

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



4th Annual Big Dig Event Bigger 'n Before

Big Dig North & Big Dig South

The Cumberland Trail Conference will hold its 4th Annual Big Dig program May 22 through June 30. New this year, Big Dig will be operating out of two separate base camps; offering volunteers two diverse and exciting choices – **Big Dig SOUTH** and **Big Dig NORTH**.

Big Dig South will take place May 22-June 30 in the Rock, Possum, Soddy Gorges in Hamilton County, just north of Chattanooga, TN. Volunteers will be housed and fed (three squares!) in the Dogwood Lodge Camp – a comfortable facility with lots of room for leisure activities. In the evenings, you will be treated to educational programs about the history, culture, and biodiversity of the area and Cumberland Plateau.

Big Dig North runs from May 31-June 19 near Petros (between Wartburg & Oliver Springs), TN. This will be the first time we've worked out of this area and will mark the beginning of our next major effort for trail building along the CT. **Big Dig North** also promises to be slightly more adventurous because volunteers will be camping near, or at, the worksite - with base camp right there in the vicinity. All meals and water will be provided. In addition, educational programming about the history, culture, and biodiversity of the area and Cumberland Plateau. So, if you love camping out, being **fed** good food, trail building and learning about the area, this outing is just for you.

For additional information, call the CTC office at 931-456-6259; and, if you're ready to sign on, fill out and mail the registration form found on page 2 of this newsletter.

Don't delay, sign up for the Big Dig nearest you!

Board of Directors' Meeting Saturday, May 6 1:00 p.m. (CT)

The 2nd Quarter Board of Directors Meeting will be held on Saturday, May 6 at 1:00pm (central time) at the TWRA Building on the Ellington Agricultural Center campus in Nashville, TN. All TTA officers and board representatives are required to attend this meeting. All TTA members are welcome and encouraged to attend also.

Driving directions to the meeting location can be found at our website: www.tennesseetrails.org Click on "Nashville Chapter" to access driving directions, map and MapQuest (to Nashville Chapter's monthly meeting location).

If you have questions, please contact Anne Wesley at tahiker@msn.com or at 615-851-1052.

See you there!

National Trails Day[®]



June 3, 2006

Two Statewide National Trails Day Events Saturday June 3, 2006

The Cumberland Trail Conference is offering trail hikes and trail maintenance sessions on the Cumberland Trail in several locations around the Rock, Possum, Soddy area. A "friends" get-together is planned for later in the day/evening.

Accommodations and campsites are available for free at Dogwood Lodge Camp on a first come, first serve basis. For more information, call the CTC office at 931-456-6259, or visit the website at www.cumberlandtrail.org

For chapters in the Middle TN area, the NTD project this year will take place on the Tennessee side of the Walls of Jericho in Bear Hollow Mtn WMA.

Our goal is to build a new section of hiking trail that will create a day loop near the Bear Hollow trailhead parking lot. The terrain is fairly flat. Tools will be furnished -- no experience required!

Plan on getting a little bit dirty and having a whole lotta FUN! (T-shirts and door prizes to be given away!!)

Bring plenty of water, snacks and lunch.

We will meet at 9:00am (Central Time) at the new Bear Hollow Mtn WMA trailhead parking lot (Tennessee side of Walls of Jericho) located off Hwy 16. Please arrive a few minutes ahead of 9:00 so we can quickly take care of the paperwork, provide instructions, pass out tools, etc. and get on the trail shortly thereafter.

If possible, each chapter participating needs to select an "event leader" to serve as your local point of contact (to help coordinate RSVPs, carpooling, etc.) to this event. For additional information, contact Brent Morris at 931-728-8726 or brentmorris@ispwest.com

CUMBERLAND TRAIL CONFERENCE

Office Location 19 East 4th Street
Crossville, TN 38555
Office Hours 8am-5pm
Phone: 931-456-6259
Fax: 931-456-4934
Email: cumberlandtrail@rocketmail.com
Website: www.cumberlandtrail.org

CUMBERLAND TRAIL CONFERENCE STAFF:

Executive DirectorPaul Freeman.....paul.freeman@frontiernet.net
Trail Maintenance &
Volunteer Coordinator:Tony Hook.....hook1162a@msn.com
Office Manager.....Janet D. Smith.....janet.d.smith@frontiernet.net

New to Tennessee Trails Association? Not familiar with Cumberland Trail?

What is the Cumberland Trail (CT)?

Tennessee state's first linear foot trail stretching south to north from Signal Point near Chattanooga, TN, to the tri-state marker at the borders of Tennessee, Kentucky, and Virginia (when completed, it be approximately 300 miles - of adventuresome hiking fun!)

How far are we from completing the CT?

There are about 150 miles of trail on the ground ready for you to explore. Currently, the entire trail is planned for completion by 2011.

Here's how you can help ...

Volunteer to participate on any one or several events offered throughout the year. There's no fees/costs to participate and most of the events include your food and lodging.

- **Trail Builders**— No experience necessary, we provide on-site training, there is a task for everyone.
- **Trail Building Leaders** – Anyone who has had previous experience building a trail, or taken CT's Trail Building Workshop/Seminar (one is being offered 5/19-21, sign-up is on page 3 of this newsletter), and ready to help lead a group of 6-8 volunteers.
- **Base Camp Workers/Kitchen Help** – Helps with base camp (Dogwood Camp) chores, cleaning, cooking, etc.
- **Sponsors** – Donations are greatly appreciated. CTC is a 501(c)3 non-profit organization where every dollar is placed back into the trail and surrounding communities.

Want to learn more about CT?

Visit us at our website: www.cumberlandtrail.org or call the CTC office at 931-456-6259.

Yes, I want to volunteer!
Rock/Possum/Soddy, Tennessee

BIG DIG SOUTH Dogwood Lodge Camp

- I will help with (circle all that apply): trail building; camp chores; kitchen/cooking; other: _____
- I am unable to attend; please accept my donation \$ _____
Donations can be mailed to CTC at the address below.

Name: _____
Address: _____
City, State, Zip: _____
Phone #: _____
Email: _____

Place an "X" after the day(s) of the week you will volunteer and circle the nights you require lodging.

