. Big Hill Pond State Park lies in the southwestern part of McNairy County and encompasses approximately 5,000 acres of magnificent timberland and hardwood bottom land. Cypress Creek and Tuscumbia River border the property. Several oxbow lakes and sloughs add to the waterway. The flood plain adjacent to both the Tuscumbia River and Cypress Creek contains small oxbow lakes and swamp areas which are desirable habitat for waterfowl, wildlife and fishing. This will be a weekend outing, with camping on Friday night and Saturday night. We will arrive Friday afternoon, set up camp and take a short hike before dinner and nightfall. Saturday will be a full day of hiking and exploring the park. There are 30 miles of trails to choose from. Saturday evening will be a potluck shared dinner and Sunday we will take another short hike in the morning before packing up to leave, around noon. For more information and to register call Nancy Juodenas at 615-319-8811 or e-mail *njuodenas@yahoo.com*. If you register with me before **Nov. 16th**, I will reserve a campsite(s) for us. For more information about the park check out their website: www.tn.gov/environment/parks/BigHillPond/.

Nov 26 - Chapter Meeting. Patagonia was calling and they went - not shopping. Several Nashville chapter members traveled together earlier this year to the rugged region of southern Argentina and part of Chile that is perhaps better known to many as the name of an outdoor clothing and gear company. Our travelers went to the actual place. We saw a sneak preview in August; this month we'll hear them describe their trip in detail and see more of their great photos. Bring a friend!

PLANNING AHEAD:

Dec 14 - Mark your calendars for the 12th Annual REI Gift Wrap Booth. Details appearing in the December newsletter.

Don't Miss an Outing Plan Ahead Register Early!

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

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

Plan ahead and register early.

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

Hike information unavailable at press time.

AVOIDING HYPOTHERMIA

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

Early Symptoms:

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

Prevention:

- Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body temperature as you exercise. And since it's as important not to get over-heated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.
- Eat high-energy foods frequently and drink plenty of fluids.
- Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.
- Stay warm, but avoid heavy sweating, which will evaporate and overly cool the skin and body.
- In bad weather, find protection from the wind and elements.

Treatment for Mild Hypothermia:

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

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

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-456-6437
plateau@tennesseetrails.org
SECRETARY/TREASURER: Jan Barber 931-839-6662
Don Taylor...615-973-1814
plateausecy@tennesseetrails.org

MEETS MONTHLY: 2nd Thursday at 6:30 pm CT

BLOG: www.tennesseetrails.org/blog/plateau

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.

Nov 2 & 3 – Meeman-Shelby/Fort Pillow State Parks, Millington, TN. This is a joint hiking event with the Murfreesboro Chapter. We will leave on Friday, November 1 in the afternoon for the 5 hour drive leisurely and get settled into our lodging. Saturday we will meet at the trailhead at 10 am CT for a moderate 7 mile hike on the Pioneer Springs & Chickasaw Bluff Trails at Meeman-Shelby Forest State Park. Sunday we will meet at the trailhead at 8 am for an easy 4.8 mile round trip hike on the Chickasaw Bluff trail at Fort Pillow State Park before driving back home. Meeman-Shelby Forest State Park has a campground and cabins and there are hotels in Millington for you to choose your lodging from. For more information and to register, contact Cheryl Heckler at thehecklers@charter.net or 931-456-6437.

Nov 9 – CTC Volunteer Appreciation Day (Black Mt hike & banquet)

Nov 14 - Chapter Meeting. 6:30 pm CT. First United Methodist Church Annex, 69 Neecham Street, Crossville. Program: Bobby Fulcher will give an update report on the Cumberland Trail. 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.

Nov 16 – GSMNP Grapeyard Ridge Trail (Joint hike with East TN Chapter). This hike is a moderate 7.9 miles with an elevation gain of 1300 feet over 6 miles. The trail features include stone foundations, rock walls, a cemetery, the remains of a wrecked steam engine as we walk over and along a babbling creek and through the quiet woods. There is a cabin near the Roaring Fork Motor Nature trailhead with a 4-stall barn and corn crib. This hike requires a 10 mile/20 minute one-way car shuttle. Bring snacks, water, lunch, and hiking boots. Depart from Vanity Fair at 7:00 am CT which will get us to the trailhead at 9:30 am CT. If the Government Shutdown is still on, we will plan an alternate hike outside the national park. For more information and to register, contact Cheryl Heckler at thehecklers@charter.net or 931-456-6437.

SODDY-DAISY CHAPTER

CHAPTER CHAIR: John Politte 423- 304-8327
soddydaisy@tennesseetrails.org

HIKE COORDINATOR: George Bonneau 423-842-3619
soddydaisyhikes@tennesseetrails.org

TREASURER: Bob McGavock 423-843-4646
soddydaisytreas@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>*

Nov 2 – Cloudland Canyon. Approximately 6 miles. Moderate. Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike Leader: George Bonneau. 80 miles RT - \$4. Also arts and crafts festival this day. Parking is \$5 per car.

