

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



TTA's Annual Meeting November 8-10 Fall Creek Falls State Park

If you've not attended before, you can expect a fun-filled weekend of hiking, socializing, entertainment and TTA business. This year, our meeting is taking place in Fall Creek Falls State Park, about 50 miles south of Cookeville.

Several FUN fund-raising activities will occur over the course of the weekend. (Bring your coins, cash and checkbook.)

- TTA Commemorative Cancellation Cachet – A souvenir envelope featuring a picture of Fall Creek Falls. Affixed to the envelope is a first-class postage stamp hand cancelled by the U.S. Postal Service with a specially designed hand-stamp of TTA's logo. Limited quantities are available, and when they're gone, they're gone!
- Bake Sale – Hikers need calories, there will be yummy baked goods throughout the weekend.
- White Elephant Sale – Better than a flea market. You may find previously loved outdoor gear and household merchandise, like art and books – everything is priced to sell!
- Silent Auction – You'll have part of Friday and most of Saturday to place your silent bid on items just as nice as those in the Live Auction.
- Live Auction – Expect a wide variety of top-quality items, from outdoor gear and clothes, handmade quilts and art, to vacation packages. *In years past, a highlight during the Live Auction has been the Candy Corn Shorts. For those who bid on them last year and lost, you will have another chance to outbid everyone this year. Rumors have been reported that there will be an added bonus to the highest bidder, however it must remain a secret until the gavel has dropped – going, going, gone!*

*The TTA Board of Directors voted in August to dedicate the fund-raising proceeds to the Cumberland Trail BreakAway programs. Twice per year, college students from all over the nation come to TN to spend 1-3 weeks lovingly building Tennessee's Millennium Legacy Trail and first linear state park - the Cumberland Trail State Park. Funds are used to feed and house our TTA and CTC volunteers, who also give of their time and energy to work along with these students, and to purchase trail materials such as bridge supplies.

Evan Means Small Grants Program Request Deadline Dec 31, 2002

In February 2003, TTA's Board of Directors will award small grants memorializing Evan Means. The grants support special volunteer projects that are compatible with the chartered objectives of TTA: *promoting and developing a system of hiking trails in Tennessee as well as working for the conservation of natural resources.* Project proposals are due no later than December 31, 2002.

All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grants application for the February 2003 Evan Means Small Grant Program Award.

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

For additional information and an application, please write to:

TTA Grants Administrator

P. O. Box 41446

Nashville, TN 37204

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

If you haven't registered for the Annual Meeting (Nov. 8-10) and wish to attend, you may register on-site (remember, we'll do our best to locate lodging - we make no promises). Use the Registration Form inserted in this newsletter and bring it with you to the Annual Meeting.

Please Note: We have passed the deadline for reserving Inn Rooms, Villas, and Cabins, however there is plenty of space available in the Group Lodge and Campground. Unless TTA (or the Park) receives a cancellation on Inn Rooms, Villas or Cabins, the Group Lodging and Campground are your only options for staying in the park. Space is available on a first-come, first-served basis.

Annual Meeting Auction

Each year, during TTA's Annual Meeting weekend, we have an Auction (Silent and Live), which allows us the opportunity to raise FUNds (in a FU-N way) to be used for subsidizing trail projects throughout the state. This year, TTA's Annual Auction will be held on Saturday evening, November 9, during the Annual Meeting at Fall Creek Falls State Park. In order for the auction to be successful, we rely on the help of our members (and chapters) to gather items.

. . . please, won't you help . . .
. . . gather treasures for . . .
. . . TTA's Annual Auction . . .

We are requesting the help of each chapter to obtain White Elephant items and 6-8 top-quality items (merchandise, services, and/or handcrafted-crafted goods) for the silent and live auctions. So, check your home for top-quality items (look in your closets, basements and garages); ask local businesses to donate merchandise and/or services (be sure to contact your chapter chairperson for solicitation materials to take with you when soliciting your local businesses); share your talents for woodworking and crafts; or make a cash donation to your local chapter to purchase items for the auction.

Outdoors gear and clothing are always popular, as well as handcrafted items. If you have a favorite photograph from a TTA hike, consider having it enlarged and framed to put in the auction.

When making your donation, or soliciting a local business for items, please note that TTA is a 501(c)(3) non-profit organization and donations received are tax deductible. In addition, a special "THANK YOU" column will appear in our December *Tennessee Trails* newsletter recognizing each person/business who has helped in making this event successful.

Contact Libby Francis (615-889-5718, libbyslibbys@comcast.net) if you have a special item you'd like to donate, or know of a merchant we can contact for a donation.

Yum Yum ...Calling All Bakers ...

We also need baked goods. Hikers need lots of calories to replace what they've burned on the trails. We welcome cookies, cakes, breads, pies, brownies, candies, etc. Individually wrapped portions are handy for tucking into daypacks.

Board of Director's Vacancies

The Tennessee Trails Association is administered by volunteers elected by you, our members. As a member, you have the opportunity to serve on TTA's Board of Director's.

Currently, the Board is seeking to fill the state Treasurer's and East TN At-large Director's positions for 2003.

Any member who wishes to obtain a description of responsibilities, to volunteer or to submit names for consideration may contact:

Jim Poteet 615-824-7666 jpoteet@genesco.com
 Jerry Lenski 901-255-6574 jlenski@yahoo.com
 Diane Manas 615-352-7777 dmanashikes@comcast.net

Position Available

The Friends of Radnor Lake (Nashville, TN) is looking for an Executive Director. If you have had experience with fundraising and working with non-profit organizations, contact them at P.O. Box 40324, Nashville, TN, 37204, or at friendsofradnorlake@yahoo.com

. . . 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 November 2002:

Jeff Haselden Nashville chapter
 Tony and Trisha Bagley Columbia chapter
 TVA Natural Heritage Project East TN chapter

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.

