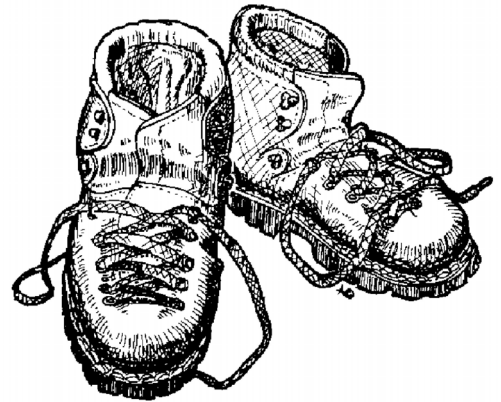


TENNESSEE TRAILS

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



BREAKING NEWS!

Approximately 50 enthusiastic hikers from Tullahoma and surrounding communities met Monday night, February 11, to discuss the establishment of a new TTA chapter to serve this area of the state. Brent Morris, TTA's Middle Tennessee Regional Director, organized the meeting. Fount Bertram, TTA vice president, presented a slide show highlighting TTA's hiking and trail building activities throughout the state. Anne Wesley, TTA membership director, explained the benefits and responsibilities of affiliating with TTA. Based on the enthusiastic response of the participants, representatives of the group will petition the TTA Board of Directors for a charter as TTA's twelfth chapter at the Board's February 16 quarterly meeting. Watch for additional information in next month's newsletter.

All Tullahoma area hikers are welcome and encouraged to participate in the next phase of chapter organization: choosing a chapter name, nominating officers, selecting a meeting date and location and scheduling chapter outings. To volunteer, contact Brent Morris at 931-454-1718 or at bmorris@edge.net.

2002 MEMBERSHIP DIRECTORY

The 2002 edition of the TTA Membership Directory will be mailed to all current members in June. Please be sure your dues are paid up so that you will receive your copy of the directory. Also, check the mailing label on this newsletter and let us know of any changes or corrections that need to be made. OTHERWISE, WHAT YOU SEE ON YOUR CURRENT MAILING LABEL WILL BE THE INFORMATION YOU WILL SEE IN THE DIRECTORY.

Mail your revisions to:

Membership Director
P. O. Box 41446
Nashville, TN 37204-1446
615-851-1052

Or, use the change of address form on our web site:

www.tennesseehikes.org

Advertising Available!!!
See page 3 for details.

KENTUCKY TRAILS ASSOCIATION

Included with this issue of the TTA Newsletter is the first edition of the newsletter of the Kentucky Trails Association. KTA is an independent organization focusing on hiking and trail-related issues in that state. Richard Horvath, a TTA member from Franklin, KY, is spearheading the efforts to organize KTA, and other TTA members are urged to participate. The TTA state organization is helping KTA with some startup logistics.

WATER PURIFICATION

Submitted by Gene Curp

First time travelers sometimes look upon untreated water as plutonium: even a tiny drop can hurt you. I don't think this is true. Although all untreated water in developing countries is suspect, not all untreated water is actually contaminated. Some organisms can cause diarrhea even if very few bugs are ingested (such as Shigella, Giardia, and E. histolytica). Other bacteria require that a billion to a trillion be ingested at once in order to overcome your stomach acid and cause infection. These bacteria are unlikely acquired from the random contamination of water.

The simplest thing to do about water when you are traveling is to make up your mind that all water is contaminated, and never drink untreated water. If you never drink untreated water, then water can never be a cause of diarrhea for you. Don't even brush your teeth with untreated water - this is a kind of Russian roulette. Don't be unduly concerned about drops of water clinging to freshly washed dishes and glasses, but try to dry them off before using them if you can.

How can you treat potentially contaminated water? There are three main methods of decontaminating water: 1) heat (boiling); 2) chemical disinfection (iodine or chlorine); and 3) filtration. The first two methods are roughly equally effective. Filtration alone almost never renders third world water safe to drink because of the presence of viruses that can't be filtered. Filtration must be used in conjunction with chemical treatment in this setting. Boiling has the advantage of not altering the flavor of the water, but has the ecological disadvantage of sometimes using firewood in areas where wood is scarce. Chemical decontamination does not require wood or fuel, but can add a slight taste to the water.

There is a lot of confusion about the proper method of boiling water in order to make it safe to drink. Some texts recommend boiling for twenty minutes, others say 10 minutes, or five minutes, and some say it is just necessary to bring it to a boil, even for a few seconds. Some sources warn that you need to lengthen the boiling time as you ascend in altitude. Why is it so confusing?

(cont. on pg. 2)

WATER PURIFICATION (cont. from pg 1)

I think the main source of confusion stems from the fact that there are two different end points in water purification: disinfection (to make it safe to drink), and sterilization (which would make it safe to use in surgery, for example). Since most of us are only worried about quenching our thirst, and not in taking out an appendix, disinfection should be our goal. It turns out that all the organisms that can cause diarrhea begin to be killed at 140 F (65 C). The length of time that water takes to go from 140 F to the boiling point (212 F; 100 C) is sufficient to decontaminate the water for drinking. A few bacteria exist as hardy "spores," which can resist high temperatures for a certain length of time. The boiling time of twenty minutes was suggested in order to sterilize water, and completely eliminate these spores. However, the spores can not cause diarrhea when ingested. Therefore, just bringing water to a boil, at any altitude, renders it safe to drink.

Many brands of filters are marketed to the public to purify drinking water. A filter has to have an absolute filter side of 0.2 microns or less in order to filter out pathogenic bacteria. Giardia and amoebic cysts are easy to filter, as they are 5-8 microns in size. Viruses are more than 8 times smaller than a 0.2 micron filter pore, so they can readily pass through. This is why chemical treatment is necessary in addition to filtration in the third world. However, filtration can have benefits when one is concerned about two particular protozoa, Cryptosporidium and Cyclospora. These two organisms are not killed by iodine, but are large enough to be easily filtered. Cyclospora is a risk in Nepal from mid-April through September, so filtration in addition to chemical treatment might be the best way to go if you are in Nepal during this time.

Chemical treatment with iodine is effective against all other organisms, if you put in the right concentration for the right length of time (follow the directions for whichever system you use). The problem of taste has recently been conquered with the discovery that adding vitamin C (ascorbic acid) to water that has been treated with iodine completely eliminates the taste and the color of the iodine. Make sure that you allow the iodine to complete its job first (for 20 to 30 minutes) before adding the small amount of vitamin C (about 50mg will do the job, but extra is, of course, not harmful).

