

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



HOW BEST TO AVOID INSECT BITES

A fact about enjoying summer outdoor recreation is the need to avoid bites of insects that may cause unpleasant reactions and disease. Bites of ticks and chiggers can be decreased by avoiding contact with brush and tall weeds, as in bush whacking, and wearing clothing that has been treated with permethrin. The number of insect bites can be lessened by reducing the area of skin open to bites by wearing head cover, long sleeved shirt and long pants and for ticks, with elastic bands at wrists and ankles. Painful deer fly and black fly bites to face and ears are best avoided by using a broad brim hat with a web net.

Since mosquitoes that bite only at night have been joined by ones that bite in the day time and carry Zika virus, protection from them by use of chemical repellants is strongly recommended. Because customer protective laws have been gutted, there are many ineffective products being advertized. The web at CDC shows four approved insect repellants and their duration of protection. Generally the greater concentrations give longer protection but only mild strengths should be used on children and reapplied each hour. Products containing DEET, reported to have rare mild side effects, are readily available and are the most used in the USA. More widely used in Europe, Picardin products are more pleasant to use, safer and comparatively effective. For more information check the web, at CDC and Consumer Reports "mosquito repellants".

Wallace Bigbee Sr, MD

Wally is an outdoor activist, a many years long member of the Highland Rim Chapter of TTA, an adult member of Boy Scouts of America, father to 3 Eagle Scouts and a retired Family Practitioner. He is married to Pat Bigbee.

2016 TTA Annual Meeting!
October 28-30
Pickwick Landing State Resort
Park
Pickwick Dam, Tennessee

The Jackson & Memphis Chapters would like to invite you to attend the 2016 Annual Meeting. This year we'll meet in the beautiful surroundings of Pickwick Landing, a riverboat stop dating from the 1840's. The Inn and Conference Center overlooks the beautiful Pickwick Lake and all 119 rooms have a picturesque view of the lake. For anyone not familiar with Pickwick Landing State Park it's located just south of Pickwick Dam, 12 miles south of Savannah in Hardin County. Accommodations in the park include a modern Inn and Restaurant, cabins and camping. The park contains 1,400 acres forested hills and hollows.

Details and Registration Form Inside!



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 Mailhiot
Email: ctcoffice2014@gmail.com
Website: www.cumberlandtrail.org

Welcome...first THANK YOU to everyone for their volunteer leadership over the past year...it is only on the strength of adult and student volunteers that we accomplish the task of building the CT. Hosting our Spring BreakAway and Spring and Fall Big Dig's (that is 16 weeks!) creates plenty of volunteer needs. Additionally, TTA and CTC are driving two paid trail crews, the Central and Southern, with Justin P. Wilson and Lyndhurst Foundation as partners. Plus, don't forget CTC will embark on a new frontier as we begin to study, catalog, and rank all of the east/west trail connectors to the CTSP. As a new non-profit organization we have plenty of needs and I've highlighted those below. Contact Marianne at ctcoffice2014@gmail.com to help or ask any questions.

Rob Weber, CTC Chairman

CTC Needs...

Volunteers Trail Builders. Join our seasonal BreakAway and Big Dig programs and the daily activity of the Central (working in Crab Orchard on Daddy's Creek) and Southern (working in Graysville in McGill Creek Gorge) Trail Crews. raining always provided and housing available during program times. Consider becoming a certified **WagonMaster**, leading a group of 8-10 volunteers, with all trail training and CPR/First Aid provided by CTC.

Camp Moms/Camp Dads. Spend a week providing leadership and guidance to both our adult and university volunteers and build lifelong friends. Fall Big Dig 2016 and BA 2017 are close at hand with plenty of slots available.

Communication/Presentation. We are looking for volunteer members to form a working group to present CTC and our efforts to their community, both in presenting pre-prepared PowerPoint presentations and to help write/publish local press releases. CTC has an open Board position, Chair of the Communication Committee.

Connector Program Leadership/Community Field Team Members/GIS. Have an interest in planning, studying, and exploring new trail corridors? CTC will be fielding numerous community teams to study routes to link our communities to the CTSP. Called the Connector Program, much of this work will be done from maps on your laptop and exploring the local back roads. Watch for local organizational meetings late summer in the Crossville/Fairfield Glade & Oak Ridge/Kingston areas. Have GIS experience, let us know.

Central Trail Crew Position. Immediate need for a part-time crew member currently working on Daddy's Creek north of Crab Orchard: \$10.00/hour, Cumberland/Rhea County.