Annual Meeting Schedule

(Times are Central)

Friday	2:00 p.m.	Hike (2.4 miles)
	3:00 p.m.	Check-in Begins
	6:00-7:30 p.m.	Seafood Dinner Buffet
	8:15-10:00 p.m.	Reception (Wine/Cheese & Entertainment)
Saturday	7:00-8:30 a.m.	Breakfast Buffet
	8:15-10:00 a.m.	Morning Hikes Depart (choice of 6 hikes)
	1:00-3:00 p.m.	Afternoon Hikes Depart (choice of 2 hikes)
	5:30-7:00 p.m.	Prime Rib Dinner Buffet
	6:45-7:30 p.m.	Annual Membership Meeting
	7:30 p.m. - ???	Auction
Sunday	7:00 a.m. -	Check-out Begins
	7:30-8:30 a.m.	Continental Buffet
	8:30 a.m.	Morning Hikes Depart (choice of 2 hikes)
	8:30 a.m.	Board of Director's Meeting

BOARD OF DIRECTORS CANDIDATES

Election on Nov 9

The TTA Board of Directors recommends the following slate of candidates to be elected to the Board by the membership at the Annual Meeting in November.

Proposed Slate:

President	Leigh Jones	Plateau
Vice President	Fount Bertram	Murfreesboro
Treasurer	Vacant	
Secretary	Anna Clark	Northwest
Membership Director	Anne Wesley	Nashville
West TN At-large Director	Jerry Lenski	Memphis

All positions are for one-year terms, except for the regional director position, which is for three years. Nominations will also be accepted from the floor. If you plan to make such a nomination, please contact a member of the nominating committee (Jim Poteet, Jerry Lenski, or Diane Manas) prior to the annual meeting.

What Did You Do for National Public Lands Day?

At Edgar Evins State Park

reported by Fount Bertram

What a successful outing! There were a total of 24 volunteers from REI, Blue Ridge Mountain Sports, Edgar Evins State Park and TTA. The original 4-mile trail was in need of immediate attention, and it was completely reworked from beginning to end. Volunteers also completed an alternate route at the Hoggard Home Place, where water covers the trail when the lake is up. The new route allows the hiker to avoid this section and hike above the high water line. There was another alteration done at the Lon Christian Home Place, re-routing the trail to deal with an erosion problem that has arisen.

Lunch was provided by REI, and after a full day on the trail, park employees fired up a cookout and provided the evening meal. After supper, a superb bluegrass band performed. Everyone had a wonderful time sharing, socializing and enjoying the music and story telling.

All volunteers are to be commended for their hard work and dedication in restoring this trail back to outstanding condition.

Edgar Evins staff proposed making this an annual event over the last weekend of September to coincide with future NPLD events. This would enable us to keep the park's trails in shape for the fall hiking season. Each year there would be free camping for the weekend, and a cookout and entertainment on Saturday night.

Stone Door Receives Repairs September 14

Thanks to the help of 8 Boy Scouts and 2 leaders from Troop 192 in Murfreesboro, along with 2 volunteers from the Highland Rim chapter, we were able to make short work of repairing the trail below the Stone Door. Ranger Bill Knapp supervised the effort to install water bars and to construct a rock staircase in an area of the trail marked by heavy erosion. It was hard work, but the enthusiasm and energy of the Scouts prevailed. The Scouts, led by scoutmaster Jim Burkhalter, went on to hike Saturday afternoon and camped out Saturday night, while the TTA volunteers broke out the Advil and the muscle ointment, and proceeded home to recover from the strenuous workout!

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

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 17 Rock Creek Loop, Big South Fork National River & Recreation Area. Jamestown, TN. This is a nice woodland hike with some wonderful bluff views and possibly some fall leaf colors. The hike is 8 miles and rated moderate. The trail starts at the Hattie Blevins cemetery and descends along Massey Branch to its junction with Rock Creek, then continues upstream along Rock Creek before climbing out of the gorge and returning to the starting point. We'll follow an old logging/mining railroad for part of the way. We will meet at 10am EST at the Harrow Road Café in Rugby to carpool to the trailhead. For information and to register, call Jim or Marietta Poteet at 615-824-7666.

At Big South Fork National River & Recreation Area

reported by Harold Draper

A half-dozen hardy volunteers assembled early on Saturday, September 28 at Big South Fork NRRRA to help the park's trail crew on their current project. We helped renovate about a half-mile of switchbacks and trail tread on the Leatherwood Loop Trail. In the years since the trail was built, soil had eroded into previous trail cuts and resulted in a slanted trail. We helped re-establish the trail and leveled it out. Everyone received experience "cutting" trail into the side of a hill and removing roots that had grown into the trail. All agreed that it was a character-building experience. We worked until about 2 p.m. before calling it a day (except for the Kentucky contingent of Richard Horvath and Gwen Alston, who continued to work for a while longer on a major drainage effort!).

We plan to return next year, however not take on a project so demanding. We'll be looking at something easier such as clearing brush!

Big South Fork staff expressed their appreciation for our efforts and would like to work with TTA and KTA more often than once a year on trail projects. These will be investigated as soon as I have recovered.

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

Nov 2-3 (Sat-Sun) Backpacking in Big South Fork National River & Recreation Trail. Jamestown, TN. For information, call J.R. Tate at 931-920-2692.

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 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! See you at 7pm CST at the Crow Community Center, 211 Richview Rd.

Nov 16 Ft. Donelson National Battlefield. Dover, TN. We'll be taking in the history of this area during our 8-mile hike. The terrain is rated moderate because there are a few hills. For information, call either JoAnne Brengel (931-289-4452) or Suva Bastin (931-645-2849).

Nov 23 Dunbar Cave State Natural Area. Clarksville, TN. We'll be hiking on easy trails, and afterwards we'll go for lunch at a local restaurant. For information, call Suva Bastin at 931-645-2849.

Nov 30 After Thanksgiving Hike, Rotary Park. Clarksville, TN. For information, call Wanda Cumberland McCluskey at 931-906-3338.