TVA'S 19TH ANNUAL WILDFLOWER WALKS

TVA will hold its annual spring wildflower walks at the River Bluff TVA Small Wilds Area on the Norris Dam Reservation on Saturday, March 30, and Saturday, April 6, 2002. The guided walks are scheduled to begin at 10am (Eastern Time) and 1pm (Eastern Time) from the Small Wilds Area located along the Clinch River west of Norris Dam. The 3.2-mile loop trail is rated moderately difficult and is known for the spectacular array of spring wildflowers, especially yellow trout lilies, celandine poppies, bloodroot, spring beauties and toothworts. The hikes will be held rain or shine, and participants are encouraged to wear comfortable shoes and appropriate clothing for the weather. The walks are free and sponsored by TVA, Ijam's Nature Center, Norris Dam State Park and the Friends of Norris Dam State Park. For additional information, call Nancy Fraley (TVA Natural Areas Coordinator) at 865-632-1535.

DIRECTIONS: To reach the River Bluff Small Wilds Area, take the Lake City exit (#128) off I-75 north of Knoxville, TN. Follow HWY 441 past the Norris Dam State Park entrance on your left and continue approximately ¾ mile to Dabney Road on your right. The Small Wilds Area trailhead parking area is located approximately ¾ mile from this right turn.

TTA GIFT MEMBERSHIPS AVAILABLE THROUGHOUT THE YEAR!

... St. Patrick's Day ♦ Birthdays ...
... Graduation ♦ Mother's Day ♦ Father's Day ...

For the price of a regular membership, we will send the gift membership recipient a beautiful TTA logo patch enclosed in a card (customized for the occasion) announcing your gift. Gift memberships can be purchased by contacting Anne Wesley: ttahiker@msn.com / 615-851-1052.

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 the following Supporting Members for March 2002:

James & Jenny Dittes Nashville
Theresa & Russell McKay Nashville
Eddy Walker Nashville

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.

... *What is ...*

SOUTHEAST EXOTIC PEST PLANT COUNCIL

A non-profit organization established to: (1) Raise public awareness about the spread of exotic plants into the southeast's natural areas; (2) Facilitate the exchange of information concerning management and control of invasive exotic plants; (3) Provide a forum for all interested parties to participate in meetings, workshops, an annual symposium, and to share the benefits from the information provided by SE-EPPC; (4) Serve as an educational, advisory, and technical support council on all aspects of exotics; and (5) Initiate campaign actions to prevent future introductions.

... *How Does This Affect Me ...*

As hikers, we see a lot of invasive exotics – both plants (i.e.: Japanese honeysuckle, climbing euonymus, and kudzu) and insects (i.e.: Gypsy Moth, Pine Bark Beetle) - many of us have volunteered (and continue) to help remove them. If you are interested in learning more about Tennessee's Exotic Pest Plant Council and the removal of these invasives, you are invited to: (1) visit their web site at www.se-eppc.org and/or, (2) attend their upcoming symposium April 3 – 5, 2002 at the Bell South Building in Nashville. Topics will include subjects such as: applied and basic ecological research, control and management of pest plants, outreach and extension, public policy, regional, federal and international initiatives and action plans, and screening and assessment techniques.

... *Upcoming Volunteer Opportunities ...*

On Sunday, March 3rd and 10th from 1pm to 4pm CST, you are invited to join the staff of Blue Ridge Mountain Sports "**PUSH, PULL, DRAG AND REMOVE**" the evil *Bush Honeysuckle*.

Complete details are on page 5.

ANNUAL MEETING VOLUNTEERS

Volunteers are still needed to help in the many planning stages and to take on any portion of the numerous jobs (many of them small) that will crop up through the year, as we near the Annual Meeting weekend (Nov 8-10 at Fall Creek Falls State Park in Spencer, TN.). It's not too late to volunteer, and any time you can spare will be a great help.

To volunteer, you can contact any/all of the following committee chairs directly:

Registration and Lodging

Jenice Johnson615-356-6246

Food and Programs

Anne Wesley615-851-1052ttahiker@msn.com

Hikes

Russell Smith615-790-1833carving082334@cs.com

Auction

Libby Francis615-889-5718libbyslibbys@comcast.net

(Although the Columbia and Nashville chapters are this year's hosts, volunteers are not limited to the Columbia and Nashville chapter members. If your chapter is slated to host a future Annual Meeting, this volunteer opportunity will provide an excellent training ground!)

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER:

Eric Wilson 423-628-2817 ericavi@nxs.net

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

Kathy Hicks 865-938-6846 khudson3@utk.edu

Billed in January's newsletter as "HIKE. EAT. MEET." on Jan 26, we had a wonderful turnout (24 folks) for Saturday's hike around the Burnt Mill Bridge Loop. The weather couldn't have been better and, despite a last minute call from the Park Service warning us that the trail was closed due to the downed pines, the route was in good shape with no more obstructions than one would expect at any time.

Of course, the 'EAT' portion of the day had a similarly large group of people join in the chili fest, hosted by Barbara Stagg and John Gilliat. After which, came the business meeting, and during this time, the following officers were elected for 2002:

Chair Eric Wilson
 Outings Coordinator Kathy Hicks
 Secretary/treasurer Benita Howell
 Projects Director Bob Hemminger

After the elections, we planned hikes for the remainder of the year. Watch upcoming newsletters for trail specifics. In the interim, here is a listing of those who have volunteered to organize hikes thus far:

Apr HRI wildflower hike to Buffalo Cove	Sep Barbara Stagg
May John and Kathy Hicks	Oct Jim Poteet
Jun Linda Konig	Nov Tim and Lynn Takacs
Jul Peter Erickson	Dec Julian Bankston
Aug Benita and Tom Howell	

In addition to regularly scheduled monthly outings, we expect to organize impromptu hikes throughout the year, many on short notice and by e-mail. If you would like to be added to the e-mail list, contact Eric Wilson: ericavi@nxs.net
 (cont. next column right)



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...ADVERTISING AVAILABLE... 2002 MEMBERSHIP DIRECTORY

Does your business have a product/service you want our members to know about? For a small fee, you can reach our members through an advertisement placed in our upcoming Annual Membership Directory. The ad sizes available and their costs are provided below. For additional information and to reserve your space, call Diane Manas at 615-352-7777, or e-mail her: dianemanas@comcast.net

1/2 page ad costs \$125.00

1/2 pg size: 4½" x 3¾"

1/3 page ad costs \$100.00

1/3 pg size: 4½" x 2¼"

Deadline for space reservation, camera-ready ad materials and payment is April 10. Advertisements are subject to the approval by the Editorial Committee. TTA reserves the right to reject any ad for any reason.

BIG SOUTH FORK (cont.)

(cont.) You are also invited to contact Eric for general information about TTA. Kathy Hicks is our contact if you have ideas, questions or wish to volunteer on chapter outings. Contact Benita Howell you would like to donate some money to the Chapter, or if you have any ideas about publicizing chapter activities. Bob Hemminger is handling special projects and volunteer opportunities available within our chapter, TTA and CTC.

The meeting ended with a great slide presentation by Jim Poteet of a trip that he and Marietta made to Italy last summer.