CLARKSVILLE CHAPTER

- CHAPTER CHAIR:** Ken Johnson 931-802-6343
clarksville@tennesseetrails.org
- CHAPTER VICE-CHAIR:** Lili Ball 931-552-2773
clarksville@tennesseetrails.org
- TREASURER:** Mary Schwab 931-645-9068
clarksvilletreas@tennesseetrails.org
- SECRETARY:** Donna Burdick 931-220-8497
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>

Jul 9 - Pennyrile State Park. 3 mile hike. Moderate, And then swim. Eat lunch at Park Restaurant. Sandy Janus 931-551-8523. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 50 miles to trailhead.

Jul 16 - Harpeth River Canoe and Kayak Float, 13 miles. Bob Lyon 931-648-2354. Meet 8:00 am CT. Madison Street Kmart parking lot, Clarksville. 41 miles to starting point.

Jul 19 - Monthly Chapter Meeting.

Jul 23 - Cummins Falls State Park hike and swim. 2.5 miles out and back. Difficult. Kathy Robertson 931-216-5797. Meet 8:00 am CT. I 24 Exit 11 commuter parking lot. 119 miles to trailhead.

Jul 30 - Cooling at the Cave, Dunbar Cave State Natural Area, Clarksville. Music, Board Games, Fellowship, Refreshments. 3:00 pm CT until 6:00 pm.

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.

Hike information unavailable at press time.

Excellent Volunteer Opportunity!

At the end of 2016, the Board of Directors will be looking for someone to serve as TTA's statewide Secretary. This is a great volunteer position (get the inside scoop on what your hiking club is doing) and an excellent opportunity to serve on the Board of Directors. We are soliciting names of interested people now so that a candidate can have several months of introduction before assuming office.

No "professional" experience is required; however, you must have: (1) internet access (preferably at your home), (2) basic computer skills, (3) an organized filing system for maintaining records, (4) a small amount of storage space (currently there are 3 stacking file boxes containing minutes and other archival documents from 1976 to current; one box is half empty with room for several years of records), (5) the ability to attend quarterly board meetings, and (6) a willingness to devote approximately five hours before and after each board meeting (recording and circulating meeting minutes).

C'mon whatyathink? Really, this truly is a fun, but important, position, and does not require a huge amount of your time. For more details, contact the nominating committee or Diane Manas at 615-351-6431 or *DManasHikes@comcast.net*.

ELECTION TIME

Officer elections for 2017: officers are elected annually by the members in attendance at the general membership meeting. For 2016, the general membership meeting is on Saturday evening, October 29 at Pickwick State Park.

The term of office is from January through December. The TTA officer positions are President, Vice President, Secretary, Treasurer, and Membership Director. If you want to serve on the TTA board, please consider serving as an officer or chapter chair.

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

Jul 16 - Round Top Trail and picnic at Metcalf Bottoms, Great Smoky Mountains National Park. Led by Robby Paul and Karen Towle. Enjoy the solitude of one of the least-used trails in the park. Meet at the Townsend Wye at 8:30 am ET. We will shuttle from there to the Metcalf Bottoms Round Top Trailhead. One way hike, 7 1/2 miles, back to the Wye, with an elevation gain of 900 feet, rated moderate, where we will wade across the Little River, and return to the Metcalf Bottoms picnic grounds. Restrooms are available for changing out of wet clothes. The club will supply hotdogs, buns, condiments, utensils, and paper products. Please bring your own drinks and a dish to share! Also bring wading shoes, water, trail snacks, and hiking sticks. Pre-register with Robby Paul at 865-850-1503 or *robbypaul@hotmail.com*.

Third Quarter TTA Board Meeting

Saturday, July 30
1:00 PM – 4:00 PM
REI in Brentwood.

Agenda Items:

- Approve minutes of second quarter board minutes
- Approve 2016 TTA award nominees
- Officer nominations
- Website Update
- Annual Meeting Report

If you have additional agenda items, please send them to President, Carolyn Miller or Vice President, Bruce Whitehead prior to the meeting.

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.

Jul 9 - Prentice Cooper State Forest, Marion County. Section of Mullens Cove Loop Trail. Hike to Snoopers Rock and back, starting at Mullens Cove trailhead. 6.8 miles. Easy to moderate. This hike offers views of the Tennessee River Gorge, rock bluffs and cascading streams. The bare rock promontory of Snoopers Rock offers a wide view of the Tennessee River Gorge. We will organize a carpool in Monteagle. Please email Joan Hartvigsen *jhartvigs@comcast.net* or call 931-962-0811 to register.