HIKE REPORT:

Thanks to members (new & old) and visitors who have made our outings memorable. Fun and fellowship on each outing; some sweatier than others; groans on a few. Learning about backpacking and park history. Filling trash bags up with debris from the Kentucky Lake shoreline. Swimming in Kentucky Lake and at the Red River (there's been wild talk of starting a Polar Bear Club. Jan 1st anyone?).

COLUMBIA CHAPTER

CHAPTER OFFICER:

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

OUTINGS COORDINATORS:

(call & volunteer to lead an outing)

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

Rick Pinkelton 931-987-2530

MEETING: Cancelled due to Nov. 5th elections.

- The Columbia and Nashville chapters are hosts at this year's Annual Meeting, Nov. 8-10, at Fall Creek Falls State Park. We have a **H-U-G-E** need for volunteers to help receiving, pricing and setting up the bake sale, white elephant, silent and live auction items. Plus, an assortment of other "as needed / last-minute" jobs at the registration table (checking in guests, beverage ticket sales) and during the live auction (recording bids and collecting checks/money throughout Sat. evening). If you can spare at least one to two hours on Fri. afternoon/evening and anytime on Sat., please see/contact the following:
 - Registration – Jenice Johnson 615-356-6246
 - Bake Sale, White Elephant, Silent & Live Auction - Libby Francis 615-889-5718
 - Food & Program – Anne Wesley 615-851-1052
- Thank you to Ed and Mary Ruth Campbell for hosting a pre-meeting hike and the October meeting at their home in Culleoka. Everyone enjoyed the short hike and the scenery, healthy snacks and hospitality, and an interesting program given by Ron Neal. Ron introduced us to his favorite hikes along the Blue Ridge Parkway in Southern Virginia.
- Due to Election Day on November 5, we have cancelled our monthly meeting. We hope to see you the following weekend at Fall Creek Falls for TTA's Annual Meeting.

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 23 Honey Creek Trail, Big South Fork National River & Recreation Area. Jamestown, TN. Join Brenda Callahan for this 5mile hike that is rated difficult due to elevation and rugged terrain. The scenery is awesome and waterfalls abound. The trail crosses creeks and follows creek beds. Hiking shoes are a must. The terrain is rugged, so dress for crawling over, around and through boulders, and climbing enclosed ladders. Due to the rugged terrain, the hike will be taken at a slower pace, so plan to go about one mile per hour. Bring plenty of water and snacks. Meet at Harrow Road Cafe in Rugby, TN at 9am CST (10am eastern) for a 30-minute drive to the trail. For information and to register, call Brenda Callahan at 931-987-0678.

THE "10* ESSENTIALS"

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

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

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.

COVE LAKE CHAPTER

CHAPTER OFFICER:

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

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

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 9 Sheltoewe Trace to Van Hook Falls. Laurel Co., KY. Richard Helm will be leading this 6-mile hike on one of the most beautiful sections of the Sheltoewe Trace. Crossing a few small creeks, this trail approaches a deep gorge and then passes four waterfalls (one audible only) as it follows the rim. Of these, the loveliest cascades down a lush cliff on the opposite side of the gorge (think, "Hawaii"). (If it stays this dry, we may have to think, "water.") After passing along cliffs, rock houses, and through a mountain laurel ridge, the trail drops down to scenic Cane Creek, which it crosses on a metal footbridge. Once out of earshot of Cane Creek, the hiker will hear Van Hook Falls. Nestled in a rhododendron basin, this waterfall drops about 20 feet off a rock shelf, which can be passed underneath behind the falls. Meet at 8am EST at the Eagle Bluff parking lot. Hike will start at the Sheltoewe Trace Trail parking lot at the junction of Hwy 192 and 1193, west of London, KY around 10am. For additional information and to register, call Richard Helm at 865-426-4472.

Nov 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 at the First Presbyterian Church in LaFollette.

PLANNING AHEAD:

Dec 8 River Bluff Trail, Norris Dam State Park. Lake City, TN. This easy 3-mile loop trail follows along the banks of the Clinch River as it flows out of Norris Dam. After passing beneath high bluffs, the trail loops back by ascending the hill from which can be obtained a vista of Norris Dam and Lake. At the time this newsletter was going to the printers, an exact meeting time/location had not been established. This will be an afternoon hike (maybe 2pm EST), and we'll probably meet to carpool from the Eagle Market parking lot. For information, call Siler McCarty at 423-566-1291

HIKE REPORT:

On Sep. 28, Gordon and Doris Early led a group of hikers on Slave Falls Trail in the Big South Fork. We hiked about 6 miles, had good weather and a fun day. The trails were easy with some really pretty rock formations. Afterwards, we stopped at Baccara's for an early (no pun intended) dinner before returning home.

Are You Tired of Shuffling Along at the Mall?

Searching for a Meaningful Holiday Gift?

Well, break loose from the herd because TTA has the solution! Give someone the rock shelters at Big South Fork, and the grassy balds in the Smokies, and the wildflowers at Short Springs, and the overlooks along the Cumberland Trail and the waterfalls of Savage Gulf. All this and much more can be theirs with a Tennessee Trails Association Gift Membership. For the price of our regular dues (\$15 Student, \$25 Individual, \$35 Family or \$50+ Supporting), we will send the new member a beautiful holiday card announcing your gift, and we'll include a TTA logo patch (normally selling for \$6). Not only will you be supporting Tennessee hiking, but you'll also be giving your friends and family members a year's worth of adventure and recreation.

To give a gift membership, contact Anne Wesley (615-851-1052 or by email: tahiker@msn.com).

Happy Holidays & Happy Hiking from Tennessee Trails!

