

# 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



## Happy New Year!

### Volunteers Needed South Cumberland State Recreation Area

Savage Gulf State Natural Area, Carter S.N.A. (home of Buggytop Cave), Fiery Gizzard Trail, Sewanee Natural Bridge S.N.A., Grundy Forest: What do they all have in common? They are all managed by the South Cumberland State Recreation Area, and the Friends of S.C.S.R.A. need your help! Due to the budget cuts in the Tennessee State park system, there is an acute shortage of staffing at the South Cumberland Parks. How can you help? Visit the Friends' website ([www.friendsofscsra.org](http://www.friendsofscsra.org)) to obtain information on volunteer opportunities, their dates and times.



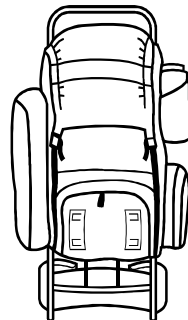
### Backpacking Clinic

Are you thinking of making the transition from dayhiker to backpacker? With so many questions to ask and so much to learn, where does one go for help?

Welcome to TTA's first Beginners'

Backpacking Clinic, co-sponsored by the Nashville chapter and Blue Ridge Mountain Sports. Participants will receive:

- One classroom-style session "taught" by veteran backpackers explaining the finer points of backpacking essentials.
- Use of a backpack and a tent (supplied by Blue Ridge Mountain Sports in Nashville).
- "Packing Party," where our "instructors" will help you load your pack before our trip.
- Overnight trip, April 27-28. We'll backpack a total of 10 miles over the 2 days on the Hidden Passage trail – noted for its beautiful rock formations and easy terrain. (Pickett State Park)



Costs to participate in the clinic: \$20 TTA Members and \$30 Non-Members. All proceeds will be considered a donation to fund a deserving trail project. For more details, please contact: Anne Wesley: 615-851-1052, or email her: [tahiker@msn.com](mailto:tahiker@msn.com)

### Upcoming T.R.A.C. Meeting Jan 12, 2002 Jasper, TN.

TRAC's next statewide meeting is Saturday January 12 at 10am CST in Jasper, TN - a central point for projects in their planning stages, as well as those currently underway (47-mile Etowah to Ducktown corridor, and Cumberland River Bicentennial trails, to name a few). E-mail Jim Deming ([jdeming49@aol.com](mailto:jdeming49@aol.com)) for meeting info, or call Christie Neidich (423-942-0865) in Sequatchie for directions.

We look forward to seeing you there.

Jim Deming, Chair

Tennessee Rails-to-Trails Advisory Committee

### CTC Welcomes AmeriCorps

### You Are Invited To Help

Ready for a little winter trail building? Join our AmeriCorps team of volunteers in mid-January as they continue to work to complete the trail along the I-75 corridor of the Cumberland Mountain segment. The AmeriCorps volunteers will arrive on January 14th and be with us for 4 weeks. They will stay at Cove Lake State Park. If you are interested in helping to build the trail and working along side the AmeriCorps team, contact Tanya Pile: 931-456-6259, or by email: [tmeachen@onemain.com](mailto:tmeachen@onemain.com)

## Tennessee's Wildside

Have you seen "Tennessee's Wild Side"? No, we aren't talking about a Saturday night on Memphis' Beale Street. "Tennessee's Wild Side" is an award-winning television series showcasing outdoor-oriented sports in Tennessee. It's produced at the Renaissance Center in Dickson, and it airs weekly on public television stations throughout Tennessee. Past episodes have included features on orienteering basics, hiking in the Big South Fork, wildflowers of the Smokies, rock climbing in Savage Gulf and hiking with your dog. You can watch future episodes on the following stations:

Chattanooga.....WTCI Saturdays.....5:00 pm  
Cookeville.....WCTE Fridays.....10:30 pm  
Knoxville.....WSJK Saturdays.....6:00 pm  
Martin.....WLJT Fridays.....10:30 pm  
Memphis.....WKNO Thursdays.....7:30 pm  
Nashville.....WNPT Saturdays.....6:30 pm  
and Sundays.....9:00 am

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## 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. TTA recognizes Herb Kneeland (Nashville) and Paul F. Smith (East TN) for renewing their 2001 memberships as Supporting Members.

In the past, Supporting Member donations in excess of the regular dues were allocated to TTA's general operating fund. At the November 2001 Annual Meeting, TTA's board of directors voted to allocate Supporting Member donations to the Evan Means Small Grants Fund. Your 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.

Also, please join TTA in congratulating our newest Life Members - Diane & Zvi Manas! Diane & Zvi are accomplished hikers in two hemispheres. Not only have they section-hiked the Appalachian Trail from Georgia to Pennsylvania, but they have also trekked extensively in New Zealand. Ask them about their trips, and you'll hear some fascinating tales.

Every month, you'll find Diane coordinating at least one hike for the Nashville chapter. She works on behalf of the Cumberland Trail Conference to coordinate the capital campaign in the Nashville area. Diane is best known for her work as the newsletter editor of Tennessee Trails - consistently producing a fun and informative issue every month. She received the Bill Stutz Award in 2000 in recognition for her dedication to TTA.

We thank Diane & Zvi for their investment in TTA's future, and we wish them many happy, adventurous years out on the trail.

Leave No Trace Principle: Respect Wildlife.

## Jump Start Your Morning

It's day one of a backpacking outing. You've hiked 3 hours and knocked out 6 miles of your 12-mile day, and suddenly you find yourself totally zapped of energy. Looking ahead, you can barely make out the movements of the "energizer rabbit," that person at the front of the group whose energy levels ... just keeps on going. What could they have eaten for breakfast that gave them all that energy to burn? (I sure could use what they had for breakfast.)

The following breakfast (recipe) is a good one for starting your day of hiking. Be it, dayhiking or backpacking. It provides a good balance of carbohydrates, fats, and protein. Contains lots of calories for long lasting energy. Inexpensive to make. Can be eaten cold or hot. And, doesn't weigh a lot (a consideration when backpacking).

Mix ingredients together, makes one serving.  
Bon Appetit!

- 1 cup Grape Nuts cereal
- 1/4 cup sunflower seeds
- 1/4 cup nuts (your preference)
- 1/4 cup raisins or other dried fruit
- 1/3 cup dried milk
- water (add enough to reach desired consistency)

Net wt.:8 oz., carbo:102g, fat:37g,  
protein:29g, calories:1,040

*Submitted by Herb Kneeland*

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## BIG SOUTH FORK CHAPTER

### CHAPTER OFFICER:

Eric Wilson

423-628-2817

[ericavi@nxs.net](mailto:ericavi@nxs.net)

**January 26** It's our first outing of the new year, followed by more socializing and concluding the day with our annual business meeting. Please join us!