Nov 5 – Stringers Ridge. Approximately 5 miles. Easy to moderate. Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike Leader: George Bonneau. 10 miles RT - \$1.

Nov 9 – CTC volunteer banquet – Crossville.

Nov 12 – Harrison Bay State Park. Approximately 4-1/2 miles. Easy. Meet at Target parking lot on Highway 153 at 9 am ET. Hike Leader: Nancy Allen 423-344-1118. 50 miles RT- \$3.

Nov 16 – Prentice Cooper. Approximately 6 miles. Moderate. Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike Leader: Bob McGavock 423-667-2960. 30 miles RT - \$2.

Nov 19 – Laurel Falls. Approximately 5 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike Leader: George Bonneau. 50 miles RT - \$3.

Nov 23 – Sluder Lane to Deep Creek. Approximately 7 miles. Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike Leader: Larry Hill 423-240-6116. 6 miles RT - \$1.

Nov 26 – Cedar Mountain. Approximately 4-1/2 miles. Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike Leader: Bob McGavock 423-667-2960. 60 miles RT - \$3.

Nov 30 – Chickamauga Battlefield. Approximately 6 miles. Meet at Target parking lot on Highway 153 at 9 am ET. Hike Leader: Roger Downs *rdowns@bledsoe.net*. 50 miles RT- \$3.

Any questions, contact George Bonneau at *george.r.bonneau@gmail.com* or 423-842-3619

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Jane Hamm 615-757-3331
Gayle Livingston 615-264-2940
sumner@tennesseetrails.org

MEETS MONTHLY: 1st Tuesday at 7:00 pm CT
Hendersonville First United Methodist Church, 217 E. Main St. Hendersonville, TN

Nov 2 - Shelby Bottoms Greenway and Nature Center. 3.3 miles of flat paved greenway. Easy. Meet at 9:00 am CT at the First Presbyterian Church in Hendersonville or 9:45 am CT at the Two Rivers Park Greenway (by the wave pool). Our hike takes you along the Cumberland River frontage where we will see hardwood forests, wetlands and streams providing excellent habitat for birds, amphibians, deer and more. We will hike to the Nature Center where we will visit while the drivers are transported back to pick up cars at Two Rivers. Side hikes are also available at the Nature Center. On the way back we plan to take Riverside Drive and stop for lunch at the Pied Piper Eatery in East Nashville. (Corner of Porter & Riverside). Call Lea Whitton 615-289-4842 or Shirley Hall 615-822-3871 for more info.

Nov 5 - Chapter Meeting. Four friends travel 12,500 miles to Alaska including many famous sites on their Goldwing motorcycles. Roger Pratali will share his stories and pictures of this once in a life time adventurous trip which included Yellowstone Park, the Canadian Rockies, the Alcan Highway, wildlife along the way, halibut fishing, a bush pilot flight over Denali national Park and more. This trip completed their goal of visiting all forty-nine continental states by motorcycle.

Nov 9 - Plan for a great day at Montgomery Bell Park in Cheatham County. 3 miles. Moderate. Hiking boots and poles suggested for the uneven trail. Planned for our group by one of the park rangers, our hike begins at the Hall cemetery and ends at a parking facility at Creech Hollow Lake. It includes two lovely scenic lakes, one the Creech Hollow Lake and the other, Lake Woodhaven. The hike will take approximately 2 1/2 hours, so bring water and optional snacks. After the hike we will return to the Inn at Montgomery Bell Park for lunch. For those who can stay after lunch, we will go to the Ore Pit Loop and visit some of the historical sites of interest on the park grounds. Meet at 8:20 am CT at the First Presbyterian Church in Hendersonville to carpool or at the Montgomery Bell Park office (on the right as you enter the park) at 9:30 am CT. Directions from Hendersonville: Take 386 to 65 South. Merge onto 1-40 West 84B on left towards Memphis. Take McCrory Lane exit 192 toward Pegram with a slight right onto McCrory Lane. Take left on US-70. Turn left on Jackson Hill Road. For further info, contact Dian Perkinson at *dbarton25@hotmail.com* or 615-974-3047 or Belinda Vanatta at 615-473-8530.

Nov 16 - Rock Island State Park. 4 miles. Moderate. This historic 883 acre state park is located at the confluence of the Caney Fork and Collins Rivers. Its scenic beauty is dominated by the Caney Fork River limestone gorge which provides rugged beauty, waterfalls, streams and deep pools. Abundant wildlife including blue heron, osprey, warblers, deer, and wild turkeys can be seen. Rock Island was named for an island in the Caney Fork River. A textile mill operated there in the 1890's. In 1917, a hydroelectric plant and dam was built by the Tennessee Electric Power Company just downstream from the Caney Fork and Collins Rivers, creating Great Falls Lake. The Tennessee Valley Authority took over operations in the 1940's and in 1966 leased property to the State of Tennessee for park development. Our hike will consist of two loop trails. We will go to lunch afterwards at a local restaurant. Meet at the First Presbyterian Church, Hendersonville at 9:00 am CT for carpooling. For further information, contact Loopy Al at *ballallenger@aol.com* or 615 347-2623.

