

# 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



## TICK SEASON

The tiny pests are raising new concerns in Tennessee, as new types of ticks and new tick-borne infections are emerging. Certain species of ticks that were uncommon in Tennessee are being found in new areas of the state. Ticks that were previously rare in Tennessee, such as Gulf Coast and Deer Ticks, have now been found to be much more widespread, possibly because of climate change. Both are associated with tick-borne infections.

Tick related illnesses have more than doubled in Tennessee since 2005. There were almost 400 cases last year, most of them Rocky Mountain Spotted Fever. RMSF is a big concern because it can result in a fatality.

Ticks typically get active as soon as the weather becomes warm in the spring. Infection reports peak in June and July. If you are bitten by a tick, and begin to feel ill, go see your doctor. Some tick-borne illnesses, if untreated, can go very bad, very fast. Nationally, Lyme Disease gets most of the attention. It has been concentrated in the Northeast, where deer ticks, also called black-legged ticks, transmit it. Black-legged ticks have been found throughout Tennessee, but in low numbers. Not all ticks carry the Lyme disease pathogen.

If you are getting infected in the Southeast, the first candidate is the Lone Star tick, which is common and aggressive. Lone Star ticks have been linked to Ehrlichiosis and Rocky Mountain Spotted Fever, which has been renamed Spotted Fever Rickettsiosis. Tennessee is among the four Southeast states that have accounted for almost half of all nationwide cases of spotted fever since 1995.

In 2009 the state recorded its first case of Babesiosis. The patient was a deer hunter, and the state tracked where he had been and found the Babesia parasites in deer ticks there. The state and the federal Center For Disease Control and Prevention have begun tracking Babesia for the first time this year.

Another emerging issue is that one tick can carry several pathogens, so people can get more than one illness from a single bite.

Treatment is most successful within five days of symptoms. That is why anyone who feels ill and has been around ticks needs to go to a physician and start treatment, even before blood tests show an infection. Most people fully recover, but some infections can cause lasting damage. The longer it goes untreated, the more harm that can be done. If you get a tick bite, don't shrug off symptoms if they develop.

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## Save the date! TTA's Annual Meeting

Oct. 28/29/30, 2011  
DuBose Conference Center  
Monteagle, TN

Check our blog for regular updates!  
[www.tennesseehikingtrails.org/2011](http://www.tennesseehikingtrails.org/2011)



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Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

**June 4 - National Trails Day.** This day will be celebrated during the June 2-12 New River volunteer trail construction event. A cookout will be held after the workday. An AHS NTD t-shirt will be given to all participate.

**Sep 23-29 - Trail maintenance Tennessee River Gorge segment.** Volunteers needed to help with trail maintenance in preparation for the 2011 Stump Jump trail race.

**Oct 1 - 2011 Stump Jump trail race.** Please visit [www.rockcreek.com/stumpjump](http://www.rockcreek.com/stumpjump) for more details.

**Oct 7-14 - Trail maintenance in the CT's New River segment.** Volunteers needed to help with trail maintenance between Cove Lake and Norma Road.

**Oct 15 - 50k trail running event in the CT's New River section.** For more details, visit the website at : [www.cumberlandtrailraces.com/CumberlandTrail50k/HOME.html](http://www.cumberlandtrailraces.com/CumberlandTrail50k/HOME.html).

**Oct 28-30 - Statewide Tennessee Trails Association annual meeting.** Join other TTA members for a good time and to support the Cumberland Trail Conference. Please visit [www.tennesseetrails.org](http://www.tennesseetrails.org) for more details.

**Nov 11-20 - New River section trail construction.** Volunteers needed to help construct trail along the east side of Arch Mountain in Scott County. This will be a camping outing with camp meals/ water provided by the CTC. Volunteers will need to bring their own tent, sleeping gear, and personal items. The base camp will have a kitchen tent equipped with cook stoves.

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## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** Paul Schwab 931-645-9068  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**CHAPTER CO-CHAIR:** J.R. Tate 931-920-2692  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**TREASURER:** Sandy Janus 931-551-8523  
[clarksvilletreas@tennesseetrails.org](mailto:clarksvilletreas@tennesseetrails.org)  
**SECRETARY:** Chris Everett 931-494-8038  
[clarksvilleasecy@tennesseetrails.org](mailto:clarksvilleasecy@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Sandy Evans 931-217-4339  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)

*(call Sandy & volunteer to lead an outing)*

**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday at 7:00 pm CT at Crow Community Center, 211 Richview Rd.

*Additional information may be seen at our web site:  
<http://www.tennesseetrails.org/blog/clarksville>*

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**Jun 4 - National Trails Day.** Project to be announced.

**Jun 11 - Nashville Greenway, Shelby Bottoms. 5 miles. Easy.** Sonny Caruthers. 931-320-1686. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot.

**Jun 18 - Annual Picnic (bring a dish), Dunbar Cave State Natural Area, Dunbar Cave Road, Clarksville.** Suva Bastin 931-645-2849. 4:00 pm CT until dusk.