CUMBERLAND GAP CHAPTER

CHAPTER OFFICER & OUTINGS

COORDINATOR:

(call & volunteer to lead an outing)
Rosemary Register 423-869-2251
cugatrails@yahoo.com

MEETS: 2nd Thur, 7pm,

Lincoln Memorial University Library

Until we can secure a permanent meeting location we will meet on the 2nd Thursday of each month at 7pm EST in the Library on the LMU campus. Please watch upcoming newsletters for announcements regarding any changes.

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 14 **MONTHLY MEETING.** This will be an important meeting, as we will discuss goals for the chapter and projects we will target over the next few months. Also, bring pictures and tales of your summer hiking trips to share with us. This is always a fun time, as so many of us venture to new places, check out new trails, and make new friends.

Nov 16 Hike the Harlan Road Trail. Cumberland Gap National Historical Park. Cumberland Gap, TN. This hike had to be rescheduled from Oct. 5th due to rain. Hopefully, this time around, we will have good weather. This is a great hike for families as well as new hikers. It's a 4-mile, easy, downhill hike. Bring plenty of water, a snack, and an adventurous spirit. Meet at the flagpole at Cumberland Gap NHP at 10am EST. For information, call Rosemary Register at 423-869-2251, or email her: cugatrails@yahoo.com

Nov 23 Hike the new Daniel Boone Greenway in Harrogate, TN. This is a new greenway, and an easy 2 to 3 mile hike. The trail begins in Harrogate City Park and winds its way through the campus at LMU. This is a little different than your typical hike, and we encourage you to come join us. The LMU campus is rich in history, as it is home to the Abraham Lincoln Museum, which houses one of the largest Lincoln collections in the country. Meet at Harrogate City Park on Hwy. 63 at 10am EST. For information, call Rosemary Register at 423-869-2251, or email her at cugatrails@yahoo.com

1-866-TN-HIKES

TTA now has a toll free number, which will be used primarily for membership recruiting. By calling 1-866-TN-HIKES (1-866-864-4537), prospective members can request copies of the application brochure as well as sample copies of the *Tennessee Trails* newsletter. Please pass this number along to potential members you meet on the trail, or elsewhere.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER:

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

Nov 2 Angel Falls Overlook on the John Muir Trail, Big South Fork National River & Recreation Area. Jamestown, TN. Probably the grandest overlook on the Cumberland Plateau! Starting at the Leatherwood Ford parking area, we'll hike 3 miles of the John Muir Trail to reach the overlook. After a relaxing break, we'll return on the same trail. Roundtrip, we'll have covered 6 miles and have a 400-foot gain in elevation. We will assemble in the Norris Commons parking area, which is in front of the Norris Middle School, in Norris at 8:30am EST. Those coming in from Knoxville, Oak Ridge, or the west can meet us at the Leatherwood Ford parking area in the park at around 9:45am EST. Bring lunch and rain gear. For information and to register, call Russ Manning at 865-494-8121. (Note: Russ is an outdoors writer and the author of two books on the Big South Fork, and may add a lot of commentary about the Cumberland Plateau.)

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 30 North Ridge Trail. Oak Ridge, TN. The North Ridge Trail runs along the north face of the ridge along the northern boundary of Oak Ridge. The trail is about 7½ miles and rated easy. Maintained by the City of Oak Ridge, with the assistance of the Tennessee Citizens for Wilderness Planning, this trail was designated a National Recreation Trail in 1973. Bring lunch and water. Meet at 9am EST at the Food City (115 S. Illinois Ave.) parking lot, in Oak Ridge. For information, call Phil Cavanaugh at 865-376-1511, or e-mail him: pcav@icx.net

HIKE REPORTS:

On Sep. 14, six hikers gathered at the Cumberland Gap State Park with the intent of visiting the Hensley Settlement. Advance notice provided by the TTA Cumberland Gap Chapter (many thanks) that the trailhead was closed allowed our hike leader, Carol Jones, to be prepared to take our group on a different trail - the Pinnacle Overlook & Skylight Cave Trail. Our visit to this area provided many a first opportunity to enjoy the Cumberland Gap Tunnel, referred to (during the day) as an engineering wonder. Thanks! Carol for a terrific day.

On Sep. 28, in observance of National Public Lands Day, a handful of volunteers spent the day doing trail maintenance on the Leatherwood Loop in Big South Fork. See page 3 of this newsletter for a full report. (Thanks to Harold Draper, and family, for arranging and leading this effort.)

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER:

Doug Ratliff 931-455-0249 dougratliff@hotmail.com

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

Alan Bryan 931-728-0765 BryanAlan@BFUSA.com
& pbryan5@bellsouth.net

MEETS: 3rd Tue, 7pm, D.W. Wilson Center, 501 N. Collins St. Tullahoma

Nov 2 The Pinnacle. Near Scottsboro, AL. We will join the Huntsville Sierra Club for this short (4 miles roundtrip) hike. There is significant elevation gain, therefore it's rated strenuous, but the pace should be slow enough to accommodate each hiker. Along the way, we'll have views of a river and valley and a unique rock cropping. For information, call either Joette Carter (256-776-3551), or Barbie Taylor (931-454-0599).

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 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! See you at 7pm CST at DW Wilson Community Center, 501 N. Collins St. in Tullahoma.

(cont. on pg. 6)

HIGHLAND RIM

(cont. from pg. 5)

Nov 23 Virgin Falls, Bowater Pocket Wilderness. Sparta TN. The hike to Virgin Falls is a gentle descent over 4 miles of uneven and rocky terrain, therefore rating this stretch as moderate. The returning 4 miles will be a long slow climb out, over the same rocky and uneven terrain; therefore, this segment is rated strenuous. If there is enough interest, we may camp the night before to get an early start. Sturdy footwear is essential. Bring plenty of water, snacks and lunch. For information and to register, call Steve Lepley at 931-454-9387.