Week 1 (May 22 – 27):
Mon ___ Tues ___ Wed ___ Thu ___ Fri ___ Sat ___

Week 2 (May 28-June 3):
Sun ___ Mon ___ Tues ___ Wed ___ Thu ___ Fri ___ Sat ___

Week 3 (June 4-10):
Sun ___ Mon ___ Tues ___ Wed ___ Thu ___ Fri ___ Sat ___

Week 4 (June 11-17):
Sun ___ Mon ___ Tues ___ Wed ___ Thu ___ Fri ___ Sat ___

Week 5 (June 18-24):
Sun ___ Mon ___ Tues ___ Wed ___ Thu ___ Fri ___ Sat ___

Week 6 (June 25-30):
Sun ___ Mon ___ Tues ___ Wed ___ Thu ___ Fri ___

Cut out and return this form to: Cumberland Trail Conference
Big Dig - **SOUTH**
19 East 4th Street
Crossville, TN 38555

Or, send dates, etc. via e-mail to cumberlandtrail@rocketmail.com
Or, call the CTC office at 931-456-6259

Yes, I want to volunteer!
Petros, Tennessee

BIG DIG NORTH Base Camp

- I will help with (circle all that apply): trail building; camp chores; kitchen/cooking; other: _____
- I am unable to attend; please accept my donation \$ _____
Donations can be mailed to CTC at the address below.

Name: _____
Address: _____
City, State, Zip: _____
Phone #: _____
Email: _____

Place an "X" after the day(s) of the week you will volunteer and circle the nights you will be camping.

Week 1 (May 31-June 3):
Wed ___ Thu ___ Fri ___ Sat ___

Week 2 (June 4-10):
Sun ___ Mon ___ Tues ___ Wed ___ Thu ___ Fri ___ Sat ___

Week 3 (June 11-17):
Sun ___ Mon ___ Tues ___ Wed ___ Thu ___ Fri ___ Sat ___

Week 4 (June 18-19):
Sun ___ Mon ___

Cut out and return this form to: Cumberland Trail Conference
Big Dig - **NORTH**
19 East 4th Street
Crossville, TN 38555

Or, send dates, etc. via e-mail to cumberlandtrail@rocketmail.com
Or, call the CTC office at 931-456-6259

Hiker Tip: Protect yourself from the sun. A brimmed hat, sunscreen, lip balm and sunglasses are important items to have in your pack.

**CTC Offers Trail Building
Workshop/Seminar
May 19-21**



Yep, I want to participate!

**Trail Building
Workshop/Seminar**

Dogwood Lodge Camp

Name: _____

Address: _____

City, State, Zip: _____

Phone #: _____

Email: _____

Please circle the nights you will need lodging:

May 19-21

Fri _____ Sat _____ Sun _____

Cut out and return this form to: Cumberland Trail Conference

TRAIL BUILDING WORKSHOP / SEMINAR

19 East 4th Street

Crossville, TN 38555

Or, send dates, etc. via e-mail to cumberlandtrail@rocketmail.com

Or, call the CTC office at 931-456-6259

Everyone is invited ... TTA members, CTC "friends" ... to come and sharpen your trail building skills! The **Trail Building Workshop/Seminar will take place** at the Dogwood Lodge Camp (just north of Chattanooga, TN) from May 19 21, 2006. Seminar starts Friday, May 19 at 6:00 p.m. and ends around noon on Sunday, May 21. You can expect to learn how to cut trail, build rock steps, "crib" trails, handle and care for tools properly, and learn motivational skills for those interested in leading a group. To reserve your spot, fill out the Trail Building Form on the right of this announcement and mail to the CTC office. For additional information, call the CTC office at 931-456-6259, or visit the website at www.cumberlandtrail.org



**BIG SOUTH FORK
CHAPTER**

CHAPTER OFFICER: Charles Gibbs
423-628-5678 *cgibbs@nxs.net*

SECRETARY / TREASURER: Benita Howell
423-628-5521 or 865-974-7797 *bhowell@nxs.net*

BOARD REPRESENTATIVES: Tim & Lynn Takacs
615-824-7048 *lynntakacs@comcast.net*
or *ttakacs@comcast.net*

OUTINGS COORDINATOR Eric Wilson
423-628-2817 *ericavi@nxs.net*
(Call Eric & volunteer to lead an outing.)

May 6 Spicewood Branch & Old Mac Trail, Frozen Head State Park. Wartburg, TN. Tom and Benita Howell will lead this approximately 7-mile hike, rated moderate to strenuous because of the 1500-foot climb. We'll traverse some prime areas for viewing late spring wildflowers, follow the Chimney Top trail northward to its intersection with the Frozen Head tower trail (a possible side trip), then return to the trailhead via either the South or North Old Mac trail, depending on temperature and cloud cover. Dress appropriately for changeable weather, wear sturdy boots, and bring lunch, snacks, and plenty of water. Carpool will leave Harrow Road Cafe in Rugby at 9:00 EDT, or plan to meet at the Frozen Head Visitor Center parking lot at 10:00 EDT. Please register with Tom Howell at tshowell@nxs.net, or phone 423-628-5521.

HIKE REPORT: A dozen hikers joined Mary Dresser for our March 17-19 outing at Pine Mountain Settlement School near Harlan, Kentucky. We hiked to the spectacular Bad Branch Falls, the centerpiece of Bad Branch Falls Nature Preserve; explored sandstone caves; hiked through old growth hemlocks on the settlement school property; and relaxed by touring the buildings where environmental education workshops are now held. We enjoyed comfortable lodgings and good food and fellowship. Friday evening we celebrated Eric Wilson's birthday, and Saturday evening we heard a presentation on the Pine Mountain Trail project that would extend our Cumberland Trail northward through Kentucky. Pine Mountain State Park and Cumberland Gap National Park offer additional hiking opportunities en route. Anyone interested in exploring this area should check out the settlement school website www.pinemountainsettlementschool.com

CLARKSVILLE CHAPTER

CHAPTER OFFICER: Merri Hinton
andrews@logantele.com

CO-CHAIR: Suva Bastin
SECRETARY: Lucy Weikel
931-645-2849
931-358-5794
j107sw@aol.com

TREASURER: Sandy Janus
931-551-8523
Sandi Hamilton
billhamilton@charter.net

OUTINGS COORDINATORS:
931-920-2760
(call Sandi & volunteer to lead an outing)

MEETS MONTHLY: 3rd Tuesday, 7:00 pm CT, Crow Community Center
211 Richview Rd (Public is cordially invited!)

