

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



Tennessee Trails Annual Meeting

**MAKE PLANS TO ATTEND THE TTA ANNUAL MEETING AT
THE CLYDE M. YORK**

4-H CAMP IN CROSSVILLE, TN

MARK YOUR CALENDARS AND RESERVE THE DATES:

OCTOBER 12 - 14, 2007

REGISTER EARLY IN THIS ISSUE.

HIKES SCHEDULED INCLUDE:

**LOST CREEK CAVE, ANGEL FALLS OVERLOOK, HIDDEN PASSAGE, VIRGIN
FALLS, POLLY BRANCH, HONEY CREEK, BRADY, AND LILLY CLIFFS,
BOULDERS AND FALLS.**

SEE THE SPECIAL INSERT FOR REGISTRATION AND PROGRAM

**START SAVING!!!
GOT STUFF???**

**Bring all those wonderful goodies you
have stashed away but aren't using.
TTA needs it!!!**

**The silent and not so silent auction and
the white elephant table await your
donations.**

**One person's junk is another
person's?????????**

BOARD MEETING

The 3rd quarter Board of Directors meeting will be Saturday, August 4 at 1:00 pm central. We will meet at Edgar Evins State Park at the newly remodeled campers building. Upon adjournment, there will be a post-meeting dinner and catfish-eating contest at the marina restaurant. All TTA members are welcome and encouraged to attend (the meeting and/or dinner). For directions please contact Anne Wesley at tthiker@msn.com or 615-251-1075.

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:

General Manager Tony Hook tony.hook@frontiernet.net
Trail Coordinator Tony Hook tony.hook@frontiernet.net

Walt CyGan has earned the first Fifty-Miler Award ever Issued by the Cumberland Trail Conference. Walt hiked over 50 miles of the Cumberland Trail and volunteered for weeks at a time during Big Digs and BreakAways. He also has taken part in every recent CTC maintenance project, including the Black Mountain reroute and the Board Camp Creek step building project. From everyone at CTC, "**Congratulations, Walt!**" Everyone is eligible to earn the Fifty-Miler Award. Visit CTC's website at www.cumberlandtrail.org to learn about the requirements and see a picture of the award.

CTC's tentative Fall Schedule

September 21-29: trail work on Byrd Mountain in the Frozen Head State Park and Natural Area, Wartburg, TN. This will be a part of our celebration of National Public Land Day on September 29, 2007. This will be a camping outing. Volunteers will need to provide their own camping equipment, meals will be provided, further details TBA.

September 29, 2007: National Public Land Day, celebrate this day by giving of your time and volunteer to help maintain/build the Cumberland Trail. See above listed program for details.

October 2-4, 2007: Prentice Cooper WMA and State Forest; trail maintenance in preparation for the "Stump Jump Race".

October 6, 2007: Stump Jump Race 2007, Chattanooga, TN; visit www.rockcreek.com/stumpjump for details.

Other programs and dates to be announced.

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Charles Gibbs
423-628-5678 clgibbs@highland.net

SECRETARY / TREASURER: Benita Howell
423-628-5521/865-974-7797 bjhowell@highland.net

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

OUTINGS COORDINATOR Tom Howell
423-628-5521 tshowell1003@highland.net

TRAIL MAINTENANCE COORDINATOR: Bob
Hemminger dagbob@juno.com

Due to vacations and preparations for Pilgrimage at Historic Rugby on September 1, no scheduled hikes are planned for August. Check other chapter listings in this newsletter or www.tennesseetrails.org for hikes to join!

COLUMBIA/FRANKLIN CHAPTER

CHAPTER OFFICER: Sherrie Yokley
931-703-2251 syokley@wavesinc.com

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

August 7 Monthly Meeting Grand Buffet Spring Hill, TN. 7 PM. Our speaker will be Larry Malcum. Larry earned a Master's Degree in Wildlife Science at The University of Tennessee. While studying he lived 3 years in the back country of the Great Smoky Mountains studying Black Bear. Larry spent 32 years with Tennessee Wildlife Resource Agency as Big Game Coordinator and Chief of Wildlife Management. Now retired Larry enjoys volunteer work with TWRA and hiking. He and his wife Patricia recently spent 3 weeks hiking Glacier National Park.

August 11-12 Canoe Trip. Kerry Sumners will lead an over night trip down the Elk River. We will meet at Spring Hill Kroger at 7:30 AM, park near McDonalds. For more information call Kerry at (615)790-4013 or email at karofishes@bellsouth.net.

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm
423-562-1110 *Richard.Helm@ahss.org*
CO-CHAIR: George Gill
423-562-7121
MONTHLY MEETING: August 6 6:00pm Cove Lake State
Park Shelter One. Call Richard for info 562-1110

August 11 Meet at Eagle Mart at 8a.m. Will be hiking a dual hike. First to river Bluff Trail 3.1 miles, rated easy and then Savage Garden in Lake City-I mile, rated easy. Call Patricia Bolton

CLARKSVILLE CHAPTER

CHAPTER OFFICER: Merri Hinton *andrews@logantele.com*
270-726-3141
CO-CHAIR: Suva Bastin 931-645-2849
SECRETARY: Lucy Weikel 931-358-5794
j107sw@aol.com
TREASURER: Sandy Janus 931-551-8523
CONTACT FOR HIKES: J. R. Tate 931-920-2692
modelt@charter.net

or Bob Lyon at 931-648-2354

MEETS MONTHLY: 3rd Tuesday, 7:00 pm CT,
Crow Community Center 211 Richview Rd
Clarksville, TN