Mar 2 Angel Falls and Grand Gap Loop, Big South Fork NRR. Jamestown, TN. We will be joining the Nashville chapter for this 12.8-mile hike that is rated moderate. Outside of the Annual Meeting, this is a great opportunity to hike with fellow members we just don't get to see very often. We will begin at Leatherwood Ford and hike the Angel Falls Overlook trail to eat lunch at the overlook which provides a beautiful view of the South Fork of the Cumberland River. The falls are actually a series of rapids. Anyone wishing a shorter hike can turn back at the overlook, making this a 6-mile hike. For those opting for the longer route, we will then hike the Grand Gap Loop trail with more views of the river, returning via the Angel Falls Overlook trail to our cars. We will meet at 10am EST at the Harrow Road Cafe in Rugby, in order to meet the Nashville folks by 11am EST at the Leatherwood Ford trailhead. For additional information and to register, call Kathy Hicks: 865-938-6846.

LOOKING AHEAD:

Apr 20-21 (Sat-Sun) Cumberland Wildflower Extravaganza! The Big South Fork chapter is co-sponsoring this two-day workshop with Historic Rugby, Inc. Bob Brown (one of the forefathers of TTA and the Cumberland Trail) and Mack Pritchard (Tennessee State Naturalist) will lead 2-4 mile woodland and streamside wildflower walks each day, following the historic trails used by Rugby colonists in the 1880s for exercise and nature study. The two-day package of activities also includes slide presentations on Saturday evening, plant lists and information on approved sources for wildflower seeds. Bring a good wildflower identification book and expect to see at least 30 species, including several rare ones. Attendance is limited to 25, and the fee for the two-day event is \$25. For additional information and to make reservations, call Historic Rugby, Inc.: 423-628-2441, or by e-mail: rugbytn@highland.net

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: 3rd Tues, 7pm, The Crow Community Center, 211 Richview Rd

Mar 2 Full Moon Hike, Rotary Park. Clarksville, TN. Experience hiking by moonlight! With the moonlight filtering through the trees, it's truly a great and different way to enjoy another aspect of being outdoors. Even if the moon is covered over by the clouds, we will still hike. We will meet at 7:30pm CST in Rotary Park. For additional information, call Suva Bastin: 931-645-2849.

Mar 9 Indian Town Bluff. Ashland City, TN. This is a moderate hike at the confluence of the Harpeth and Cumberland Rivers. We will meet at 8am CST in the Big Lots parking area. For additional information, call James Neblett: 931-387-3317.

Mar 16 Cumberland River Bicentennial Trail. (aka Ashland City Rails-Trails) Ashland City, TN. This trail is a good one if you're new to hiking because it's flatter than a pancake and rated easy for the terrain. However it is 8 miles in length. Come and enjoy the day. We will meet at 9am CST at Rotary Park. For additional information, call Charles Putnum: 931-362-3669.

Mar 19 **MONTHLY MEETING.** Learn hiker safety tips, hear about past and upcoming hiking trips and meet/greet members/friends. New hikers are always welcome! Lots in store!

Mar 23 Murfreesboro Greenway. Murfreesboro, TN. Come, see what an asset having a greenway is to a city. The hike is 8 miles and rated easy. We will meet at 8am CST at Exit #11 "Commuter Parking Lot." For additional information, call Eileen Hurt (615-742-3902) or, Suva Bastin (931-645-2849).

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 estheroverton@aol.com

Rick Pinkelton 931-987-2530

MEETS: 1st Tue, 7-8pm, First Presbyterian Church
West 7th St. in Columbia

For our Feb 5th meeting, about 20 Columbia and Nashville chapter members and guests gathered to hear tales of Model-T's / J.R.Tate's Appalachian Trail experiences. The presentation was entertaining and thoroughly enjoyed by all present. Thank you to J.R.(?), or was it Model-T(?), for the fun and informative presentation. We look forward to many more enlightening programs under Russell's leadership.

Mar 5 MONTHLY MEETING Our leader Russell Smith has arranged for Arleen Scheller, Resource Manager of the Cumberland Trail Conference, to update us on the latest news of the Cumberland Trail. Please join us for another interesting program at 7-8pm CST, First Presbyterian Church, West 7th St. in Columbia.

Mar 9 Grundy Forest Day Loop, Fiery Gizzard and Dog Hole Trails, Grundy Forest State Natural Area. Tracy City, TN. This hike is 8 miles in length and considered moderate to strenuous. The Fiery Gizzard Trail is a rock-hop where you will be watching the placement of your feet each step of the way. Travel through this area will be slow. Our destination is Raven Point, which provides a panoramic view of the Fiery Gizzard Creek gorge. Hiking boots are required! Bring snacks, lunch and water. For additional information, meeting time/location and to register, call Rick Pinkelton: 931-987-2530.

PLANNING AHEAD:

Apr 6 Mule Day Parade Hike. Columbia, TN. Heads up! We want to give everyone a little advanced notice about our plans to hike in the annual Mule Day Parade. The parade starts at 11am CST and ends around 1pm. We will be a part of the parade, with a TTA banner and dressed like hikers – in boots, packs, with hiking sticks – to promote TTA. We need to be in our places in the parade lineup a good bit earlier than 11am. Everyone is invited to attend (this is not limited to just Columbia chapter members!), help 'hike' in the parade, and hang out after, as well as rove through the crafts and food booths. (cont.)

COVE LAKE CHAPTER

CHAPTER OFFICER:

Siler McCarty 423-566-1291
webmaster@tnrlca.org

MEETS: 3rd Thur, 6pm, First Presbyterian Church, LaFollette

Mar 21 **MONTHLY MEETING.** Learn hiker safety tips, hear about past and upcoming hiking trips and meet/greet members/friends. New hikers are always welcome! Lots in store! See you at 6pm EST at the First Presbyterian Church in LaFollette.

Mar 23 River Bluff Trail at Norris Dam. Lake City, TN. We will be hiking the River Bluff Trail at Norris Dam. This is an easy 3-mile loop hike on a hill above the Clinch River, just below Norris Dam. The trail is noted for its abundance of spring wildflowers, which given proper weather conditions should be quite visible at this time. We'll meet at the Eagle Bluff parking lot in Jacksboro at 1:30pm EST. For more information, call Richard Helm: 865-426-4472.

PLANNING AHEAD:

Apr 14 Smoky Mt. Segment of CT, from top of Cross Mtn. to Montgomery Fork. Leader: Richard Helm 865-426-4472.

May 18 Big South Fork NRRRA. Trail TBA. Leaders: Nancy Grieve & Laurie Salvesson 423-907-0951.

Jun 21-22 Camping & Hiking in the Big Creek area of the GSMNP. Leader: Richard Helm 865-426-4472.

COLUMBIA (cont.)

(cont.) Plan to come early and stay late. This event brings in several thousands of people and gets quite crowded. Plan now to come! More details to follow in the April newsletter. Until then, you can obtain information (and volunteer to help) by calling Amy Overton: 931-388-6363.

