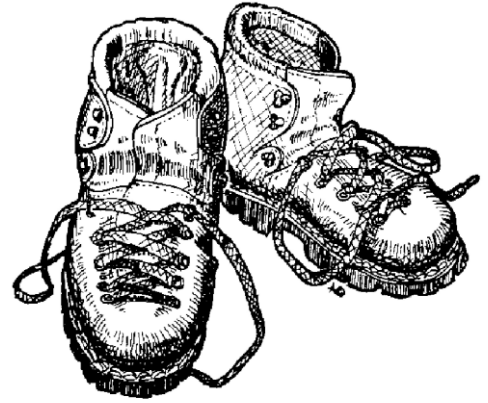


TENNESSEE TRAILS

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



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.

The Evan Means 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.

Second Quarter TTA Board meeting

May 2
1:00 pm to 5:00 pm CT
REI, Brentwood

Agenda Items:

- Approve Committee Members: Nominating Committee and Awards Committee
- Annual Meeting Update
- Update on CTC and TTA Reorganization
- Proposal for Funding Construction on the Cumberland Trail

If you have other agenda items, please submit them prior to the meeting, so that they may be added to the agenda.

All TTA and CTC members are invited to attend the meeting!!



Office Location 409 Thurman Avenue,
Ste 102
..... Crossville, TN 38555
Office Hours Tuesday – Friday
..... 10 am – 3 pm CT
Phone: 931-456-6259
Office Staff: Marianne Mailhot
Email: ctcoffice2014@gmail.com
Website: www.cumberlandtrail.org

Spring Breakaway:

Thanks to all who volunteered to assist the Spring Breakaway program in Dayton, TN from March 9 through April 4. We want to thank those who made donations of food items or made a monetary donation to support the program. We also want to thank the Camp Moms and Camp Dad.

During the three week program, $\frac{3}{4}$ of a mile of trail was built by college students from Michigan State University, Boston University, Florida International University and the University of Delaware under the direction of Trail boss, Pete Berntsen, along with the assistance of State park rangers, experienced trail builders and other adult volunteers.

We extend a big thank you also to Bobby Fulcher, Justin P. Wilson State Park Manager, and the other rangers for their leadership and support. With their assistance, we were able to educate the students about the history of the trail and the role of the Cumberland Trail as part of a state park, as well as to train the students in trail building techniques.

We also want to recognize and thank the Lyndhurst Foundation and the Middle Tennessee Natural Gas Hometown Help program for their monetary donations to support the 2015 Breakaway program.

Trail Crew Update:

Applications for Trail Building Program Coordinator and Trail Crew positions are now being accepted. For more information, please contact Marianne at the CTC office.

Agenda items discussed during the CTC Board meeting on April 18:

TTA/CTC reorganization

Land Acquisition Grant program

The CTC office is sending out a weekly e-mail to promote awareness of the Cumberland Trail and CTC projects. If you wish to receive this e-letter, please contact the CTC office.

Planning Ahead:

Next CTC Board meeting – July 18, First United Methodist Church Annex, Crossville, TN.

For more information, please contact CTC Chairman Rob Weber at weber9885@att.net 423-517-0920, CTC Vice Chairman Frank Jamison at jamisonf@accessam.com or 865-376-4120 or contact the CTC office.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Sandy Janus 931-551-8523
clarksville@tennesseetrails.org
CHAPTER VICE-CHAIR: Lili Ball 931-552-2773
clarksville@tennesseetrails.org
TREASURER: Mary Schwab 931-645-9068
clarksvilletreas@tennesseetrails.org
SECRETARY: Pam Gadsey 931-552-2325
clarksvilleasec@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>

May 2 - Dunbar Cave SNA Spring Fling.

May 9 - Black Mountain to Windless Cave and back 4 miles, moderate; and Black Mountain Loop Trail 1.7 miles, moderate. Next we will drive 9 miles to Ozone Falls. There is a short easy hike to the falls. Suva Bastin 931-645-2849. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot. 162 miles to trailhead.

May 16 - Cedars of Lebanon State Park, Hidden Springs Trail, 5 miles easy, (and maybe) Loop Trail, 2 miles, easy. Bob Lyon 931-648-2354. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 75 miles to trailhead.

May 19 - Monthly Meeting.

May 23 - Garrison Creek Trail off the Natchez Trace Parkway. 6.3 miles. Moderate. Suva Bastin 931-645-2849. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 70 miles to trailhead.

May 30 - South Cumberland State Park, Fiery Gizzard Trail to Raven's Point, back via Dog Hole Trail. 9.5 miles. Difficult. Paul Schwab 931-645-9068. Meet 6:00 am CT, I 24 Exit 11 commuter parking lot. 131 miles to trailhead.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Carolyn Watson 901-652-9089
columbia@tennesseetrails.org

PROGRAM COORDINATOR: Ellen Clark 615-595-2640
columbiaprog@tennesseetrails.org

HIKE COORDINATOR: Jane Coffey 615-516-6551
columbiahikes@tennesseetrails.org

MEETS MONTHLY: 1st Tuesday at Super China Buffet, 5228 Main St., #B1, Spring Hill, TN 37174. Socializing and dinner at 6:00 pm CT; meeting starts at 7:00 pm.