August 4 Beaman Park, 5 miles, easy; Lucy Weikel, 931-358-5794 TTA Quarterly Board Meeting, Edgar Evans St.Pk. 1 PM

August 11 Natchez Trace- Merriwether Lewis Trail, 6 miles, moderate; Suva Bastin, 931-645-2849

August 18-19 Overnight backpacking trip (or day hike), Virgin Falls, 8 miles, difficult; Bob Lyon 931-648-2354

August 25 Ashland City Rails to Trails, 4 or 8 miles, easy; J. R. Tate, 931-920-2692

Carpool Etiquette

Gasoline prices have continued to roller coaster up and down. Please be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of gasoline (i.e. bring small bills, it'll save time and prevent the inconvenience of having to stop to locate change).

Your driver is not a chauffeur. Assist him or her by reading the map and/or directions to the trailhead. Help your driver remain alert on the drive home by staying awake and conversing.

All passengers must wear seat belts to minimize the risk of injury in case of an accident !!! *The drive to and from a trailhead is generally the most dangerous part of any hiking trip.*

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: Tom Bentley
931-455-5859 *htbentley@charter.net*
VICE PRESIDENT: Joette Carter 931-968-0073
TREASURER: Marietta Poteet 931-924-7666
NEWSLETTER CONTACT: Sharon Bell 932-455-1652
MEETS MONTHLY: 1st Tuesday at 7:00p at the Crockett's
restaurant in Tullahoma

August 7: Monthly meeting at Crockett's Restaurant. Meet at 6:00 for dinner and socialization. Regular meeting at 7:00. Freddie DiPlacido will share her recent trip to the Galapagos Islands.

August 11, Jim and Marietta Poteet will lead a hike to Stone Door, Big Creek, and Greeter Falls. It is an exciting hike with waterfalls and beautiful forest scenery. It will be 10 miles and rated moderate to difficult due to steep ascents and descents and rough trail on the descents. Keep in mind that because this is August, a great deal of drinking water is imperative. Call Marietta or Jim at 931-924-7666 or email Marietta at *nannietta@blomand.net* for registration and further information

August 18: Third Saturday "Eat-Hike-Eat" hike. Meet at the Blue Chair, Sewanee at 9:00 for breakfast, with hiking to begin at 10:00. We will carpool to Gate 4, hike to Cherry Point, via KA Pont, Shake Rag to Brakefield Road and return to Gate 4. The Location of lunch will be decided during the hike. The hike will be 4 - 5 miles rated easy to moderate. Contact Tom Bentley 931-455-5849; *htbentley@charter.net* to register.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall
rosemary_1@hotmail.com
CO-CHAIR: Allie Hubbs
Hike_announcement_etchapter@yahoo.com
TREASURER: Harold Draper
.h.m.draper@att.net

August 18 GSMNP. Cane Creek/Little Bottoms/Hannah Mountain/Rabbit Creek loop trails. Rated moderate due to eight miles but little elevation change. Bring lunch and sandals for creek crossing (You will get wet.) Meet at the outer parking area at the Target store in Maryville at 9 am. Contact Melanie Harmon(376-4982 or *ddiversified@hotmail.com*) to pre-register and for more information

August 23 It's that time again! We're having our after work hike. We will meet at Laurel Church of Christ parking area (3457 Kingston Pike) at 6:00 pm and begin the 5 mile hike through an old but beautiful section of our city. We'll past very scenic houses, lots of plant life, tasteful water fountain and end up at our own Tennessee River bank. We'll go to the "Green Hills Grill" for food and drink afterwards. No hiking boots required on this hike. To pre-register, call Rosemary 865-548-6171 or *rosemary_L@hotmail.com*

MURFREESBORO CHAPTER

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

OUTINGS COORDINATOR: Millette Jones
millette.jones@comcast.net 615-397-9588

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

Aug. 11 - Stone Door, Big Creek, Greeter Falls, 10 miles, moderate/difficult. Jim & Marietta Poteet will lead this hike which is rated moderate to difficult for length, elevation change, and trail condition. At press time there were still plans in the making for a carpool from Murfreesboro. Please check the TTA website for up-to-date information about whom to contact.

Aug. 14 - Monthly Meeting, 7pm, Wilderness Station at Barfield Park. Come hear Steve Walsh of the Tennessee Parks and Greenways Foundation. Steve will speak about the foundation's vision of preserving and supporting parks, greenways, and open space in Tennessee and about their current projects as well as the history of the organization.

Aug. 18 -19 Virgin Falls Backpack, 8 miles, moderate/difficult. See details of the trail below. Contact Kim Griswold for more information or to sign up for the backpack 615-893-6489.

Aug. 18 - Virgin Falls Day Hike, 8 miles, moderate/difficult.