Apr 13 Devil's Backbone Trail, Devil's Backbone State Natural Area. (Tenn. milepost 394 of the Natchez Trace Parkway) Hohenwald, TN. *The Devil's Backbone is one of 62 State Natural Areas preserved through the Tennessee Natural Areas Preservation Act (1971). This year marks the 31st anniversary of TNAPA. Last year, Gov. Don Sundquist, signed a proclamation designating the week of April 8-15, 2002 as Tennessee State Natural Areas Week. In observance of this week, we will be hiking in this beautiful State Natural Area. The trail is 3 miles short and rated easy. For additional information, call Tony Bagley: 931-381-0044.*

HIKE REPORT:

On Sat Feb 9, Amy Overton led about eleven members from the Columbia and Nashville chapters to hike the Devil's Backbone Trail off Natchez Trace Parkway near Hohenwald. (cont. on pg. 6)

MEMPHIS CHAPTER

(Oak Ridge / Knoxville)

CHAPTER OFFICER:

Beverly Neurock 865-220-9679
bneurock@bellsouth.net

Mar 6 Cumberland Trail Conference Presentation. We have been invited by the East Tennessee Grotto (a local caving club) to attend it's monthly meeting and to hear Rob Weber speak on the current status of the Cumberland Trail. The meeting starts at 8:15pm EST. It will be held at the Oak Ridge Civic Center in the meeting room, just across from the basketball court and next door to the table tennis room. Also in attendance, the members of the Orion Astronomy Club. For additional information, call Gordon Kokes: 931-484-2817 or 931-456-0661, or you can e-mail him: Gordon.Kokes@state.tn.us You may also obtain information by calling Phil Cavanaugh: 865-376-1511, or via e-mail: pcav@icx.net.

Mar 9 Hemlock Bluff Trail, Norris Lake. Lake City, TN. This is a 7-mile loop hike along the shore of Norris Lake (Loyston Point). The terrain is rated moderate. Features on this trail include varied terrain and vegetation, old home sites, bluffs and rock outcrops. Dress warmly and bring lunch and water. To carpool, meet at Norris Commons in the town of Norris at 9am EST. For additional information and to register, call Phil Cavanaugh: 865-376-1511, or e-mail him: pcav@icx.net Note: The hike coordinator reserves the right to select another destination if the Hemlock Bluff Trail is ice-covered.

Mar 30 Maryville/Alcoa Greenway. Maryville/Alcoa, TN. This will be an easy 5-mile hike on a paved pathway that runs through industrial, commercial and suburban areas. Wear comfortable walking shoes, and bring plenty of water. Meet 9am EST at Shoney's on Alcoa Hwy. For additional information and/or to register, call Marvin Shanks: 865-690-6070.

PUSH, PULL, DRAG & REMOVE

Death to the evil Bush Honeysuckle!

On Sunday, March 3rd and 10th from 1pm to 4pm CST, you are invited to join the staff of Blue Ridge Mountain Sports "PUSH, PULL, DRAG AND REMOVE" the evil *Bush Honeysuckle* from an area close to the "dripping springs" segment of the Mossy Ridge Trail, in The Warner Parks (Nashville, TN.).

There is no experience required and tools and gloves are provided. Volunteers are asked to wear clothes they don't mind getting dirty, sturdy shoes/boots and to bring water.

Volunteers will meet and receive tools/gloves at 1pm CST at the Warner Park Nature Center on HWY 100. From here, we'll carpool to our work site. It is a very short walk into the area we will be working.

If you need additional information about the Warner Park Plant Pull on March 3rd/10th, call Bryan Dodge of Blue Ridge Mountain Sports: 615-356-2300.

OFFICER:

Betty Porter 901-755-4740

CO-CHAIR:

Norma McMinn 901-785-1479

ELECTED BOARD REPRESENTATIVE:

Gloria Lenski 901-213-0604 glorialenski@yahoo.com

MEETS: 3rd Thur, 7pm, Germantown Library (Sept-May)

Mar 1-3 (Fri-Sun) Ouachita Flatside Pinnacle. Join us to hike with the Little Rock Happy Hiker group. We will meet at 7am CST at Markham/Shackleford Comfort Inn at Exit 6 off I-430. We will do an 8-mile hike in the Flatside Wilderness located in the Ouachita National Forest, northwest of Little Rock. On Sunday, we will climb the rugged East Summit Trail of Pinnacle Mountain and descend the rocky West Summit Trail. This is a 2½-mile round-trip hike. Hike registration required. For more information, call Betty Porter: 901-755-4740.

Mar 16 Meeman-Shelby Forest. Meet at the Visitors Center at 9am CST for a 6 - 7 mile hike. We will carpool over to the group camp and hike down the Chickasaw Bluff Trail, then loop back over the Woodland Trail back to the visitors center. Bring snacks and water. For information, call Ken Novak: 901-377-9127.

Mar 21 **MONTHLY MEETING.** (7pm CST Germantown Library) Larry Jarret, president of the Mississippi Forestry Association, will talk about opportunities for hiking trails in northern Mississippi. He will also address the issue of how to manage the National Forest lands for recreational and multiple-use purposes as opposed to clear-cutting for timber harvesting only.

Mar 24 Neshoba Trail and Swamp Boardwalk. Rossville. Meet us at 2pm CST at the Wal-Mart parking lot on Germantown Road and Wolf River Parkway (north end of parking lot close to the Chick-Fil-A). We will walk 4-5 miles on the Neshoba Trail along the Wolf River. Then we will drive over to Rossville for an one mile roundtrip walk on the Swamp Boardwalk. Afterwards we will meet in Collierville for something to eat. Bring water and binoculars. For additional information, contact Kathleen or Gil Griffin: 901-767-0529.

LOOKING AHEAD:

Apr 5-7 (Fri-Sun) Natchez Trace & Franklin, TN. The Murfreesboro Chapter will join us Saturday to hike the Natchez Trace Trail. Here's a chance to meet old friends and make new friends. Details in the next newsletter.

HEY MIDDLE TN MEMBERS

CLARKSVILLE, COLUMBIA, MURFREESBORO & NASHVILLE

Want to watch some serious Eco-adventure films?

For twenty-six years the Banff Mountain Film Festival (BMFF) has been celebrating the spirit of adventure and the mountain environment. Each November, the world's best films on mountain (and outdoors) themes draw an international audience to the town of Banff, Canada, located in the Canadian Rockies.

Fifteen years ago, The BMFF began an outreach program to extend the festival to other communities. Festival organizers wanted to showcase the efforts and talents of the world's finest mountain filmmakers. Today, the best films from each year's festival go on tour immediately following the three-day event in Banff.

The BMFF tour makes its only stop in TN at the Belcourt Theater in Hillsboro Village in Nashville on Friday April 5, at 8pm CST. Tickets are \$10 and will be available around March 15 at Blue Ridge Mountain Sports - Page Rd/Belle Meade & Cool Springs/Franklin, and on the day of the show at the Belcourt Theater. (All proceeds from the ticket sales will be used to help fund the preservation of this historic Hillsboro Village movie theater.)