Jul 16 – Duck River Float from below Normandy Dam to Dement Bridge. 5.2 miles, approximate. Joint float with the Murfreesboro Chapter. Meet at 9:00 am CT at put-in below Normandy Dam to organize a shuttle. Portage around Cortner Mill Dam required. We will eat our packed lunch at Cortner Mill Dam after the portage. Contact Tom Bentley to register. *htbentley@lighttube.net* or 931-455-5849. Normandy Kayak Rental rents canoes and kayaks. Front Street, Normandy, TN. 615-925-9767 or email *normandykayakrental@gmail.com*. Reservations required to guarantee availability. Naullain Kendrick may be able to lend a kayak, *naullain@hotmail.com*.

Jul 23 – Franklin State Forest, Sewanee, TN. Sweden Cove Rim Trail, Tom Pack Falls Trail and more. Six to eight miles. Moderate. Marietta Poteet will lead hikes along several trails in Franklin State Forest, including Tom Pack Trail and Sweden Cove Rim Trail. As this is a July hike, we will need to bring lots of water. Also bring snacks and lunch and wear sturdy hiking boots. Please call Marietta at 931-924-7666 or email at *nannietta@blomand.net*.

Jul 25 – Chapter Meeting. Dinner at 5:00 pm Las Trojas Mexican Restaurant, 1905 N. Jackson Street, Tullahoma, near Kroger. Meeting is 7:00 pm at D. W. Wilson Community Center. Marjorie Collier, member of the Historic Preservation Society of Tullahoma, will present the program “Up and Down the Dixie Highway”.

Jul 30 - Short Springs Work Day. We will continue work on steps on Machine Falls Loop Trail near the junction with Adams Falls Trail. We will also paint blazes on trees on the Laurel Bluff Trail. Contact Tom Hartvigsen *thartvigs@comcast.net* or 931-962-0811 to let him know you can help.

Highland Rim Chapter – con’t.

Planning Ahead:

Aug 26-28 – Whitewater rafting, “flatwater” kayaking and camping weekend. Camp at Gee Creek Campground, Campsite G6 August 26 and 27, Hiwassee/Ocoee Scenic River State Park. Whitewater rafting on Ocoee River Aug 27. Folks not planning on whitewater rafting on Saturday can hike in the Cherokee National Forest. Potential hikes are the Oswald Dome Hike near Reliance, TN, Big Frog Wilderness Hike near Ocoee Dam #3 and the Old Copper Road Trail which begins at the Ocoee Whitewater Center. Sunday, we will use our own kayaks to paddle the lower, “quieter” section of the Ocoee River. Contact Naullain to borrow a kayak. Contact Joan Hartvigsen soon to reserve space at the campsite, *jhartvigs@comcast.net* or 931-962-0811 and to inquire about the Saturday hike. Contact Naullain Kendrick soon to reserve a spot for whitewater rafting on the Ocoee River on Aug 27, *naullain@hotmail.com*. Friday evening we will share a potluck dinner at the campsite. Saturday evening we will eat at a restaurant.

Oct 7-9 - Camping at Chickasaw State Park, Henderson, TN. Paddling in the Ghost River State Natural Area, near La Grange, TN. Ghost River State Natural Area is a 2,200 acre section of the Wolf River in Fayette County. The natural area includes approximately 14 miles of the Wolf River beginning from the parking area near La Grange to just west of Bateman Road Bridge near Moscow, TN. The Ghost River section of the Wolf meanders through bottomland hardwood forests, cypress-tupelo swamps, and open marshes. Some of the most impressive trees are large oaks that include cherrybark, water, willow, and swamp chestnut. The Ghost River provides excellent habitat for rare aquatic organisms and unique opportunities for observing birds and other wildlife. The paddle is 9 miles and should take about 6 hours. Sunday morning we will visit nearby Pinson Mounds State Archaeological Park. Contact Naullain Kendrick at *naullain@hotmail.com* early to reserve space in one of the campsites.

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 Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

No hikes planned.

Planning Ahead:

Sep 6 - Chapter meeting, starting at 6:00 pm at Perkins Restaurant. We will plan hikes for coming months. If you have a favorite hike in or near West TN, please come and let us know, or just tell us by return email.

Sep 17 - Annual cookout (and hike).

MEMPHIS CHAPTER

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

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

No hikes planned for the summer months. See you in September!