MEMPHIS CHAPTER

OFFICER:

Betty Porter 901-755-4740

CO-CHAIR:

Norma McMinn 901-785-1479

BOARD REPRESENTATIVE:

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

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

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 16 Trail Work Day at Meeman-Shelby Forest. Memphis, TN. Meet at the Visitor's Center at 9am CST, and bring water and lunch. Wear clothes you don't mind getting dirty and dress appropriately for the weather. Also, bring any equipment: gloves, shovels, clippers, or a saw. For information, call Ken Novak at 901-377-9127.

Nov 21 **MONTHLY MEETING.** John Martin, retired Chemist from Kellogg's and TTA member, will present a slide program on his hiking trip to southwestern Ireland. Bring a friend and join us for an interesting program at 7pm CST at the Germantown Library.

Nov 30 Ft. Pillow State Park. Henning, TN. The Historic Loop Trail is 10 miles, according to the guidebook, or 8 miles if you ask certain diehard TTA hikers. Either way, it's got some very rugged hills since the park rests on one of the Chickasaw Bluffs. Meet at the Park's Interpretative Center at 9am CST. For information, call Gloria Lenski at 901-213-0604.

PLANNING AHEAD:

Dec 12 (Thu) Chapter Holiday Party. Meet old friends and make new friends at our annual Holiday Party at Betty Porter's house. Bring your favorite festive dish and soft drinks; oven is available for heating, and we'll supply kitchen facilities, coffee, plates, cups and eating utensils. Socializing begins around 6:30pm CST, and dinner is at 7pm. The 2003 hike schedule will be distributed at the meeting. To obtain directions and/or Betty's address, call Betty Porter at 901-755-4740.

Attention: Hike Coordinators

A TTA Release of Claims & Hold Harmless Agreement form (aka Liability Waiver) must be signed by everyone before you start your hike. They can be obtained from your local Chapter Officer or downloaded easily from our web site: www.tennesseetrails.org From the home page, follow the link to *Member Services*.

MURFREESBORO CHAPTER

INTERIM CHAPTER OFFICER:

Martin McCullogh 615-896-1043 mam1932@earthlink.net

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Brent Morris 931-454-1718 bmmorris@edge.net

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

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 12 **MONTHLY MEETING.** Nashville Judge and writer Robert Brandt is our guest this month. He is the author of *Touring the Middle Tennessee Backroads*, *Tennessee Hiking Guide* and *Middle Tennessee on Foot*. You're guaranteed to learn more about our favorite hiking destinations and some not so familiar to us. You won't want to miss this meeting – see you at 7pm CST, the Wilderness Station at Barfield Crescent Park.

Nov 23 Raven's Point hike on the Fiery Gizzard Trail, South Cumberland State Natural Area. Tracy City, TN. Join us on this very scenic 8-mile loop on the famous Fiery Gizzard Trail. The hike is rated moderate to difficult because of a steep climb and a steep descent over a boulder-strewn trail. The beautiful views at Raven's Point makes the climbing worthwhile! Sturdy hiking boots are a must! Bring lunch and water. For information and to register, call Fount Bertram at 615-765-5357, or e-mail him: fwbertram@heartoftn.net

Nov 29 Old Stone Fort State Archaeological Park. Manchester, TN. This is our annual "walk-off-the-Thanksgiving-dinner" hike. Feel guilty about eating those extra helpings of pumpkin pie? Here's your chance to work off those calories! This easy 3 to 4 mile hike will make for a delightful morning jaunt. We'll meet at 8am CST at the park's museum parking lot. For information and to register, call Brent Morris at 931-454-1718, or e-mail him: bmmorris@edge.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: 4th Tues, 7pm. St. Bernard Academy
2021 21st Ave South

HIKING HOTLINE 615-367-7045

The Columbia and Nashville chapters are hosts at this year's Annual Meeting, Nov. 8-10, at Fall Creek Falls State Park. We have a **H-U-G-E** need for volunteers to help receiving, pricing and setting up the bake sale, white elephant, silent and live auction items. Plus, an assortment of other "as needed / last-minute" jobs at the registration table (checking in guests, beverage ticket sales) and during the live auction (recording bids and collecting checks/money throughout Sat. evening). If you can spare at least one to two hours on Fri. afternoon/evening and anytime on Sat., please see/contact the following:

- Registration – Jenice Johnson 615-356-6246
- Food & Program – Anne Wesley 615-851-1052
- Bake Sale, White Elephant, Silent & Live Auction - Libby Francis 615-889-5718

Nashville continued on page 7

After Work Hikes in Percy Warner Park, Nashville, TN. You are invited to participate in a variety of **After Work** hikes offered by Gary Parker in Percy Warner Park. All hikes start in the Deep Wells parking area, which is off of HWY 100. It will be dark, and you will need to bring a light source. Bring water, and dress appropriately for the weather because hikes will be conducted regardless of the weather. For information and to register, call Gary Parker 615-287-1371(hm), 615-277-2006(wk), garyparker@mindspring.com & garyp@werthan.com

- Nov 4, 7, 11, 14, 18, 21 & 25 hikes are intended for the hiker seeking a good aerobic work out, and will consist of a 4½ mile hike at a VERY FAST, DEMANDING PACE on the Mossy Ridge Trail. Check-in is at 5:45pm CST, and hiking time is 6-7:30pm.
- Nov 5, 12 & 19 hikes are geared for the BEGINNER hiker or one who enjoys hiking at a leisurely to moderate pace and will traverse the 2½-mile Warner Woods Trail. Check-in is at 5:45pm CST, and hiking time is 6-7pm.

Nov 2 Mossy Ridge Trail, Percy Warner Park. Nashville, TN. If you're a morning person seeking a hike at a VERY FAST, DEMANDING and AEROBIC PACE, this 4½-mile hike over the Mossy Ridge Trail is just for you. Check-in at Deep Wells parking area is at 6am CST, and hiking time is 6:15am-7:45am. Bring some money, and afterwards we'll have breakfast at Breugger's Bagel Bakery. For information and to register, call Gary Parker 615-287-1371(hm), 615-277-2006(wk), garyparker@mindspring.com & garyp@werthan.com

Nov 2 Beaman Park, Joelton, TN. Beaman Park may not be open to the public yet, but there is a lot going on! Lace up those hiking boots and come out for a sneak peek at this undeveloped natural area. This is an easy to moderate 2-mile hike on a trail built by TTA volunteers. For information and to register, call Nancy Dorman at 615-299-9586.