May 1, 2, 3 - Oxford Mississippi Tour. Tommy Haskins will lead us on a tour of Tishomingo State Park, Oxford, MS, the University of Mississippi and other delights. This is a three day event and we will stay in the Hampton Inn, Oxford on Friday and Saturday nights. Be sure to bring a lunch on Friday as we will eat at the Tishomingo State Park after hiking the moderately difficult 3 mile Flat Rock Trail. We will stop by the Pharr Indian Mounds en route to Oxford. We will sample the culinary delights of various local restaurants and enjoy the ambiance of Oxford. On Saturday, we will do a casual 3 mile walk about the Oxford campus. We will leave at 7:00 am CT from the McDonald's in Spring Hill (the northern one, 4908 Main Street, Spring Hill, TN 37174) and drive to Tommy's home in Hohenwald. RSVP with Tommy at *swissman10@hotmail.com* or cell 931-628-8600.

May 5 - Chapter Meeting. Join us at 6:00 pm for the buffet, the meeting begins at 7:00 pm. Our speakers will be Ellen Clark and Lou Laratta who will present their trip to Iceland. We will explore the land of fire and ice. Iceland has become a mecca for the movie industry as recent films, "The Secret Life of Walter Mitty", and "Noah" attest. The wildly popular HBO series "Game of Thrones" has filming sites all over this country and the upcoming Star Wars movie will use Iceland as well. There is good reason for this as Iceland has dramatic, spectacular, and diverse landscapes that are other worldly. Join us as Lou and Ellen share their 2014 hiking trip to this surprisingly accessible gem.

May 16 - Shiloh National Battlefield. Carolyn Watson will lead us on a tour of the Shiloh National Battlefield. While the plans for this hike haven't been completely finalized, it will be an historical tour of the battlefield. The battle took place from April 6 to April 7, 1862, involved more than 90,000 troops and resulted in 23,000 casualties. Much of the battlefield is accessible by car, and there are many Boy Scout-maintained trails we can take. We will leave from the Spring Hill McDonald's (4908 Main Street, Spring Hill, TN) at 7:00 am CT. For those who would rather meet in Columbia, you can rendezvous in the Columbia State Community College (1665 Hampshire Pike, Columbia, TN 38401) parking lot and we will pick you up there at 7:30 am. RSVP with Carolyn at 901-652-9089 or email at *watsoncrt@yahoo.com*.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-951-8317
easttennessee@tennesseetrails.org

WEBMASTER: Sherry Barber 865-209-6189
sbarber6189@comcast.net

May 9 - Twin Arches and Twin Arches Loop. Join us on a hike that combines two trails. The Twin Arches trail takes us to two arches at .7 miles. The south arch is 70 feet high and 135 feet wide and the north arch is 51 feet high and 93 feet wide. After viewing the arches we will start the Twin Arches Loop trail and pass through several large rock shelters where niter (salt peter) mining took place. At 2.6 miles we reach Jake's place marked by a fallen chimney. At 3.0 miles we reach Charit Creek Lodge which has been in operation since 1989. Part of the lodge was built in 1817. From the lodge it is about 1.6 miles back to the vehicles and on the way back we will go over the arches. The total distance is about 5.5 miles with an elevation gain/loss of about 400 feet. The trail is of moderate difficulty with two steep stairs and a short steep trail section. We will meet at the Ingles Food Store, 215 Cedar Lane off the Merchant's Rd exit off I-75 North at 8:00 am ET and leaving at 8:15 am. We recommend appropriate clothing, a snack, a drink, a camera and \$\$\$ for car pooling. Pre-register with Rosie at *rosemary_L@hotmail.com* or 865-951-8317.

May 16 - Ridgetop Loop Trail, Meadow Loop Trail, and Lost Shoe Loop Trail, Fort Loudon State Historical Area, 338 Fort Loudon Road, Vonore, TN. 5 miles. Easy. Starting at the Picnic Grounds, we will hike along the river on the Ridgetop Loop Trail until we connect with the Meadow Loop Trail which has a short leg on the Lost Shoe Loop Trail. Then we will continue on the Meadow Loop Trail, crossing the peninsula until we come to the river again, where we will re-connect with the Ridgetop Loop Trail. We will then see mountain, lake, and valley vistas as we ascend to the highest elevation of 975 feet where we will go off trail to see an Osage Orange tree. There may be an optional detour back to the river bank. After returning to the Picnic Grounds, we will have a meal. TTA will supply the hot dogs, buns, and eating utensils; please bring a dish to share and your own drinks. Optional activities may include swimming, fishing, and touring the Fort and its museum. We will meet at the Picnic Grounds at 10:00 am ET. Co-leaders are Karen Towle and Robby Paul. Pre-register with Robby Paul at *robbypaul@hotmail.com* or 865-850-1503.

May 23 - Black Mountain and Windless Cave. 9 miles. Moderate. The hike will start at the Black Mountain parking area and begin a loop which includes a Spring House and the very scenic Southern Overlook. We will descend down the mountain and get on to the Cumberland Trail and reach Windless Cave at Mile #3. Windless Cave has a lot of nice streams where we can take a break. We will then hike another 1.5 miles and reach the Brady Mountain trailhead. At that point, we will turn around and head back the same way we hiked in. On the way back after we get off the Cumberland Trail, we will continue our original loop and view the Northern Overlook. After that, we will head back to the parking area to our cars. Contact Carolyn Reeves for carpooling, 865-717-3528.

HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CO-CHAIRS: Naullain Kendrick 931-224-6225
highlandrim@tennesseetrails.org
Carolyn Fitz 931-598-0597
highlandrimsecy@tennesseetrails.org
TREASURER/MEMBERSHIP: 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.

May 2 – Greeter Falls and Boardtree Falls Loop Hike plus Greeter Trail to Big Bluff Overlook near Alum Gap. A Friends of South Cumberland State Park Waterfalls Challenge Hike. Altamont, TN. 3.6 miles. Moderate due to a boulder field. Bring water, snacks, lunch and hiking poles. Wear sturdy hiking boots. Contact Marietta Poteet at *nannietta@blomand.net* or 931-924-7666.

May 9 – Overlook Trail, Waterfalls Trail and West Rim Loop Trail, Cloudland Canyon State Park, Trenton, Georgia. 7 miles. Moderate. \$5.00 Parkpass fee per vehicle. This hike has beautiful vistas, rugged geology, rhododendron, mountain laurel and two awesome waterfalls. The park, located on the western edge of Lookout Mountain, straddles a deep gorge cut into the mountain by combined waters of Bear and Daniel Creeks. Contact Joan Hartvigsen at *jhartvigs@comcast.net* or 921-962-0811 for carpool information. Cloudland Canyon State Park is only fifty minutes from Monteagle, just off Interstate 59.

May 16 – Eat-Hike-Eat, Sewanee Perimeter Trail. Forestry Cabin to Green's View. 4.3 miles. Moderate with a steep, short climb up bluff to Green's View Road. Meet our co-hike leaders Carolyn Fitz and Sally Hubbard at 9:00 am CT at the Blue Chair Restaurant for breakfast. We will leave at 9:30 am to shuttle vehicles. The Forestry Cabin, built for the use of the Forestry Club, is constructed of railroad switch ties. The cabin sits beside Cherry Point Lake and overlooks Thumping Dick Cove. Along this hike we will visit Cherry Point for views of Thumping Dick Cove and Rutledge and KA Points which overlook Roark's Cove. Then we will hike through Running Knob Hollow and the western edge of Shakerag Hollow to Green's View. Wear good hiking boots and bring hiking sticks, water and snacks. Let Carolyn know you are coming at *cfitz@sewanee.edu* or 931-598-0597.

May 18 – Chapter Meeting. We will have dinner at 5:00 p.m. at Ruby Tuesday, 1936 N. Jackson St., Tullahoma. Our meeting is 7:00 p.m. at D. W. Wilson Community Center. Michael Glennon will present a program on his recent backpacking trip with Tom Gillard in the Big South Fork National River and Recreation Area. This area of 125,310 acres is managed by the National Park Service to preserve the Big South Fork of the Cumberland River and its tributaries in northeastern Tennessee and southeastern Kentucky.

May 23 – Savage Day Loop plus half mile on South Rim Trail to Savage Falls. Savage Gulf State Natural Area, Palmer, TN. 5 miles. Easy. This is a Friends of South Cumberland State Park Waterfalls Challenge hike. We will hike along cascading Savage Creek lined with mountain laurel and hemlocks on the South Rim Trail to visit Savage Falls. Then we will backtrack to rejoin the Savage Day Loop, where a spur trail leads to an awesome overlook of Savage Falls. Next we will hike along the edge of Savage Gulf to Rattlesnake Point Overlook, where we can see the length of Savage Gulf. Bring water, snacks, lunch and hiking poles. Wear sturdy hiking boots. Meet our hike leader, Joan Hartvigsen, at the Savage Gulf Ranger Station at 9:00 am CT or contact her at *jhartvigs@comcast.net* or 931-962-0811 for carpool information.

May 25 – Memorial Day Lake Party and Picnic. Joette Carter has invited us to her home on Keith Springs Mountain off of TN Highway 16 for Memorial Day. The fun begins at 11:00 am CT and includes hiking, swimming, canoeing, kayaking and picnicking. Bring a meat to grill and a side dish or dessert to share. We will eat around 12:30 pm. Our hike begins at 1:30 pm and is about four to five miles. Directions: Take TN Highway 16 South up Keith Springs Mountain toward the Walls of Jericho State Natural Area and Alabama. Travel about ten miles on Hwy 16 South and turn left onto Jehovah Jireh Lane between mile markers 22 and 23 and follow the paved driveway to the lake. For more information contact Joette at 256-509-0918.

May 29-31 - Camping and Hiking in the Cohutta Wilderness, northeast of Chatsworth, Georgia. We plan to camp Friday and Saturday nights at Lake Conasauga Campground, first come, first served. Specific hikes to be announced. Contact Naullain Kendrick at *naullain@hotmail.com* for more information and to register.

May 30 - Short Springs Natural Area Work Day. Meet at 9:00 am CT in the parking lot. Bring water, snacks, work gloves and pruners or loppers. Contact Tom Hartvigsen to let him know you can help, *thartvigs@comcast.net* or 931-962--0811. Here is what is on the To Do List. Cut out tree tops from deadfalls and block the social trail that goes to the top of the rockhouse. Apply sealer to benches. Scope out action required to block social trail that starts halfway up Machine Falls. Trim back trees/bushes along trails that threaten head and eyes.