May 6 Stone Door at Savage Gulf- Beersheba Springs, Hiking to Ranger Falls, moderate, and Rapelling. Overnight camping at the campground just off the parking lot. Bill Hamilton 931-920-2760

COLUMBIA/FRANKLIN CHAPTER

CHAPTER OFFICER: Sherrie Yokley 931-381-9274
yokley2004@bellsouth.net

MEETS MONTHLY: 1st Tuesday at 6:30 pm CT, Grand Buffet.
(North of Spring Hill)

May 2 MONTHLY MEETING Grand Buffet Chinese Restaurant. Our guest speaker will be Daryl Ratajczak Big Game Program Coordinator, TWRA. Daryl will discuss bears in Tennessee. This is of importance with the bear attack near Benton, Tennessee in the Cherokee Forest, last month.

May 6 Bobby Hardeman will lead a hike to the Walls of Jericho. The round trip distance is 7.5 miles and is rate difficult due to the 1,000' ascent out of the valley. This is a real natural wonder and lies on the Alabama/Tennessee state line. The views of the Walls are spectacular. Crossing Turkey Creek at the bottom of the gorge will require wading through the creek. Bring water shoes and prepare to get them wet. Bring sturdy footwear, lunch and water. We'll depart from the A&D Market at 7:00 AM and probably stop for dinner on the way back. Call Bobby Hardeman t register and for more information, mobile phone: (615) 305-7955, email: putt22@aol.com

May 16 Final workday at Stillhouse Hollow Falls. We'll finish building stairs and a platform at the primary bridge over the creek and then work on a bridge over a drainage ravine. We'll begin at 9:00AM and finish when the work is done.

May 20 Russell Smith will lead a hike at Beaman Park in Nashville. We'll leave from the A&D Market at 9:00 AM and meet at the trailhead at Little Marrowbone Road. This is an easy to moderate 5-mile hike that will let you experience the beauty of northwest Davidson County. It is great hike for new hikers. Call Russell Smith to register and for more information, (615) 790-1833, or email at carving082334@aol.com

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm
423-562-1110 *Richard.Helm@ahss.org*
CO-CHAIR: Mari Haslam
423-562-3227 *pittsteelersfan@earthlink.net*
MEETS MONTHLY: 2nd Monday at 6:00pm ET
LaFollette Recreation Center's Craft Room, 201 S. 9th St.

May 6 Meet at Eagle Market at 8:00a.m. EST. The hike is to Wilderness Retreat at Once Upon A Time. Hiking up to Arlene Decker's house. Bring your own lunch. Rated moderate. For more information, contact Richard Helm at 423-562-1110.

May 21 Meet at 1:30pm (ET) at the LaFollette Nature Trail. Rated easy. For more information, call Faith or Ed Dippold at 423-566-8026.

PROMOTING TTA

Let everyone know you're a hiker by purchasing the new TTA license plate, which goes on the front of your car, just \$14, and will last for years.

Also, there are other cool items to wear or carry on your pack or vehicle.

See page 9 of this newsletter for the complete listing of TTA merchandise available.

Hiker Tip: Dressing in layers will allow you to adjust to different levels of exertion. Weather can change unexpectedly in the spring, fall and winter, and proper layering will help keep you comfortable, warm and dry.

Joining TTA as a New Member? Membership Up For Renewal? Your Generosity Benefits All !

When you join or renew your Tennessee Trails membership, you have the opportunity to become a Supporting Member by donating a little (or a lot) above the regular dues.

In the past, Supporting Member donations in excess of the regular dues were allocated to TTA's general operating fund. During the 2001 Annual Meeting, TTA's Board of Directors voted to allocate Supporting Member donations to the Evan Means Small Grants Fund. Your tax-deductible Supporting Member donations will now directly benefit trail projects throughout the state of Tennessee. We thank you all for your support of TTA at any membership level, but we hope you will enrich Tennessee's trail system by joining or renewing as a Supporting Member.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall
rosemary_1@hotmail.com
TREASURER: Harold Draper
h.m.draper@att.net

May 6 We will hike from Max Patch (elevation approx.4500feet) to Lemon Gap via the Lemon Gap trail*. This is a moderate hike (total distance approximately 7 miles mostly downhill). Hopefully, we will see late blooming wildflowers and magnificent views from the Patch . Be sure to dress appropriately and bring plenty of water and lunch. Max Patch is located in North Carolina, take I-40 East to the Harmon Den exit, turn left at the bottom of the exit. Road shortly turns to gravel. Distance to the Patch from the exit is approximately 8milesDriving time from Knoxville is around two hours. We will meet at the Strawberry Plains Cracker Barrel at 8:00 a.m. ET and carpool from there. Please contact Carol Jones at 865-675-5205, 865-374-4529, or *cmjones@covhlth.com*.

May 13 We'll meet at the hikers parking lot at the Cosby campground at 10:00 and hike to Hen Wallow falls about 3 miles up the Gabes Mt trail. From here some people will hang around then head back, others can go on up to the Albright grove which is about 4miles more I'm going to be one of the hang-a-rounders. Questions to Jay Ross *jaymross@mac.com* or phone 865-560-0100. It goes without saying which is why I'm saying--boots, lunch, fowl weather gear.

May 20-East Lakeshore Trail, Loudon County, TN. We will traverse the north shore of the Little Tennessee River, following the perimeter of the land. We will start at the Coyote Trail Head and hike to the end of the trail and return while enjoying many scenic river views. Approximate 10 miles round trip, rated easy. Meet at the Bi-Lion Maryville on 411 South at 8:30 A.M. To register, contact Robert and Patty Paul at 983-1985 or e-mail at *paulr@monroe.k12.tn.us*

May 13: We'll meet at the hikers parking lot at the Cosby campground at 10:00 and hike to Hen Wallow falls about 3 miles up the Gabes mt trail. From here some people will hang around then head back, others can go on up to the Albright grove which is about 4 miles more. I'm going to be one of the hanger arounders. Questions to Jay Ross *jaymross@mac.com* or phone 865-560-0100. It goes without saying which is why I'm saying--boots, lunch, fowl weather gear.