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
bmorris@edge.net

MEETS: 2nd Tues, 7pm, Wilderness Station @
Barfield-Crescent Park, 697 Barfield Rd.

Mar 2 Hidden Springs Trail, Cedars of
Lebanon State Park. Lebanon, TN. This is an easy
4½-mile trail. We will meet at 1pm CST at the
trailhead. After the hike, we'll stay in the park and
hear some fiddle/folk/bluegrass music sponsored by
the park. If you're still in the mood for more music,
late in the evening we'll gather for Contra dancing,
also in the park. For additional information and to
register, call Debbie Estes: 615-895-6815.

Mar 9 Overnight Trail, Montgomery Bell State
Park. Burns, TN. This scenic 11.7-mile hike will pass
old ore mines, an old cabin and the Cumberland
Presbyterian Church. This hike is rated moderate.
Bring lunch and plenty of water. Afterward, we may
stop to have dinner (bring \$\$\$) at one of the favorite
eating places in the area. We will leave from the
McDonalds (US 96/I-24) at 8am CST. For additional
information and to register, call Mark Stanfill: 615-
867-0847.

Mar 12 **MONTHLY MEETING.** Learn hiker
safety tips, hear about past and upcoming hiking
trips and meet/greet members/friends. New hikers
are always welcome! Lots in store!

Mar 17 St. Patrick's Day Cave Springs Hike,
Franklin State Forest. Monteagle, TN. Hike the
5+plus mile trail to Cave Springs in Franklin State
Forest (plus another three miles to the Red Arrow
Falls if it's not too wet). Bring boots, water and
lunch. After the hike, we'll finish the day with dinner
(bring \$\$\$) at Shenanigan's in Sewanee. We will
leave from the McDonalds (US 96/I-24) at 8am CST.
For additional information and to register, call
Heloise Shilstat (615-896-6278 or, e-mail her:
stillwild@bellsouth.net), or Debbie Estes (615-895-
6815).

COLUMBIA (cont.)

(REPORT: cont. from pg. 4) Other than being
noticeably windy, it was a beautiful sunny day - a
welcome change from the snow, rain and fog
experienced throughout most of Middle Tennessee
in the previous week. After completing the 3½-mile
trail at Devil's Backbone, most of the group traveled
north on the Natchez Trace and hiked a 3-mile
segment of the original Natchez Trace at Garrison
Creek in Williamson County. Although both trails
were relatively short, the hikers enjoyed the variety
and seeing some countryside they had not hiked
before. The trail at Garrison Creek is also used as a
horse trail. This gave hikers the additional challenge
of careful foot placement - *good training for the
April 6th Mule Day Parade don't you think!*

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: 4th Tues, 7pm. **St. Bernard Academy @ 2021 21st Ave South**

HIKING HOTLINE 615-367-7045

*Gary Parker hikes 6½ miles at Warner Park - after work - several
days through the week. Anyone wishing to join him may on the
following dates in March: 1, 6, 7, 13, 20, 22, 27, & 29. He starts his
hikes between 5:30-6pm CST. Afterward, if time permits, you may
also join him for bicycling. For precise meeting times, call Gary
615-287-1371(h), 615-277-2006(w), or e-mail him:
garyparker@mindspring.com & garyp@werthan.com*

Mar 2 Angel Falls and Grand Gap Loop, Big South Fork NRRRA.
Jamestown, TN. (This hike was originally planned for Jan 6 and was
cancelled due to the 8 inches of snow that fell.) We will be joined by fellow
members of the Big South Fork chapter, and outside of the Annual Meeting,
this is a great opportunity to hike with folks we just don't get to see very
often. This hike is 12.8 miles and rated moderate. We will begin at
Leatherwood Ford and hike the Angel Falls Overlook trail to eat lunch at the
overlook which provides a beautiful view of the South Fork of the
Cumberland River. The falls are actually a series of rapids. Anyone wishing a
shorter hike can turn back at the overlook, making this a 6-mile hike. For
those opting for the longer route, we will then hike the Grand Gap Loop trail
with more views of the river, returning via the Angel Falls Overlook trail to our
cars. To register, and obtain meeting time and location, call Marietta or Jim
Pottee: 615-824-7666.

Mar 3 Big Frog Wilderness Loop. Ocoee, TN. Hike to the highest
point in Polk County, TN! For all you peak-baggers, we will hike to the top of
Big Frog Mountain (4224 ft) and loop back via the Licklog and Rough Creek
Trails. Experience some excellent views and diverse habitat as we hike
along ridges and down into deep mountain valleys. This hike is considered
STRENUOUS with a 2000 ft elevation gain to the top of Big Frog Mountain
and a couple of climbs out of the Rough Creek drainage. Due to the length of
the hike and the drive, we will meet at the Target on Bell Road/I-24 at 6am
CST (gasp) for a 6:15am departure. For information and to register, call
Richard Horvath: 270-586-0178.

Mar 3 Mossy Ridge and Warner Woods Trails in Warner Park.
Nashville, TN. Hiking both trails will total 7 miles, and if you want a shorter
hike, you have the option to jump off after 4½ miles. The terrain is rated
moderate. Wear hiking boots, and bring water and a snack. After the hike we
will regroup for bagels and coffee at Brueggers Bagel Bakery nearby. We will
meet at 7:30am CST in the Deep Wells parking area (off Hwy 100). For
additional information and to register, call Theresa McKay: 615-595-9659.

Mar 9-10 (Sat-Sun) Backpacking in the Montgomery Bell State Park.
Burns, TN. This is another opportunity for beginning backpackers to learn the
basics. The members of the Sierra Club will be joining us, and we will have
the opportunity to meet new folks, who also enjoy being outdoors. We will
hike the Montgomery Bell Trail, (aka Overnight Trail) which is an 11½-mile
loop and is rated moderate. We will camp at the Woodland Campsite. Tents
are required, as well as water treatment gear. For additional information and
to register, contact Katherine Pendleton at 615-943-6877, or e-mail her:
Adelicia1@aol.com

Mar 9 Every second Saturday, volunteers gather from 9 till noon to
build and maintain the trails in Beaman Park in Joelton, TN, in preparation for
the park's opening. A two-mile loop is complete, but it's in need of some fine-
tuning; and work has begun on a second loop of similar length. Trail building
experience helps but is not required and the work is no more difficult than
moderate gardening. Come enjoy the park's wild beauty and the pleasure of
a job well done. Please register with Dave Walton at 615-646-5355.

Mar 9 Dayhike on the Honey Creek trail in the Big South Fork NRRRA
led by Russ Sims and Anne Wesley. Jamestown, TN.

