

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



Board Positions for 2019

We currently have four open board positions for 2019: Secretary, West Tennessee Regional Director, and two at-large members to serve on the board. If 2019 is your year to serve, please contact one of the officers or regional directors to submit your name for further consideration by the nominating committee and the entire board of directors.

We still have some committee positions open to members. These positions were created as part of the bylaws revision in October 2017 in an effort to engage members who wanted to serve the organization but not have responsibility as a board member. Open committee positions are noted below.

Nominating Committee. The Nominating committee is responsible for the long term development of leadership within the organization, and to provide a slate of qualified candidates for election to the board at each Annual Membership Meeting, and to recommend qualified replacements for any vacancies that may occur. 2 positions open for members and a member willing to serve as the West Tennessee Regional Director

Audit Committee. The duties of the Audit Committee shall be to oversee policy compliance, conflicts of interest, ethics, and program integrity. They shall select, retain, oversee, and interact with the auditors for the Association. The Auditors shall report directly to the Board. Audit Committee - two board positions and several positions for members are available on this committee.

Awards Committee. This committee shall recommend to the Board candidates for the various recognition awards provided by these bylaws. The chair of this committee shall be the Vice President. two board positions and several positions for members.

Evan Means Small Grants Program Deadline is Dec 31, 2018

In February 2019, TTA's Board of Directors will award small grants memorializing Evan Means. The grants support special volunteer projects that are compatible with the chartered objectives of TTA: *promoting and developing a system of hiking trails in Tennessee as well as working for the conservation of natural resources.* Project proposals are due no later than December 31, 2018.

All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grant application for the February 2019 Evan Means Small Grant Program Award.

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

For additional information and an application, please write to:

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

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



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: Teresa Kemmer
Email: ctcoffice2014@gmail.com
Website: www.cumberlandtrail.org

Volunteers! Ever want to help build a wilderness hiking trail? Then consider joining our planned trail building programs.

The Cumberland Trails Conference was awarded a contract to construct trail along Soak Creek a tributary of the Piney River in Spring City and trail construction began April 2. Work continues along this section of the Cumberland Trail.

If you want to join the trail crew and build this section of the trail, please contact the CTC office to register and receive information about where to meet the CTC trail crew. We have a new e-mail address for volunteer questions and registration for programs: VolunteeratCTC@gmail.com.

Trail Building Assistant (Crew) – seeking applicants for open positions. Apply now!!

Part-time: Part time, flexible; average 2 to 4 days per week, including some weekends. Work days vary with weather, season and scheduled construction projects.

Current Location: Southern Crew working near Graysville, Tennessee

Qualifications: Community members who love to build trail. Previous trail building preferred but not necessary. We will train you. If interested, contact the CTC office.

Other volunteer opportunities may be available. If you have a skill and want to help CTC to build the Cumberland Trail, also contact us. We always need help with program support and hosting trail builders, so we may have a position for you.

Save the Dates: March 3 – 30 and April 1 – 6

Spring Alternative Spring Break (ASB) or better known as Breakaway. Come join the crew and college students as we add miles to the Cumberland Trail.

Location: Black Mountain Section of the Cumberland Trail.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: J.R. Tate 931-220-1359
clarksville@tennesseetrails.org
CHAPTER REPRESENTATIVE: Paul Schwab 931-801-9484
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 931-801-9484
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.

Nov 3 - Nathan Bedford Forrest State Park. 8 miles. Moderate to difficult, Paul Schwab 931-645-9068. Meet 7:00 am CT, BigLots parking area, Riverside Drive, Clarksville. 73 miles to trailhead.

Nov 10 - Harpeth Rive State Park: Newsoms Mill 100 yards: Hidden Lake 1.9 miles, moderate; Mace Bluff .25 miles out and back, difficult; Narrows of the Harpeth 2.1 miles, moderate. Paul Schwab 931-645-9068. Meet 8:00 am CT, Madison Street Kmart, Clarksville, TN. 44 miles to the trailhead.

Nov 17 - Ashland City Rails-to-Trails unpaved section. 6 miles out and back. Moderate due to length. Bob Lyon 931-648-2354. Meet 8:00 am CT, Madison Street Kmart parking lot, Clarksville. 18 miles to trailhead.

Nov 20 - Monthly Chapter Meeting.

Nov 24 - Clarksville Greenway. 5.2 or 9.2 miles. Easy to moderate. Donna Fondren 931-647-3120. Meet 8:30 am CT at the end of Pollard Road.

GO GREEN

Electronic Newsletter Available

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

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CO-CHAIR: Jane Coffey 66615-516-6551
columbia@tennesseetrails.org

CHAPTER CO-CHAIR AND BOARD REPRESENTATIVE:
Marvin Caine 931-486-1632
columbia@tennesseetrails.org

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

MEETS QUARTERLY: Meets quarterly at the Barnabas Center at
506 Fair Street, Franklin, TN 37064. The Barnabas
Center is located behind St. Paul's Episcopal Church.
Social hour from 6:00 - 7:00 pm. Meeting at 7:00 pm.