May 20-East Lakeshore Trail, Loudon County, TN. We will traverse the north shore of the Little Tennessee River, following the perimeter of the land. We will start at the Coyote Trail Head and hike to the end of the trail and return while enjoying many scenic river views. Approximate 10 miles round trip, rated easy. Meet at the Bi-Lo in Maryville on 411 South at 8:30 A.M. To register, contact Robert and Patty Paul at 983-1985 or e-mail at *paulr@monroe.k12.tn.us*

PLANNING AHEAD: Early Reservations Required!

Jun 23-25 Annual picnic and car camp at Indian Boundary Campground ,Cherokee National Forrest, Tellico Plains, TN. The picnic will be held on Saturday, June 24, at 12.30 P.M.. Please bring a side dish or dessert to go with ham or chicken. This beautiful area boasts recreational activities such as swimming, fishing, canoeing and kayaking, and hiking and biking trails. A 3-mile, easy hike will follow the picnic. For those who wish to spend the weekend camping, please reserve your own campsite ASAP by going online at *www.reserveusa.com*. Reservations are the responsibility of the campers. To reserve for the picnic or information about the camping weekend, call Robert and Patty Paul at 865-983-1985 or email them at *atpaulr@monroe.k12.tn.us*

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: Doug Ratliff
931-455-0249 dougratliff@hotmail.com
MEETS MONTHLY: 3rd Tuesday. Socializing & meal at 6:00p;
meeting starts at 7:00p at the Western Sizzlin' restaurant
in Tullahoma

May 20 Perimeter Trail, Sewanee, TN. We will continue the Eat-Hike a portion of the Perimeter Trail-Eat hike this month and in future months. The hike will be approximately five miles. There will also be time to do other things in the area. We will meet at The Blue Chair restaurant in Sewanee at 9:00am. To register, contact Joan Bentley at 931-455-5849 or jbentley@edge.net

JACKSON CHAPTER

CHAPTER OFFICER: Gary Cooper
731-424-5375 gcooper52@yahoo.com
MEETS MONTHLY: 1st Tuesday. Socializing & meal starts at
6:00p CT; meeting starts at 7:00 at Perkins Restaurant
999 Vann Drive in Jackson

May 2 Monthly Meeting- Socializing and meal 6:00pm meeting starts at 7:00. Come and hear about upcoming hikes and discuss past hikes. Everyone welcome.

May 13-14 Overnight camping trip, Fall Creek Falls State Park. Meet at the Nature Center at 9:00am CT Saturday morning. We will hike the Gorge Trail overlooking Cane Creek Gorge to Fall Creek Falls Trail to the falls. Then hike back to the Nature Center by way of Woodland Trail for a total of 4 miles. Must register for this outing by May 11. For more information and to register, contact Gary Cooper at 731-695-6342, or gcooper52@yahoo.com

May 20 Pinson Mounds. Jackson, TN. Come walk in our back yard park and learn the history of the American Indians that called this area home. To register or for more information, contact Glen Rogstad at rogstad5966@charter.net or 731-217-5966.

Champion Trees: Crowning of the Kings

What do you think of when you hear the words "Champion Tree"? Do visions of Giant Sequoias loom before you, or a massive white oak that you may have noticed on a Sunday hike? We all enjoy the beauty of large spreading trees, and marvel as we try to guess its age or size. Yet not many of us know that there is a national registry that makes it their job to search out the largest tree specimens for most tree species. It's part of a program undertaken by the American Forests organization to seek out those trees that are considered to be "Champion Trees."

This program (updated regularly) is based on a point system given for measurements taken from nominated trees, including it's girth, height, and crown. These numbers are used to establish an overall point value to determine which tree will wear the Champion crown for that species. An interesting fact to consider is that the title can go to a tree with as many as 1300 points (a giant Sequoia in California) or as few as 22 points (a velvetseed in Florida.) Once a tree as been awarded its mega tree status, it is often a precarious perch at best. Many factors come into play that can challenge any champion. If another tree doesn't depose it, it can be lost to nature's whims such as tornados, fire, and hurricanes. Of course, there are also losses due to human intervention and expansion.

(cont.)

MEMPHIS CHAPTER

CHAPTER OFFICER: Carolyn Pierce
901-755-5635 cedpierce2000@yahoo.com
BOARD REPRESENTATIVE: Gloria Lenski
901-213-0604 glorialenski@yahoo.com
MEETS MONTHLY: (Sep - May) 3rd Thursday at 7:00 pm at Cordova Library, 8457 Trinity Rd. Turn east off Germantown Parkway onto Trinity Rd. approx. 1 mile on the right. Library shares entrance with Bert Ferguson Community Center

West TN Hikers: Last year Sherry Rogers started a yahoo group called Memphis Hiking. This group shares information on hikes we do on the spur of the moment, hike photos ,and other hike related topics. Membership required. To join email MemphisHiking-subscribe@yahoo.com

Apr 30 Harbor Town / Mud Island Social Walk Join us for a 3 - 4 mile easy walk along the River Bluff. Cross over the Auction Street Bridge, turn right, then an immediate left into the parking lot. We will meet at 2 p.m. at the parking lot. Wear comfortable shoes. For additional information call John at 901-386-3722.

May 13, Wolf River Germantown Greenbelt Woody Pierce will lead an easy 4-mile walk along the river and through a hardwood forest. Bring water and snacks. Meet at 9 a.m. at the Chick-Fil-A (old vacant Wal-Mart) off Germantown and Humphreys Blvd. New hikers welcome! For information call Woody at 901-755-5635.

May 18 Monthly Meeting Hear about past and upcoming hiking trips and meet/greet members and friends. New hikers are always welcome! Call Jerry Lenski for information at 901-213-0604

May 21 Annual Memphis Chapter Picnic The picnic will be at the lakeside home of John and Regena Martin (canoes and paddle boats available). This is a potluck; bring your favorite summer dish and a lawn chair. Socializing starts around 1:00 p.m. with food whenever we get hungry enough. Location: 3876S. Lakewood Drive in the Lake Windermere subdivision near Raleigh. For directions, call John or Regena at 901-386-3722.