SEEKING NOMINATIONS FOR ANNUAL AWARDS

TTA is seeking nominations for awards to be presented at the annual meeting in October. We annually present the Tennessee Trails Award and the Bill Stutz Awards. The Bob Brown Lifetime Achievement Award is awarded periodically to those with a lifetime of leadership and extraordinary contributions.

Please send written nominations for the TTA awards to a member of the nominating committee (Doug Burroughs, Carolyn Miller, or Sara Pollard) one of the chapter chairs or to one of the TTA officers. Nominations should include contact information for the person making the nomination, a full name and address of the nominee and a paragraph stating why the person should be nominated for the award.

Tennessee Trails Award. This award is presented for outstanding contributions to the Association or for the furtherance of trails and natural resource programs and opportunities within Tennessee.

Bill Stutz Award. The Association gives this award in honor of the late Bill Stutz, past TTA member and beloved hiker. Any chapter (or voting member) can make a nomination to the Board for the recipient of this award. The award is to be presented to an active hiker for his or her individual contribution to the Association or one its chapters.

Bob Brown Lifetime Achievement Award. The Board of Directors of the Association established this award to honor the extraordinary lifetime leadership and personal contributions of Bob Brown to hiking and conservation in the State of Tennessee. The Board may give a Bob Brown Award from time to time to others for lifetime leadership and contributions that it finds equally extraordinary.

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 615-516-6441
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

Jul 9 – Be prepared to get wet! We will visit one of the nation's best swimming holes on at **Cummins Falls**. This park is located 9 miles north of Cookeville. Pack a lunch to enjoy while visiting one of Tennessee's newest state parks. Bring sturdy shoes and plenty of water. This hike will be around 3 miles and has steep and uneven terrain. There will be water crossings and slippery rocks as well. Please note, no floats are allowed at the park. Only life jackets can be used at the swimming hole. Contact Danielle Barrett at 423-327-7704 or dn.harrell@yahoo.com if you are interested in the hike. We will meet in the Kroger Parking lot at Lascassas Highway at 8 am.

Jul 12 - Chapter Meeting. After the business meeting, we will take a short walk from the Wilderness Station to the West Fork Overlook on the Stones River. This easy trail is paved and is approximately 2 miles round trip. Wear comfortable shoes and invite a friend to join us.

Jul 16 – Duck River Float. Joint activity with the Highland Rim Chapter. Approximately 5.2 miles from Normandy Dam to Dement Bridge. Meet at 9:00 am CT to put in below the dam to organize a shuttle. There is a portage around Cortner Mill Dam. Pack lunch to eat at Cortner Mill Dam after the portage. Normandy Kayak Rental has canoes and kayaks - 615-925-9767 or email normandykayakrental@gmail.com. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Jul 31 – Montgomery Bell State Park. Southwest Loop. 6.9 miles. Moderate. Montgomery Bell State Park is located near Dickson. The park is named after Montgomery Bell where the park was once the center of an iron industry in Middle Tennessee. The site of the first Cumberland Presbyterian Church is located in the park and this trail passes a replica of the founder's log cabin. We'll see the natural beauty of Hall Spring, Lake Woodhaven, and Creech Hollow Lake. Pack lunch, snacks and plenty of water. This loop hike has plenty of places to stop, linger and enjoy nature and history of the area. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Vital Liquid

Pure water is vital to health. Our bodies cannot store water, so we must drink constantly. The need for water is driven by temperature, metabolism and work. Our bodies perspire to control the body's core temperature during exercise, such as hiking. Water is also needed by the body for breaking down and metabolizing our food intake. Even while resting, we can lose 4 pints (2 liters) of water per day just through normal perspiration, urination and breathing.

Hiking is a strenuous activity, and adequate hydration is crucial for optimal performance and health.

How much water to drink? Drink frequently, between 1 to 2 cups of water per hour and before you feel thirsty, to avoid dehydration. (A good sign that you've drunk enough water - clear urine! Cloudy or colored urine indicates the need to drink more.) You can be slightly dehydrated and not feel thirsty. The signs and symptoms of dehydration may include fatigue, flushed skin, headache, dizziness, chest pain, irritability, feeling tired, and cramps. Extreme cases of dehydration could lead to death.

If you've run out of water, and as long as you're close to a water source, most water can be made fit to drink. Never assume the water source to be safe - even if the water is fast flowing, crystal clear and cold. How you purify your water is a matter of preference; however, some methods are safer than others.