Please check the TTA website for updates on our hikes.

Nov 1 - Jiles-Harris antebellum home and estate. We will meet up at Yanahli Park in Columbia (922 Iron Bridge Road, Columbia, TN 38401) and then team up with Alan Ray to travel to this estate. The hike itself will be 2+ miles. We will set off at the estate boundary and hike up to the antebellum home which is in the process of being refurbished. Alan Ray, Director of the Maury County Park System will lead this hike for all of the participants. For those from Franklin/Spring Hill who want to carpool down to Yanahli Park, we will meet at the McDonald's Restaurant on the north side of Spring Hill at 8:20 am and leave there by 8:30 am. Contact Jane Coffey if you want to carpool -*jecoffey0644@gmail.com*. Please leave a method of contact in case of inclement weather.

Nov 4 - Cheek's Bend Bluff View Trail. Cheeks Bend Bluff View Trail is a 1.9 mile lightly trafficked loop trail located near Columbia, Tennessee in the Duck River Complex Area that features a river and is good for all skill levels. The trail is primarily used for hiking, walking, nature trips, and birding and is accessible year-round. Dogs are also able to use this trail but must be kept on leash. Hike Leader: Ray Edge: 931-286-5020 or *edgewoodray0514@gmail.com*.

Nov 6 - Chapter Meeting. Social hour starts at 6:00 pm with the regular meeting starting at 7:00 pm. Speaker this month will be Rick Lausten. He will present photos of his recent hike along the Cotswold Way in England. The Cotswold Way is a 104½ mile national trail that runs along an escarpment (ridge-line) that travels through an Area of Outstanding Natural Beauty (AONB) as the British call scenic areas. Rick and his hiking companions traveled through fields, forests, farms, golf courses and villages. Rick also visited Stratford-upon-Avon, Bath, Stonehenge and picturesque villages that are used as backdrops for movies set in pre-industrial England.

Nov 17 - Beaman Park. Located in northwest Nashville near Joelton. This wild and rugged land is a unique treasure in Nashville's park system and features a Highland Rim forest type, unique plant associations and species, and a rugged landscape with steep slopes, narrow hollows, and streams and waterfalls. Beaman Park is a rugged sanctuary of unique natural beauty where visitors can experience a peaceful connection with nature, view and learn about plants and wildlife, and realize the importance of preserving the natural world for future generations. Meet at Tollgate Medical Plaza at 8:00 am. If you would rather meet at the Beaman Park Nature Center, just let the hike leader know. Hike Leader: Jane Coffey -*jecoffey0644@gmail.com* or 615-516-6551.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-985-9144
easttennessee@tennesseetrails.org

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

Nov 10 – Ace Gap Trail, GSMNP. 9.6 miles. Moderate. Ace Gap trail begins where Rich Mountain Road meets the park boundary. We will use Dry Valley Road to get to the trailhead. The trail is essentially flat for the first 4.2 miles then it loses about 300 feet in the next 6/10th mile where it reaches Ace Gap and campsite #7. Along the way we will pass campsite #4 at 2.3 miles, Kelly Gap. The end of the trail is about 8/10th of a mile past campsite #7, where it meets Beard Cane trail. If some want to go to the end of the trail the others can rest/relax at campsite #7. At Ace Gap an old railroad bed built in the early twentieth century by the Little River Lumber Company crosses the mountain. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other weather appropriate clothing, a snack, a drink and a camera. We will meet in the Central Baptist Church of Bearden parking lot for carpooling and leave at 8:30 am, stopping at the Browns Creek Shopping Center parking lot nearest the Sonic at 1707 E Lamar Alexander Pkwy, across the street from the Hardee's, near the hospital in Maryville. We will leave there at 9:00 am. Don't forget \$\$\$ for carpooling. After the hike plan on stopping on the way back for a meal and refreshments. For specific information about the hike please call Tom before the 9th at 974-4422 or leave a message at 588-5622 or send an email to *cressler@utk.edu*.

Nov 24 - Cherochala Skyway. We will start at the Hooper Bald trailhead and proceed to the Huckleberry Knob overlook. This is an "in and out" hike and approximately 6 miles total. The weather should be perfect. If time permits, we will stop a Tellico Grains Bakery for their pizza and pastries. We will meet at Ingles Merchants Rd Exist at 7:30 am ET or another meeting place if suggested. You must pre-register with Rosie at 865-985-9144 or *mrosemary04@gmail.com*.

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

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Mary Etta Ward 931-581-9906
highlandrim@tennesseetrails.org

SECRETARY Tanja Kendrick 931-224-6225
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.

Nov 3 – Edgar Evins State Park, Silver Point, TN. Millennium Trail and Merritt Ridge Trail. 8 miles. Moderate. Steep and rough terrain in places. Gorgeous overlooks of Center Hill Lake, an impoundment of Caney Fork River. Steep Merritt Ridge is a peninsula covered in a dense forest of mature oaks, hickories and tulip poplars. The autumn leaves will be beautiful. Bring water and lunch and hiking sticks. Wear sturdy hiking boots. Contact Joan Hartvigsen for carpool information, *jhartvigs@comcast.net* or 931-962-0811.