One of the top three water fall hikes in the nation by *Backpacker* magazine. With its 4 falls, one dropping over a 110 ft. cliff, and numerous caves along the trail, it should pique the interest of everyone hiking. It also has a well known secret at the end of one of its spur trails...a 200 plus-year-old tree so large it takes 4 grown men to circle it! Because of the 800 ft. elevation change down into and out of the gulf, as well as 8 miles of sometimes rocky and difficult terrain, this hike is rated moderate/difficult. After the hike, the day hikers will drive another half mile down Scotts Gulf Road to see one of the best and most accessible views in the area at Yellow Bluff Overlook. Participants must bring sturdy footwear (...no pumps or high heels will be allowed...;-)). Please bring plenty of water or water filtration device. We eat lunch at Virgin Falls so bring hike leader something good! We meet in far left parking lot of new Wal-Mart on Rutherford Blvd. at 6:15am and leave at 6:30am. For those wishing to meet us at the trail head plan to arrive at 8:15am and be on trail at 8:30am. For more info and to register for the day hike e-mail Dave Simpson at *drossic@comcast.net* or call 615-427-9136.

Aug. 25- Long Hunter State Park, Bryant Grove Trail, 8 miles, easy/moderate. Cindy Andrews is leading this 8 mile there-and-back day hike on Bryant Grove Trail. Known for its solitude the trail follows the shore of Percy Priest Lake ending at a swimming beach and

MURFREESBORO(cont)

picnic area. For those only wishing to do 4 miles shuttles are possible. Depart from the Murfreesboro Sam's Club parking lot off I-24 exit 78A at 7:30am sharp. Contact Cindy Andrews at 615-893-3088 or *candrews@acsigroup.net* to sign up or for info.

PLANNING AHEAD

Sept. 1- Annual Yard Sale, Saturday 7:30 AM – 2:00 PM. Please save your items for the sale and donate your time for our one fund raiser of the year. The proceeds go into our local treasury to pay the operating costs for our chapter for the coming fiscal year. Volunteers may work the sale for a couple of hours, or all day. More details will appear in the next newsletter, and in the Weekly E-News.

Contact Anna Bertram, *abertram@dtccom.net* or 615-765-5357.

JACKSON CHAPTER

CHAPTER OFFICER: Gary Cooper

731-424-5375

gcooper52@yahoo.com

MEETS MONTHLY

NO MEETING FOR JULY

Other Activities- Tubing on the Current River - this will be lots of fun.

Reservations are required. Please contact Julie Holt to get all the information about lodging, carpooling, reserving your tube and any other information you may need. Julie Holt 731-424-9821

MEMPHIS CHAPTER

CHAPTER OFFICER: Carolyn Pierce
901-755-5635 *cedpierce2000@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

It's vacation time! No chapter meeting and hikes are scheduled for August. In the meantime, check out other TTA chapters hike listings in the TTA Newsletter or www.tennesseehikes.org and join a hike! Mark your calendar for our next meeting, Thursday, Sept 20 and hike Sunday, Sept 23, Shelby Farms Walnut Grove Road)

The Plateau Chapter Invites You to Attend the Annual Meeting Oct 12-14 in Crossville, Tn

If this is your first annual meeting, expect to meet TTA members from around the state, make new friends on the hikes, and enjoy hikes to interesting locations. The focus of the annual meetings is the hikes in different areas of the state. With 14 hikes around the Cumberland Plateau, you will have the opportunity to see the structures that make hiking on the plateau unique: rock houses, waterfalls, overlooks, rock outcroppings, natural stone arches, and caves. Please see the separate listing for the hike descriptions. The two cave hikes have a limit on the number of hikers. You can pre-register for either of the two cave hikes by contacting Jim McCullough at sue1290@frontiernet.net or by calling 931/484-8222.

The annual meeting starts on Friday with registration opening at noon. Come early and join the hikes, meet your friends, and explore the 4H center. Entertainment is scheduled for Friday night featuring the always fascinating State Naturalist, Mack Pritchard, followed by the Celtic/bluegrass band, Hickory Wind. Weather permitting: the activities for the night will end with a bonfire.

Most of the hikes are scheduled for Saturday, but we will get back to the center in time for dinner, the TTA annual meeting, and then the live auction. A silent auction will run from Friday evening through Saturday evening. The live auction and the silent auction provide a good opportunity to purchase items for yourself or gifts for special people. Other fundraising activities during the weekend include a bake sale and a White Elephant sale.

As in past years, it is requested that each TTA Chapter donate at least 5 quality items for the Live Auction. We also need items for the Silent Auction. Items for the Live Auction are usually new, unless their value has increased with age. Examples of items that have been donated in the past include sleeping bags, tents, trekking poles, backpacks, water hydration systems, paintings, and handmade bed quilts. As most hikers have enough equipment, consider donating items that might not be related to hiking. Silent Auction items usually include some gently used equipment similar to the items listed for the live auction, new items of lesser value (hiking socks or trail guide books), plus gift certificates for services, such as restaurants, overnight lodging, etc. Sometimes there is a fine line between whether an item should be in the Live Auction or the Silent Auction, so the auction "staff" reserves the right to place any item into the auction category that will probably bring the best bid.

There will also be a "White Elephant Sale", which is similar to a yard sale. Use this opportunity to clean out your cupboards, closets, nooks, and crannies and bring these items with you when you come. There is no need to price the items, as there will be tables set up with a range of prices. Just place the item on the table you think is appropriate. These items can be just about anything small enough to carry, but clothing (other than hiking or camping gear) does not sell well. Used books, movies, household and camping items, candles, figurines, wreaths, small appliances, and hand tools are just a few items on the bargain tables in past years.

No Annual Meeting would be complete without a Bake Sale! We're counting on TTA cooks to bring their homemade goodies, packaged for individual purchase. These baked goods make great snacks between meals and during the hikes.