- **HIKE** - We will begin the day's activities with a hike around the Burnt Mill Bridge Loop in the Big South Fork NRRRA. This 4.3-mile trail is rated moderate and should be very pretty in January, a time of year when the river is usually very clear. If we are lucky, there may be some ice and snow to add to the scenery. Meet at the Harrow Road Cafe in Rugby at 12:30 EST, or at the Burnt Mill Bridge parking area at 1pm EST. Dress for the weather, and bring a snack. We will look for a scenic (perhaps sunny!) spot along the trail to take a short break. After the hike, we can make a quick trip to the Honey Creek Overlook for a view of the BSFNRRRA gorge. Contact Eric or Vi to register for the hike - 423 628 2817 or [ericavi@nxs.net](mailto:ericavi@nxs.net)
- **EAT** - Worked up an appetite on the trail? Whether you hiked or not, you are invited to meet us at the Harrow Road Cafe for supper. Plan to be at the Cafe at 5:30pm EST.
- **MEET** - Cap the day's activities with our annual BSF Chapter business meeting. We will elect officers for 2002, make preliminary plans for the year's outings, and have a program (which is still to be arranged). See you at 7pm EST at the Rugby Community Center.

## CLARKSVILLE CHAPTER

### CHAPTER OFFICER:

J.R. Tate 931-920-2692 modelt@charter.net

### OUTINGS COORDINATOR: (call & volunteer to lead an outing)

Suva Bastin 931-645-2849

**MEETS:** 3<sup>rd</sup> Tues, 7pm, The Crow Community Center, 211 Richview Rd

*Are you new to hiking? Is a hiking club right for you? Come, explore with us! The hikes below are perfect for the beginning hiker or someone looking for a gentler hike, as well as those wanting to explore hiking with a group. These hikes are close to home and on terrain rated easy to moderate. Don't forget to bring proper hiking shoes/boots, extra clothes for layering, rain gear, head and hand coverings.*

**Jan 12** Edgar Evins State Park. Silver Point, TN. We'll be hiking 6 miles on trails rated easy to moderate. Bring lunch and water. We will meet at 8am CST in the commuter parking lot at exit 11. For additional information, call Jack Bastin: 931-645-2849.

**Jan 15** **MONTHLY MEETING.** Come learn hiker safety tips, hear about past and upcoming hiking trips, meet/greet members/friends and see a fun-filled program presentation. Lots in store!

**Jan 19** Devil's Backbone trail, Devil's Backbone State Natural Area. (Tenn. milepost 394 of the Natchez Trace Parkway) Hohenwald, TN. The Columbia chapter provided much of the labor in constructing this trail. This 1500-acre tract borders the Trace on both sides and is a good representation of the oak-hickory forests found along this highland rim area. The hike is 6 miles long and rated easy. Bring lunch and water. We'll meet at 8am in the Big Lots parking area on Riverside Drive. For information, call Suva Bastin: 931-645-2849.

**Jan 26** Harpeth Woods & Warner Woods trails, Warner Park. Nashville, TN. Each trail is 2½ miles in length and rated easy to moderate. Bring lunch and water. We'll meet at 8:30am in the Big Lots parking area on Riverside Drive. For information, call June Miller: 931-648-4195.

## COLUMBIA CHAPTER

### CHAPTER OFFICER:

Russell Smith 615-790-1833 carving082334@cs.com

### OUTINGS COORDINATORS: (call & volunteer to lead an outing)

Amy Overton 931-388-6363 estherovert@aol.com

Rick Pinkelton 931-987-2530

**MEETS:** Jan 15, 7-8pm, First Presbyterian Church West 7<sup>th</sup> St. in Columbia

*The Nashville and Columbia Chapters will be co-hosting the 2002 Annual Meeting at Fall Creek Falls State Park (Pikeville, TN.) on the weekend of November 8-10. Jim Potteet (Nashville) is serving as Chairperson of the Organizing Committee for the event. Volunteers from these two chapters are needed to help with the planning for the weekend. **STRONG, creative types needed. No experience necessary! On the job training guaranteed! All volunteers will be put to work. If you don't volunteer, you may be drafted.***

*Feel free to contact Jim Potteet in person, at the chapter meetings, by telephone 615-824-7666, or by email:*

[jpoteet@genesco.com](mailto:jpoteet@genesco.com)

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## COLUMBIA (cont.)

**Jan 12** Virgin Falls Pocket Wilderness. Sparta, TN. This hike is 8 miles round-trip and rated moderate for the descent to Virgin Falls and difficult for the climb out. The terrain is quite rocky in several areas. This is everyone's favorite hiking destination. The hiker is rewarded with beautiful Caney Fork Overlook, water falls, caves and several sinks along the way. Hiking boots are required! Bring snacks, lunch and water. For additional information, meeting time and location, and to register, call Rick Pinkleton: 931-987-2530.

**Jan 15** **MONTHLY MEETING.** Are you new to hiking, or hiking clubs? Diane Manas, TTA's newsletter editor and guest this evening, will talk about favorite hiking destinations in TN and how easy it is to organize a group day-hike to these locations. See you at 7pm at the First Presbyterian Church, West 7th St. Columbia.

### OUTINGS REPORT:

On November 17, five adults and two children hiked Buggy Top Trail in Carter State Natural Area at Sewanee. This hike was led by Rick Pinkleton. A hike planned for the Volunteer & Day Loop Trails at Long Hunter State Park on December 8, led by Amy Overton, had to be canceled due to rain. But twelve members and guests turned out for a lovely holiday party at Amy's home in Columbia on December 9. A nice mix of old members, new members and prospective members enjoyed visiting with TTA's President Libby Francis, and making plans for upcoming events in the new year.