Nov 4 – Short Springs State Natural Area Fall Color Hike. 4 miles. Moderate because of rough terrain and steep climbs. Meet at 2:00 pm CT at Short Springs parking area. 2250 Short Springs Road, Tullahoma for this Sunday afternoon hike. Co-leaders Dennis Horn and Joan Hartvigsen. Bring water, snack and hiking sticks and wear sturdy hiking boots. Register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811. We will hike Busby Falls Loop Trail and Laurel Bluff Trail. We will enjoy views of the cascades in Bobo Creek. We will then visit awesome Machine Falls then continue on to hike Adams Falls Loop.

Nov 10 - Laurel-Snow State Natural Area Hike. Component of the Cumberland Trail. 7.5 miles round trip. Moderate to strenuous. Near Dayton, TN. Joint hike with the Nashville Chapter. Marietta Poteet will lead this beautiful 7.5 miles round trip hike to a series of waterfalls and overlooks. The difficulty is moderate to strenuous due to elevation change – about 900 ft. – and uneven trail. The bridge is out over Laurel Creek so we may have to wade across the creek if there is a lot of rain. Please contact Marietta Poteet at *nannietta@blomand.net* or 931-924-7666 for information.

Highland Rim Chapter – con't.

Nov 23 – Old Stone Fort State Archaeological Park, Manchester, TN. Traditional Day After Thanksgiving Hike with the Murfreesboro Chapter. 4 miles. Moderate due to steep climbs and eroded trails. Meet Friday after Thanksgiving at 9:00 am CT in front of the Museum. We will hike the Old Stone Fort Trail, River Fork Loop, Backbone and Little Duck Loop and the Old River Channel Trail. We will see Blue Hole Falls, Big Falls, the confluence of the Duck and Little Duck Rivers and limestone bluffs bordering the rivers. Bring water and snacks. Hiking boots and hiking sticks are recommended. After our hike we will gather at a local restaurant for lunch. Register with Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811.

Nov 26 – Chapter Meeting. Dinner at 5:00 pm at Red Lobster, 1947 N. Jackson Street, Tullahoma. Meeting is 7:00 pm D. W. Wilson Community Center. Dustin Thames, TWRA Biologist, will present a program on Bats in Local Caves.

Friends of Tennessee State Parks Annual Conference Montgomery Bell State Park Burns, TN. Nov 16-18

Friends group members, those starting a Friends group or interested in starting a Friends group are invited. Come and learn from educational sessions, share information about best practices, challenges and successes, exchange program and project ideas and celebrate all the wonderful achievements of the Tennessee State Parks Friends Groups. Hikes and field trips are planned for Saturday November 17. For more information contact Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811. Visit the website 15th Annual Friends Conference at <http://events.r20.constantcontact.com>.

JACKSON CHAPTER

CHAPTER CHAIR: Melinda Pearson 731-225-4293
jackson@tennesseetrails.org

TREASURER: Anne Goodson 664-1556
jacksontreas@tennesseetrails.org

SECRETARY: Terry McCoy 731-535-0625
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

Nov 6 - Monthly meeting at Perkins Restaurant in Jackson. Meet & eat at 6:00. Meeting will start shortly after 6:00.

Nov 10-11 - Susan Woods will lead us on a hike to Fiery Gizzard (near Sewanee/Manchester). Can do car shuttle. Strenuous hike because of boulder fields, stream crossings and steep ascents and descents. The trail is being rerouted which may add distance. There is an option of a 9 mile hike using the Dog Hole Trail and return to the Grundy Forest trailhead. Due to the driving distance, most people will go on Friday night and stay near Sewanee. Glen Rognstad will lead us around Shakeround Hollow on Sunday. Details will be confirmed at the November chapter meeting. Please let Susan Woods (731-441-8066 or 731-584-2668 or email) or Melinda Pearson know if you plan to attend.

Planning Ahead:

Dec 1-2 - Alum Cave Bluff to Mt. LeConte and Ramsey Cascades. More details later.

Dec 15 - Natchez Trace State Park. Details later.

MEMPHIS CHAPTER

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

VICE-CHAIR: Francis Ruffin 662-701-6284
memphisvice@tennesseetrails.org

Nov 3 - White & Wino Trail, Nesbit Park, Bartlett. Meet at 8:45 am in Nesbit Park parking lot. We will hike the white trail with possible additions for a total of 6 to 6.5 miles. One ravine crossing is part of this trail (we may have to cross through water) so wear hiking boots. Bring water and a snack and allow 3 hours for this hike. Nesbit Park is on Yale Road in Bartlett between Bartlett Blvd and Old Brownsville Rd on the north side of Yale. Rain will cancel this hike. Contact: Lynne at 901-230-1501.