(Mar 9 cont. on pg. 7)

NASHVILLE CHAPTER (cont. from pg. 6)

Mar 9 Dayhike on the Honey Creek trail in the Big South Fork NRRRA led by Russ Sims and Anne Wesley. Jamestown, TN. The last time Russ visited the Honey Creek loop, he left with the assistance of a 16-member search and rescue team and under the influence of elephant doses of Demerol. Although we hope this trip will be much less eventful, the beauty and challenge of Honey Creek loop will surely remain. This trail is only 5½ miles long, but it is rated difficult for rock scrambling, creek walking and frequent ascents and descents. Your reward: waterfalls, rock houses and a fantastic overlook of the Big South Fork of the Cumberland. To keep the group size manageable, participation is limited to 12 people (and we guarantee one of us will be carrying a cell phone). To register, call Anne (615-851-1052), or e-mail Russ (russ@littleplanet.com).

Mar 10 Red River Gorge, Daniel Boone National Forest. Slade, KY. Hike with the Kentucky Trails Association. We will hike a loop, which will take us through the heart of the gorge. We will walk ridge tops with scenic views and descend into the gorge for close observation of the diverse geology and plant life found there. This hike is about 9 miles long and is rated moderately strenuous. There will be some wet creek crossings. For additional information and to register, call Richard Horvath (270-586-0178) or Dennis Crowley (502-222-0447).

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.

Mar 10 Hike either one of two hikes offered today at Radnor Lake State Natural Area. (Nashville, TN.) Both are loop hikes, and they meet and leave from the visitors center at 12 noon CST. This natural area provides a variety of scenic spots and a diversity of natural habitats ranging from the lake, to streams and placid sloughs. It even has some of the highest hills in the Nashville Basin. Wildlife is amazingly abundant. One can observe geese, herons, coots and other birds as well as many species of salamanders, frogs, snakes, lizards, turtles and mammals.

The 1st hike, led by Anne Wesley, is 2.9 miles, rated easy and uses the South Lake and Lake trails.

The 2nd hike, led by Diane Manas, is 4 miles, rated moderate and uses the Lake, Ganier Ridge and South Cove trails.

Bring water and a snack. If you need additional information about the 2.9-mile hike, call Anne: 615-851-1052. For the 4-mile hike, call Diane: 615-352-7777. **PLEASE NOTE:** You will need to bring \$3 (or have a State Park Pass) to cover the access fee that is charged per carload at this park. (**DIRECTIONS** to the "West Parking Lot" side and visitors center: Radnor Lake is located on Otter Creek Road, just ½ mile east of Granny White Pike. Otter Creek Road is about 2 miles south of the Harding Road/Granny White Pike intersection and 1½ miles north of the Old Hickory Blvd/Granny White Pike intersection.) (cont.)

Mar 16 Honker Lake / Hematite Lake Loops, Land Between the Lakes. KY. Hike with the Kentucky Trails Association. Take an opportunity to observe varied bird species along Honker Lake in an easy, 5-mile loop. This hike will circle the lake through wetlands and hardwood forest. Following this hike, there will be an optional 2½-mile loop around nearby Hematite Lake, with an opportunity to stop at a waterfowl blind. Nearby are ruins of an old iron furnace. For additional information and to register, call Richard Horvath (270-586-0178) or Dennis Crowley (502-222-0447).

Mar 17 Mountain biking or hiking at Bowie Park in Fairview TN. Bowie Park is one of the most popular places to mtn. bike ride in Middle TN. We will ride the 7-mile perimeter trail in both directions for a total of 14 miles, or you have the option of just riding the loop once. There will be one stream crossing. If the trail is wet, Bowie Park closes the trail to mtn. bikes, and it then becomes a hiking trail, turning this outing into a hiking trip. **YOU WILL BE REQUIRED** to call the park (615-799-2484 x 820) on Mar 17 to verify the status of the trail – mtn biking or hiking - so you know whether to bring your bike or hiking boots. Proper safety gear is required, and bring water, snacks and lunch. For additional information, meeting time/place and to register, call Hugh Tobin: 615-790-9567(h), 615-371-4748(w).

Mar 23-24 (Sat-Sun) Backpacking in the South Cumberland State Park. Tracy City, TN. The members of the Sierra Club will be joining us, and we will have the opportunity to meet new folks, who also enjoy being outdoors. We will start at the Foster Falls trailhead and hike 2 miles to the Small Wilds Campsite. After setting up camp, we can relax or explore some of the Fiery Gizzard Trail. This trail is on the south end of the Fiery Gizzard Trail and winds along the rim of a gorge. Rated easy to moderate, and suitable for beginners as well as seasoned hikers. For additional information and to register, contact Katherine Pendleton at 615-943-6877, or e-mail her: Adelicia1@aol.com

Mar 23 Lower Loop - Cane Creek Overnight Trail, Fall Creek Falls State Park. Spencer, TN. This trail follows the rim of the Cane Creek Gulf, passes over three suspension bridges and provides numerous spectacular vistas of the most scenic section of the park. We are hiking only 11 miles of this 13-mile trail; therefore, this is a one-way hike and will require a car shuttle. The terrain is rated difficult. Bring snacks, lunch and water. We'll meet at 6:30am CST in the Kinko's parking area of the K-mart parking lot on Donelson Pike (exit 216-C off of I-40). For additional information, call Keith White: 615-833-9770, or e-mail him: takehike@bellsouth.net

Mar 24 Millenium and Merritt Ridge Loop Trails, Edgar Evins SP. Silver Point, TN. TTA members built these two trails over the past 3 years. Combined they total 8 miles over quite rugged terrain, making this hike's rating moderate to strenuous. We will take in the views overlooking Center Hill Lake, and see remains of some old homesteads, some wildflowers and wildlife. Wear hiking boots that provide ankle support. The trail is not flat, and in some areas we will be walking on the sides of the hills. Bring snacks, lunch and water. We will meet at Kinko's, in the K-mart parking lot on Donelson Pike (Exit 216-C off of I-40). For additional information, and to register and obtain meeting time, call Diane Manas: 615-352-7777. (cont. on pg. 8)

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!
Please, be considerate and register

NASHVILLE (cont. from pg. 7)

Mar 26 PRE-MONTHLY MTG DINNER at BOSCO'S. Hillsboro Village, 1805 21st Ave South. Paul Smith is at it again and wants us to gather for a pre-meeting dinner (and opportunity to socialize while enjoying a good restaurant!) at Bosco's in Hillsboro Village. Bosco's is about 4 blocks from our monthly 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.

Mar 26 MONTHLY MEETING. Rails to trails: it's an idea whose time has come, but --- to mix up a metaphor --- it's a somewhat slow train coming to Tennessee. This month, Jim Deming will bring slides and show us some of the rail-trail success stories outside of Tennessee. In the meantime, bone up on the current rail-trail activity close to home by visiting the TRAC web site by going to www.tennessee-trails.org, and clicking on 'TRAC.'

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.