One of the most reliable methods of purifying your water is to boil it. This requires a heat source and a container to boil the water – items not common to a day hiker's backpack. Another effective treatment is to use purification tablets (iodine). They are lightweight and easy to use. One pill purifies one quart of water in about 10 minutes. A drawback to iodine tablets is the bad taste it leaves in the water. However, neutralizer tablets placed into the water after the purification process will eliminate the iodine aftertaste. Finally, there are filters. Water is hand pumped through a narrow intake hose, where it passes into a filter assembly for purification, then exits ready to drink. Filters don't leave a bad aftertaste, weigh as little as ¾ of a pound, are easy to use and remove a wide range of contaminants; both organic and inorganic.

For a day hike you may not need to consider utilizing any of the above water treatment processes – just be sure you have plenty of water for the hike, and enough to get you back into civilization.

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

Jul 16 - Ross Forest Registered State Natural Area, Savannah, TN. A rare opportunity to see some special places! This hike is being conducted by the good folks of Tennessee State Natural Areas and you must register for this hike with Loretha Legette at 615-532-0431 or loretha.legette@tn.gov by Jul 12 in order to attend. A \$10/person fee is being charged for this hike, payable by credit card when you contact Loretha by phone. Nora Beck will coordinate travel from the Nashville area for this hike. Once you've registered, contact Nora at norellbee@gmail.com or 615-517-6486 for Nashville-area logistics. If there is interest in travelling on Friday and camping closer to the hike meeting place, let Nora know. This hike will be 3-4 hrs. long, rated moderate. You will need plenty of water, plus food & sturdy shoes, sunscreen and insect repellent. While of course we can expect heat, we will be in shade most of the time. Excerpted from TN SNA's announcement: "The Ross Forests Partnership Lands property is located in Hardin County The original farm was purchased by John Ross's great-grandfather in 1881 and passed to his father who expanded the holdings. Botanists identified four sites that qualify as Registered State Natural Areas due to the presence of state and federal listed plant and animal species." If you have an interest in geology, you will get to see some really interesting examples of various features on this hike. (Be sure to attend TTA Nashville's July program as well.) The complete description for the hike at Ross Forest is here: https://tn.gov/assets/entities/environment/attachments/na_events-2016.p

Jul 23 - Honey Creek/Big South Fork National Recreation Area, Near Rugby TN. This is a strenuous hike through creeks, over boulders, and up steep and rugged terrain. But, there will also be great overviews, waterfalls, and interesting geological features. Bring water, snacks/lunch, waterproof boots with ankle support, and clothing appropriate for the weather that day. There is an option after the hike to stop for food somewhere along the road back to Nashville. The total time commitment could be up to 12 hours: Driving up, hiking 5 slow miles, dinner, and then driving back. Contact Doug Burroughs at dougburroughs@tennessee.usa.com or leave a message at 615-587-0085 for more information and to register. Meeting Place: Parking lot just north of the FedEx/Kinko, 540 Donelson Pike Nashville 37214. Just north of I-40. Meeting Time: 7:30 am.

Nashville Chapter – con't.

Jul 26 - Monthly Meeting. Tennessee has a fine variety of hiking trails in varied terrain, from the intriguing lowlands of the Mississippi coastal plain to the rugged hills and mountains of Big South Fork, the South Cumberlands and the Smokies. One major reason for this diversity is Tennessee's geology. The landforms that hold us up also hold fascinating history and prehistory. There's no one better to tell us about our state's geological story than our State Geologist - Ron Zurawski. Bring friends!

GUIDELINES FOR SUBMITTING HIKE INFORMATION

When submitting monthly hike listings, please include the following information:

Date, trail name, location (Park, City, State), mileage, rating (easy, moderate, etc), hike description (what you may expect to see, elevation changes, obstacles that affect the hike rating), what to wear or bring, meeting time and location, and hike leader's contact information. Please identify any hikes that are multi-chapter events. Please DO NOT format the submissions (avoid bold, italics, underlining or colored text), as this slows the editorial process.

Hike descriptions are strongly encouraged, but not mandatory. A good hike description can encourage members (and prospective members) to try a new hike, but also alerts prospective hikers to outings that may be unsuitable for their level of expertise or fitness.

All submissions should be made by e-mail to editor@tennesseetrails.org. This e-mail address is automatically copied to our webmaster. All submissions MUST be received by the 10th of the month PRIOR to the hikes (i.e. February hike listings must be submitted by January 10) in order to be included in the newsletter. Late submissions will be updated on the TTA website, but have no guarantee of inclusion in the newsletter.

We will also be glad to print any hike reports, general chapter news and hike or event photographs as space permits.