## COVE LAKE CHAPTER

### CHAPTER OFFICER:

Siler McCarty

423-566-1291

webmaster@tnrlca.org

**MEETS:** 3<sup>rd</sup> Thur, 6pm, First Presbyterian Church in LaFollette

**Jan 12** We will be joining the Smoky Mountains Hiking Club for a hike on the Cumberland Mountain segment of the Cumberland Trail in Caryville/LaFollette, TN. We plan on splitting the hike into two groups, one which will go one-way through the 10-mile segment from Tank Springs to Devil's Racetrack (strenuous), and another which will turn back after two miles, at the clambering rock (moderate). After a steep climb to the top of the ridge, the trail affords several lookouts (including Eagle Bluff) over the Powell Clinch River Valley (and even the Smokies if the day is clear). Tentative plans are to come off the ridge on the new (unfinished, read: bushwhack) portion of the trail recently built by the AmeriCorps team. Bring warm clothing, snack/lunch and water. We will meet at 8:30am EST at the swimming pool parking lot in Cove Lake SP. For more information, call Bill Grieves: 423-562-4181.

**Jan 17** **MONTHLY MEETING.** Come learn hiker safety tips, hear about past and upcoming hiking trips, meet/greet members/friends and see a fun-filled program presentation. Lots in store!

### PLANNING AHEAD:

**Feb 16** Lawson Farm. Leader TBA

**Mar 23** River Trail at Norris Dam. Leader TBA

**Apr 14** Smoky Mt. Segment of CT. Leader TBA

**May 18** Big South Fork NRR. Leader TBA

**Jun 21-22** Camping in the Smokies. Leader TBA

(cont. on pg. 4)

## COVE LAKE (cont. from pg. 3)

### HIKE REPORT:

On November 4, we packed a group into 5 four-wheel drive vehicles and went to Sand Cave up on Cumberland Mountain. Led by Debra Nelson, our trek took us out on an old railroad bed converted into a soft-shouldered road. After getting one passer-by out of stuck (with Siler putting all his weight into it), another of our own out of stuck, and coming up with a spare tire for yet another of our group, we eventually made it to the challenging part of our journey, a mountain road with two mean, deep ditches. With some special coercing of one of our four-wheel drives to stop behaving like a two-wheel drive, we made it to the top (and our trailhead) late in the afternoon. After a fabulous view of the Powell Valley from a high bluff, we finally hit the trail for a half-mile hike to our destination, Sand Cave, an "Alum" cave with multi-colored sand. With a drive through ditches in the dark, we hikers ("temporarily turned 4-wheelers") returned with many memories, not soon to be forgotten.

On December 8, ten hikers led by Vance Lawson hiked the Volunteer Loop in Cove Lake State Park. This trail is now part of the new trailhead for the Cumberland Mtn. segment of the Cumberland Trail. A steady light rain did not dampen the spirits of these true hikers in following this easy hike, which took us by Beaver Pond, and was made more interesting due to a lot of downed trees across the trail. (How did Siler, all of a sudden, go from being the sweep to the lead position?)

## EAST TN CHAPTER (Oak Ridge / Knoxville)

### CHAPTER OFFICER:

Beverly Neurock 865-220-9679 [bneurock@bellsouth.net](mailto:bneurock@bellsouth.net)

**Jan 5** Little River, Huskey Gap, and Sugarland Mountain Trails, GSMNP. This is a one-way hike and requires a car shuttle. This 7½-mile hike, rated moderate, will begin at the gated gravel road above the Elkmont campground and climb about 1000' ft. over a distance of approximately 4 miles until its junction with Sugarland Mtn. trail at Huskey Gap. At this point, we turn left and begin our 3.1-mile, 800' ft., descent to the Fighting Creek Gap parking lot on Little River Road. We will meet at 9am EST at the Sugarlands Visitors Center. Bring lunch and water, and dress appropriately for the weather. For further info and to register, call Keith Mertz: 865-376-4827, or e-mail him: [keithmertz@hotmail.com](mailto:keithmertz@hotmail.com)

**Jan 19** University of Tennessee Arboretum. Oak Ridge, TN. This will be a relatively easy 4 to 5 mile hike on rolling forestland, with well-maintained trails. Meet at 11am EST at the Arboretum parking lot on State Hwy. 62 in Oak Ridge. Bring a snack, water, and dress appropriately for the weather. For further info, call William "Mr. Bill" Bryan: 865-531-0011.

### Keeping In Touch . . . with TTA

The TTA List Server (email distribution) is operable once again. If you would like to subscribe to receive timely notification of hiking and trail related information, visit the TTA website ([www.tennesseehike.com](http://www.tennesseehike.com)) and go to *Member Services* to find the link to the sign up page.

## MEMPHIS CHAPTER

### OFFICER:

Betty Porter 901-755-4740

### CO-CHAIR:

Norma McMinn 901-785-1479

### ELECTED BOARD REPRESENTATIVE:

Gloria Lenski 901-213-0604  
[glorialenski@yahoo.com](mailto:glorialenski@yahoo.com)

**MEETS:** 3<sup>rd</sup> Thur, 7pm, Germantown Library

(Sept-May)

**Jan 5** Herb Parsons Lake. Fisherville, TN. Hike begins at 9:45am CST at the lake. Carpool meets at 9am at the soccer field on Walnut Grove Road (located on the south side of Walnut Grove, west of the traffic light at Farm Road). Bring lunch and water, and join the fun for this easy 6-mile walk around the lake. For information, call Freddy Felt: 901-685-9915.

**Jan 17 MONTHLY MEETING.** Carolyn Nasa, a Registered Dietitian, with a Master's degree in nutrition will present "Supplements - Hope or Hoax." Carolyn's main focus is disease prevention, wellness, and cancer nutrition. One of her main interests through the years has been the huge industry that revolves around the promotion of supplements, including herbs, vitamins, minerals, diet aids, and other cure-alls. Bring a friend and join us for this informative evening. See you at 7pm CST, Germantown Library.

**Jan 19** Shiloh Compass Hike, Shiloh National Military Park. Shiloh, TN. Compass required for each individual and registration required. Meet at Ed Shaw's Cafe at 9:30am CST. Bring water and a light lunch, and be prepared for bushwhacking. After the hike the group will meet for a catfish dinner. For additional information and to register, call Gloria Lenski: 901-213-0604.

**Jan 27** Sunday Night Hike at Meeman-Shelby Forest. Memphis, TN. Enjoy the first full moon of the new year on a 3-mile night hike led by Ranger Mary Meier. Beginning at Shelter 2 at 7pm CST, we will be taking the paved bike trail down towards the riverbottoms where many Barn and Great Horned owls reside. **DIRECTIONS:** Drive past the visitors' center and at the fork in road turn left. Go down the hill past Parsol Lake, then up the hill past the maintenance shop on the left, and continue past Shelter 1 and Shelter 2 (on the right). Park at Shelter 2. For information, call Ken Novak: 901-377-9127.