Memphis Chapter – con't.

Nov 10 - Tishomingo State Park located south of Iuka, MS (approx 2.5hr drive from Memphis). Registration Required. This is a 5-6 mile hike winding along rocky ridges with spectacular views, through shallow, fern-filled canyons, and across the Bear Creek Swinging Bridge constructed in the 1930's. Bring lunch and water. Sturdy hiking boots recommended. Meet at 9:30 am at the park toll gate. There is a parking lot to the right just before entering the park through the gate. We will regroup into lesser vehicles. Heavy rain will cancel this hike. To register contact Kam at 901-299-8359.

Nov 17 - Chickasaw Bluff and Pioneer Springs Trails. Meeman-Shelby Forest. 6-7 miles. Moderate. Note trail change from original schedule. Meet in the parking lot of the Nature Center at Poplar Tree Lake (NOT the Visitor Center) at 9:00. To get to the meeting point, go out North Watkins until it ends at Locke-Cuba Road and turn left. Drive 2.3 miles (go straight ahead past the General Store), then turn right into the park on Grassy Lake Road. Go straight ahead, 1.7 miles to a stop sign. Turn left and the parking lot will be on your right. We will shuttle approximately six miles to the north trailhead of the Chickasaw Bluff Trail. The trailhead, at about 417 feet, is one of the highest points in Shelby County. The trail quickly descends below 300 feet and follows a creek down to the Mississippi flood plain. Here we often see evidence of the wild pigs that have inhabited the park for the last few years. After crossing Beaver Creek at about 2.5 miles, we encounter a few rolling hills before climbing a short but steep hill up to the Woodland Shelter (approximately mile 3.5) where we will have lunch. From the shelter we join up with the Pioneer Springs Trail which through a series of rolling hills drops back down into the flood plain. We'll pass the spring before ending with a gentle uphill back to the parking lot. Bring hiking boots, water, and lunch. For more information, contact Wayne Simpson, *w.simpson1@comcast.net*, 901-385-1988.

Nov 24 - Horse Trail, Meeman-Shelby Forest. 7 miles. Join us for a moderately strenuous hiking/horse loop trail over a mixture of steep hills and flat areas around Poplar Tree Lake. We will meet at the parking lot near the old stables at 9:15 am. There will be restrooms available next to the parking lot. Hike will leave promptly at 9:30. Bring water and snacks. Hiking boots are recommended. Rain will cancel. You can find a park map at <https://tnstateparks.com/assets/pdf/additional-content/park-maps/37-meeman-shelby-sm.jpg>. The old stables are in the southern part of the park and the trail is marked on the map in yellow. For additional information, contact Marion at *mquinlen@gmail.com* or at 901-482-8640.

MURFREESBORO CHAPTER

CHAPTER CHAIR: Tony Jones 615-397-4463
murfreesoroboro@tennesseetrails.org

TREASURER: Sara Pollard 615-714-3610
murfreesorobrotreas@tennesseetrails.org

PROGRAM COORDINATOR: Valerie Galan 615-516-6441
murfreesoroboroprog@tennesseetrails.org

HIKE& MEMBERSHIP COORDINATOR: Jennifer Zahn 615-943-8853
murfreesorobohikes@tennesseetrails.org

BLOGMASTER Craig McBride 615-394-6121
murfreesoroblog@tennesseetrails.org

MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT, Barfield-Crescent
Park's Wilderness Station, 697 Veterans Parkway,
Murfreesoroboro

BLOG: www.tennesseetrails.org/blog/murfreesoroboro

Nov 3 – Barfield Wilderness Loop Trail. Barfield Crescent Park. Murfreesoroboro. 4 miles of wooded trail with a slight hill to climb near the beginning. Nothing very strenuous. There are lots of paved paths as well to walk if anyone wants to add on mileage. Contact Jennifer Zahn at 615-943-8853 or *jenzahn@gmail.com* for more information.

Nov 13 – Chapter Meeting. 6:00 pm. NOTE TIME CHANGE. We will meet an hour earlier since this is our planning meeting for Jan – June. Bring your calendars to schedule hikes you want to lead or ideas for hikes. Bring a finger food to share. Drinks will be provided. If you want to schedule a hike and cannot attend, contact Jennifer Zahn before the meeting at *jenzahn@gmail.com* or 615-943-8853.

Nov 17 – Cheeks Bend. Part of the Duck River State Natural Area Complex. The 1.8 mile balloon trail has scenic overlooks on the Duck River. The trail is relatively flat, so rated easy. There is also a short cave that leads to an overlook bluff. Bring water and snacks and wear good hiking shoes. After the hike we can go to a local restaurant for lunch. Contact Jennifer Zahn at 615-943-8853 or *jenzahn@gmail.com* for more information.