May 26-29 (Fri-Mon) Cumberland Trail Work & Hike Soddy-Daisy area Here's a chance to work on the 1st linear park in TN. We will work Saturday and Sunday building a trail and Monday we will hike a trail rated moderate on a new trail currently being built in Hamilton County. This is a hike in the gorge with beautiful waterfalls. Stay at the Dogwood Lodge in Soddy-Daisy. Free lodging, free food. No experience necessary, we guarantee an experience. Registration required. Please send in your Big Dig registration form ASAP. Contact Carol Haley at Hav2Hike@aol.com.

Champion Trees (cont.)

Tennessee is one of the great places to enjoy these gentle giants. Tennessee's Champion Tree Program was developed in the mid seventies to identify the largest specimens of native trees in east Tennessee. Since then the program has expanded statewide and includes 263 species that are native or common to Tennessee. The Smoky Mountains National Park contains some of the largest tracts of old-growth forest in the east, and has many trees on the national registry. Tennessee also maintains a list of state champion trees (by species and by county), and can be found on the Internet at: www.state.tn.us/agriculture/forestry/champions/

We should all enjoy these unique trees while we can. Big trees are rallying points that provide the opportunity to celebrate the many benefits provided by our forests. They harbor history, beauty and awe. Let us take a moment to marvel at these majestic specimens, and consider the living history around us.

By Lynne Lucas, Administrative Specialist
UT Forest Resources, Research and Education Center
March 2006, <http://forestry.tennessee.edu/treefacts.htm>

MURFREESBORO CHAPTER

CHAPTER OFFICER: Anna Bertram
615-765-5357 abertram@heartoftn.net

OUTINGS COORDINATOR: Ron Dunn
615-867-3301 trekkingtn@yahoo.com
(Call Ronn & volunteer to lead an outing)

MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT
Barfield-Crescent Park's Wilderness Station
697 Barfield Rd., Murfreesboro

May 6-7 Cumberland Trail backpack, Possum and Rock Creek segments. This backpack will be approximately 22 miles one-way on the recently completed Possum and Rock Creek sections of the Cumberland Trail. As we go in and out of these beautiful river gorges we will be treated to many interesting rock formations, waterfalls, and scenic overlooks. We will be camping at the Rock Creek campsite. This hike is rated difficult due to distance, elevation changes, and river crossings. In addition, it will involve setting up a car shuttle as we will start from Heiss Road and end at the lower Leggett Road trailhead. To sign-up and further information contact Tony Hook at Hook1162A@msn.com or 615-849-9636. A note: if there is a lot of rain right before the hike, we will not be able to cross the rivers and the hike will be cancelled.

May 9 Monthly Meeting will meet at 6 PM (one hour earlier than usual) We will proudly host the film maker, Jeff Barrie, as he presents his highly acclaimed 64 minute film, "*Kilowatt Ours*". We will explore the ecological impact intelligent usage of energy in our every day lives has on the environment we enjoy. *Kilowatt Ours* also shares practical answers. Along the way, Jeff and his wife Heather will share a plan to eliminate their use of coal and nuclear power at home by employing energy conservation, energy efficiency and renewable energy sources. Through their learning experience, viewers will discover how they can save hundreds of dollars annually on energy bills, and use a portion of the savings to purchase renewable energy. The film provides excellent photography and food for thought for everyone interested in preserving our natural places for hiking and other recreational pursuits. More information can be found on the web site, www.kilowattours.org. As **voted at an earlier meeting we will be taking up a collection to pay for the showing of this very special film.** Please talk about this program at work, church, and among your friends. The public is encouraged to attend. The presentation will be followed by a question and answer session with Mr. Barrie, and a short business meeting. We will dismiss by 8:30 PM.

May 19-20 You've seen Lookout Mountain...now...here's the **rest** of the story .. Cloudland Canyon State Park is in Georgia on the backside of Lookout Mountain. There is a fabulous gorge that runs for miles and the overlooks are spectacular! There are waterfalls and rock formations and all kinds of flora and fauna. The main attraction for this time of year however, is the marvelous mountain laurel and Catawba rhododendron. For several years running we have found both of them in their prime on this weekend before Memorial Day. We will be car camping and hiking May 19-20-21. The camping facilities are very nice...flush toilets, hot showers, etc. The campsites are spacious and well appointed in wooded areas. For those who prefer not to camp, there are fully furnished cabins as well. You will be on your own to make reservations. Cloudland Canyon is just across the state line just off I-59 toward Birmingham. I-59 splits off I-24 just before you get to Chattanooga. If you can be there for all or part of the weekend, it promises to be an exciting and rewarding experience. Call Fount Bertram @ (615) 765-5357 or e-mail fbertram@heartoftn.net for further information and to register.

(cont.)

MURFREESBORO (cont.)

May 27 New Comer / Beginner Hike. The Grundy Day Loop is a traditional favorite. Sherpa guides describe it as a hike that "begins as a sandy path that passes by a 15-foot cascade and then the trail passes through a marshy area via a bridge. The trail descends to the Fiery Gizzard Creek surrounded by hemlock and rhododendron and reaches Hanes Hole Falls at the 1-mile point. Beyond is the junction of the Little Fiery Gizzard with the Big Fiery Gizzard Creek, the modest 9-foot Blue Hole Falls, and the ascension to Cave Spring Rockhouse where there is a 500-year-old hemlock." Come hike with us and join us for lunch after the hike at Shenanigans. For more information contact Jeanne Hoechst-Ronner at 615 890-9084 or hoaxie@Comcast.net.

PLANNING AHEAD:

CTC Big Dig, May 21 - June 24 Application forms can be downloaded from the CTC website www.cumberlandtrail.org.ORG. Volunteers will be needed for any day or all 7 days each week from May 21st - June 24th for trail work, running errands, kitchen work, and more. Room and board will be furnished for volunteer workers. More information is on the website. Remember, TTA is the sponsor of the Cumberland Trail and this is our trail.