### PLANNING AHEAD:

**Feb 2** Memphis Historical Trail - Part II. Join us for an interesting and educational 6-mile hike through the oldest and most historic part of our great city of Memphis. During the years, since Memphis was founded in 1819, our city has grown from a small Indian trading post overlooking the Mississippi River to one of the nation's outstanding metropolitan centers boasting a population of over one million people in the city and its suburban area. For information, call Jerry Lenski: 901-213-0604.

Leave No Trace Principle: Plan Ahead  
& Prepare.

## MURFREESBORO CHAPTER

### CHAPTER OFFICER:

Mark Stanfill 615-867-0847 athike718@netzero.net

### OUTINGS COORDINATOR: (call & volunteer to lead an outing)

Brent Morris 931-728-8191 bmmorris@edge.net

**MEETS:** 2<sup>nd</sup> Tues, 7pm, Wilderness Station @ Barfield-Crescent Park, 697 Barfield Rd.

**Jan 1** New Year's Day on Cardwell Mountain. McMinnville, TN. Join us for a New Year's Day celebration and feast! This will be an easy 4-mile (at most) hike. We'll have plenty of time to find a good rock "table," serve up our New Year's Day feast and have time left over for some rock scrambling! Everyone is encouraged to participate by bringing something (cookstoves, paper plates, cups and cutlery, black-eyed peas, cornbread, desserts, beverages, etc.), therefore REGISTRATION IS REQUIRED! We'll meet at 8:30am CST at the Murfreesboro McDonald's located at I-24 & Hwy 96. For information and to register, call Heloise Shilstat: 615-896-6278, or email her: [Heloisew@bellsouth.net](mailto:Heloisew@bellsouth.net)

**Jan 8 MONTHLY MEETING.** Join us for a lively presentation by David Garth on "Walking in Scotland."

**Jan 14** Rugby Tennessee Outing. We'll hike the Gentleman's Swimming Hole and Colditz Cove's Northrup Falls Loops. Wear sturdy hiking boots, and bring a snack and water for the trail. Plan on working up an appetite for a delicious lunch at the Harrow Road Cafe in historic Rugby! For additional information and to register, call Fount Bertram: 615-765-5357, or email him: [fwbertram@hotmail.com](mailto:fwbertram@hotmail.com)

**Jan 27** Cumberland Mtn. State Park Snow (we hope!) Romp. Crossville, TN. We'll hike 6 to 8 miles (less if we really have snow!). We'll meet at 8am CST at the Cone Station (Lebanon) located on Hwy 231 at I-40 (exit 238). For information and to register, call Heloise Shilstat: 615-896-6278, or email her: [Heloisew@bellsouth.net](mailto:Heloisew@bellsouth.net)

## NASHVILLE CHAPTER

### CHAPTER OFFICER:

Dan Brennan 615-837-4324 osrwodan@aol.com

### OUTINGS COORDINATOR: (call & volunteer to lead an outing)

Elizabeth Gerlock 615-356-6260 eygerlock@aol.com

**MEETS:** 4<sup>th</sup> Tues, 7pm. **NEW LOCATION !!!**

**St. Bernard Academy, 2021 21<sup>st</sup> Ave South**

**HIKING HOTLINE: 615-367-7045**

**DAN BRENNAN'S** home address has changed. Please make this change to your TTA Directory:

**627 Players Court, Nashville, TN 37211**

*The Nashville and Columbia Chapters will be co-hosting the 2002 Annual Meeting at Fall Creek Falls State Park (Pikeville, TN.) on the weekend of November 8-10. Jim Poteet (Nashville) is serving as Chairperson of the Organizing Committee for the event. Volunteers from these two chapters are needed to help with the planning for the weekend. **STRONG, creative types needed. No experience necessary! On the job training guaranteed!** All volunteers will be put to work. If you don't volunteer, you may be drafted.*

*Feel free to contact Jim Poteet in person, at the chapter meetings, by telephone 615-824-7666, or by email: [jpoteet@genesco.com](mailto:jpoteet@genesco.com)*

(cont.)

## NASHVILLE (cont.)

**Jan 5** Twin Arches to Middle Creek, Big South Fork NRR. Jamestown, TN. This hike is approximately 11½ miles and rated easy for the terrain, moderate for the distance. This is a one-way hike and requires a car shuttle. The hike begins by passing the great sandstone arches of the Twin Arches, then follows the limestone bluff line, where we may see some icicles hanging. Few hikes offer as much to see as this one does. Expect to see numerous rock houses, shelters and outcroppings. There is one small creek to ford. We will meet at 6:30am CST to carpool from the Kinko's, in the K-Mart parking lot, on Donelson Pike (exit 216C off of I-40). For information and to register, call Keith White: 615-305-9078, or email him: [jkwhite7@nctc.com](mailto:jkwhite7@nctc.com)

**Jan 5-6** (Sat-Sun) Beginning Backpacking on the Volunteer Trail, Long Hunter State Park. Hermitage, TN. The focus of this beginning backpacking outing will be on winter backpacking. The members of the Sierra Club will join us. We will hike the 6-mile backpacking trail and camp at a primitive campsite near Percy Priest Lake. For additional information and to register, call Katherine Pendleton: 615-943-6877 or, email her: [Adelicia1@aol.com](mailto:Adelicia1@aol.com)

**Jan 6** Angel Falls and Grand Gap Loop, Big South Fork NRR. Jamestown, TN. This hike is 12.8 miles and rated as moderate. We will begin at Leatherwood Ford and hike the Angel Falls Overlook trail to the overlook, which provides a beautiful view of the South Fork of the Cumberland River. The falls are actually a series of rapids. We will then hike the 6.8-mile Grand Gap Loop trail with more views of the river and return via the Angel Falls Overlook trail to our cars. To register, and obtain meeting time and location, call Marietta or Jim Poteet: 615-824-7666.

**Jan 11** (Fri) Hike 'n' Dine. Paul Smith is reviving his hike 'n' dine outings. This hike is approximately 50 feet and rated E-A-S-Y!! Bring \$\$\$ to pay for your meal. We will gather at 7pm CST at Mama Mia's Restaurant (delicious Italian), 4671 Trousdale Drive, off of Harding Place at I-65. You do not need to register, just show up! If you have questions, call Paul Smith: 615-832-9388.