Nov 23 – After Thanksgiving Day Hike. Old Stone Fort Archaeological Park. Manchester. 4 miles. Moderate. Joint hike with Highland Rim Chapter. Join us for our annual family friendly after Thanksgiving Day hike. We will hike the Old Stone Fort Trail, River Fork Loop, Backbone, Little Duck Loop and the Old River Channel Trail. We will see Blue Hole Falls, Big Falls, the confluence of the Duck and Little Duck Rivers. After the hike we will go to a local restaurant for lunch. Meet in front of the museum at 9:00 am CT. For carpool information from Murfreesoroboro or to register, contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

Avoiding Hypothermia

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

Early Symptoms:

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

Prevention:

Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body temperature as you exercise. And since it's as important not to get over-heated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.

- Eat high-energy foods frequently and drink plenty of fluids.

Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.

Stay warm, but avoid heavy sweating, which will evaporate and overly cool the skin and body.

In bad weather, find protection from the wind and elements.

Treatment for Mild Hypothermia:

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

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

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-283-0507
nashville@tennesseetrails.org

OUTINGS COORDINATOR: Nancy Juodenas 615-319-8811
nashvillehikes@tennesseetrails.org
(*email Nancy & volunteer to lead an outing*)

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

Nov 3 - Volunteer Trail, Long Hunter State Park. 11 miles. Easy to moderate. Wonderful views of Percy Priest Lake can be seen from most of the journey. The trail is mostly flat, with some rocks and roots along the way. Directions: From I-40 East, take Exit 226, turn right onto Highway 171, then right onto Baker's Grove Road. There is a sign to indicate "Volunteer Trail," which is about .7 miles prior to reaching the main entrance to Long Hunter State Park. At the end of the trail, there is a backpacking camping area with nice benches where we will take a break for snacks/lunch. After the break, we will traverse back to the trailhead. For information, contact Betty Magee, e-mail: *monetfan455@yahoo.com*. Cell phone 615-319-5394.

Nov 10 - Laurel-Snow State Natural Area, Dayton, TN. 10.5 miles. Moderate to difficult due to distance and stream crossings. We will take the main trail starting at Richland Creek and then on to Snow Falls. Richland Creek features cascades, huge boulders, and the sound of falling water. Laurel Creek has no bridge and will require rock hopping or stream fording, so all hikers will need to bring water shoes and trekking poles for balance. An impressive suspension bridge spans Richland Creek a little further on. Bring plenty of water, lunch, clothing appropriate for the weather that day, as well as trekking poles and water shoes. Contact Doug Burroughs at *dougburroughs@tennessee.usa.com* or leave a message at 615-587-0085 for more information and to register.

Nov 24 – Downtown Nashville. 3-4 miles. Meet 9 am at north end of Bicentennial Park close to Farmer's Market and the new Tennessee State Museum. We will meet where the carillon bells are, and when they chime at 9 o'clock our feet get moving. We hike south along the park and cross the giant map of Tennessee (allowing the valid assertion, "I walked across the state!") Then uphill to the beautiful state capitol for a close-up perimeter walk. Along Deadrick Street to Legislative Plaza and city hall, enjoying the fountains and park there, then south to the rebuilt Fort Nashboro. We work our way back up Fourth Avenue north to Union then Fifth Avenue North a ways past 1st Tennessee ballpark. From there across Spring Street and into Germantown and a block over on Monroe to 5th and Monell's for optional lunch. When returning to parking area, now would be a great chance to visit our brand new state museum, with free admission. Hike leader Tom Vickstrom: *tomzinger55@gmail.com* or 615-405-6713.

Nashville Chapter – con't.

Nov 27 - Program meeting. Dr. Stephen Murphree teaches biology at Belmont University and he's studying the biology of creatures we've all encountered - ticks. Get ready to understand how ticks do what they do. Steve is also going to give us some inside information on chiggers and how they manage to make us miserable. Many of you know Dr. Murphree through the Tennessee Naturalist program - and you know you're in for a good time. Get your itch on! Benadryl issued at the door.

CHAPTER NEWS

December 8, 2018 marks the 17th year that we are wrapping gifts at REI Brentwood in exchange for donations. These donations go towards getting the Cumberland trail completed! Please consider signing up for a 2 hour slot: 10:00-12:00; 12:00-2:00; 2:00-4:00; and 4:00-5:30. We need both wrappers and people that would like to share about TTA, trail building, parks etc. This is truly a fun way to Fundraise! No experience required but lots of opportunity to show your creativity! To volunteer, call Amy Sutton at 615 739-5858.

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.*

PLATEAU CHAPTER

(Crossville)

CHAPTER CO-CHAIRS: Bruce Whitehead 941-716-3620
Bob Oboski 931-456-4282
plateau@tennesseetrails.org
TREASURER: Gena Whitehead 941-716-3620
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 or to register for any of our hikes, contact the hike coordinator, Deb Westervelt, via email plateauhikes@tennesseetrails.org or text/call 931-267-2243. For a list of monthly hikes, visit the Plateau Chapter. **Check the blog one hour prior to hike time for cancellation or for any other updates/changes to our schedule before hiking.**

Nov 7 - Pickett State Park, Jamestown, TN. Hidden Passage Loop with Double Falls. 9.4 miles including spur to Double Falls. Difficult due to distance. This hike incorporates part of a very long trail, the Sheltopee Trace, with a spur to a water feature, double falls, then a return loop that offers some views and a trip over a small arch. Depart 8:00 am from Cracker Barrel Hwy 127 N at I-40. Carpool cost is \$6. Bring water, lunch and snacks.