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.

Nov 2 Newcomers Hike at Bowie Nature Park. Fairview, TN. Bowie Park is approximately 723 acres, and in the early part of the century, the land was used for row cropping and timber harvesting. As a result, it was badly eroded and nutrient depleted. In the 1950s, Dr. Evangeline Bowie purchased the land and began taking measures to stop erosion and return nutrients to the soil. In 1989, she bequeathed the land to Fairview to "be maintained as a wildlife sanctuary and a public park." Bowie Park Ranger, Melissa Bell, will be leading us on this 6-mile hike. We will hike the Perimeter, Twin Lakes and Loblolly Loop Trails. Wear hiking boots and be prepared for a water crossing. Bring water, snacks and lunch. We will meet at 9am CST in the parking area closest to the Park's restrooms. The Park is located on the right side of Hwy 100 in Fairview, when traveling from Nashville. For information and to register, call Hugh Tobin at 615-790-9567(H) or 615-371-4748(W).

Nov 3 Perimeter Trail, University of the South. Sewanee, TN. We will hike a portion of the 20-mile Perimeter Trail circling the University of the South. The trail passes by wonderful bluff views, interesting rock formations, and waterfalls. You will need hiking boots, water, and snacks. After the hike we will reconvene at Shenanigan's, a local restaurant, for a bite to eat. We will meet at 8am CST at the Target on Bell Road and I-24. For information, call Brian Dion at 615-331-7331, or e-mail him Dion@state.tn.us

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 16 Mossy Ridge Trail, Percy Warner Park. Nashville, TN. (See Gary Parker's Nov 2 hike above.)

Nov 16-17 (Sat-Sun) Backpacking to Mt. LeConte Shelter in the Great Smoky Mountains NP. We'll depart Nashville at 5:30am CST on Sat. morning so we can set up a car shuttle (this is a one-way hike) and still have plenty of daylight to reach the shelter. The trip begins on the A.T. at Newfound Gap Road. From here, we'll hike 2.7 miles of the A.T. to the Boulevard Trail junction, then an additional 5.4 miles on the Boulevard Trail to the Mt. LeConte Shelter, where we will stay for the night. On Sun., we'll hike 5 miles down the Alum Cave Trail to its junction at Newfound Gap Road. Due to daily mileage, trail conditions (root, rocks, ruts, mud and hills) and elevation changes (Sat. has several ups and downs over 8.1 miles, and Sun. has a steep descent), the outing is rated moderate to difficult. Space is limited, and registration is required! For information and to register, call David Furse 615-353-6435, or e-mail him: dfurse@comcast.net

Nov 17 Rock Creek Loop, Big South Fork National Recreation Area. Jamestown, TN. Jim and Marietta Poteet are leading a hike for the Big South Fork chapter. See the BSF section for information.

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.

Nov 23 Newcomer's Hike on the **NEW!** Springfield Greenway. Springfield, TN. This is a very pleasant paved walkway through trees and rural farmland, over creeks, and past some historical sites. It is 2.2 miles, one-way, but we will walk it both ways, making it 4.4 miles with a possible addition of another mile. Feel free to wear tennis shoes, and bring water and snacks. Afterwards, we'll reconvene for lunch at a local restaurant. For information and to register, call Nancy Juodenas at 615-643-0936, or e-mail her: nancyjuodenas@earthlink.net

Nov 23 Mossy Ridge Trail, Percy Warner Park. Nashville, TN. (See Gary Parker's Nov 2 hike above.)

Nov 24 Perimeter Trail, Montgomery Bell State Park. Burns, TN. The Perimeter Trail is 11½ miles and rated easy for the terrain, however, moderate for the length. The leaves should be off the trees, making it easy to spot the many turkeys residing here. We may even see deer or an owl or two. Hiking boots are a must! Bring snacks, lunch and water. We will meet in the Kroger parking lot on Charlotte Pike, one block west of Whitebridge Rd (Exit 204 off of I40). For information and to register, call Diane Manas at 615-352-7777.

(cont. on pg. 8)

Don't Miss an Outing ... Plan Ahead, Register Early!

There are times when a hike leader must limit (due to park regulations, etc.) the number of participants on an outing.

Please do not wait until the afternoon or evening before the outing to RSVP. Plan ahead and register early.

NASHVILLE

(cont. from pg. 7)

Nov 26 What's up with greenways? Plenty! And to get us up to date, Bill Troup, Assistant Director for Greenways in Metro Parks will join us this month. The city has adventurous dreams for its urban hiking network. We'll learn what's going on today, and hear plans for the future. Bring a friend!

Nov 30 Night Hike in Radnor Lake State Natural Area. Nashville, TN. After dark, the wildlife at Radnor Lake SNA becomes active. Steve Ward, Radnor Lake's Park Manager, will be joining us and helping to identify the animal calls we may hear. Because this hike is in the dark, and the terrain uneven in places, it is rated moderate. At the time this newsletter went to the printer, a hiking route had not been established. However, we will hike up to and along one of the ridge trails (most likely the Ganier Ridge) and return via a lower trail. To improve our chances of observing wildlife, we will use flashlights only when ascending and descending the ridge trail. We will meet at the Visitor's Center. Dress for the weather. Group size is limited and registration is required! For information, call Dan Brennan at 615-837-4324, or e-mail him: osrwodan@aol.com

OTHER ACTIVITIES:

Nov 26 Pre-Monthly Meeting Dinner. 5:15pm CDT. Bosco's Restaurant (in Hillsboro Village), 1805 21st Ave South. For information, call Paul Smith at 615-832-9388 or e-mail him: paolov@bellsouth.net

Principles of Leave No Trace



1.) Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4-6.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

2.) Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Good campsites are found, not made. Altering a site is not necessary.