Planning Ahead:

June 26-28 – Great Smoky Mountains National Park. Camping and Hiking Weekend. Joint activity with the Murfreesboro Chapter. Contact Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811 to reserve a spot at Elkmont Campground. Friday we will hike to Andrews Bald, 3.6 miles out and back. Saturday we are hiking the Trillium Gap Trail to Grotto Falls and then on to the summit of Brushy Mountain, 6.6 miles out and back, strenuous. Sunday's hike is to Rocky Top via Lead Cove and Bote Mountain Trails, 11.6 miles out and back, strenuous, 3,500 ft. elevation change. Friday we will share an evening meal at Group Site #1. Saturday we will go out to dinner in Gatlinburg or Pigeon Forge.

August 14-16 - White water rafting and camping weekend. Joint activity with the Murfreesboro Chapter. Rafting on Ocoee and Hiwassee Rivers. Camping at Hiwassee/Ocoee Scenic River State Park, Delano, TN. Gee Creek Campground, Group Campsite G6. Contact Marcia Medford at *marciamedford@yahoo.com* or 931-598-5331 to reserve a spot in Group Campsite G6. Contact Marietta Poteet at *nannietta@blomand.net* or 931-924-7666 to register for the Saturday Ocoee whitewater rafting and Sunday Hiwassee whitewater tubing or duckv float.

JACKSON CHAPTER

CHAPTER CHAIR: Vicky Moeller 731-668-9336
jackson@tennesseetrails.org
TREASURER: Anne Goodson 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 Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

May 3 - Union University. This is a short walk of 3 miles or so in the wooded area west of Union. We will meet at 3 pm CT in the parking lot just west of the Union bell tower off Pleasant Plains Road. We particularly welcome any newcomers who would like to meet our group. If you have any questions, please contact Ann Goodson at *annegoodson@eplus.net* or call her at 731-664-1556.

May 5 - Monthly chapter meeting.

May 9 - Mousetail Landing SP. This is an eight mile loop to a high bluff overlooking the Tennessee River below. This is a favorite hike of the Jackson Chapter. The trail is rated moderate. We will leave from Panera at 8 am CT or meet at the park headquarters at 9:30. Bring lunch and plenty of water. For additional information and to register, contact Terry McCoy at 731-535-0625 or at *cityclarksburg@yahoo.com*.

May 17 - Union University #2. This is another short walk of 3 miles or so in the wooded area west of Union. We will meet at 3 pm CT in the parking lot just west of the Union bell tower off Pleasant Plains Road. As mentioned earlier, we particularly welcome any newcomers who would like to meet our group. If you have any questions, please contact Ann Goodson at *annegoodson@eplus.net* or call her at 731-664-1556.

Attention: Hike Coordinators (aka Hike Leaders)

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

MEMPHIS CHAPTER

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

May 2 - Meeman-Shelby forest hike from Poplar Tree Lake to the visitor center. Meet at the Visitor Center at 9:00 am CT. We will then shuttle to Poplar Tree Lake. Then we are hiking back to the VC using the Pioneer Springs and Woodland Trails. Trail is moderate with several hills, and about 5 miles long. Bring snacks, water, and wear sturdy shoes or boots. For more information, contact Wayne Simpson at *w.simpson1@comcast.net* or 901-385-1988.

May 9 - Herb Parsons Lake. Hike and Year End Picnic. Join us for an easy 6-mile hike around the lake and through the woods. Meet at 9:30 am at the lake and bring water. After the hike we will celebrate a great hike season at Herb Parsons Lake. Those attending picnic only arrive about 11:45 am. We will grill hotdogs. Please bring your favorite potluck dish, salad, or desert and lawn chair. The chapter will provide hotdogs, buns, relish, ketchup, mustard, paper plates, flatware, napkins, drinks, and ice. Please register in advance so that we will know how many hikers plan to eat. Contact Julie Hardy at 901-461-9393.

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.

MURFREESBORO CHAPTER

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

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

PROGRAM COORDINATOR: Valerie Galan 615-586-2882
murfreesboroprogram@tennesseetrails.org

HIKE COORDINATOR: Jennifer Zahn 615-943-8853
murfreesborohikes@tennesseetrails.org

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

May 2- 3 - Backpack in Savage Gulf- Rated as easy. Elevation changes are less than 50 feet for this hike making the trip a good one for new backpackers. This hike begins at the Stone Door Ranger Station taking 0.9-mile easy trail to Stone Door. We will stop to take a look at the geologic feature that has been used for centuries by Native Americans and early settlers to traverse the rugged canyon walls. Then we will take slightly more difficult Big Rim Trail 3.2 miles to Alum Gap Camp. The Rim Trail has some excellent overlooks to view Big Creek Gulf and its sinks. We will set up camp at Alum Gap campground then take the moderately difficult 1.6-mile Greeter Trail to the Greeter waterfalls. After enjoying the falls it's back to camp for dinner and socializing. The Greeter Falls Trail requires good balance and careful footwork. We will hike out the following day on the 2.9-mile easy Laurel Trail back to Stone Door Ranger Station. Meet at Stone Door Ranger Station at 9 am CT on May 2nd. This hike is limited to 16 backpackers. Please give me a call for more information and to confirm your spot. Call Andy Meeks at 615-447-1224. Email usmcmeeeks@gmail.com.