**Jan 12** Mammoth Cave National Park. Mammoth Cave, KY. Not all of this Park's trails are underground! A short ferry ride across the Green River will take us to historic Good Springs Baptist Church. From this trailhead, we'll hike approximately 8 miles along valleys and ridges, passing sinkholes, rock formations and the remains of pre-park settlements. We'll eat lunch along the banks of the Green River near Ganter Cave, an old "show cave" from the days of steamboat travel. Wild animals are plentiful in this National Park, and to improve our chances of viewing them, we ask that you not bring dogs on this trip. This hike is rated moderate for the rocky terrain and the numerous ascents and descents of rolling hills. **REGISTRATION IS REQUIRED.** Call Anne Wesley: 615-851-1052, or Richard Horvath: 270-586-1078.

**Jan 12** Aerobic sunrise hike in Warner Park. Nashville, TN. Better reach for your coffee as soon as the wake-up clock goes off or you're going to miss this one entirely. We'll hike a combination of 3 trails, totaling 9 miles, that will be rated moderate to strenuous due to the speed (~3 miles/hr) at which we hike them. Eat a hardy breakfast before arriving, wear boots that provide ankle support and bring water and snacks. Afterward, we'll regroup for bagels and more coffee at Bruegger's Bagel Bakery - bring \$\$\$ to BYOB (buy your own bagel). We'll meet at the Warner Park Nature Center on Hwy 100. For additional information and to obtain meeting time, call Theresa McKay: 615-595-9659.

(cont. on pg. 6)

**Jan 18-20** (Fri-Sun) Three days of hiking in the Cades Cove area of the Great Smoky Mountains NP. Townsend, TN. Two hotel rooms have been reserved in Townsend for Fri & Sat night (4 persons/room, females in one, males in the other). If needed, additional rooms will be reserved. The room cost of \$46/nights (includes breakfast) will be divided among those staying/room. If you prefer to camp, Cades Cove Campground is open and has plenty of spaces available (you self-register upon arrival). Please refer to your topo maps and *Hiking Trails of the Smokies* guidebook for elevation and trail descriptions. Throughout each day you can expect roots, rocks, ruts, mud and hills. Therefore, these hikes are rated moderated. Sturdy hiking boots are required, along with the "10 essentials," (i.e. water, rain gear, extra clothing, snacks and lunch). All hikes are one way and require a car shuttle. Space is limited to 12 and registration closes Tue evening Jan 15. For additional information, call Diane Manas: 615-352-7777.

**On Fri**, we'll leave Nashville at 5am CST. On the way to the "starting" trailhead, we'll drop a car at the "exiting" trailhead. The trails we'll cover are Meigs Creek, Meigs Mtn. (to & from Curry Mtn. - it's part of my 900 miles!) and Lumber Ridge. Meigs Creek trail has 18-20 creek crossing, the first will be the deepest (may require removing our boots), all others should be rock hops unless it has rained all week (if this is the case, we'll hike a different trail). Meigs Mtn. and Lumber Ridge trails will be pleasant walking and provides views of Tuckaleechee Cove. Distance: 11.6 miles.

**On Sat**, we'll start on the Rich Mtn. trail and end in Cades Cove by connecting the following trails: Indian Grave Gap, Scott Mtn., Schoolhouse Gap, Turkey Pen Ridge, Crib Gap and Anthony Creek. We'll get the worst (climb of 1800 ft.) behind us within the first 2 3/4 miles. The rest of the day has insignificant climbs and drops. Distance: 14 miles.

**On Sun**, we'll take in some history as we walk along the Metcalf Bottoms (Little Greenbrier school, then church) and Little Brier Gap trails (Walker sister's home). At the end of Little Brier Gap trail, we'll pick up the Little Greenbrier trail which starts the scenic (climbing 1500-ft over 2.4 miles) portion the day and provides views into Wear Cove. At its end, we'll pick up the Laurel Falls trail, which is down hill all the way. We'll stop to view Laurel Falls, a vigorous 75-ft waterfall, before reaching our cars. Distance: 7.6 miles.

**Jan 20** Aerobic Hike Through Percy and Edwin Warner Parks. Nashville, TN. We will hike a combination of three trails at a fast pace, with few breaks, giving this 9 1/2-mile hike a strenuous rating. Eat a hearty breakfast before arriving, wear clothes appropriated for the weather - we will hike in the rain! - and bring plenty of water. After working up an appetite, we will meet for lunch at Bruegger's Bagels. For information, meeting time and location, call Colleen Grierson: 615-372-0192.

**Jan 22 PRE-MONTHLY MTG DINNER @ BOSCO'S** Hillsboro Village, 1805 21<sup>st</sup> Ave South. Paul Smith is reviving his pre-meeting dinners - another opportunity to socialize and enjoy a good restaurant! Hillsboro Village is about 4 blocks from our meeting location, and with parking very limited in the "Village," you are advised to park at St. Bernard's and walk to BOSCO'S. We'll start gathering at 5:30pm CST and depart for the meeting at 6:45pm. BRING \$\$\$ to pay for your meal. You do not need to register; however, if you have questions, call Paul Smith: 615-832-9388.

**Jan 22 MONTHLY MEETING** Happy New Year! Are you thinking of making the transition from dayhiker to backpacker? Are you perplexed by the different types of backpacks and gear on the market? Are you wondering how all that stuff can possibly fit into a pack? Come watch "Detour," "Trekker," and "Spidey" (our panelists' trail names) as they actually pack for an overnight trip. These veteran backpackers will explain (and defend!) their choice of gear and demonstrate how all the pieces of the packing puzzle fit together for a successful trip.

*\*Are you new to Nashville? Hiking? Interested in checking out a hiking club? Or, just want a gentler hike? Then, the following hike is just for you. Meet new, as well as seasoned hikers who also share your desire to be outdoors. You are encouraged to use this time to learn about hiking and TTA while enjoying the great outdoors with friendly people.*

**Jan 26** \*Newcomers Hike on the Hidden Springs Trail, Cedars of Lebanon State Park. Lebanon, TN. Both newcomers and longtime members will enjoy this 4.4-mile loop hike, rated easy. The trail passes through a unique environment of limestone sinks, rock gardens, and cedar glades. After the hike, we will adjourn to a nearby restaurant for lunch and more conversation. For information, meeting time and location, call Nancy Juodenas: 615-643-0936, or email her: [island@edge.net](mailto:island@edge.net)