3.) Dispose of Waste Properly

- Pack it in, pack it out.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap.

4.) Leave What You Find

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.

5.) Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Avoiding Hypothermia

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

Early Symptoms:

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

Prevention:

- Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body temperature as you exercise. And since it's as important not to get over-heated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.
- Eat high-energy foods frequently and drink plenty of fluids.
- Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.
- Stay warm, but avoid heavy sweating, which will evaporate and overly cool the skin and body.
- In bad weather, find protection from the wind and elements.

Treatment for Mild Hypothermia:

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

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

6.) Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.

7.) Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Let nature's sounds prevail. Avoid loud voices and noises.

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 Thur, 7pm, UT Martin Campus, Boling University Center, Room 231 **ONLY** when college is in session
website: www.utm.edu/~jclark/trails/

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 14 **MONTHLY MEETING.** "Opportunity Knocks." Ever thought about getting involved in service projects? Tennessee Trails Association, Cumberland Trail Conference, the Sierra Club and similar organizations rely on volunteers to help them with maintaining and building hiking trails. Hear reports from Joe Hayden, who has participated in several projects with the Sierra Club (including trail work at Mesa Verde), and other guests who have participated in CTC projects.

Nov 16 Return to Shiloh. We got half the compass trail covered last spring before running out of time. Depending on the size and makeup of the group, we will complete the trail we began or start over. Either way, by then we will have had frost, and the woods' undergrowth should be manageable. This is a great way to learn history, learn or brush up on compass skills, and have a great time on a late fall day. For information, call Jim Clark at 731-587-2225.

OTHER ACTIVITIES:

Dec 7 Chris Fox, a Northwest chapter member, is hosting a backcountry cook-off competition. For information, call Chris Fox at 731-586-4744, or e-mail him: towndawg@hotmail.com

PLANNING AHEAD:

Jan 20 2003 (Mon) Martin Luther King Day. Fort Henry Trail at Land Between the Lakes. For information, call Jim Clark at 731-587-2225.

This Holiday Season

Shop amazon.com Through TTA's Website

You can shop for those on your holiday gift list through TTA's website and TTA benefits!

We have an arrangement with amazon.com where TTA receives a commission on all items (books, magazines, music, electronics) purchased when you enter their site through our link. It's very easy! Go to the TTA web site (www.tennesseetrails.org), navigate to the "To Buy!" page, then follow the link to the "VIRTUAL BOOKSTORE." Commissions are earned solely on sales made through the TTA website, therefore always enter amazon.com from the TTA website, and do not sign up for their one-click service.

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER:

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

MEETS: 3rd Thurs, 7pm, Crossville Housing Authority

There is a leaderless hike every Wednesday morning at 8:30am CDT. We usually meet at the boat launch area of Cumberland Mountain State Park. The hikes are moderately paced and may average five or six miles. For information, call Bill Haynes at 931-707-7606. Rain cancels.

Nov 2 Honey Creek Loop Trail, Big South Fork National River & Recreational Area. Jamestown, TN. Join us for our fall hike in the beautiful BSNRA! The Honey Creek Trail is 5 miles long and rated DIFFICULT for the uneven terrain, several short steep ascents and descents, and boulders we'll need to climb over and through. Honey Creek Overlook provides a spectacular view of the Big South Fork from a vantage point some 250 ft. above the river. Bring lunch and plenty of water. Meet in back of the Cracker Barrel restaurant at the I-40 exit in Crossville at 8am CST. For information and to register, call Joe Matlock or Rita Senko at 865-354-6101, or e-mail them: michael.johnston@colinkx.com

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 16 Piney River Segment of the Cumberland Trail. Spring City, TN. Beautiful waterfalls, swimming holes, and fall wildflowers await us on this pocket wilderness hike. The hike is 10 miles one way (we'll need to set up a car shuttle) and rated EASY for the terrain, MODERATE for the distance. Bring lunch and plenty of water. Meet at the Cumberland Mountain State Park Visitor's Center at 8am CST. For information and to register, call Bill Haynes at 931-707-7606.

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.

Nov 21 **MONTHLY MEETING.** Bobby Fulcher, Cumberland Trail State Park Ranger, will present a fantastic program on the "Music of the Cumberland Trail," a compilation of musical recordings about the heritage of the Cumberland Trail, which will soon be available for purchase on an enhanced CD! You won't want to miss this wonderful program! See you at 7pm CST at the Crossville Housing Authority.

Nov 23 Nemo Bridge to Alley Ford on the Obed Wild & Scenic River Segment of the Cumberland Trail. Wartburg, TN. Come explore the Obed's forests and walk along the Obed River on this very popular segment of the CT. The trail is 5.2 miles long and rated EASY. Bring lunch and plenty of water. Meet at the Dairy Queen on Genesis Road near the I-40 exit at 8am CST. For information and to register, call Gene or Myra Holloway at 931-788-1724.

Carpooling Etiquette

Gas prices made a huge jump in the spring and have remained high. Analysts believe these high prices will stick around through the coming months.

Please, be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of buying gasoline.

Also, each passenger needs to tidy up the area in the car where they sat by gathering and removing debris/trash before reaching the carpool meeting location.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICERS:

Helen Anglemier 931-858-5947 helena@cookeville.com
OUTINGS COORDINATOR: (call & volunteer to lead an outing)
Sue Bass 931-528-1386 take-a-hike@charter.net

Please register for hikes so you can be notified when/if there are any last minute changes. Hiking boots are recommended for all hikes. Bring plenty of water, snacks and/or lunch, and wear clothing appropriate for the weather.