May 9 – Pogue Creek Loop, Fentress County, near Pickett Sate Park, 1.75 miles and Natural Bridge Trail at nearby Pickett State Park, about 1 mile, both rated easy. The newly acquired 3,000 acre Pogue Creek Canyon is a jewel in the crown of Tennessee State Natural Areas. Its loop trail is the first to be fully constructed although a more challenging Mesa Overlook Trail is nearing completion. We will hike the Pogue Creek Loop, then stop at a gas station with restaurant for your choice of a cold drink or lunch before driving a very short distance to Pickett State Park to hike the Natural Bridge Trail. Fount and Anna will welcome anyone who wishes to also stop at the Golden Corral in Cookeville on the way home, but that too is optional. Bring snacks and/or lunch and extra water for warm weather conditions. For more information, go to: <http://www.tn.gov/environment/natural-areas/natural-areas/pogue/> or http://www.knoxnews.com/knoxville/outdoors/hike-of-the-month-new-trail-offers-easy-hike-to-pogue-creek-canyon-state-natural-area_75082580. We will be meeting at Hardee's in Woodbury to form a car caravan to the Pogue Creek. It may be possible to form a car pool from Murfreesboro if someone will volunteer to coordinate it. Contact Fount or Anna Bertram at 615-765-5357 or abertram@dtccom.net to sign-up and find out the time to meet

May 12 - Monthly Meeting - 6:00 pm. NOTE TIME CHANGE. This will be our planning meeting for July-December hikes. Bring your calendar to schedule hikes you want to lead or ideas for hikes. Bring a finger food to share and drinks will be provided. If you want to schedule a hike and cannot attend, contact Jennifer before the meeting. Email Jennifer Zahn at jenzahn@gmail.com or phone 615-943-8853.

May 16 - Buggytop Trail. The Buggytop Trail is a 2.2-mile hike (4.4 miles total) to the impressive entrance of Lost Cove Cave. We will stop on the way for half an hour to see the Sewanee Natural Bridge. Although short, the terrain to the Cave is rated moderate due to high bluffs and a steep descent. It can be muddy after a rainfall. Exploration of the cave will not be allowed during this hike. Come with sturdy footwear, snacks and water. After the hike we plan to have lunch at a restaurant close to the Sewanee campus. Contact Nabil Wakid at 615-893-7942 or nwakid@bellsouth.net.

May 30 – Possum Creek Gorge - Cumberland Trail. 9.6 miles. Moderately strenuous. The Possum Creek Gorge section is in the middle of the “Three Gorges Segment” of the Cumberland Trail. South of this section is the Soddy Creek Gorge and north is the Rock Creek Gorge section. We'll start at the Heiss Mountain trailhead and hike to Imodium Falls and back. Expect to see views from overlooks, deep river gorges, spectacular rock formations and waterfalls. To register or for more information, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

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.

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

May 9 - Polly Branch Falls Trail, Bridgestone/Firestone Wilderness, Sparta TN. 6-8 miles. Strenuous. We will hike the Polly Branch Falls Trail to the upper and lower falls, with options for hiking side trails to Bee Branch Falls and Jenny Branch Falls, as well as making a loop connection with the Chestnut Mountain Ranch Trail. This area is near Virgin Falls but gets much less foot traffic. Bring sturdy boots, clothing appropriate to the weather, water, and lunch. Contact Doug Burroughs at dougburroughs@tennessee.usa.com for more information and to register. Carpool will leave the FedEx/Kinko parking lot on Donelson Road at 7:00 am CT. We should get to the trailhead around 9:00 am or so.

May 16 - Beaman Park, Joelton TN. 5 miles. Moderate. We will start at 9:00 am from the nature & visitor's center. We'll follow the moderately easy Sedge Hill Trail for .6, turning onto the Henry Hollow Loop a short ways, then left onto Ridgetop Trail for about 1 mile. We'll turn about-face & head back, leading to continuation of the Henry Hollow Loop. A sparkling, picturesque creek will be our lunch stop, and then we'll hike about 1 mile out for a total distance of approximately 5 miles. Come join us! Beaman Park lies on the Highland Rim just outside of the Nashville Basin along the northwest edge of Davidson County (outside Briley Parkway, actually on Old Hickory). Beaman Park is one of Metro Nashville's finest but less visited parks. The varied terrain has some steep, forested slopes, ridge tops and a beautiful creek. The hike will be rated moderate, mostly flat but some terrain changes of about 300'. Come rain or shine! Be sure to set aside a little time to spend at the first-class nature center as well! Contact Tom Vickstrom, phone 615-405-6713 or e-mail tomzinger55@gmail.com. For location and trail map visit: <http://www.nashville.gov/Portals/0/SiteContent/Parks/docs/outdoor/Hiking%20Trails/MapBeamanPark.pdf>.

Nashville Chapter – con't.