The auction and other fundraising activity proceeds will be donated to the 2008 Alternative Spring Break Trail Building Program hosted by the Cumberland Trail Conference.

Chapter displays will be in the Recreation Hall. We want each Chapter to bring a display of pictures from your hikes and activities throughout the year.

There will be TTA Merchandise for Sale. Individuals and chapters wishing to sell other items must clear this in advance with the Annual Meeting Planning Committee: please contact either Carolyn Miller or Rita Senko. (Contact information on the registration sheet).

Due to the size of the group, we have reserved the entire camp. The 4H center is located on 190 acres of well-maintained grounds and hosts modern cabins and lodges, dining facilities, meeting rooms, a lake, and some short hikes around the camp. Hikes within driving distance of Crossville are the main attraction on Saturday, but if you prefer to stay at the 4H center, there are horseshoe pits, a volleyball court, a basketball court and catch-and-release fishing in the lake (bring your license).

The housing accommodations consist of two lodges, Cedar and Pine, and dorm style cabins. Tent camping is available on the property. All accommodations will be based on first come, first serve basis. If you should require other accommodations, a list of area motels is available. The food will be prepared by experienced cooks and served cafeteria style.

If you want to explore Crossville area attractions, they include the respected Cumberland Country Playhouse, numerous golf courses, and an outlet mall. For history buffs, the 4 H center itself was the location of one of the first POW camps during World War II and housed German and Italian officers. There will be a video presentation about the history of the camp on Friday evening. Additionally, the Homestead area south of town provides a glimpse into the Works projects sponsored by the New Deal during the 1930's.

Undecided yet about attending this year's Annual Meeting? Just consider the benefits: the opportunity to hike on the Plateau, see old friends, be entertained, and support the activities of Tennessee Trails Association and the Cumberland Trail Conference.

TTA Annual Meeting: October 12 – 14, 2007

Clyde M. York 4-H Camp Crossville, TN

(clydeyork4hcenter.org)

Registration Form

Families: please provide the name of each member of your family attending.

Name _____ Name _____ Name _____ Name _____

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Chapter _____ Email _____

REGISTRATION FEE Per Person is \$15.00 Number of Persons: _____ X \$15.00 Total \$ _____

LODGING

COED CEDAR LODGE: – Single rooms with private baths, linens and towels furnished. Only 22 beds (11 rooms) available.

Would like to share room with _____

COED PINE LODGE: 4 rooms with 4 persons per room (bunk style). Linens and towels furnished. Separate male and female restroom facilities. Would like to share room with _____

PLEASE indicate CEDAR _____ PINE _____

LODGE Fee Per Night is \$32.50

FRI NIGHT Number of Persons _____ X \$32.50 Total \$ _____

SAT NIGHT Number of Persons _____ X \$32.50 Total \$ _____

DORM Rooms – Dormitory style cabins equipped with comfortable bunk beds and mattresses, heat and air conditioning, modern restrooms and showers. We'll have separate dorms for women and men. You will need to bring towels and bed linens or sleeping bag. If you have a preference with whom you want to share a dorm, please make a note and it will be honored if possible.

DORM Fee Per Night is \$20.00 Would like to share dorm with _____

FRI NIGHT Number of Persons _____ X \$20.00 Total \$ _____

SAT NIGHT Number of Persons _____ X \$20.00 Total \$ _____

TENT CAMPING or RV: Only room to park 2 RV. No hookups.

Camping Fee Per Night Per Person is \$10.00

FRI NIGHT Number of Persons _____ X \$10.00 Total \$ _____

SAT NIGHT Number of Persons _____ X \$10.00 Total \$ _____

MEALS

FRI DINNER Number of Persons _____ X \$10.00 Total \$ _____

SAT BREAKFAST Number of Persons _____ X \$6.25 Total \$ _____

SAT LUNCH Number of Persons _____ X \$5.00 Total \$ _____

Please check type/quantity of sandwich: _____ Chicken _____ Tuna _____ Cheese _____ Peanut Butter & Jelly

SAT DINNER Number of Persons _____ X \$8.50 Total \$ _____

SUN BREAKFAST Number of Persons _____ X \$6.25 Total \$ _____

Please check if you would like to request vegetarian meals. # People wanting Vegetarian Meals _____

Please make check payable to Tennessee Trails Association TOTAL ENCLOSED \$ _____

Mail to: **Mitze Anderson, 1420 War Eagle Drive, Crossville, TN 38572** mitze1@yahoo.com

For more information, contact Carolyn Miller at cardan@frontiernet.net or (931) 456-4465

OR Rita Senko atrsenko@usit.net or (865) 354-6101.

Due to scheduling requirements, registrations that include meal purchase, MUST BE RECEIVED on or before October 1st, 2007. **SORRY, REFUNDS CANNOT BE MADE AFTER October 1, 2007.**

Directions to the Clyde M. York 4-H Center, Crossville, TN.

FROM NASHVILLE: Take I-40 East to Exit 317 (Highway 127). Exit to Right and go South 3 miles to Elmore Road intersection (Stoplight #). Take a Right. Go West 4.8 miles to POW Camp Road. There is a large brown University of Tennessee sign at the intersection pointing direction to the 4-H camp. Turn Left onto POW Camp Road. Go approximately 3 miles to the Clyde M. York 4-H Camp. Turn Left into the car Registration will be in the Dining Hall.