**PLANNING AHEAD:**

**Feb 2-3** (Sat-Sun) Winter Backpacking to Hobb's Cabin, Savage Gulf State Natural Area. Monteagle, TN. We will hike in on the North Rim Trail and hike out on the North Plateau Trail. Since Hobb's Cabin is a popular site, tents are required. (At the time this newsletter was going to press, Blue Ridge Mountain Sports is tentatively planning to participate on this trip with gear demonstrations.) For information and to register, call Katherine Pendleton: 615-943-6877, or email her: [Adelicia1@aol.com](mailto:Adelicia1@aol.com)

**Mar 15-17** Second Annual Leprechaun Leap. This year's trek is a 3-day, 34-mile backpack on the Tennessee River Gorge segment of the Cumberland Trail. This is one of the most beautiful segments of the CT, following bluff tops and ridges - 1,800 ft. to 2,000 ft. above sea level. There are several spectacular overlooks into the "Grand Canyon of Tennessee" and Mullins Cove. We will also see several natural rock formations such as the Indian Rock House and the Natural Bridge. This trek will be rated strenuous due to the total overall mileage and the 16 miles we will hike on Sat. The trail is reasonably level with no major elevation changes. For anyone unable to make the 3 days, there will be a 2-day option. Space is limited to 12; therefore, reserve your space ASAP. For additional information, call Herb Kneeland: 615-460-1144(h), 615-298-4462(w), or email him: [hdk3@home.com](mailto:hdk3@home.com)

## HIKE REGISTRATION? WHY ????????

Our hike coordinators are volunteers. Make it easier for them to contact you in the event their hike needs to be cancelled by registering!

BE CONSIDERATE AND REGISTER

Leave No Trace Principle: Travel & Camp  
on Durable Surfaces.

# NORTHWEST CHAPTER

(UT at Martin / Weakley County)

## CHAPTER OFFICERS:

Jim Clark  
Joe Seago

731-587-7369 / 2225  
731-588-5836

website: [www.utm.edu/~jclark/trails/](http://www.utm.edu/~jclark/trails/)

[jclark@utm.edu](mailto:jclark@utm.edu)

[joeseago@backpacker.com](mailto:joeseago@backpacker.com)

**MEETS:** 2<sup>nd</sup> Thur, 7pm, UT Martin Campus, Boling University Center, Room 231- ONLY when college is in session.

**Jan 10** **MONTHLY MEETING.** Come learn hiker safety tips, hear about past and upcoming hiking trips, meet/greet members/friends and see a fun-filled program presentation. Lots in store!

**Jan 21** (Mon) Newcomer's and Beginner's Hike at Fort Donelson Nat'l Military Park. Dover, TN. We will observe Martin Luther King Jr. Day by hiking the 3½-mile trail at Fort Donelson NMP. The hike is easy over gentle hills and provides stunning views of the Cumberland River. Shake off those winter blahs while hiking through an area rich with history. We will meet 11am CST at the park's visitors center or, 10am to carpool from the UT Martin University Center. For more information, call Jim Clark: 731-587-2225.

## PLANNING AHEAD:

**Feb 14** **MONTHLY MEETING.**

**Feb 23** Canal Loop at Land Between the Lakes NRA. Northwest TN. Rolling hills, easy grades - a favorite among hikers. Meet 10am CST at the "North" visitors center or, 8am to carpool from the UT Martin University Center. For additional information, call Joe Seago: 731-588-5836.

**Mar 12-17** (Tue-Sun) North-South Trail Backpack, Land Between the Lakes NRA. Northwest TN. We'll have 5 days to hike the 60 miles of rolling hills in this historic area in Kentucky and Tennessee. For additional information, call Joe Seago: 731-588-5836.

**Mar 13-17** (Wed-Sun) A.T. section hike from Hogpen Gap to Dicks Creek Gap. North Georgia. This is a 30-mile backpack on the Appalachian Trail through some of Georgia's most beautiful areas. For information, call Chris Fox: 731-586-4744, or email him: [towndawg@hotmail.com](mailto:towndawg@hotmail.com)

**Mar 21** **MONTHLY MEETING** Joe Seago will teach us how to use a compass in preparation for an upcoming compass course at Shiloh National Military Park - see Mar 23 below. See you at 7pm, Boling University Center (Room UC 231) on the UT Martin campus.

**Mar 23** Shiloh National Military Park. Shiloh, TN. We will be using the compass skills we've recently learned to plot and maintain our course (over rolling hills), which will be necessary for staying on the correct route, and for reaching our final destination. We'll meet at 7:30am CST at the UC parking area. For additional information, call Joe Seago: 731-588-5836.

**Apr 11** **MONTHLY MEETING.**

**Apr 20** Shawnee National Forest. Destination to be determined but expect a route as interesting as the Jackson Hollow hike of last October. Lusk Creek Canyon and Saltpeter Cave is a possibility for a "wet foot" trail. For more information, call Jim Clark: 731-587-2225.

**May 4** Cache River Canoe Trail. A scant 80 miles from Martin is one of the premiere canoe trails in the U.S. Through a tupelo and cypress swamp, the trail is reminiscent of the Ghost River section of the Wolf River. In the spring, the chorus of tree frogs is deafening. The course is approximately 6 miles of still water. For more information, call Jim Clark: 731-587-2225.

## TENNESSEE COOKOFF" REPORT

The weekend of December 1 & 2 found 32 backpackers from TN, MS, AL, GA, MO, OH, and KY gathered at Small Wilds Campsite on the Fiery Gizzard Trail in the South Cumberland State Recreation Area. Participants backpacked in from as far away as ten miles, and as close as two miles, depending on which end of the Fiery Gizzard trail they entered. The highlight of the weekend was the "Tennessee Cook-off," since renamed "Titanium Chef," and featured recipes suitable for backpacking. There were thirteen entries judged on taste, appearance, preparation, ingredients, and presentation. There were 300 total points possible per entry, divided among three judges. Prizes donated by Blue Ridge Mountain Sports and REI of Nashville were awarded to the top 5 winners.

First place was won by Rick for a mouthwatering cornbread pie that was garnished with cheese and lime slices. Rick had adapted a Southern Living Magazine recipe for the trail using dried, fresh, and canned ingredients. Presentation included a chef's hat! Rick was allowed to select his prize and he chose a cook set.

Second place went to "Leatherneck" (trail name, his given name was never used), presenting a Cajun dish that featured Spam. The seasonings in it were memorable. "Leatherneck" selected a titanium backpacking stove as his prize.

Sandy took third place with a rum cake. It was light and moist with a real rum sauce. She also entered a delicious cheesecake complete with cherry topping.

Phillip, a.k.a. "wwwanderer," captured forth place with chicken curry served on a slice of pita bread. The curry was subtle and not overpowering, as some curry dishes tend to be.