June 3 – National Trails Day Activity Calling all able bodied hikers! It is "Pay Back" Time! Please mark this date on your calendar and plan to participate. It will be work but it will be fun too! We will be building trail on a project selected by our TTA Middle Tennessee Regional Representative, Brent Morris. More information will appear in the June issue, on email, and at the May Chapter meeting.

Annual Yard Sale Postponed to Fall Yes, we are too busy hiking to set a spring date for the yard sale! It has been decided to postpone it until fall. Hope this does not inconvenience you! Contact Anna Bertram, abertram@heartoftn.net or 615-765-5357 for more information.

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.

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.



NASHVILLE CHAPTER

CHAPTER OFFICER: Jim Johnson
615-356-6246 jimjohnsonjr@gmail.com

OUTINGS COORDINATOR: Nancy Juodenas
615-356-6246 njuodenas@hotmail.com
(email Nancy & volunteer to lead an outing)

ANNUAL CHAPTER PICNIC IN LIEU OF MONTHLY

MEETING: See May23 announcement

HIKING HOTLINE: 615-367-7045

May 4 (Thursday) After work hike, Ellington Agricultural Center Campus, Nashville, TN. This is an easy scenic hike. We'll hike a couple of hours, more or less, depending on how much rain we've had the day before. Parts of this trail are incomplete, so wear sturdy shoes. We'll meet at 5:00pm at the Ed Jones Auditorium, just up the hill to the left of where we hold our monthly meetings. Restrooms are located nearby in the "show-barn" where you can also change from your work clothes into hiking clothes. For more information, call Robbie Benson at 615-781-6504 (wk) or 615-419-1165 (cell).

May 6 First Saturday Hike at Beaman Park. Don't miss this opportunity to take a guided hike with one of the many knowledgeable Friends of Beaman Park volunteers and explore the still new Beaman Park. Beaman Park covers 1,500 acres of forest on the Highland Rim and a natural treasure! The hike starts at 9:00am and ends around noon. For information, directions and to register, contact the Friends of Beaman Park through the Warner Park Nature Center office at 615-352-6299.

May 6 Warner Woods and Mossy Ridge Trails in Warner Park, Nashville, TN. By combining the Warner Woods and Mossy Ridge Trails we'll get in a 7-mile hike very close to Nashville (where most of us live), plus have plenty of time left in the day to do other things. The hike is rated moderate for the several short hills we will ascend/descend and uneven, rocky terrain. Along the way we will see wildflowers and maybe an owl or two, wild turkey, deer, and plenty of squirrels and chipmunks. Wear sturdy hiking shoes, and bring water and snacks. Afterwards, we will regroup for lunch close by at either Bread & Company or Calypso Cafe (bring \$ to pay for your lunch/whatever). We'll meet at 8:15am (CT) at the park's entrance at the end of Belle Meade Blvd (at the flagpole) and be on the trail by 8:30am, and finished around 11:30am. For additional information, call Diane Manas at 615-352-7777.

May 11 (Thu) see May 4, above.

May 13 Spring Tree Hike on the Vanderbilt University Campus, Nashville, TN. The Vanderbilt campus contains beautiful trees, landscaping, and sculptures, which cannot be seen from the street. We will take about an hour's stroll through the campus and learn about the history of Vanderbilt, view the trees, flowers, and sculptures. Afterwards, we will treat ourselves to Ben and Jerry's Ice Cream. Meet at 1:00pm (CT) in front of the San Antonio Taco Co. at 416 21st Avenue South, across from Vanderbilt. For information and register, call Jenice Johnson at 615-356-6246.

May 14 Walls of Jericho. Near Winchester, TN. Join us for a spring hike to the newly opened Walls of Jericho gorge. Driving distance is about 2 hours and the hike is approximately 8 miles. The hike is rated moderate due to the steep descent going in and ascent coming out. Bring sturdy footwear, water, lunch, and clothing appropriate for the weather. For more information, and to obtain meeting time and location, call Doug Burroughs at 615-587-0085.

May 18 (Thu) see May 4, above.

(cont.)

NASHVILLE (cont.)

May 23 Annual Chapter Picnic. Shelter #10 in Edwin Warner Park, Nashville, TN. In lieu of our monthly meeting, we will gather for our annual chapter picnic. Bring a potluck dish and a beverage to share. Plates, cups, napkins, eating utensils will be provided. Also, family and friends are invited! As well as all of our newer members and non-members (wanting to check us out) are encouraged to join us! In year's past, we've met at Picnic Shelter #10, and ditto for this year. We have reserved the shelter from 3:00pm (CT) until sunset. You are welcome to come as early as 3:00 as there will be others arriving then. At approximately 5:00pm, we will depart from the shelter for a 2½-mile hike on the Harpeth Woods Trail.
DIRECTIONS: From Nashville, head west out of town. In Belle Meade, pick up Hwy 100 from the Hwy 70-100 split. Drive 3-4 miles and turn left onto Old Hickory Blvd. Go to the first traffic light and turn right onto Vaughn Rod. Go approx three tenths of a mile and turn right into the picnic shelters area (there will be signs!). For those who travel better via **GPS**: 36 03.064N, 08654.866W. See you there. If you have further questions, call Jim Johnson at 615-356-6246.

NORTHWEST CHAPTER (UT at Martin/Weakley County)

CHAPTER OFFICER: Jim Clark
731-587-2225 jclark@utm.edu

Monthly Meetings Will Resume in August
WEBSITE - www.utm.edu/~jclark/trails/

CHAPTER NEWS: Our student and faculty members are on summer break; therefore, we have not scheduled any meetings or activities for May-July. Upon our return in August, we will post hikes and meeting announcements to our website, as well as in this newsletter. Until then, have a great summer and remember – you are always welcome to participate in any of our other chapter's (13 to choose from) outings, events and meetings.

TTA Web Site Update

The TTA web site has undergone major renovations over the past year and continues to be updated frequently, sometimes daily.

New features were added allowing members to submit membership information (address, phone number, e-mail changes), post gear for sale, submit photographs, review past issues of the newsletter, purchase merchandise through Amazon.com (*TTA benefits by receiving a small commission on each item purchased*), obtain [Release of Claims Liability Forms](#), and surf within the site to reach CTC, chapter officers and board officers, and state parks.