FROM KNOXVILLE: Take I-40 West to Exit 317 (Highway 127). Exit to Right, cross over the interstate and go south 3 miles to Elmore Road intersection (Stoplight #9). Take a Right. Go West 4.8 miles to POW Camp Road. There is a large brown University of Tennessee sign at the intersection pointing the direction to the Clyde M. York 4-H Camp. Turn Left onto POW Camp Road. Go approximately 3 miles to Clyde M. York 4-H Camp. Turn Left into the camp. Registration will be in the Dining Hall.

FROM CHATTANOOGA: Take Highway 27 North to Highway 111. Take Hwy 111 to Dunlap. At Dunlap, take Highway 127 North to Crossville. Go through downtown Crossville and turn left at the Elmore Road intersection (Stoplight #9). Go West 4.8 miles to POW Camp Road. There is a large brown University of Tennessee sign at the intersection pointing the direction to the 4-H camp. Turn Left onto POW Camp Road. Go approximately 3 miles To Clyde M. York 4-H Camp. Turn Left into the camp. Registration will be in the Dining Hall.

2007 TTA ANNUAL MEETING **HIKE DESCRIPTIONS**

LOST CREEK CAVE

Lost Creek Cave is a few miles east of Sparta, south of Rt 70; it is about 45 minutes from the 4-H Camp. Total hiking distance is 3 miles, including 2.5 miles in the cave. There is a steep descent to the cave entrance and the footing in the cave is challenging. There is some rock scrambling. So, the hike is rated moderate but easy enough for a caveman to do. Inside the cave there is plenty of head room. The destination is a room with a 30' waterfall. After returning to the cave entrance, there is a short side trip to an above ground waterfall with a drop of about 60 feet. Lost Creek Cave was a film set for the Disney production of The Jungle Book about fifteen years ago. NOTE: There is a 30 person limit on this hike. Bring two flashlights

BLACK MOUNTAIN

Black Mountain is part of the Cumberland Trail, east of Crossville, south of Interstate 40. It is 45 minutes from the 4-H Camp. Hikers will shuttle cars and descend about 1000' from the top of the mountain to the ending trailhead. The hike is easy to moderate, about 5 miles with generally good footing on a new trail completed earlier this year. There are massive rock outcroppings and overlooks at the top of the mountain. The trail passes thru these rock structures on the way down to Windlass Cave and then on to the ending trailhead. The first couple hundred yards of Windlass Cave can be explored for those with flashlights.

ANGEL FALLS OVERLOOK

Angel Falls Overlook is in the Big South Fork. Hikers will shuttle cars and depart from the Bandy Creek trailhead finishing at Leatherwood Ford. Bandy Creek is about 1.5 hrs from 4-H Camp. The hike is 10 miles but the footing is good and the overall grade is downhill. It is usually rated difficult due to its length. The hike passes several rock houses, a small waterfall and a couple overlooks on the way to Angel Falls Overlook, which is a massive rock outcropping several hundred feet above the Big South Fork of the Cumberland River. It is 2-3 mi from the overlook to the cars at Leatherwood Ford. Due to a fairly long drive, a car shuttle, and a long hike, this hike will take about 9 hrs, door to door.

TWIN ARCHES

The Twin Arches Loop is the best known of the Big South Fork hikes. The trailhead is a little over an hour from 4-H Camp. The hike is moderate, about 6 miles with good footing but some ups and downs. The scenic highlights are the Twin Arches about 0.7 mi from the trailhead. The South Arch, 100' high with a 100' span, is a little larger than the North. There is a narrow crack in the rocks that hikers can squeeze thru at the South arch. After the arches the trail circles at the base of a cliff by rock houses and a natural chimney structure descending to Jake's Place, the remains of a 19th Century farmstead. From Jakes the trail follows a creek to the Charit Creek Hostel. Hikers usually relax, eat lunch, and entertain the cats on the Hostel porch. After lunch, we climb back up to the arches and on to the cars.

HIDDEN PASSAGE

The Hidden Passage trailhead is a short distance beyond the Pickett State Park Visitor Center about an hour from 4-H Camp. The hike is moderate, about 8 mi with good footing and little elevation change. The Hidden Passage is a series of rock houses with a rock opening connecting two near the beginning of the hike. The twenty-foot Crystal Falls is a short distance beyond Hidden Passage. The rest of the hike circles along the rim of the Big Thompson Creek gorge with lots of rock houses and overlooks. There is an old spring and some wet weather falls along the trail.

BRADY MOUNTAIN

Brady Mountain overlooks Grassy Cove just southeast of Crossville. Hikers will shuttle cars and hike north over the mountain on the Cumberland Trail. The departing trailhead is about an hour from 4-H camp. The hike is about 8 miles with a several hundred foot climb to the top of the mountain. It is usually rated difficult. There are three overlooks of Grassy Cove along the way. The best is Brady Bluff (which is probably the nicest overlook on the Plateau as well). Watch for rattlesnakes that like to sun themselves on the rock outcroppings near Brady Bluff. Before getting to Brady Bluff there is an area of nice rock structures on the western slope of the mountain. After Brady Bluff the trail descends 1000 feet to the finishing trailhead.