**Jun 21 - Monthly Meeting.** Dr. Wayne Chester, a semi-retired Biology professor at APSU, will be our speaker. Dr. Chester is an authority on the native flora of Tennessee.

**Jun 25 - Garden of The Gods and Rim Rock Trail, Shawnee National Park, Illinois. 6 to 8 miles. Moderate.** Sandy Janus 931.551-8523. Meet 7:30 am CT, Kroger parking area, Dover Crossing, Clarksville.

## GO GREEN Electronic Newsletter Available

This is reminder that you can now receive your monthly newsletter via email. If interested please contact Ron Dunn at [membership@tennesseetrails.org](mailto:membership@tennesseetrails.org) and please include your email address.

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## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CHAIR:** Marvin Caine 931-486-1632  
*columbia@tennesseetrails.org*

**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at Grand Buffet (Hwy 31 north side of Spring Hill). Socializing and dinner at 6:00 pm CT; meeting starts at 7:00pm.

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**Jun 4 – National Trails Day, Barfield Crescent Park, Murfreesboro, TN. 3+ miles. Easy.** More than seven miles of paved and unpaved trails are available. A paved trail leads to the river overlook. There are five miles of rough, rocky and hilly backcountry trails. The Marshall Knobs trail loop runs below the overlook along the bank of the West Fork of the Stones River. Please wear sturdy boots. Bring water for the trail and a sack lunch to eat after the hike at the park picnic tables. We will meet behind McDonald's 4908 Main Street (Hwy 31) Spring Hill, TN and leave promptly at 9:00 am CT, so arrive at least 15 minutes early to sign the TTA release form. We should get back around 3 pm or sooner. Contact Russell Smith at *carving082334@aol.com* or phone 615-790-1833.

**Jun 7 - Chapter Meeting.** We will be planning activities for the second half of 2011 at this meeting. Everyone should come with suggestions for hikes, canoe trips or other activities. We will also be planning a work day at Stillhouse Hollow Falls sometime in the fall.

**Jun 25 – John Litton Farm Loop, Scott State Forest, Big South Fork, Oneida, TN. 5.9 miles. Easy to Moderate.**

This hike takes you by rock bluffs and Fall Branch Falls en route to the John Litton Farm historic site. The Litton farm is also called the General Slaven Farm for the Slaven family that lived there in later years. The Slaven family added a frame addition and porches to the original log cabin built by John Litton around 1900. We may also see rhododendrons in bloom on this hike. We will meet behind McDonald's 4908 Main Street (Hwy 31) Spring Hill, TN and leave promptly at 7:00 am CT, so please arrive at least 15 minutes early to sign the TTA release form. Wear sturdy boots and bring water and snacks for the trail. Contact Rick Pinkleton at 931-619-5012 (cell).

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## COVE LAKE HIKING CHAPTER

**CHAPTER CHAIR:** John Redmon 423-869-8286  
*covelake@tennesseetrails.org*

**SECRETARY/BOARD REPRESENTATIVE:**  
Kathy Sarvis 865-494-0374  
*covelakesecy@tennesseetrails.org*

**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at 7:00 pm ET at the recreation center, 300 W. Beech St., La Follette.

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Hike information unavailable at press time.

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## DYER COUNTY CHAPTER

**CHAPTER CHAIR:** Rita Norvell 731-445-4601  
*dyercounty@tennesseetrails.org*

**SECRETARY/TREASURER:** Frank Salowitz  
*dyercountysecy@tennesseetrails.org*

**OUTINGS COORDINATOR/BOARD REP:**  
Jim Stark 731-589-1776  
*dyercountyhikes@tennesseetrails.org*

*(Call Jim & volunteer to lead an outing.)*

**MEETS MONTHLY:** (Sep-Jun) 4<sup>th</sup> Thursday at 5:30 pm CT at Dyersburg Main Street Office, 111 Market Street on the south side of the square in downtown Dyersburg

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Hike information unavailable at press time.

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## EAST TN CHAPTER (Oak Ridge / Knoxville)

**CHAPTER CHAIR:** Rosemary Marshall 865-548-6171  
*easttennessee@tennesseetrails.org*

**VICE-CHAIR:** Elise Eustace 865-201-5806  
*easttennessee@tennesseetrails.org*

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**Jun 18 - Injun Creek Trail, GSMNP. 6+ miles. Moderate.** We will meet at 10 am ET at the trailhead in front of the ranger station in Greenbrier area off Cosby highway. This trail is unmaintained but very scenic with small waterfalls, cemetery, bridges and lots of foliage. Pre-registration is required and carpooling from Knoxville is an option. Contact Rosie at 865-548-6171 and *rosemary\_L@hotmail.com*.