Take a moment to surf around, you'll be glad you stopped in for a visit: www.tennesseetrails.org

Attention: Hike Coordinators (aka Hike Leaders)

A TTA [Release of Claims & Hold Harmless Agreement](#) form (aka "Liability Waiver") must be signed by everyone before you start your hike or before carpooling to your hiking destination. They can be obtained from your local Chapter Officer or downloaded easily from our website: www.tennesseetrails.org/release.php

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER: James Hubert
931-459-4839 jhubert1@frontiernet.net

SECRETARY/TREASURER: Mitze Anderson
931-788-6731 Wanderso121@yahoo.com

MEETS QUARTERLY: 2nd Thurs in Feb, May, Aug & Nov at
6:30pm CT. Art Circle Public Library's Community Room, 154
East 1st Street, Crossville

*There is a leaderless hike (typically 5 - 7 miles) every
Wednesday morning. For additional information, or to get on
an email list for the hikes, contact Bill Harris (931-484-9152)
or Jim McCullough (sue1290@frontiernet.net). Rain cancels.*

May 6 John Litton Loop, Big South Fork. The John Litton loop is about a 6-mile long hike with some small waterfalls and some rock formations along the way. The trail is named for John Litton who settled in the area around 1900 and his dwelling and outbuildings are still standing. The hike is rated moderate. Meet behind the Cracker Barrel at 8:00 AM CDT. For more information and to register, contact Bill Harris at 931-484-9152.

May 11 Quarterly Chapter meeting. Art Circle Public Library Community Room, Crossville at 6:30 PM CDT. Richard Savage, Upper Cumberland Chapter Chair, will give a presentation of his hiking experience while visiting Australia in 2005.

May 20 Cloudland Canyon State Park, Trenton, GA. This hike is on the western edge of Lookout Mountain to the south of Chattanooga and just over the line into Georgia. The hike is strenuous at first as we visit two waterfalls and then moderate as we hike along the West rim trail. The overall hike is about 6 miles long. Meet at the Cumberland Mountain State Park Boat Launch Center at 7:00 AM CDT. There will be an opportunity for interested hikers to stop in Chattanooga on the way home for a late lunch. Carpools will be arranged accordingly. You will need to register for this hike and indicate your preference for stopping in Chattanooga. Contact Bill & Mitze Anderson 931-788-6731 or e-mail mitze1@yahoo.com.

May 27 Pogue Creek State Natural Area Guided Nature Hike, Fentress County. This is a Tennessee Natural Areas Event. Pogue Creek is a 3,000-acre natural area acquired by the Tennessee field office of The Nature Conservancy and is in the process of being transferred to the State. Pogue Creek is significant because of its scenic cliffs, rock houses, and rich forest communities. It also supports populations of federal and state protected plant species. The hike will start at an overlook of Pogue Creek. We will then travel through the breathtaking beauty along the base of the Cumberland Plateau escarpment surrounding the proposed Pogue Creek Natural Area. The hike will be strenuous and will proceed along the base of the escarpment for approximately 2 miles. Depending on the timing and site conditions, we may precede along the bluff and **BUSHWHACK** up to the top of the escarpment and proceed back to the vehicles. The hike will last from 2.5 to 3.5 hours depending on breaks and conditions. Dress appropriately and expect rain, wear sturdy boots and long pants (i.e., for bushwhacking), and bring plenty of water and lunch. Reservations required: *RSVP by May 11th to Kevin Fitch, 615-532-0431 or Kevin.fitch@state.tn.us. The first 10 reservations can take advantage of van transportation provided by the Tennessee Natural Areas Program. Meet at 7:00 AM at the Food Lion off Bell Road south of I-40. (Take exit 219 off I-40 and turn south onto Stewarts Ferry Pike - Stewarts Ferry Turns into Bell Road). Food Lion will be on your right on Bell Road. Leaders: *Kevin Fitch, Science Director - Natural Areas Program and Doyle Newburry. Plateau Chapter contact: Rita Senko, 865/354-6101 or rsenko@usit.net

SODDY DAISY CHAPTER

This chapter is being reorganized. For further information, contact Charles Jones, East Tennessee Representative At-Large at cejones9@earthlink.net. In the interim, you are welcome to attend other chapters (13 to choose from) outings, events and meetings.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Richard Savage
931-526-2035 savage_richard@hotmail.com

May 6-7 Max Patch, Pisgah National Forest, Hot Springs, NC. This hike offers a spectacular view from a bald called Max Patch. The hike is 6 miles, rated moderate, and will start from Lemon Gap. If the weather is good and enough hikers are interested we may spend the night on top of the bald. If you intend to stay the night you will need to bring backpacking gear such as sleeping bag, tent, food, etc. Those that wish to day hike only will need to bring lunch, snacks, beverages, and good hiking boots. Hot Springs, NC, about 30 miles from Max Patch, is having their 9th annual French Broad River Festival this same weekend, <http://www.frenchbroadriverfestival.com>. We will meet at Penney's at 7:30 and start the hike around 11:30 EST. For information and to register contact Guy Zimmerman at 931-526-1574 or guyz@charter.net

May 13 Twenty-Mile Trail to Shuckstack, Great Smoky Mountains National Park, Fontana Village, NC. This trail follows an old railroad grade to its junction with the Appalachian Trail near Shuckstack. The views from the summit of Shuckstack are considered to be among the best in the park. The hike is about 10 miles and is rated strenuous because of the elevation change. Bring snacks, water, lunch, and wear hiking boots. You can meet us in the Penney's parking lot in Cookeville at 7:00am CT. For information and to register contact Marnell Cothran at 931-738-5874 or leron@blomand.net

The Sensible Approach to Hydration

Being sensible about hydration can help you avoid heat illnesses (heat cramps, exhaustion and stroke), dehydration and over-hydration.