FALL CREEK FALLS

This is a series of short hikes in Fall Creek Falls State Park, about 45 minutes from the 4-H Camp. Hikers will start at the nature center and do the Cable Trail which is a bit intimidating but is one of the best short (less than 0.5 mi) hikes on the Plateau. It is a very steep cable assisted descent a couple hundred feet to the base of Cane Creek Falls. If you don't like heights, you can sit this one out and spend a half hour exploring the nature center. But if you can deal with a little intimidation, it is a great experience. After the Cable trail, the hikes are in the easy to moderate class with a total hiking distance of less than 5 miles. The trail follows the Cane Creek gorge to the top of Fall Creek Falls and then descends to the bottom of the falls. The hike also includes stops at Buzzard's Roost and Pine Falls overlook which depart from separate trailheads

VIRGIN FALLS

The Virgin Falls trailhead is about 20 minutes west of the 4-H Camp. The hike is difficult, about 8-9 miles with a lot of ups and downs. Virgin Falls is formed by an underground stream that comes out of a cave, drops over 100 feet, and flows back into another cave. Hikers pass two other significant waterfalls on the way. There are a couple cave entrances that can be explored by those with flashlights.

POLLY BRANCH

Hikers will shuttle cars a short distance and begin this hike at the Polly Branch trailhead and end at the Yellow Bluff. The trailheads are about 20 minutes west of the 4-H Camp. The hike is about 7 miles and in the moderate class. The main features

are Upper and Lower Polly Branch Falls, Jenny Branch Falls and the Yellow Bluff overlook of the Caney Fork Gulf. The falls are in the 15-30 foot class, but are very photogenic.

CUMBERLAND MOUNTAIN STATE PARK

The Pioneer Loop trailhead is at the boat dock parking lot about 30 minutes east of the 4-H Camp. The hike is a 5mile loop along opposite sides of Byrd Creek. The footing is good and the terrain is flat, so the hike is rated easy. This is a good hike for non hikers or those who might have over done it the prior day. Byrd Creek is scenic and the fall color may be good.

BONE CAVE

Bone Cave is near Rock Island State Park, about an hour southwest of the 4-H Camp. Once at Rock Island State Park, the hike will be led by a Park naturalist. Expect a short but fairly steep descent to the cave entrance and then 2 hours in the cave. The footing in the cave is generally good but there is some hands and knees crawling and narrow spaces. The crawls are never very long so it's not a claustrophobic experience. The hike probably belongs in the moderate class. Bone Cave is bone dry, but got its name for the bones of a prehistoric giant sloth that were found preserved in the dry environment. Saltpeter was mined as early as the war of 1812 and much of the equipment has been preserved by the dry environment. NOTE: There is a 20 hiker limit on this hike and a State Park fee of \$3. Bring two flashlights. Hard hats are a convenience, but not mandatory.

HONEY CREEK LOOP

The Honey Creek trailhead is about 1.5 hours north of the 4-H Camp in the Big South Fork. The loop is about 6 miles but seems longer due to lots of ups and downs, rock stepping and slippery footing in the creek bed. The hike is rated difficult due to the terrain. The loop passes Honey Creek Falls and three other falls (one of which runs only in wet weather) before reaching Indian Rockhouse which is only accessible by ladder. After Indian Rockhouse the trail is in the creek bed....slow going but scenic. After leaving the creek bed, the trail climbs to the base of Honey Creek Overlook and winds around the base of that cliff. After completing the hike it's a short drive out to the top of Honey Creek Overlook which looks down on the Big South Fork Gorge.

BURGESS FALLS

Burgess Falls State Park is about 45 minutes west of the 4-H Camp. The easy, two mile hike follows the Falling Water River providing a view of four consecutive falls of 20 feet, 30 feet, 80 feet and 136 feet. This would be a great stop on the way west Sunday after a hard day of hiking Saturday.

LILLY BRIDGE

The Lilly area of the Obed Wild and Scenic River is an hour northeast of the 4-H Camp. This is actually two hikes totaling about 6 miles over rough terrain. Taken together the hikes are of moderate difficulty. The first hike begins at the top of Lilly Cliffs which overlook the 200 foot Clear Creek gorge. After hiking downstream along the top of the gorge and passing several overlooks the trail descends to the base of the cliffs and heads back upstream along the cliff line, climbing back to the top and the cars. While at the base of the cliffs, cantilevered rocks of the overlooks can be seen. The second hike starts at Lilly Bluff Overlook on the other side of Clear Creek. It descends to the river passing two waterfalls. The hike concludes with a trip into Lilly Boulders which is a network of rock houses and large boulders that climbers use to practice maneuvers.

2007 TTA Annual Meeting – Schedule of events

Friday, October 12

Noon	Check-In Begins
1:00 PM	Hikes: Lost Creek Cave and Black Mountain
4:00 PM	Social Hour
4:30 – 5:30 PM	History of the 4H Camp: WW II POW Camp Video
5:30 PM – 6:30 PM	Dinner Buffet
7:00 PM	Silent Auction Begins
7:00 PM – 8:00 PM	Mack Pritchard
8:30 PM	Entertainment: Hickory Wind
8:30 PM	Bonfire starts

Saturday, October 13

6:30 – 7:30 AM	Breakfast Buffet
6:30 - 7:30 AM	Pick up Bag Lunches
7:00 – 9:30 AM	Depart for Hikes
4:00 PM	Social Hour
7:00 AM – 5:00 PM	Hikes
5:30 – 6:30 PM	Dinner Buffet
6:45 – 7: 45 PM	TTA General Membership Meeting
7:55 PM	Silent Auction Ends
8:00 PM	Live Auction with Bear Stephenson, Auctioneer