(cont. on pg. 8)

# PLATEAU CHAPTER

(Crossville)

## CHAPTER OFFICER:

Bill Haynes 931-707-7606

[billhaynes@citlink.net](mailto:billhaynes@citlink.net)

**MEETS:** 3<sup>rd</sup> Thurs, 7pm, Crossville Housing Authority

*There is an informal, leaderless hike every Wednesday morning at 8:30am CST. Meet at the boat launch area of the Cumberland Mtn. State Park. The hikes are moderately paced and may average 5 to 6 miles. For additional information, call Bill Haynes: 931-707-7606. Rain cancels.*

**Jan 12** Polly Branch Falls trail, Bridgestone/Firestone Centennial Wilderness Area. Sparta, TN. Come explore Scott's Gulf while hiking on the Polly Branch Falls trail, with its beautiful overlooks and waterfalls! The hike is 6 miles and rated moderate. Bring lunch and water. We'll meet at 8am CST in the Kroger parking lot in Crossville. For additional information, call Jim McCullough: 931-484-8222.

**Jan 17** **MONTHLY MEETING.** Dan Hicks will give us an update on the Catoosa Wildlife Management Area - its plans for the future, concerns, and the affect of state budget constraints. Come and get your questions on this prime hiking area answered! See you at 7pm CST at the Crossville Housing Authority.

**Jan 26** Byrd Creek Loop trail, Cumberland Mtn. State Park. Crossville, TN. This is an easy 4-mile hike that follows the shore of Byrd Lake. We will meet at 9am CST at the park's boat dock parking lot. For additional information, call Carolyn Miller: 931-456-4465.

# UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

## CHAPTER OFFICERS:

Helen Angelmier  
Sue Bass

931-858-5947  
931-528-1386

helena@cookeville.com  
take-a-hike@onemain.com

**Jan 1** Big Springs in the Bridgestone/Firestone Centennial Wilderness Area. Sparta, TN. We will begin our New Year with an easy hike in this beautiful area by hiking to a huge spring, under a large bluff, which goes into a stream. The hike is about 4 miles and rated moderate. Wear hiking boots, and bring lunch or snacks, and water. Meet on the Jefferson side of Penney's in Cookeville at 9am CST, or First Star Bank in Sparta on Highway 111, across the street from McDonalds at 9:30am CST. For more information and to register, call Bonnie and Wayne Broadway: 931-837-3696, or email them: [jwb@multipro.com](mailto:jwb@multipro.com)

**Jan 12** Twin Arches/Charit Creek Loop, Big South Fork NRR. Jamestown, TN. We will explore the area around the Twin Arches which is the largest natural bridge complex in the state of Tennessee. The hike is 5 to 6 miles and rated moderate. Wear hiking boots and bring lunch, snacks, and water. Meet at First Star Bank in Sparta on Highway 111, across from McDonalds at 8am CST, or the Jefferson side of Penney's in Cookeville at 8:30am CST. For additional information and to register, call Sue Bass: 931-528-1386 (leave message), or email her: [take-a-hike@onemain.com](mailto:take-a-hike@onemain.com)

**Jan 21** Bridgestone/Firestone Centennial Wilderness Area. Sparta, TN. The hike is 4 to 8 miles (depending on trail choice) and rated moderate. This area offers wonderful overlooks and waterfalls. Wear hiking boots and bring lunch, snacks, and water. Meet on the Jefferson side of Penney's in Cookeville at 9am CST, or First Star Bank in Sparta on Highway 111, across from McDonalds at 9:30am CST. For additional information and to register, call Marnell Cothran: 931-738-5874.

**Jan 26** Standing Stone State Park. Hilham, TN. The hike is 5 miles and rated moderate. It is a pleasant walk with nice lake views. Wear hiking boots and bring lunch, snacks, and water. Meet at First Star Bank in Sparta on Highway 111, across from McDonalds at 8:30am CST, or the Jefferson side of Penney's in Cookeville at 9am CST. For additional information and to register, call Janice Garman: 931-526-1565, or email her: [janicegarman@cookeville.com](mailto:janicegarman@cookeville.com)

## PLANNING AHEAD:

**Feb 2** Virgin Falls, Bowater Pocket Wilderness. Sparta, TN. For information, call Marnell Cothran: 931-738-5874.

## HIKE REPORT:

On Nov 17, thirteen of us, including a visitor from Murfreesboro, hiked Honey Creek. We decided it wasn't as much a hike as it was an adventure. We had lunch on the overlook, enjoying the views since the trees were bare. The weather was very mild, and there wasn't water in the spot where you have to rock hop across the boulders in the creek making it relatively easy. At the end of the hike we were pleasantly tired but had a sense of accomplishment.

On Dec 8, Bobby Felton and his dog Cinnamon, who has boundless energy, led six people on a six mile hike on Milksick Mountain behind his home in Sparta, TN. Several people "wussied" out because of the weather, but the others waited until 10am for the rain to stop, and then began the hike in light drizzle. As the day wore on, the light drizzle continued then became heavier toward the end of the hike. Fortunately, everyone was pretty well dressed for the occasion, and the warm temperature made it pleasant. We saw some hearts-a-bustin', squawroot, scaly or shag bark hickory, and even a dandelion in bloom. Bobby pointed out many sinkholes and underground caves saying there were hundreds in the area. We had a great view from the top of the mountain. When we returned, Bobby's wife, Arlene, graciously treated us to a delightful lunch. Thanks to the Feltons for a memorable and fun day.

## "TENNESSEE COOKOFF" (cont. from pg. 7)

"Towndawg" (the event's organizer) was awarded fifth place for his Cajun Seafood creation that included fresh shrimp, redfish, and crab. He hauled all of the seafood on ice in a pack the whole 10 miles that he hiked that day. It was a tasty dish.

There was a two-way tie for sixth place going to "Joshman" for a fresh tuna steak pan seared over an open fire, and John for cornbread cooked in coals.

Everyone ate till stuffed! Folks began talking about ideas for entries to next year's cook-off while sitting around the campfire into the wee hours of the morning.