- Drink fluids only until your urine is clear. It isn't necessary to keep drinking (particularly the night before a race) so often that you have the need to urinate every 15-30 minutes.
- On hot, muggy days try to avoid training during the late morning or early afternoon hours. Run early in the morning or in the evening when the air is cooler.
- Never train in a sweat suit or nylon suit during hot weather to acclimate yourself to heat training or to lose weight.
- Choose sports drinks containing sodium and electrolytes rather than plain water for hydration during training and racing.
- Drink enough of a hydration sports fluid to give you clear urine prior to a training run or race, then drink only when you start to feel thirsty.
- Monitor your body. Some people sweat more than others. Some people also lose more minerals in their sweat than others. If you're the kind of person who finishes a workout caked with white salt around your hairline and/or under your arms, you may need to take in more of a sports drink than someone who loses less.
- If you're running a marathon, pay attention to signals that you may be developing dehydration, over-hydration or a heat-related illness. If you start to feel woozy, overly fatigued, tingling in your fingers or toes and you feel a headache coming on, stop running and let medical personnel know that you need attention.

OFFICERS:

President

Anne Wesley 615-851-1052
ttahiker@msn.com

Vice-President

Rosemary Marshall 865-687-0670
Rosemary_L@hotmail.com

Treasurer

LouAnn Partington 931-393-4835
louannpartington@bellsouth.net

Secretary

Carolyn Miller 931-456-4465
cardan@frontiernet.net

Past President

Fount Bertram 615-765-5357
fwbertram@heartoftn.net

Previous Past President

Leigh Jones 931-484-5298
Cejones9@earthlink.net

West TN At-Large Director (Interim till May)

Don Dresser 731-668-4190
Donald_dresser@usit.net

Middle TN At-Large Director

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

East TN At-Large Director

VACANT

Membership

Garnett Rush 615-352-7217
rushga01@yahoo.com

Cumberland Trail Conference

Representatives

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TN Rails To Trails Advisory Council

VACANT

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

Newsletter Editor

Leslie El-Sayad editor@tennesseetrails.org

Newsletter Deadlines:

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

Due	For Newsletter Dated
May 10	June 1
June 10	July 1
July 10	Aug 1

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

Please send all submissions to:

editor@tennesseetrails.org

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 publicize your next trail volunteer day,
contact Harold Draper at 865-689-7757**

TENNESSEE RAILS-TRAILS ADVISORY COUNCIL (TRAC)

WEBSITE www.TNRailsTrails.org

**TRAC is in the process of being reorganized.
Stay tuned for further information.**

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

Tennessee Trails Merchandise Order Form

_____ TTA Patch 6.00
Round embroidered patch, sew it on anything.

_____ TTA Window Decal 3.00
A must for each car. Removable, no adhesives.

_____ TTA License Plate 14.00
Perfect for the front bumper of your car.

_____ TTA 35th Anniversary Commemorative T-Shirt... 16.00*
Choose Size: Small / Medium / Large / X-Large
Choose Color: Sand / Yellow / Stone-Gray

_____ TTA 35th Anniversary Commemorative Patch 6.00
Round embroidered patch commemorating TTA's 35th Anniversary, sew it on anything.

_____ TTA Flashlight Carabineer Key Ring, blue 6.00

_____ *Shipping & Handling on T-shirt Orders ONLY!!! . 1.50

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

PHONE hm: (____) _____ wk:(____) _____

E-mail Address: _____

Mail your check payable to: Tennessee Trails Association
c/o Marietta Poteet, 525 Huckleberry Place
Monteagle, TN 37356

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

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

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

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

- A NEW MEMBER** May06
 RENEWING MY MEMBERSHIP

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Garnett Rush 615-352-7217 rushga01@yahoo.com

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

PLEASE, PRINT CLEARLY.

<input type="checkbox"/> Individual \$25.00 <input type="checkbox"/> Family \$35.00 <input type="checkbox"/> Student (FULL-TIME) \$15.00 <input type="checkbox"/> Supporting (\$50.00, \$100.00 or more) <input type="checkbox"/> Life Member (Individual) \$500.00 <input type="checkbox"/> Life Member (Family) \$750.00	Name _____ Address _____ City _____ State _____ Home Phone (____) _____ Zip _____ -- _____ Work Phone (____) _____ e-mail _____
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Please do not list my e-mail address in the TTA Annual Membership Directory

Please list me with the following chapter:

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Big South Fork | <input type="checkbox"/> Cumberland Gap | <input type="checkbox"/> Memphis | <input type="checkbox"/> Plateau (Crossville) |
| <input type="checkbox"/> Clarksville | <input type="checkbox"/> East TN (Oak Ridge/Knoxville) | <input type="checkbox"/> Murfreesboro | <input type="checkbox"/> Soddy Daisy |
| <input type="checkbox"/> Columbia/Franklin | <input type="checkbox"/> Highland Rim (Manchester/Tullahoma) | <input type="checkbox"/> Nashville | <input type="checkbox"/> Upper Cumberland |
| <input type="checkbox"/> Cove Lake | <input type="checkbox"/> Jackson | <input type="checkbox"/> Northwest (UT at Martin/Weakley) | (Sparta/Cookeville) |
| | | | <input type="checkbox"/> At Large |

When you become a TTA member, you will receive: (1.) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2.) TTA's monthly newsletter, containing information on hiker safety, upcoming hikes / overnight trips, volunteer opportunities, chapter meeting announcements, as well as events occurring within TTA's 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.

Purchase Order

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

April 18, 2005

Leslie El-Sayad
Home: 865-717-6246
Les1202@aol.com

Color Plus Printing
4825 Trousdale Dr, #102
Nashville, TN 37220

Leonard Chavaz
615-781-1071
cell ph: 615-207-0947
colplprt@bellsouth.net

Newsletter Printing

Cover Date: **May 2006**

Number of pages submitted
with this purchase order: 10 pages

Printed Paper size: two - 11 x 17 sheets
one - 8½ x 11 sheets
printed on 2 sides
11 x 17 pages to be folded in ½ by Color Plus

Paper Weight: 20 pound paper weight

Paper Color: white

Ink Color: black

Print Quantity: 800 pieces

Approximate Cost:

Send **TAX EXEMPT** Invoice to:

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

Leonard, please contact Jerry Hendrixson at 615-227-4595,
or 615-738-0582 to arrange:

- His picking newsletters up from you at Color Plus Printing or,
- Your delivering newsletters to his home or,
- Your delivering newsletters to Sue Biggers' home in West Meade where the newsletter party will be taking place on Monday, April 24, 2006 at 7:00pm.