Nov 8 - Chapter Meeting, First Methodist Church Annex, Crossville, TN. Our 6 PM program will be on snakes by Don Hazel. Join us for dinner at 4:30 PM at Casa Grande on Miller Ave. Please let Bruce know if you are joining us for dinner text 941-716-3620 or email plateau@tennesseetrails.org or trailwalker80@gmail.com.

Nov 10 - Raccoon Mountain, Chattanooga, TN. Grindstone and Small Intestine Trails for 6.8 moderate miles. Depart 8:00 am CT from Trinity Tabernacle on Hwy 127 South. Carpool cost is \$8. Pack water, lunch and snack.

Nov 14 - Big South Fork, Jamestown, TN. Slaves Falls/Needle Arch Loop. 5.7 miles with 2 spurs. Moderate. The hike leaves the Sawmill trailhead and descends to the upper Mill Creek drainage into a forest. It passes above Slaves Falls. The hike leaves the loop and follows a spur along a bluff line to see the Slave Falls, then backtracks to reach Needle Arch. Then continues around a bluff line and returns to Slave Falls. The hike finally rejoins the Slaves Falls loop, travels through woodlands, to visit the Indian Dome Rock House. Depart 8:00 am CT from the Cracker Barrel Hwy 127 N at I-40 SW corner of back parking lot. Carpool cost is \$6. Pack water, snacks and lunch.

Plateau Chapter – con't.

Nov 17 - Raccoon Mountain, Chattanooga, TN. We'll hike the Electric Ave 1, East Rim and Live Wire 2 trails for 7.5 miles. This will require a short shuttle. Depart 8:00 am CT from Trinity Tabernacle on Hwy 127 South. Carpool cost is \$8. Pack water, lunch and snack.

Nov 21 - Pre-Thanksgiving Hike - CT Black Mountain Windless Cave, Crossville, TN. 3 miles. Moderate. We will hike from Hwy 68 trailhead up to the Windless Cave. The trail was rerouted last year. This is an out and back hike. The trail parallels TN 68 for the first 0.3 miles meandering through rocks and trees. At 0.3 miles the trail turns left away from the highway and starts ascending. Cross a crest on the trail and then descend slightly. At 1.0 miles, the trail start ascending again reaching another crest at 1.2 miles. At 1.4 miles, the trail turns right and starts a short descent. At 1.5 miles you arrive at a signed junction labeled "CAVE". Take the short 500-foot trail to view the cave. Then return along the trail to the parking area. Depart 8:00 am CT from Trinity Tabernacle. Carpool cost is \$1. Pack water and snack.

Nov 28 - Frozen Head State Park, Wartburg, TN. Tower via Old Mac Road. 8 miles. Difficult due to elevation gain. Leave easterly from the trailhead on a dirt path entering the woods. At 0.2 miles, you will pass the North Old Mac Trail, the return route. Keep straight to reach the South Old Mac Trail. At 3.1 miles you reach a trail junction then head right for the pinnacle of Frozen Head and the Frozen Head Tower. After enjoying the view from the top of Frozen Head, backtrack to the trail junction and head North on the Tower Trail reaching a four-way trail junction at 4.2 miles. The North Old Mac Trail is to the left which is the return route. The North Old Mac Trail completes the loop portion of the hike at 7.9 miles. Then backtrack to the

SODDY-DAISY CHAPTER

CHAPTER CHAIR: Jean Smith 423-596-7681
soddydaisy@tennesseetrails.org
TREASURER: Robertson (Bob) McGavock 423-667-2960
soddydaisytreas@tennesseetrails.org
HIKE COORDINATOR: Patricia Appleton 423-332-6517
soddydaisyhikes@tennesseetrails.org
MEETS QUARTERLY: Tuesday following the TTA Board
Meetings in Feb, May, Aug and 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>

Hike information unavailable at press time.

SUMNER TRAILS CHAPTER

CHAPTER CHAIR: Lynn Takacs 615-479-7702
sumner@tennesseetrails.org

Nov 1 - Bledsoe Creek State Park. High Ridge and Shoreline Trails loop. 2.4 miles. Moderate We will start and end at the Visitor Center/Park Office. If interested, we will hike a second loop. Trail surface includes gravel, dirt, and rocks. Please bring water! Recommended hiking shoes, hiking poles, sunscreen and insect repellent. Meet: 9 am Bledsoe Creek State Park, 400 Ziegler Fort, Gallatin TN 37066. Contact: Les Cleveland: *lescleve@gmail.com* or text/call at 615-719-0031.