Sunday, October 14

7:30 – 8:30 AM	Breakfast Buffet
7:30 – 11:00 AM	Check out
8:30 AM	Depart for Hikes: Burgess Falls and Lilly Bridge
9:00 AM – Noon	TTA Quarterly Board Meeting

NASHVILLE CHAPTER

CHAPTER OFFICER: Nora Beck
615-617-6486 *nora_beck@comcast.*

OUTINGS COORDINATOR: Libby Francis *Libbyslibbys@Comcast.*
(*email Libby & volunteer to lead an outing*)

MEETS MONTHLY:

HIKING HOTLINE: 615-367-7045

Tuesday August 28 Monthly Program Meeting: Our guest this month is Ken Oeser, who shares with us yet another motivation for hiking--highpointing. Ken's a member of several highpointing organizations and has scaled the highpoints of all the 95 counties in Tennessee. That's not as easy as it may sound. Come find out why! And for some advance research, try highpointers.org, cohp.org or check out a lively article on Tennessee highpointing at http://www.state.tn.us/environment/tn_consrv/archive/highpoints.htm. We meet at 7PM at the Tennessee Wildlife Resources Agency headquarters building on the campus of Ellington Agricultural Center. 5105 Edmondson Pike.

Aug. 4 Stone Door, near Monteagle, TN, Hike and swim, Stone Door to Greeter Falls, thru Big Creek Gulf, to 30 ft Ranger Falls, past Boardtree Falls and end at 50 ft Greeter Falls, where we will relax and swim. This is one of the most interesting trails in the State. A difficult, 7.4 miles. For more info and to register, contact Keith White at 615-305-9078.

Aug. 11, Walls of Jericho, near Winchester, TN. This is a 7 miles hike, more or less. It is rated moderate to strenuous due to 1000' climb at end of hike, plus possible tricky stream crossings and rock hopping. We will incorporate the new Mill Creek Loop into the hike. For more information and to register, contact Karl DuPre at Karld@comcast.net

Aug. 19, Rock Island, near Sparta, Tn. The scenic beauty of this wooded park is dominated by the Great Falls of the Caney Fork River - an imposing limestone gorge. The hike will be only about 2 miles long, but we will go under 11 waterfalls. The hike will be followed by a swim at the local swimming hole. Snacks and good shoes for walking on slippery rocks are a must. For more information and to register, contact Jerry Hendrixson, Bigwagee@aol.com, 615-227-4595.

Aug. 25, Bowie Nature Park, Fairview, TN. Come join us at Bowie Nature Park for a 6 mile hike on the Perimeter Trail. This is a good trail for beginners. The trail is rated easy to moderate because of the length and slight elevation gain at the end. There will be one creek crossing but is usually low enough that you can rock hop across without getting your feet wet. For more information and to register, contact Garnett Rush, 615-352-7217 or rushga01@yahoo.com

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER: Rita Senko
865-354-6101 *rsenko@usit*

SECRETARY/TREASURER: Mitze Anderson
931-788-6731 *mitze1@yahoo.c*

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

August 9 – Thursday 6:30 pm Chapter meeting at the Art Circle Public Library Community Room in Crossville. Rita and Joe will present an Icelandic journey from their recent adventure in Iceland. We will also discuss progress and issues regarding the annual meeting.

August 11 –Saturday - Maude's Crack, Big South Fork. This will be a loop into the No Business Creek gorge which was the site of an early 1900's settlement. After searching for remnants of the old community along No Business Creek, we will return to the rim of the gorge through Maude's Crack, a shoulder width split in a 100 foot cliff. Minnie "Maude" Roysdon found this short cut to the top of the cliff in the early 1900's while bringing lunch to loggers working on the top of the cliffs. In hot weather, the 7-mile hike should be classified moderate to difficult due to the elevation change and a steep climb through the crack. Bring lunch and plenty of water. We will depart Cracker Barrel's rear parking lot at 7AM CDT. To register, e-mail or call Jim McCullough at sue1290@frontiernet.net or (931) 484-8222.

August 17 – Friday 5pm– TTA Plateau Chapter Picnic at Clyde M. York 4-H Center in Crossville. Come join us for our annual picnic. BBQ pork and smoked chicken will be provided. Sign up for the picnic by August 10th via e-mail or phone to Rita Senko at rsenko@usit.net or (865) 354-6101 so the appropriate amount of meat can be ordered. Please bring a side dish and coordinate food items with Sue Eldridge at billsue@frontiernet.net or (931) 456-4459.

August 18 – Saturday – Lost Creek Cave hike, a few miles east of Sparta, TN, south of US. Hwy 70. There is a steep descent to the cave entrance. Inside the cave there is plenty of head room, so that you will be able to walk to the 40 foot waterfall with no need to crawl. Total hiking distance is 3 miles, with 2.5 miles in the cave, and is rated moderate to difficult due to some uncertain footing, rock hopping, and the need to climb over some rocks and boulders. Two flashlights and extra batteries are required for safety reasons. Wear sturdy hiking boots and bring water, lunch, and snacks. Meet at the Tractor Supply parking lot in Crossville at 8am CDT. To register, contact Bill Harris (931) 484-9152.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Pam Miller 931-526-9259
pdmiller@citlink.net

August 4 Perimeter Trail, Sewanee, TN. We will hike Shakerag Hollow to Green's View and explore the Sewanee campus which is a historical and architectural gem. After lunch we will hike in the Lake Cheston area. Around the lake, Wiggins Creek, Bridalveil Falls, Cheston Trail, and University View to Morgan's Steep. The total hike is about 6 miles and rated moderate. Bring snacks, water, and lunch. You can meet us at 7:00am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 7:30. After the hike a local pub is available for those needing refreshment. For information and to register contact Eugene Cummings at 931-528-6139 or eugenestions@yahoo.com.