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-200-7436
plateau@tennesseetrails.org
TREASURER: Bill Quattrociochi 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 Bruce Whitehead at trailwalker80@gmail.com or 941-716-3620, or visit the Plateau Chapter Blog at <http://ttaplateauchapter.blogspot.com>. Check blog for cancellations or changes before hiking.

Jul 9 - Big South Fork Ranger Mary Grimm schedules two Centennial Challenge hikes per month. She will lead a 4.4 mile hike on Laurel Fork Creek. See details for this hike and a schedule of other hikes at: <https://www.nps.gov/biso/planyourvisit/centennial-challenge.htm>.

No Plateau Chapter meeting for July.

Jul 16 – GSMNP Roundtop Trail, Townsend. This is 7.5 mile moderate car shuttle hike with a major water crossing at the end. After stationing a car at the Townsend Y and assessing the water level of the river, we will drive about 20 minutes to the trailhead on Wears Cove Gap Road just outside of Metcalf Bottoms picnic area. This trail offers solitude as being one of the least hiked trails in the Park. The trail ascends from 1800' to 2600' in the first 2.5 miles then mostly descends the rest of the way to 1200'. Wear hiking boots and bring water shoes for the crossing. Bring water and lunch. Depart from Crossville Outlet Center at 8 am CT. Carpool \$8. Contact Cheryl Heckler at thehecklers@charter.net or 931-200-7430 to register and for additional information.

Jul 23 – Dicks Gap Falls and Big Spring Falls, Big South Fork, Stearns, KY. This is a 7.2 mile in and out hike that climbs to the scenic Catawba Overlook, passes Dicks Gap Falls and reaches a waterfall in Big Spring Hollow. The 60' Big Spring Falls spills halfway then splashes down on a rock ledge before a second drop into a pool at the base. We have an option to do a separate short easy hike to Split Bow Arch (1.3 miles round trip) and a short easy hike to Bear Creek Overlook (0.5 miles round trip) to a panoramic river overlook. If we add the two short hikes, the hike is a total of 10 miles. If some choose not to add the additional 1.8 miles, we can plan separate carpools at the meeting location. Depart from Cracker Barrel off of I-40 Exit 317 at 8 am CT. Carpool \$7. Contact Cheryl Heckler at thehecklers@charter.net or 931-200-7430 to register and for additional information.

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>

Jul 2 - Lower Legget Road to Rock Creek Bridge and back. Approximately 10 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: George Bonneau.

Jul 5 - Enterprise South. Approximately 6 miles. Moderate. Meet at Target parking lot on Hwy 153 at 8 am. Hike leader: George Bonneau.

Jul 9 - Frozen Head. Approximately 8 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: George Bonneau.

Jul 12 - Harrison Bay State Park. Approximately 4-1/2 miles. Easy. Meet at Target parking lot on Hwy 153 at 8 am. Hike leader: George Bonneau.

Jul 16 - North Chickamauga Creek to Stevens Branch and back. Approximately 9 miles. Strenuous. Meet at Walmart in Soddy Daisy at 8 am. Hike leader: George Bonneau.

Jul 19 - Big Soddy Gulf to Big Soddy bridge and back. Approximately 5 miles. Moderate. Meet at Durham Street parking lot at 8 am. Hike leader: George Bonneau.

Jul 23 - Heiss Mountain to Big Soddy Gulf. Approximately 6 miles. Moderate to slightly strenuous. Meet at Durham Street parking lot at 8 am. Hike Leader: George Bonneau.

Jul 26 - Raccoon Mountain. Approximately 4 miles. Moderate. Meet at Food City parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

Jul 30 - Prentice Cooper. Approximately 10 miles. Strenuous. Meet at Food City parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

OFFICERS:

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

Vice-President
 Bruce Whitehead 941-716-3620
vicepresident@tennesseetrails.org

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membership@tennesseetrails.org

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Cumberland Trail Conference Representative
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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

Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Jul 10	Aug 1
Aug 10	Sep 1
Sep 10	Oct 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

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Sally Ticaric 615-218-1086
 Bob Crouch
sumner@tennesseetrails.org

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

Hike information unavailable at press tim.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CO-CHAIRS: Louise Miniard 931-239-5425
 Jennifer Carroll 661-369-6619
uppercumberland@tennesseetrails.org

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

Jul 30 - Siler's Bald, Great Smoky Mountains National Park, Gatlinburg, TN. 9.5 miles. Moderate to strenuous. We will hike a section of the Appalachian Trail from the Clingman's Dome parking lot to Siler's Bald. There are spectacular sections of the trail along a narrow ridge top. Bring water, snacks, and lunch. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville. For information and to register contact Richard Savage at 931-526-2035 or *savage_richard@hotmail.com*.