Nov 7 - Warner Woods Trail, Percy Warner Park, Nashville. 3.5 Miles. Moderate. We will hike the 2.5 mile loop trail, plus the ½ mile R/T walk from the parking lot to the trailhead and a ½ mile R/T walk on a paved side trail that takes us to the Luke Lea overlook where you see much of the Nashville area, including downtown. The trail is all in deep forest with many large trees, all in shade in summer. The surface is mostly dirt, but a couple sections have many roots or a rocky surface. Allow 2 hours. Walking sticks, sturdy walking shoes, and water are recommended. There are portable restrooms at the parking lot. We will eat lunch after the hike at Dalton Grill, 7061 Hwy 70 South in Bellevue, about 1 mile from the park. We will meet for carpooling at 9 am at the Glenbrook Kroger parking lot. For information, contact John or Donna Thomas at 925-759-0517 or 0518.

Nov 8 - Bledsoe Creek State Park. High Ridge and Shoreline Trails loop. 2.4 miles. Moderate We will start and end at the Visitor Center/Park Office. If interested, we will hike a second loop. Trail surface includes gravel, dirt, and rocks. Please bring water! Recommended hiking shoes, hiking poles, sunscreen and insect repellent. Meet: 9 am Bledsoe Creek State Park, 400 Ziegler Fort, Gallatin TN 37066. Contact: Les Cleveland: *lescleve@gmail.com* or text/call at 615-719-0031.

Sumner Trails Chapter – con't.

Nov 10 - Green River Bluffs Trail, River Valley Trail, Sinkhole Trail, Mammoth Cave National Park. 3 miles. Moderate. Elevation Gain: 330 ft. Overlook of Green River, 1 1/2 miles slightly downhill and 1 1/2 slightly uphill, trail is well maintained, trail surface is .5 miles concrete/asphalt/wood, the rest is gravel, dirt and roots. Bring hiking poles, hiking shoes and water. Bring lunch for hikers staying for Historic Cave Tour. 8 am at the Kroger Glenbrook Shopping Center, 1010 Glenbrook Way Hendersonville or at the Visitor Center Parking lot near the Woodland Cottages at 9:30. Take interstate 65 to exit 48. Turn left onto KY-255 and follow 255 as it becomes the Park City Road into the Park. Follow Park City Road until it joins the Mammoth Cave Parkway; turn left. Follow the Mammoth Cave Parkway to the Visitor Center. (Park Information cautions using GPS.). Hikers not going on the Historic Cave Tour will leave and eat lunch at the Mammoth Railway Cafe, 5 Old Dixie Hwy. Park City, KY, 270-544-7873. Hikers going on the Historic Cave Tour will eat lunch at picnic tables and pick up tickets for Historic Cave Tour 12:45-2:45. Reservations are strongly recommended and can be made online at the Mammoth Cave National Park Site or call 877-444-6777. The cost is \$17.00. The Historic Tour distance is 2 miles and includes 440 steps and the effort is moderate. It is not recommended "if you fear heights or close places." Cave temperatures are about 54 degrees. Tickets must be picked up 30 minutes before tour time. Les Cleveland: *lescleve@gmail.com* or text/call 615-719-0031.

Nov 9-11 – Veterans Day Event: Living History Program. Alvin C. York State Historic Park. Lynn and Tim Takacs plan to attend this event. Contact Lynn at *lynntakacs@comcast.net* or 615-479-7702 if you are interested in joining us. No "set" hike. Trail from the home of Alvin C York to the cemetery is an easy stroll. Join us at Alvin C. York State Historic Park to learn more about WWI and its impact. Visitors will be able to see WWI bi-planes, soldiers, weapons demonstrations, and multiple programs which will demonstrate the reality of combat during WWI. We will also be marking the 100th anniversary of the end of hostilities during the war with programs and guest speakers.

Con't on next page

Nov 12 - Fiery Gizzard Trail-Dog Hole Trail. South Cumberland State Park-Tracy City, TN.9 miles. Strenuous. The trail is rocks, roots, dirt, and boulders. The elevation gain is 1000 ft. with a long boulder field and a steep, high, rocky hill. We will see several waterfalls and beautiful rock formations and probably eat lunch at Ravens Point with an unbelievable view of the surrounding area. Please bring hiking shoes or boots, hiking/trekking poles, plenty of water, snacks and lunch and please be in good physical/hiking condition. Meet at 7 am at the Glenbrook Kroger (1010 Glenbrook Way) in Hendersonville or at the Grundy Forest Trailhead (131 Fiery Gizzard Rd. Tracy City, TN.) at 8:45. Les Cleveland: lescleve@gmail.com or call/text 615-719-0031.

Nov 15 - Bledsoe Creek State Park. High Ridge and Shoreline Trails loop. 2.4 miles. Moderate We will start and end at the Visitor Center/Park Office. If interested, we will hike a second loop. Trail surface includes gravel, dirt, and rocks. Please bring water! Recommended hiking shoes, hiking poles, sunscreen and insect repellent. Meet: 9 am Bledsoe Creek State Park, 400 Ziegler Fort, Gallatin TN 37066. Contact: Les Cleveland: lescleve@gmail.com or text/call at 615-719-0031.