May 16 - Twin Arches Loop/Overnight at Charit Creek Lodge, Big South Fork, Jamestown, TN. 6 miles. Moderate. We'll hike to the Twin Arches and then begin our hike on the loop trail to Charit Creek Lodge for an overnight stay. After visiting the arches, we pass through several huge rock houses along the base of the cliffs as we wind our way to Jake's Place, the remains of a mid-1800's house and farm. Then we follow the creek to Charit Creek lodge where we'll bunk for the night in one of the reserved field cabins. There will be plenty of daylight to explore around the area and take in a hike to the overlook. After breakfast the following morning, we'll return to the trailhead via the shorter, although steeper, side of the loop trail. Bring water and lunch for the hike to the lodge and snacks for the hike out. The field cabin is "full service" which includes dinner and breakfast, bed linens, restroom & shower facilities. Toiletries and towels are **not** provided so bring your own towel and toiletries and whatever else you may need for an overnight stay. Reservations are required and space is limited. For more information, please visit the website, www.ccl-bsf.com. For those carpooling, we'll leave the FedEx/Kinko's parking lot on Donelson Road at 9:00 am CT. To register or for more information, call Kathy Woods at 615-473-6824 or email at kwoodz@comcast.net.

May 23 - Black Mountain, Crab Orchard, TN. 5 or 8 miles. Moderately strenuous. Joint hike with the East TN Chapter. We will begin our hike at the parking lot at the top of Black Mtn. We will head out on the first half of the loop trail stopping for a look at the southern overlook. We will then descend through the "rock gateway" of rising narrow bluffs and house sized boulders. We will continue on down the mountain to Windless Cave where we will have our lunch. At this point those wishing for a shorter hike (5 miles) can return to the parking lot via the same route. Those wishing to continue for another 1.5 miles (3 miles RT), will hike to the SR #68 trailhead and return via the same route. Upon ascending the bluffs we will return to the parking lot via the north side of the loop trail, stopping of course at the northern overlook. The flowers are said to be abundant on this trail and we may be there for lady slipper season. Bring water lunch, sturdy boots and money for carpooling. So come meet some fellow hikers from the other end of the state, bring a friend and call Nancy Juodenas at 615-319-8811 or e-mail at njlj1011@gmail.com to register or for more information.

DON'T LET POISON IVY SPOIL YOUR SUMMER FUN

May 28 - Annual Chapter Picnic. Shelter 10 at Edwin Warner Park, Nashville, TN. 4:00 pm CT until sunset.

Following a pot luck meal at 6:00 pm, we'll take a twilight hike. The chapter will provide tableware, napkins, and ice. But we encourage you to bring your own non-disposable "mess kits" as a more sustainable alternative. Camping lanterns, it will be welcome since the shelters aren't lighted. For the twilight hike, you will want a flashlight or headlamp. Bring friends! This is the only chapter meeting that also includes a hike, so bring a friend who's been thinking about hiking. Directions from Nashville: Drive west on West End/Harding Rd. Turn left at the 100/US 70S "split" in Belle Meade. You will be on Highway 100. Continue on Highway 100 for 3.2 miles and turn left on Old Hickory Blvd. Drive 0.7 miles over the ridge and turn right on Vaughn Road at the traffic light. In about 0.3 miles, turn right into the Edwin Warner Park Picnic Area. Shelter #10 is almost at the end. When you see a permanent rest room building, turn left and then left again at the fork immediately following. For more information, contact Doug Burroughs at dougburroughs@tennessee.usa.com or 615-587-0085.

May 30 - Grundy Lakes and Grundy Forest Day Loop near Tracy City. 3.5 total miles. Easy. Grundy Lakes is the site of the Lone Rock Coke Ovens where locally mined coal was converted to coke using convict labor until 1896. The coke ovens remain as a historic reminder of these times. The trail circles the largest of the four lakes and loops by remains of the Coke Ovens. This trail is 1.5 miles and rated easy. After lunch at the Dutch Maid Bakery in Tracy City we will travel to the Grundy Forest Day Loop Trailhead. This short day loop gives an introduction to the Fiery Gizzard area, passing by small cascades, old CCC camp remains, and a couple of nice swimming holes. It meets up with the more difficult and dramatic Fiery Gizzard Trail midway through the loop. This trail is 2 miles and is rated easy. You will need to bring money for lunch, sturdy walking shoes, and water. For more info and to register, contact Libby Francis, libbyslibbys@comcast.net or 615-889-5718.

Tennessee is full of lush, green vegetation in summer - but if it has 3 leaves, assume it's poison ivy. A few tips to minimize your chance of an allergic reaction:

✓ The allergic reaction is caused by an oily resin in the plant. This resin is called "Urushiol" (pronounced "You- roo-she-all"). If you know or suspect you were in contact with Poison Ivy, use a little rubbing alcohol to wipe off the resin. As soon as possible, take a shower or at least wash the exposed area with some soap and water. (There's no need to go crazy scrubbing your skin raw. That will just give you a different skin problem!)

✓ A lot of people get exposed by handling other things that were in contact with poison ivy (clothes, boots, dogs). So minimize your post-hike contact with these items. Take a change of clothes and shoes for after the hike. Put your dirty clothes and boots into a bag, and take your clothes *straight* to your washing machine when you get home. You can clean your hiking boots with cool, soapy water.

✓ Don't get cocky. Although about 15-20% of the American population is non-reactive to Poison Ivy (Urushiol), these people can become sensitized to it after being exposed. In other words, just because you have never had a reaction in the past, it doesn't mean you are immune forever. Always assume the worst, and minimize your contact.

✓ If you are allergic to Poison Ivy, be aware that Urushiol exists in other plants (generally in smaller amounts). Be careful handling any vines, anything evergreen (for example, pine needles) and even some edibles like cashews and mango peel.