OFFICERS:

President	Millette Jones	615-397-9588 <i>president@tennesseetrails.org</i>
Vice-President	Carolyn Miller	931-839-3213 <i>vicepresident@tennesseetrails.org</i>
Treasurer	Ann Jacobs	615-896-3935 <i>treasurer@tennesseetrails.org</i>
Secretary	Diane Manas	615-352-7777 <i>secretary@tennesseetrails.org</i>
Past President	Don Dresser	731-668-4190 <i>pastpresident1@tennesseetrails.org</i>
Previous Past President	Rosemary Marshall	865-548-6171 <i>pastpresident2@tennesseetrails.org</i>
West TN At-Large Director	Graydon Swisher	901-737-3114 <i>westregional@tennesseetrails.org</i>
Middle TN At-Large Director	Nora Beck	615-517-6486 <i>middleregional@tennesseetrails.org</i>
East TN At-Large Director	Levonn Hubbard	931-707-1020 <i>eastregional@tennesseetrails.org</i>
Membership Director	Tim Townley	731-607-0512 <i>membership@tennesseetrails.org</i>
Cumberland Trail Conference Representative	Diane Manas	615-352-7777 <i>CTC@tennesseetrails.org</i>
TN Rails To Trails Advisory Council Representative	Bob Richards	615-532-0753 <i>TRAC@tennesseetrails.org</i>
CHAPTER REPRESENTATIVES ON THE BOARD ARE LISTED WITHIN EACH CHAPTER'S HEADER		
Newsletter Editor	LouAnn Partington	931-393-4835 <i>editor@tennesseetrails.org</i>

Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Nov 10	Dec 1
Dec 10	Jan 1
Jan 10	Feb 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

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR: Louise Miniard 931-528-9115
uppercumberland@tennesseetrails.org
HIKE COORDINATOR: Kathleen Sullivan 931-284-7822
uppercumberlandhikes@tennesseetrails.org

Nov 2 - Sewanee Perimeter, start at Greens View. Hike on the Perimeter Trail to the gates, out to Piney Point, back to Beckwith trail to Greens View. The 5-mile hike is rated moderate. For those who want more we can then go to the Cross to Bridal Veil Falls & back. You can meet us Green's View at 9:00 am CT or in Sparta at the US Bank across the street from McDonald's at 7:00 am CT. Bring water, snacks, lunch, and hiking boots. To register contact Cindy Watson at 931-247-1459 or *cgrwatson@gmail.com*.

Nov 9 - Standing Stone State Forest, Hilham, TN. Off trail hiking to natural features. We will hike to an unusual cliff side rock formation in Standing Stone State Forest. Route will be through an open field ridge top for about a 1 ½ mile to a 1/8 mile steep descent to the feature. After exploring the feature, we will make a steep but brief ascent to another ridge top and hike along the wooded ridge top back to our parking. Expect to encounter some briars and weeds so shorts are not recommended. Wear hiking boots and bring lunch, water, and snacks. We will then drive to the Quarry Loop Trail for another 3.5 miles of hiking. We will meet at J.C. Penny's in Cookeville at 8:00 am CT. For information and to register contact Pete Broehl at 931 738-3551 or *pabroehl@blomand.net* or Lillian Ey at *eyintn@hotmail.com*. Note: It is muzzleloader hunting season for deer so orange clothing is recommended.

Nov 16 - Brady Mountain segment of the Cumberland Trail, Crossville, TN. We will hike the length of the trail from the Jewitt Road trailhead to highway 68. Highlights of the trail include spectacular views of Grassy Cove and the mountains to the east. The hike is about 8 miles and is rated moderate to strenuous because of the elevation gain. Bring water, snacks, lunch, and hiking boots. You can meet us in the Penney's parking lot in Cookeville at 8:00 am CT. For information and to register contact Richard Savage at 931-526-2035 or *savage_richard@hotmail.com*.

Nov 23 - Barfield Wilderness Loop, Barfield Crescent Park, Murfreesboro, TN. We will hike the 2.5-mile wilderness trail, rated easy to moderate, through Hardwood and Cedar Forests and along the shore and bluffs of the West Fork Stones River. We will then have lunch at the Mongolian restaurant and then if the National Park is open we hike part of the Stone River National Park or the Murfreesboro Greenway. Bring water and snacks. We will meet at the U.S. Bank in Sparta, across from McDonalds at 8 am CT or the Wilderness Station in Barfield Crescent Park in Murfreesboro at 10 am. To register or for more information contact Pete Broehl at 931-738-3551 or email *pabroehl@blomand.net*.

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

Nov 13

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,
Tim Townley 731-607-0512 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. 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/Tulahoma)
___ 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.