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 Garnett Rush 865-268-5181
eastregional@tennesseetrails.org

Dyer County Margaret Dixon 901-603-7680
westregional@tennesseetrails.org

Northwest Margaret Dixon 901-603-7680
westregional@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

Jul 16

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 Trails 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 (Inactive)
___ Dyer County (Inactive)
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tullahoma)
___ Jackson
___ Memphis
___ Murfreesboro
___ Nashville
___ Northwest (Inactive)
___ 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 partner organization (CTC) and associate organization (TRAC). (3) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie and programs, in addition to learning about the progress and plans of the organization.

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

**2016 TTA ANNUAL MEETING
October 28 - 30, 2016
Pickwick Landing State Park**

**Beat the early registration
deadline of September 15 and save \$10.
After September 15,
the registration fee increases!**

Families: Please provide the name of each member of your family attending.

Name: _____ Name: _____ Name: _____

Address: _____ City: _____ State: _____ Zip: _____ - _____

Phone: (____) _____ E-mail: _____ Chapter: _____

LODGING – Reservation and payment for rooms must be made directly with Pickwick Landing at 800-250-8615. First night deposit required. Online registration Code #6267

If you are the person reserving an Inn Room or Cabin for a group, please provide the names of those sharing with you.

Name _____ Name _____ Name _____

Name _____ Name _____ Name _____

INN ROOMS - 70 Rooms are on hold through Sept 15 and rates include 14.5% hotel tax (2 queen beds with private bath)
Pickwick Inn gives a 10% discount off the regular inn room rate to all seniors (62+).

<u>Inn Rooms:</u>	Fri	Night Rate / 2 people	@	\$100.76	Payment for room must be made directly with Pickwick
	Sat	Night Rate / 2 people	@	\$100.76	

2 Suites on hold - 4 queen beds, living room sleeper, 3 baths					
<u>Bed Suites</u>	Fri	Night Rate	@	\$263.35	Payment for room must be made directly with Pickwick
	Sat	Night Rate	@	\$263.35	

AAA Cabins (3 cabins on hold – 2 Bedroom total 4 double beds, 1 bath, capacity of 8 people)

<u>AAA Cabins:</u>	Fri	Night Rate	@	\$137.40	Payment for cabin must be made directly with Pickwick
	Sat	Night Rate	@	\$137.40	

CAMPING – All sites are on a first-come, first-serve basis. The campground has a total of 48 sites with hook-ups (20/30/50 amp electric). **Please provide the details of your reservation for planning purposes.**

Friday Night					
Tent Camping (4 people)	# of People	_____	@	\$18.32	
RV Camping:	# of People	_____	@	\$18.32	
Saturday Night					
Tent Camping (4 people)	# of People	_____	@	\$18.32	
RV Camping:	# of People	_____	@	\$18.32	

MEALS (Fri. Dinner, Sat. Breakfast and Dinner are buffets) includes beverage and 18% gratuity

FRIDAY	Dinner Buffet	# of People	_____	x	\$18.81	Total \$	_____
SATURDAY	Breakfast Buffet	# of People	_____	x	\$12.91	Total \$	_____
	Sack Lunch w/drink (ham, turkey, pimento cheese)	# of People	_____	x	\$10.00	Total \$	_____
	Dinner Buffet	# of People	_____	x	\$18.81	Total \$	_____
SUNDAY	Breakfast Buffet	# of People	_____	x	\$12.91	Total \$	_____
	Sack Lunch w/drink	# of People	_____	x	\$10.00	Total \$	_____

EARLY REGISTRATION FEE # of People _____ x \$25.00 Total \$ _____

LATE REGISTRATION FEE postmarked after 9/15/16 # of People _____ x \$35.00 Total \$ _____