✓ If your pooch has been romping in poison ivy, follow this veterinarian recommendation: the owner should put on rubber dish washing gloves and wash the dog with dish washing liquid (avoid the eyes!). Why dish washing liquid? Because it dissolves the oily resin on your dog's fur. Please consult your vet if your dog has a skin sensitivity that would be made worse by using dish washing liquid.

✓ There are topical products on the market that supposedly block poison ivy from contact with your skin. They work well for some people and don't seem to be very effective for others. Whether you want to spend money to use these products or not, it's still a good idea to follow the above suggestions for minimizing your exposure to Urushiol.

Not sure what Poison Ivy looks like? There are lots of photos on the web. There's a short video that can give you a quick glimpse at: http://youtube.com/qq_mA5ZDWU0.



PLATEAU CHAPTER

(Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-200-7436

plateau@tennesseetrails.org

TREASURER: Bill Quattrociocchi 931-484-4230

plateautreas@tennesseetrails.org

MEETS MONTHLY: 2nd Thursday at 6:00 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.

May 9 – Big Ridge State Park, Maynardville, & River Bluff Trail, Norris Dam State Park, Rocky Top.

We will do two hikes. The first hike will be 5 miles at Big Ridge on a combination of trails where we will see wildlife, wildflowers, and a 1930's Civilian Conservation Corps dam. The second hike will be a 3 mile loop trail near Norris Dam where we will see wildflowers and nice bluffs. This trail follows the river bank with many scenic views before going back into the woods for a return to the parking lot. Both trails are rated moderate. Between the two hikes we will have lunch at the museum of Appalachia Cafe. Depart Vanity Fair parking lot at 8:00 am CT. For more information contact Cheryl Heckler at *thehecklers@charter.net* or 931-200-7436 or Bill Harris at 484-9152.

May 14 – Chapter Meeting & Potluck. 4:30 PM.

Meadow Park Lake Picnic Shelter, Crossville. Meet for dinner at 5:00 pm CT. If there is enough interest, we will hike the new Soldier Beach trail. Bring a main dish, salad or dessert to share and your drinks. Plates, napkins, cups, and plastic ware will be supplied. Contact Chapter Chair, Cheryl Heckler at *thehecklers@charter.net* or 931-200-7436 for additional information.

May 16 – Possum Creek, Cumberland Trail, Soddy Daisy.

This 9 mile moderate to strenuous hike is an in and out. This is a combined hike with Soddy-Daisy Chapter on the Three Gorges section of the Cumberland Trail. We will start at the Retro Hughes trailhead parking lot. The hike is predominately a pleasant walk in the woods. We will cross a concrete bridge and hike down to Little Possum Creek Falls (aka Imodium Falls) with a plunge pool, so be prepared for a water crossing. Mountain laurel and rhododendrons may be in bloom. Bring water, snacks and lunch. Depart from Trinity Tabernacle Church at 8:00 am CT. For more information contact Cheryl Heckler at *thehecklers@charter.net* or 931-200-7436.

SODDY-DAISY CHAPTER

CHAPTER CO-CHAIRS: Ed & Donna Pyers 423- 344-9271

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>

May 2 - North Chick to Stevens Branch campsite and back. Approximately 9 miles. Strenuous.

Meet at Wal-Mart parking lot in Soddy Daisy at 8 am. Hike leader: George Bonneau.

May 5 - Craven's House. Approximately 4 miles.

Moderate. Meet at Bi-Lo parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

May 5 - Chapter Meeting.

6 pm ET. Burks United Methodist Church. Meet at 4:30 to go out to eat.

May 9 - Sluder Lane to Big Soddy Creek.

Approximately 8 miles. Strenuous. Meet at Durham Street parking lot at 8 am. Hike leader: John Politte.

May 12 - Falling Water Falls. Approximately 5 miles.

Moderate. Meet at Wal-Mart parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

May 16 - Retro Hughes to Imodium Falls and back.

Approximately 10 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 8:30 am. Plateau Chapter will be hiking with us. Hike leader: George Bonneau.

May 19 - Glen Falls. Approximately 5 miles.

Moderate. Meet at Bi-Lo.

May 23 - Cumberland Mountain State Park.

Approximately 8 miles. Moderate. Meet at Durham Street parking lot at 8 am. Hike leader: George Bonneau.

May 26 - Heiss Mountain trailhead to Possum Creek and back. Approximately 3 miles. Moderate.

Meet at Durham Street parking lot at 9 am. Hike leader: George Bonneau.

May 30 - Signal Mountain High School to Prentice Cooper Poplar Springs campground and back.

Approximately 10 miles. Strenuous. Meet at Bi-Lo parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

SUMNER TRAILS CHAPTER

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

MEETS MONTHLY: 1st Monday at 7:00 pm CT.

May 4 - Chapter Meeting. Are you looking for new places to hike and enjoy all the beauty Tennessee has to offer? Sandy Obodzinski, Director of Philanthropy with the Nature Conservancy of Tennessee, will give a presentation on Middle Tennessee hiking destinations. Come learn about some new places to visit and share stories about some of your favorite places as Sandy takes us on a virtual hike, including beautiful photographs of some remarkable natural treasures that are right here in Middle Tennessee. Plus we'll hear about how The Nature Conservancy has helped protect some of these areas. You'll go home with ideas for new hiking destinations, helpful resources to ensure your adventures are safe, and you'll be inspired to hit the trails! Please join us at the First United Methodist Church, 217 E. Main St., Hendersonville at 7:00 pm.