Nov 2 Honey Creek Loop Trail, Big South Fork National River & Recreation Area. Jamestown, TN. This outing replaces the one announced in the October Newsletter. For only 5 miles in length, this trail has it all - if you're looking for an adventure: great views, rock shelters, waterfalls, stream crossings, boulder scrambling and RATED STRENUOUS! Sturdy hiking boots are a must! For information and to register, call Lisa Burgess at 931-432-5723, or e-mail her: lmurray@twlakes.net

Nov 8-10 (Fri-Sun) TTA's ANNUAL STATEWIDE MEETING. See you at Fall Creek Falls State Park.

Nov 11 (Mon) Veteran's Day Hike on Big Spring Trail, Bridgestone Firestone Centennial Wilderness Area. Sparta, TN. This is a beautiful hike into an area where a huge spring under a large bluff flows into a stream. The trail is 4 miles total and rated moderate. For information and to register, call Bonnie or Wayne Broadway at 931-432-8346, or e-mail them: jwb2@charter.net

Nov 16 Bearwaller Gap Hiking Trail. Carthage, TN. This is a one-way hike and requires a car shuttle. We'll hike 6 miles total on terrain rated moderate, due to uneven terrain and some elevation changes, as it climbs to the bluffs above Cordell Hull Lake. Along the way, we should see a variety of waterfowl, in addition to great views, and numerous small waterfalls. For information and to register, call Matthew Pung (931-432-1435) or Helen Anglemier (931-858-5947 / helena@cookeville.com)

Nov 23 Twin Arches & Charit Creek Loop Trail, Big South Fork National River & Recreation Area. Jamestown, TN. This is a joint outing with the members of the Sierra Club. Twin Arches has been called "an eye-ful - the gem of the Upper Cumberland Plateau," and you have to see it to believe it. The area is chock-full of magnificent bluffs and large lens caves, with a section through a most pleasant valley that houses Jake's Place and the Charit Creek Lodge. The hike is 6 miles on terrain rated easy to moderate. For information and to register, call John Harwood at 931-528-6395, or e-mail him: jharwood@tntech.edu

PLANNING AHEAD:

Dec 7 Virgin Falls, Bowater Pocket Wilderness. Sparta, TN. This is a strenuous 8-mile hike, with the option to do a shorter, 4-mile hike to Big Laurel Falls. Virgin Falls is formed by an underground stream that emerges from a cave as a waterfall and drops 110 feet back into a sink at the base of the falls. Sturdy hiking boots are a must. For information and to register, call Marnell Cothran at 931-738-5874.

HIKE REPORTS:

On Sep. 28, Oliver Hill led 18 hikers on a pleasant hike around the lake at Fall Creek Falls State Park. It was a beautiful fall day that became quite warm in afternoon. Afterwards, many of us had lunch at the park restaurant.

On Oct. 1, eight gathered for one of our "spontaneous" hikes to Virgin Falls, near Sparta, TN. Four hiked the entire way to Virgin Falls, while the remaining four hiked the shorter distance to Laurel Falls. The weather had gotten warmer than anticipated.

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE CONTACTS:

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Website: www.cumberlandtrail.org

ATTENTION: Trail Training Workshop Graduates

To help you maintain the many trail building skills you've learned, be it this past September or any other workshops prior, you are invited back to help on any of the VOLUNTEER OPPORTUNITIES projects listed BELOW. Feel free to invite members of your chapter to help (*you can show them how fun and easy trail building can be*).

... Volunteer Opportunities No Experience Required! ...

Nov 1-3 (Fri-Sun) FrontCountry Outing. Soddy Daisy, TN. We will continue working on the Rock/Possum/Soddy Segments. We will stay at the Lutheran Church Camp near Soddy Daisy.

Nov 15-17 (Fri-Sun) Volunteer Appreciation Weekend! One of the weekends CTC'ers look forward too! Join CTC and friends for an adult weekend of light trail work in the Rock/Possum/Soddy Segment. On Sat. evening CTC will host an evening of quality dining and entertainment to show our appreciation to the volunteers who have worked with us throughout the year. At the time this newsletter was going to the printer, we hadn't finalized where we would be staying (Booker T. Washington State Park Group Lodge in Chattanooga or the Lutheran Church Camp in Soddy Daisy), therefore, to get an accurate headcount for food and lodging purposes, **EVERYONE MUST PRE-REGISTER.**

PLANNING AHEAD:

Dec 3-17 AmeriCorps' National Civilian Community Corps team is returning to help us on the Rock/Possum/Soddy Segments. AmeriCorps members are very dedicated to this project and want to learn. Therefore, we need the help of "Wagonmasters" and experienced trail builders to train, work along side of and supervise the volunteers, while at the same time developing your own leadership skills.

Mar 2-29 Spring BreakAway. We will have four weeks of Spring Breakaway this year and already have two weeks booked with schools. We will be working in the Rock/Possum/Soddy Segments. So, everyone put it on their calendar and come help as much as you can.

Need More Information? ... Call / E-mail and Volunteer Today!!! . .

◆ Mark Stanfill ◆ 931-456-6259 ◆
◆ mstanfill@onemain.com ◆

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TENNESSEE RAILS-TRAILS ADVISORY COUNCIL (TRAC)

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web site: www.TNRailsTrails.org

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.

. . . Next Month . . . Updates . . .

- TEA-21 and what it has done for trail building.
- Hiwassee Corridor

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 at 865-689-7757

Newsletter Deadlines:

Announcements and articles
received on/before November 6th
will appear in our
December 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:

dmanashikes@comcast.net
dmanashikes@yahoo.com

Tennessee Trails Merchandise Order Form

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PERMIT NUMBER 4053



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

Nov 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 (FULL-TIME) \$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
___ Clarksville
___ Columbia
___ Cove Lake
___ Cumberland Gap
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tullahoma)

___ Memphis
___ Murfreesboro
___ Nashville
___ Northwest (UT at Martin/Weakley)
___ Plateau (Crossville)
___ Upper Cumberland (Sparta/Cookeville)
___ 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.