August 11 Waterfalls and Mountains Car Hike. The drive is about 120 miles. We will visit Ozone and Piney Falls. We will hike approximately 7 miles and have a picnic lunch atop scenic Mount Roosevelt above Rockwood. The hike is rated easy. Bring snacks, water, and lunch. You can meet us at 9:00am CT in the Penney's parking lot in Cookeville or at US Bank across from McDonald's in Sparta at 9:30. For information and to register contact Paul Miller at 931-526-9259 or pdmiller@citlink.net.

August 18 Fundaying, Reliance, TN. We will rent funyaks - inflatable kayaks - from Ocoee Outdoors for an approximately 4 hour paddle down the Hiwassee River. Rental rates are \$20 for a one person funyak and \$35 for a two person. Rates include a life jacket and paddle as well as shuttle to the put in point and pick up at the end. Funyaks are stable and are rented to children as young as 10 so you need not be an expert paddler to participate. Funyaks are self-bailing, you will get wet! Group size is limited and registration must be confirmed by August 4. For information and to register contact Lillian Ey at 615-746-8890 or eyintn@hotmail.com

August 25 Black Mountain, Crab Orchard, TN. Hike to Windlass Cave on the newly completed section of the Cumberland Trail. Enjoy the breathtaking views from the top of Black Mountain. Watch out for copperheads. Explore two or three caves. You can meet us at 9:00am CT in the Penney's parking lot in Cookeville or at 10:00 at Black Mountain's mountaintop trailhead parking lot off of the I-40 Crab Orchard exit. We will hike to Windlass Cave for lunch; explore Windlass Cave and two other caves in the area. Then we will return to the bluffs. Dress for the weather. Wear sturdy hiking boots, bring water, a snack, 3 separate light sources, and extra batteries for your primary light source. A head or helmet mounted light source is best for your primary light source to permit hands free climbing. A walking stick or trekking pole is also recommended. Remember that a cave is always about 55 degrees, near the perfect temperature to induce hypothermia, so if it is hot, you might want to bring some coveralls to slip into while we are in the caves. For information and to register contact Paul Miller at 931-526-9259 or pdmiller@citlink.net

ADOPT-A-TRAIL NEWS ADOPT-A-TRAIL OFFICER

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

TTA's Calendar*

The following dates in 2007 refer to statewide activities that TTA as a whole participates in. Please refer to this calendar often so that you . . .

- will know when your volunteering interests are especially needed (such as during BreakAway, National Trail Days,
- will consider organizing/leading volunteers from your chapter/region for an event listed
- can be sure to prevent scheduling conflicts with an activity you wish to plan

Aug 4	Board of Directors' Quarterly Meeting (Location TBA)
Sep 29	National Public Lands Day (Location TBA)
Oct 27	Make a Difference Day (National Volunteer Week)
Oct 12-14	Annual Meeting (Crossville, TN)

*Calendar will be revised as needed.

OFFICERS:

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ttahiker@msn.com

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Rosemary_L@hotmail.com

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Membership

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rushga01@yahoo.com

Cumberland Trail Conference

Representatives

Ray Garrett 865-483-4466
garrett.ray@comcast.net

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
Aug 10	Sept 1
Sept 10	Oct 1
Oct 10	Nov 1

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

Please send all submissions to:
editor@tennesseetrails.org

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.

Tennessee Trails Merchandise Order Form

_____ TTA Patch 5.00
Round embroidered patch, sew it on anything.

_____ TTA Window Decal 2.00
A must for each car. Removable, no adhesives.

_____ TTA License Plate 12.00
Perfect for the front bumper of your car.

_____ TTA 35th Anniversary Commemorative Patch 5.00
Round embroidered patch commemorating TTA's 35th Anniversary, sew it on anything.

_____ TTA Flashlight Carabineer Key Ring, blue 3.00

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
nannietta@blomand.net

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

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

Aug 07

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.

- ___ Individual \$25.00
- ___ Family \$35.00
- ___ Student (FULL-TIME) \$15.00
- ___ Supporting (\$50.00, \$100.00 or more)
- ___ Life Member (Individual) \$500.00
- ___ Life Member (Family) \$750.00

Name _____
Address _____
City _____ State _____
Home Phone (___) _____ Zip _____ -- _____
Work Phone (___) _____
e-mail _____

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

Please list me with the following chapter:

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

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

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

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

July 15, 2007

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

Newsletter Printing

Cover Date:

August 2007

Number of pages submitted
with this purchase order:

12 pages

Printed Paper size:

Three - 11 x 17 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 TTA Newsletter Party Coordinator Contact Diane
Manas, Newsletter party on **July 23** at 7pm

- Their picking newsletters up from you at Color Plus Printing or,
- Your delivering newsletters to Their home or,
- Your delivering the newsletters to the location of the Newsletter Party