Mar 30 Newcomer's Hike at Percy Warner Park. Nashville, TN. We will hike the 4½-mile Mossy Ridge trail, which is rated moderate for the many ups and downs. After the Mossy Ridge trail, if the group is interested, we may add an additional 2½ miles by hiking the Warner Woods trail. Wear hiking boots that provide ankle support, and bring water and snacks. After the hike, we will regroup for conversation and lunch at the Corner Market (bring \$\$\$ to pay for your lunch). We will meet at 9am CST at the Deep Wells parking area and trailhead. For directions, information and to register call Nancy Juodenas: 615-643-0936, or e-mail her: nancyjuodenas@earthlink.net

Mar 30-31 (Sat-Sun) Overnight backpacking trip along the Appalachian Trail in the Great Smoky Mountains National Park. We are planning an intermediate level trip to distribute some holiday "trail magic" to the AT thru-hikers we meet along the way. However, the GSMNP backcountry permit office will only take reservations for overnight shelter space 30 days (or less) prior to the planned trip. Therefore the exact itinerary for this trip was not confirmed before the newsletter deadline. If you would like more details, please contact Anne Wesley, AFTER MARCH 1, by e-mail (ttahiker@msn.com) or at 615-851-1052.

LOOKING AHEAD:

Apr 6 Blue Heron Loop in the Big South Fork NRRRA. Stearns, KY. Hike with the Kentucky Trails Association. Join us for this 6.6-mile loop in the Big South Fork. This hike provides overlooks of the Big South Fork River and a walk through relics of the Blue Heron coal-mining camp. Along the trail we will pass Devil's Jump and Cracks-in-the-Rock. This hike is rated moderately strenuous as we will climb from river level to the level of the overlooks. For additional information and to register, call Richard Horvath (270-586-0178) or Dennis Crowley (502-222-0447).

Apr 13-14 (Sat-Sun) Land Between The Lakes Backpack. Katherine Pendleton: 615-943-6877, or Adelicia1@aol.com

Apr 20 Mammoth Cave National Park. Brownsville, KY Hike with the Kentucky Trails Association. Although known for its cave, this park also has an extensive network of trails on the north side of the Green River. Hike along as we see some of the lesser known parts of this park. This will be a moderate, 7-mile loop along the Wet Prong of Buffalo Creek and Collie Ridge in the height of the early spring wildflower season. For additional information and to register, call Richard Horvath (270-586-0178) or Dennis Crowley (502-222-0447).

NORTHWEST CHAPTER (UT at Martin / Weakley County)

CHAPTER OFFICERS:

Jim Clark 731-587-7369 / 2225

jclark@utm.edu

Joe Seago 731-588-5836

joeseago@backpacker.com

MEETS: 2nd / 3rd Thur, 7pm, UT Martin Campus, Boling University Center, Room 231 **ONLY** when college is in session.

web site: www.utm.edu/~jclark/trails/

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 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.

PLANNING AHEAD:

Apr 11 MONTHLY MEETING. Learn hiker safety tips, hear about past and upcoming hiking trips and meet/greet members/friends. New hikers are always welcome! Lots in store!

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 are 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.

May 25-27 (Sat-Mon) Mt. LeConte Extraveganza! Great Smoky Mtn NP. Three days of day-hiking to/from Mt. LeConte. On Sat, up Rainbow Falls trail, down Bull Head trail. On Sun, up Porters Creek and Brushy Mtn trails, down Trillium Gap trail. On Mon, up Alum Cave trail, down Boulevard trail. For additional information, call Chris Fox: 731-586-4744, or e-mail him: towndawg@hotmail.com

HIKE REPORT:

On Jan 21 (Martin Luther King, Jr. Day) eleven members and guests of the Northwest Chapter and the Ballenger family from the Nashville Chapter took part in our first "Newcomers and Beginner's Hike" at Fort Donelson National Military Park. . . . (cont. on pg. 9)

(cont. from pg 8)

HIKE REPORT: (cont.)

... The weather was beautiful as the skies were clear and the temperature climbed into the low fifties. The trail had a few more hills than the organizer remembered it having, but this being West Tennessee, there are no real "climbs." The trail is a 3½-mile loop that begins across the road and comes around toward the rear of the visitor's center.

After the "de rigeur" beginning photograph, we walked across the rolling hillside paralleling the road. The trail is a little hard to follow when covered with dry leaves as it is in the winter, but eventually, we hit an especially nice stretch winding up and down through woods and across some streams as we approached the Cumberland River. After lingering at the river, we continued on our loop, up some pretty good hills, until the majority of the group broke off to extend the trip by going to the National Cemetery (approx. 2½ miles round-trip). Either way, there was a long climb up from the bottomland of the river to the high position by the visitor's center.

The response and turn out was very well received - it has the makings of annual event. Perhaps next year we can add a portion of the Fort Henry trail!

Participants included: Jenny Biggs, Catherine Grove, Amanda Lambert, Vivian Norwood, Anna Clark, Sandy Davis, Robert Davis (photographer and historian extraordinaire), Nancy Warren, Hal Miller, Jan Wainscott, Al Ballenger, Linda Ballenger, Jill Otto, and Jim Clark.

Submitted by Jim Clark.

**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 waster properly.

**PLATEAU CHAPTER
(Crossville)**

CHAPTER OFFICER:

Bill Haynes 931-707-7606 billhaynes@citlink.net

MEETS: 3rd 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.

Mar 2 Bearwaller Gap Trail, Carthage, TN. This hike is 6 miles and rated moderate. For a change of pace, we're going to hike in the Middle TN area. Bring lunch and water. We will meet at 7:30am CST in the back parking area of the Cracker Barrel restaurant at the I-40 exit in Crossville. For additional information, call Terry Brophy: 931-707-7234.

Mar 9 Ranger Falls in the Savage Gulf State Natural Area. Beersheba Springs, TN. This hike is 6 miles and rated difficult. We'll hike to Ranger Falls via the Stone Door. Ranger Falls is a 30' waterfall that drops over and disappears under the same limestone bluff! Should be spectacular this time of year! Bring lunch and water. We'll meet at 8am CST at Cumberland Mtn State Park Visitor's Center. For additional information, call Gene Holloway: 931-788-1724.

Each month prior to our meeting, we will meet at 6:45pm CST for a Social get-together. EVERYONE IS INVITED! Come early to meet/greet old friends and welcome new attendees.

Mar 21 MONTHLY MEETING Gordon Atchley of the Cumberland County Farm Bureau will give a presentation on everything you could possibly want to know about Turkey Hunting. He'll discuss the biology of turkeys, safety tips for hunting them and the all-important turkey calls that are necessary to get their attention! Don't miss it! Meeting starts at 7pm CST, Crossville Housing Authority.