May 23 - Barfield Crescent Park, Murfreesboro, Marshall Knobs and Valley View Trails. 3.5 miles. Moderate. Wear your boots and bring your poles. Lunch to follow at a local restaurant. Meet at First Presbyterian Church, 172 W. Main St., Hendersonville at 9 am CT. Carpool to park's Wilderness Station. Hike will begin at 10:15 am. Hike leaders are Shirley Hall at 615-972-7028 and Bill Bowman 615-351-0122.

Please check TTA website for any additional Sumner Trails hikes.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER CHAIR: Louise Miniard 931-239-5425
uppercumberland@tennesseetrails.org

HIKE COORDINATOR: Kathleen Sullivan 931-284-7822
uppercumberlandhikes@tennesseetrails.org

May 2 - Charlie's Bunion, Great Smoky Mountains National Park, Gatlinburg, TN. Our hike begins at Newfound Gap and will follow the Appalachian Trail to Charlie's Bunion, a huge rock outcrop with views all around. There will be an optional side-trip to the Jump-Off. The hike is 8 miles (9 with the Jump-Off) and is rated moderate to strenuous due to the uneven and rocky terrain. Bring snacks, headlamp, water, and lunch. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT. For information and to register contact Gary Kimbrell at 931-215-9520 or *Gary.Kimbrell@fbitn.com*.

Upper Cumberland Chapter – con't.

May 9 – Black Mountain Segment of the Cumberland Trail, Crab Orchard, TN. 7 miles. Moderate. Black Mountain is noted for its interesting rock formations and wonderful overlooks. We will start the hike at the trailhead on HY 68 and hike up to the top of Black Mt. We hope to see the spectacular display of yellow trillium that blankets the western slope of the mountain in spring. At the top we will enjoy lunch at a sweeping overlook and explore the newly constructed portion of the Cumberland trail and the new trails through the boulder gardens. If time permits we will visit Windless Cave on the return trip down the mountain. Meet at 8:00 am CT in the Penney's parking lot in Cookeville. Bring snacks, lunch, and sturdy hiking boots. For information and to register contact Pete Broehl at *pabroehl@blomand.net* or call 931-738-3551.

May 16 – North Chickamauga Segment of the Cumberland Trail, Soddy Daisy, TN. 8.6 miles. Strenuous due to 2 water crossings and a ½ mile segment of rocky narrow trail. We will start the hike at the end of Barkers Camp Rd and hike 1.1 miles along a gravel road to reach the trailhead. We will then descend down 17 switchbacks to Cooper Creek which we will cross and then move on to cross Stevenson Branch. From Stevenson Branch we will ascend via ½ mile of rocky trail to a rock shelter and another water crossing with a cable handrail. We will then continue to the Montlake Rd trailhead. The hike will require a shuttle. Meet at 7:00 am CT in the Penney's parking lot in Cookeville. Bring snacks, lunch, and sturdy hiking boots and water shoes for the creek crossings. For information and to register contact Pete Broehl at *pabroehl@blomand.net* or call 931-738-3551.

May 23 – Virgin Falls, DeRossett. This is a 9-mile strenuous hike to the 110-foot tall Virgin Falls. Along the way, we will pass a 30-foot waterfall, Big Laurel Falls. There is a stream crossing and some difficult footing on this hike, including the need to cross a rock field at Big Laurel Falls, so the hike may be canceled or changed due to high water. Therefore, register with hike leader to be informed of possible cancelation or changes. Bring snacks, water, lunch, and hiking boots. You can meet us at the US Bank across from McDonald's in Sparta at 8:00 am CT. For information and to register contact Marnell Cothran at 931-738-5874 or *leron@blomand.net*.

OFFICERS:

President

Carolyn Miller 931-839-3213
president@tennesseetrails.org

Vice-President

Levon Hubbard 931-707-1020
vicepresident@tennesseetrails.org

Treasurer

Kathy Woods 615-473-6824
treasurer@tennesseetrails.org

Secretary

Diane Manas 615-352-7777
secretary@tennesseetrails.org

Membership Director

Tim Townley 731-607-0512
membership@tennesseetrails.org

Past President

Millette Jones 615-397-9588
pastpresident1@tennesseetrails.org

Previous Past President

Don Dresser 731-668-4190
pastpresident2@tennesseetrails.org

West TN At-Large Director

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

Middle TN At-Large Director

Kathie Tange-duPré 615-834-9274
midlleregional@tennesseetrails.org

East TN At-Large Director

Bruce Whitehead 941-716-3620
eastregional@tennesseetrails.org

Cumberland Trail Conference Representative

Frank Jamison 865-376-4120
CTC@tennesseetrails.org

TN Rails To Trails Advisory Council Representative

Bob Richards 615-532-0753
TRAC@tennesseetrails.org

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

Newsletter Editor

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

INACTIVE CHAPTERS

We have three chapters in the process of being reorganized. If you are interested in assisting with this process, please see below for the contact information.

Cove Lake Bruce Whitehead 941-716-3620
eastregional@tennesseetrails.org

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

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

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.

Newsletter Deadlines:

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

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

May 15

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.