Nov 29 - Bledsoe Creek State Park. High Ridge and Shoreline Trails loop. 2.4 miles. Moderate We will start and end at the Visitor Center/Park Office. If interested, we will hike a second loop. Trail surface includes gravel, dirt, and rocks. Please bring water! Recommended hiking shoes, hiking poles, sunscreen and insect repellent. Meet: 9 am Bledsoe Creek State Park, 400 Ziegler Fort, Gallatin TN 37066. Contact: Les Cleveland: lescleve@gmail.com or text/call at 615-719-0031.

**Don't Miss an Outing
Plan Ahead
Register Early!**

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

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

Plan ahead and register early.

**UPPER CUMBERLAND
CHAPTER
(Sparta / Cookeville)**

CHAPTER CHAIR: *Vacancy*
uppercumberland@tennesseetrails.org
HIKE COORDINATOR: Cathy Moran 931-544-2764
uppercumberlandhikes@tennesseetrails.org

Nov 3 - Sewanee Perimeter, start at Greens View. 5 miles. Moderate. Hike on the perimeter trail to the gates, out to Piney Point, back to Beck with trail to Greens View. For those who want more we can then go to the Cross to Bridal Veil Falls & back or down to the caves & back. You can meet us Green's View at 9:00 am CT or in Sparta at the US Bank across the street from McDonald's at 7:00 am CT. Bring water, snacks, lunch, and hiking boots. To register contact Cindy Watson at 931-247-1459 or cgrwatson@gmail.com.

Nov 10 - Brady Mountain segment of the Cumberland Trail, Crossville, TN. 8 miles. Moderate to strenuous because of elevation gain. We will hike from the highway 68 trailhead to Lost Overlook and then return on the same route. Highlights of the hike include spectacular views of Grassy Cove and the mountains to the east from three overlooks. Bring water, snacks, lunch, and hiking boots. You can meet us in the Penney's parking lot in Cookeville at 8:00 am CT. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Nov 17 Hidden Passage Trail, Pickett State Park, Jamestown, TN. This 10 mile loop trail is noted for rock houses and other interesting formations that are passed along the way It is rated easy for terrain and moderate for the length, You can meet us at J.C. Penny's at 7:30 am in Cookeville. Bring water, snacks and lunch. For more information and to register contact Eugene Cummins at eugenelions@yahoo.com or 931-933-5561.

LEAVE NO TRACE PRINCIPLES

- Leave what you find.
- Minimize Campfire Impacts.
- Respect wildlife.
- Be considerate of other visitors.
- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.

OFFICERS:

President

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

Vice-President

Linda Latter 615-419-4845
vicepresident@tennesseetrails.org

Treasurer

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

Secretary

Jackie York 615-294-8241
secretary@tennesseetrails.org

At-large Directors (terms expiring listed after name)

Carolyn Miller (2018) 931-839-3213
president@tennesseetrails.org

Jackie York (2018) 615-294-8241
secretary@tennesseetrails.org

Kathy Woods (2018) 615-473-6824
treasurer@tennesseetrails.org

Jim Poteet (2019) 931-924-7666
board@tennesseetrails.org

Vacancy (2019)
board@tennesseetrails.org

Vacancy (2019)
board@tennesseetrails.org

Cheryl Heckler (2020) 931-200-7436
membership@tennesseetrails.org

Linda Latter (2020) 615-419-4845
board@tennesseetrails.org

Vacancy (2020)
board@tennesseetrails.org

Regional Directors

West TN

Vacancy (2020)
westregional@tennesseetrails.org

Middle TN

Joan Hartvigsen (2019) 931-962-0811
midlleregional@tennesseetrails.org

East TN

Garnett Rush (2018) 865-268-5181
eastregional@tennesseetrails.org

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

Newsletter Editor

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

2018 TTA Board of Directors Meetings

Sunday, Oct 28: 9 AM

Brandon Springs
Group Center, Dover.

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.

Supporting Member donations support 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.

Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on the 10th of each month for the following month's newsletter.

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

Please note: Newsletter submissions to the "editor" address are automatically copied to the webmaster for inclusion on the TTA website.

Tennessee Trails Association
P.O. Box 41446
Nashville, TN 37204-1446

ADDRESS SERVICE REQUESTED



NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.
To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below.
PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!

YES, I WANT TO JOIN TENNESSEE TRAILS ASSOCIATION, I AM . . .

- A NEW MEMBER**
 RENEWING MY MEMBERSHIP

Nov 18

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,
Cheryl Heckler 931-200-7436 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 _____ -- _____
Cell 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.

Please list me with the following chapter:

___ Clarksville
___ Columbia/Franklin
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tullahoma)
___ Jackson
___ Memphis
___ Murfreesboro
___ Nashville
___ 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; (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 hikes or functions.
Not a member yet? Please check out one of our hikes or meetings soon!