Mar 23 Laurel-Snow Falls on the Laurel-Snow Segment of the Cumberland Trail. Dayton, TN. The hike is 6 miles long and rated moderate. Bring lunch and water. We will meet at 8am CST, and carpool from Cumberland Mtn State Park Visitor's Center. For additional information, call Joe Matlock: 865-354-6101.

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

CHAPTER OFFICERS:

Helen Anglemier 931-858-5947 helena@cookeville.com

OUTINGS COORDINATOR:

Sue Bass 931-528-1386 take-a-hike@onemain.com

Mar 9 Savage Falls in the South Cumberland State Recreation Area. Monteagle, TN. We plan on taking the South Rim Trail this time. There are spur trails leading to overlooks and a moonshine still site to explore. This will be a 6 mile hike and rated moderate. Wear hiking boots and bring water, lunch, and snacks. Meet at Penney's in Cookeville at 8:30am CST or Firstar in Sparta at 9am CST. Please register with Willa Parrish: 931-738-8175, or e-mail her: LEP7730@yahoo.com

Mar 23 Standing Stone State Park. Hilham, TN. This is a five-mile hike rated moderate. We hope to see some wildflowers. Wear hiking boots, and bring water, lunch and snacks. The first hill is quite steep. Meet at Firstar in Sparta at 9am CST, or Penney's in Cookeville at 9:30am CST. Please register with Sue Bass: 931-528-1386 (leave message), or e-mail her: take-a-hike@onemain.com

HIKE REPORTS:

On January 12, eleven of us hiked the beautiful Twin Arches and marveled at the huge rock formations. The weather was perfect for hiking even though there were still patches of ice on some of the trail.

On January 21, Martin Luther King, Jr. Day, nineteen of us hiked the River Trail at Bridgestone/Firestone Bicentennial Area. The streams were rushing with water, which made the crossings quite an adventure. Jack Cothran met us with his truck at the other end. It was a fun hike, but we sure were glad to see him and have a ride back to our vehicles.

On January 26, 17 hiked the Lake Trail at Standing Stone State Park. We saw and heard a flock of sand hill cranes on this beautiful day made for hiking.

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE CONTACTS:

Executive Director..... Rob Weberrobweber@usit.net
 Resource Manager..... Arleen Scheller.....scheller@usit.net
 Program Coordinator..... Andy Wright.....awright@onemain.com
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Email:	cumberlandtrail@rocketmail.com
Website:	www.cumberlandtrail.org

SPRING BREAKAWAY 2002

It isn't too late to sign up for Spring BreakAway 2002! Join CTC and its volunteers as we host students from around the country. We will be at Norris Dam State Park, March 3-9, with Michigan State University, Lehigh University, and West Virginia Wesleyan College; and over the March 10-16 period with Emory University, Florida State University, and St. Norbert College. Over the March 17-23 period, we will be based out of the Signal Mountain Church of God Camp, and hosting the University of Vermont, Hamilton College, and Allegheny College. There will be three weeks of seeing old and making new friends, food, and fun as we build new trail and bridges on the Smoky and Cumberland Mountain Segments in the north, and the Rock/Possum/Soddy Segments of the CT in the south.

To sign up as a volunteer, fill out and return the registration form provided below – ASAP!!!

VOLUNTEER OPPORTUNITIES IN APRIL

April 5-7 BackCountry Outing – We will be building a bridge across Greens Branch and completing the trail corridor between Spring & Greens Branch on the Smoky Mountain Segment.

April 14-20 American Hiking Society Volunteer Vacation. Come work with AHS during their Volunteer Vacation program on the Frozen Head and Obed Segments of the Cumberland Trail.

**FOR ADDITIONAL INFORMATION
AND TO VOLUNTEER
CALL ANDY WRIGHT
931-456-6259**

E-MAIL: awright@onemain.com

SPRING BREAKAWAY VOLUNTEER SIGN-UP

Name/Organization: _____ Date: _____
 Address: _____
 City: _____ State: ____ Zip: _____ HM Phone: (____) _____
 Work phone: (____) _____ E-mail: _____

Yes, I can Help on the Following Trail Dates:

Week 1	March 3-9	_____ Mon _____	Tues _____	Thur _____	Fri _____
Week 2	March 10-16	_____ Mon _____	Tues _____	Thur _____	Fri _____
Week 3	March 17-23	_____ Mon _____	Tues _____	Thur _____	Fri _____

Yes, I Will Need Lodging on the Following Dates:

Week 1	March 3-9	_____ Sun _____	Mon _____	Tues _____	Wed _____	Thur _____	Fri _____
Week 2	March 10-16	_____ Sun _____	Mon _____	Tues _____	Wed _____	Thur _____	Fri _____
Week 3	March 17-23	_____ Sun _____	Mon _____	Tues _____	Wed _____	Thur _____	Fri _____

Have you participated in BreakAway before? _____ Yes _____ No

Have you participated in trail work before? _____ Yes _____ No

Do you have physical or medical limitations that we should be aware of? Yes _____ No

If yes, please provide a brief description. _____

Return this form via:
U.S.P.S.
 Cumberland Trail Conference
 ATTN: BreakAway Program
 19 E. 4th Street
 Crossville, TN 38555

Or, return this form via:
Fax
 931-453-4934

Or, respond by:
E-mail
robweber@usit.net
awright@onemain.com

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 ARE LISTED WITHIN EACH CHAPTER'S HEADER

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 Diane Manas 615-352-7777
 dmanashikes@yahoo.com &
 dianemanas@comcast.net

Newsletter Deadlines:

Announcements and articles
 received on/before March 10th
 will appear in our
 April 1st 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@comcast.net
 dmanashikes@yahoo.com

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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 jdeming@tals.org
 web site: <http://members.aol.com/trac2trail/depot.htm>

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.*

THE "10* ESSENTIALS"

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

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

Other considerations: • leave someone a copy of your hiking plans
 • hiking poles • common sense

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

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

ADDRESS SERVICE REQUESTED

First Class Mail
U.S. Postage Paid
Nashville, TN



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 . . .

- A NEW MEMBER**
- RENEWING MY MEMBERSHIP**

Mar 02

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

Please Mail This Form To:

**Membership Director
P.O. Box 41446
Nashville, TN 37204-1446**

PLEASE, PRINT CLEARLY.

- ___ Individual \$25.00
- ___ Family \$35.00
- ___ Student \$15.00
- ___ Life Member \$500.00
- ___ Supporting (\$200.00, \$100.00,
 \$50.00 or other)

Name _____

Address _____

City _____ State _____

Home Phone (____) _____ Zip _____ -- _____

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 |

**Gift Memberships
Are Available !!!**

Contact our Membership Director
Anne Wesley (615) 851-1052
tahiker@msn.com

When you become a TTA member, you will receive: (1.) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2.) TTA's monthly newsletter, containing information on hiker safety, upcoming hikes / overnight trips, volunteer opportunities, chapter meeting announcements, as well as events occurring within TTA's Associate Organizations: C.T.C. and T.R.A.C. (3.) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, in the 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.