Many Thank Yous to Bryan Dodge (Blue Ridge Mountain Sports, Nashville) and Michael Hughes (REI, Nashville) for providing the award prizes. Your support of TTA is greatly appreciated! (**Remember TTA members: when patronizing these merchants, tell them you are a TTA member and let them know how much you have appreciated their support!**)

For additional details of the event, and recipes, visit: <http://members.tripod.com/towndawg/cookoff.htm>

*Submitted by Katherine Pendleton and Chris Fox*

# CUMBERLAND TRAIL CONFERENCE

## CUMBERLAND TRAIL CONFERENCE CONTACTS:

Executive Director ..... Rob Weber ..... [robweber@usit.net](mailto:robweber@usit.net)  
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Program Coordinator..... TBA  
Office Manager..... Susan Weber ..... [sweber1@usit.net](mailto:sweber1@usit.net)

## CTC Welcomes AmeriCorps U R Invited 2 Help

Ready for a little winter trail building? Join our AmeriCorps team of volunteers in mid-January as they continue to work to complete the trail along the I-75 corridor of the Cumberland Mountain segment. The AmeriCorps volunteers will arrive on January 14th and be with us for 4 weeks. They will stay at Cove Lake State Park. If you are interested in helping to build the trail and working along side the AmeriCorps team, contact Tanya Pile: 931-456-6259, or by email: [tmeachen@onemain.com](mailto:tmeachen@onemain.com)

Office Location	19 East 4 <sup>th</sup> Street Crossville, TN 38555
Office Hours	8am-5pm
Phone:	931-456-6259
Fax:	931-456-4934
Email:	<a href="mailto:cumberlandtrail@rocketmail.com">cumberlandtrail@rocketmail.com</a>
Website:	<a href="http://www.cumberlandtrail.org">www.cumberlandtrail.org</a>



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 ARE LISTED WITHIN EACH CHAPTER'S HEADER

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 dmanashikes@yahoo.com &  
 dianemanas@home.com

## Newsletter Deadlines:

Announcements and articles  
 received on/before January 10<sup>th</sup>  
 will appear in our  
 February 1<sup>st</sup> newsletter

Articles submitted are subject to editing and  
 will be included as space permits.

Please send all submissions to:

Diane Manas  
 5729 Stoneway Trail  
 Nashville, TN 37209  
 615-352-7777

When sending by email, use both:  
 dianemanas@home.com  
 dmanashikes@yahoo.com

# ADOPT-A-TRAIL NEWS

## ADOPT-A-TRAIL OFFICER:

Harold Draper 865-689-7757 h.m.draper@att.net

HAVE YOU CONSIDERED ...

MAINTAINING A PARTICULAR TRAIL OR SECTION OF TRAIL?

Through the cooperation of land managers, who periodically inform us of volunteer opportunities, TTA can put you in touch with several Adopt-A-Trail programs, or offer suggestions on how to approach local land managers in your area.

The Adopt-A-Trail program is quite simple and flexible. Volunteers or chapters select the trail they wish to adopt and at the same time determine the level of trail maintenance they wish to undertake. Their only commitment is to hike, inspect, and report on the trail's conditions and maintenance needs twice per year. Light trail maintenance (clipping, pruning, trash and minor blow-down removal) is encouraged during each inspection. Serious trail problems identified will be reported to the local land management agency for resolution.

To obtain an Adopt-A-Trail or Trail Inspection form,  
 call Harold Draper: 865-689-7757

# TENNESSEE RAILS-TRAILS ADVISORY COUNCIL (TRAC)

## BOARD REPRESENTATIVE:

Jim Deming 615-354-9767 jdeming49@aol.com  
 website: http://members.aol.com/trac2trail/depot.htm

☆ **Next Meeting** ☆ **Announcement on Page 1** ☆  
**JAN 12, 2002 IN JASPER, TN.**

EMAIL JIM DEMING ([JDEMING49@AOL.COM](mailto:JDEMING49@AOL.COM)) FOR MEETING INFO.

OR, CALL CHRISTIE NEIDICH (423-942-0865) IN SEQUATCHIE, FOR DIRECTIONS.

**MISSION:** To act as a resource and mentor for the planning, development and management of rail-trails throughout the State of Tennessee for the purposes of appropriate recreation, preservation of rail corridors and alternate transportation, in order to benefit the general public, communities, commerce and tourism.

## Tennessee Trails Merchandise Order Form

\_\_\_\_\_ Hiking Tennessee Trails, 5<sup>th</sup> Edition .....\$12.95  
 \_\_\_\_\_ TTA Patch.....3.00  
*Round embroidered patch, sew it on anything.*  
 \_\_\_\_\_ TTA Window Decal .....1.00  
*A must for each car.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

PHONE hm: (\_\_\_\_) \_\_\_\_\_ wk:(\_\_\_\_) \_\_\_\_\_

Mail your check payable to:

Tennessee Trails Association  
 c/o Marietta Poteet  
 324 Raintree Drive  
 Hendersonville, TN 37075

Please allow 4 weeks for delivery and prices shown include postage.

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

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**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. If you fail to re-apply we will send you one newsletter and a reminder notice. If you have not re-applied by this time, your membership will terminate.

**PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!**

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

Jan 02

- A NEW MEMBER
- RENEWING MY MEMBERSHIP
- PURCHASING A GIFT MEMBERSHIP (**FROM:** \_\_\_\_\_)

(Memberships are for one year, unless you have a Lifetime Membership.)

*Please, print clearly.*

_____ Individual	\$25.00	Member Name _____
_____ Family	\$35.00	Address _____
_____ Student	\$15.00	City _____ State _____
_____ Life Member	\$500.00	Home Phone ( ____ ) _____ Zip _____ -- _____
_____ Supporting	(\$200.00, \$100.00, \$50.00 or other)	Work Phone ( ____ ) _____ email _____

Please do not list my e-mail address in the TTA Annual Membership Directory

Please list me with the following chapter:

_____ Big South Fork	_____ Murfreesboro
_____ Clarksville	_____ Nashville
_____ Columbia	_____ Northwest(UT at Martin/Weakley)
_____ Cove Lake	_____ Plateau(Crossville)
_____ East TN(Oak Ridge/Knoxville)	_____ Upper Cumberland(Sparta/Cookeville)
_____ Memphis	_____ At Large

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

When you become a TTA member, you will receive TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. In addition, you will receive our monthly newsletter containing information on hiker safety, upcoming hikes / overnight trips, volunteer opportunities, chapter meeting announcements as well as events occurring within TTA's Associate Organizations: C.T.C. and T.R.A.C. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. Each April you will receive the Membership Directory, listing members by chapter and how to reach them. Every spring and fall we meet at one of Tennessee's many parks for a weekend of hiking, camaraderie and where the board members can meet to exchange ideas and hear reports on TTA's progress.

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