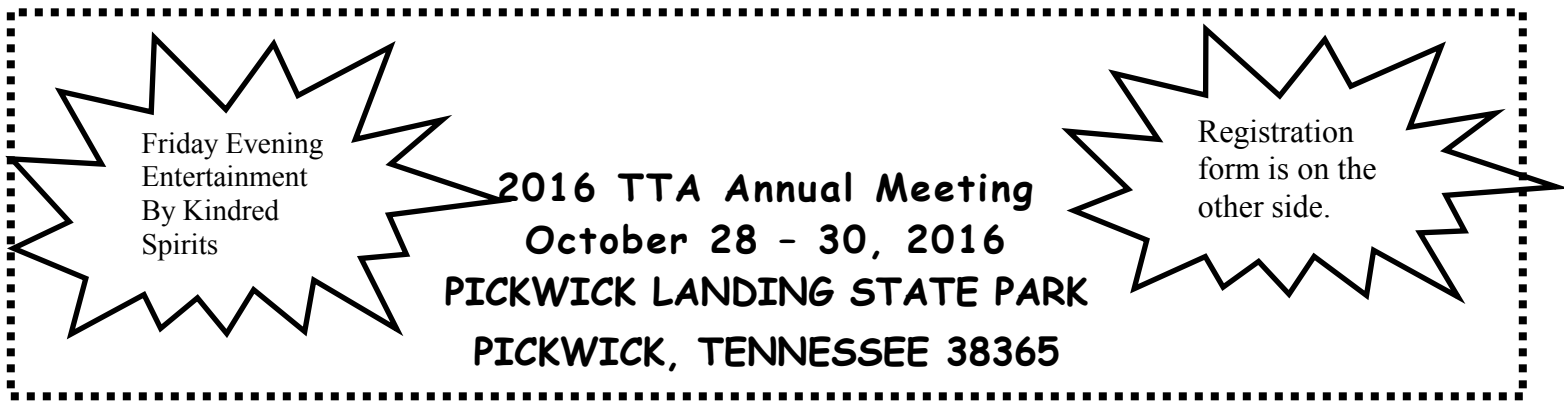
(This registration fee cannot be pro-rated. The full amount is required of each participant, regardless of the number of days attending.)
If you have special dietary needs, please write in request on this form.

TOTAL ENCLOSED \$ _____

Please complete this Registration Form and mail it with a check for your registration fee and meals made payable to Tennessee Trails Association and mail to: Cathey Cole, 1390 Quito-Drummonds Road, Drummonds, TN 38023, 901-835-2273.

An email confirmation or postcard will be sent to you at the time your check and registration are processed.

REFUND POLICY: All cancellations and requests for a refund must be in writing. Persons canceling before Oct. 8th will be refunded in full. Persons canceling after Oct 8th refund for meals only.



Once each year, Tennessee Trails Association members from all across the state gather for a weekend of fun, food, and fellowship. There will be hikes, exhibits, auction and Friday evening entertainment. The Annual Meeting will be held from Friday, October 28, through Sunday, Sunday 30, at the Pickwick Landing State Park and Convention Center, Pickwick, Tennessee. Our hosts for this year's event are the Jackson and Memphis chapters.

Lodging:

Inn Rooms – The rooms have two queen size beds and are located at the Conference Center, where TTA’s meetings and meals will take place. All Inn rooms have a balcony and picturesque view of the lake. Pickwick Inn gives a 10% discount off the regular inn room rate to all seniors (62+).

Cabins – A two-night stay is required and for cabins. The cabins sleep eight and have two bedrooms, each with two queen beds and 1 bath. The cabins also feature a full kitchen, central heat and air, a patio, and fireplace. All cookware, dishes and linens are provided. They are located in a wooded area ½ mile from Pickwick Inn & Conference Center.

Camping – There are 48 sites available on a first come, first serve basis. Parked vehicles must not infringe on a neighboring campsite or block the road in any way. All sites have tables, grills, and water and electrical hook-ups 20/30/50 amp electric. A central bathhouse with showers is close by. Campsites are located about 1 1/2 mile from Pickwick Inn & Conference Center.

Meals:

An 18% gratuity is included in the cost of all meals. If you have special dietary needs, please write in request on registration form.

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2016 TTA Annual Meeting Schedule of Events – tentative
All Times are Central

FRIDAY		SATURDAY		SUNDAY	
3:00 pm	Depart for Hike	7:00 - 10:00 am	Breakfast Buffet	7:00 - 10:00am	Breakfast Buffet
4:00 pm	Check-In Begins	8:00 - 9:00 am	Depart for Hikes	Before 11:00 am	Check Out
4:30 - 8:00 pm	Dinner Buffet	4:30 - 6:30 pm	Dinner Buffet	8:00 – 9:00 am	Depart for Hikes
	Entertainment	6:30 – 7:00 pm	Shop the auction tables		Board Meeting
	Speaker	7:00 - 8:00 pm	Annual Meeting		

Hikes scheduled:

Big Hill Pond State Park, Cane Creek, Mousetail Landing, Natchez Trace, Pinson Mounds Nature Trail, Shiloh National Military Park, Tishomingo State Park