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## HIGHLAND RIM CHAPTER

### (Coffee and Franklin Counties)

**CHAPTER CHAIR:** Barbie Moré 931-455-3311  
*highlandrim@tennesseetrails.org*

**VICE CHAIR:** Nora Henn 931-668-1870  
*highlandrimvice@tennesseetrails.org*

**TREASURER:** Marietta Poteet 931-924-7666  
*highlandrimtreas@tennesseetrails.org*

**OUTINGS COORDINATOR & NEWSLETTER CONTACT:**  
Jim Poteet 931-924-7666  
*highlandrimhikes@tennesseetrails.org*  
*(contact Jim & volunteer to lead an outing)*

**MEETS MONTHLY:** 1st Tuesday at 7:00 pm CT at the D. W.  
Wilson Community Ctr., 501 N. Collins St., Tullahoma.

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**Jun 7 – Monthly Meeting.** We're doing things a little different for this month's program meeting. Meet at the D.W. Wilson Community Center in Tullahoma at 6 pm CT. We will then proceed from there to hike the nearby Rock Creek Greenway. We will stop along the way to eat at a fast food restaurant, returning to the Community Center by 7 pm in time for a short business meeting and a presentation by Cathleen Close on her experiences on the Appalachian Trail.

**Jun 18 -** Join Tom Bentley at the Blue Chair in Sewanee for another installment of the Eat-Hike-Eat series. Come early for coffee, tea, breakfast, and a little socializing before leaving at about 9:30 for a short hike on or near the Sewanee campus. Afterwards, we will have lunch at one of the many fine eateries in the vicinity. Tom can be reached at *htbentley@lighttube.net* or at 931-273-6344 for more information.

**Jun 25 - Cloudland Canyon State Park, Rising Fawn, Georgia,** near Trenton in the north-west corner of the state. We will hike the Waterfalls Trail, which is a 2 mile round trip. The waterfalls are 60 and 90 feet tall and are among the most beautiful in the state. At the bottom of this trail, we will hike the Sitton's Gulch Loop Trail, adding another 5 miles. The Sitton's Gulch Loop Trail follows Daniel Creek through open green hemlock groves and overlooks numerous small waterfalls cascading through limestone crevices. These two trails are considered **strenuous** due to several steep grades, including the 1,200 stair steps of the Waterfalls Trail. Contact Joan Hartvigsen at 931-962-0811 or 931-636-2914 to register or for more information.

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## JACKSON CHAPTER

**CHAPTER CHAIR:** Glen Rognstad 731-217-5966  
*jackson@tennesseetrails.org*

**TREASURER:** Anne Goodson 664-1556  
*jacksontreas@tennesseetrails.org*

**SECRETARY:** Don Dresser 731-668-4190  
*jacksonsecy@tennesseetrails.org*

**OUTINGS COORDINATOR:** Glen Rognstad 731-217-5966  
*jacksonhikes@tennesseetrails.org*  
*(call Glen & volunteer to lead an outing)*

**MEETS MONTHLY:** 2<sup>nd</sup> Monday at Perkins Restaurant, 999  
Vann Drive in Jackson. Socializing & dinner starts at  
6:00 pm CT; meeting starts 7:00 pm

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**Jun 4 - Natchez Trace State Park, National Trails Day bridge building work.** Please contact Dick McKeen at 731-668-4139 or *sprucemountain@eplus.net*.

**Jun 11 - Natchez Trace State Park, Maple Creek Trail.** Please contact Terry McCoy at 731-535-0625 or *cityclar@aeneas.net*.

**Jun 25 - Eleven Point Wild and Scenic River Canoe Trip.** Please contact Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com* for additional information.

### Looking Ahead:

**Jul 16 - Buffalo River Canoe Trip.** Please contact Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com* for additional information.

Chapter meetings continue in June, July and August - 2nd Monday of the month.

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## MEMPHIS CHAPTER

**CHAPTER CHAIR:** Margaret Smith 901-210-6097  
*memphis@tennesseetrails.org*

**VICE-CHAIR:** Francis Ruffin 901-396-1108  
*memphisvice@tennesseetrails.org*

**MEETS MONTHLY:** (Sep – May) 2<sup>nd</sup> Thursday at 7:00 pm CT at  
Cordova Library, 8457 Trinity Rd.

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It's vacation time! No Memphis meetings or hikes planned during the month of June, July, and August. Check out other TTA Chapter hike listings and join a hike!

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## MURFREESBORO CHAPTER

**CHAPTER CHAIR:** Tony Jones 615-397-4463  
*murfreesboro@tennesseetrails.org*

**OUTINGS COORDINATOR:** Ron Dunn 615-867-3301  
*murfreesborohikes@tennesseetrails.org*  
(Call Ron & volunteer to lead an outing)

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

**BLOG:** *www.tennesseetrails.org/blog/murfreesboro*

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**Jun 14 - Murfreesboro Chapter Picnic, Pavillion #5, Barfield Crescent Park.** No business will be held, we will just enjoy the summer and friendships. The chapter will provide the drinks, flatware, plates, napkins and meat. We ask that you bring a side dish or a dessert to share. **NOTE this is a 6PM start time.** Please contact Tony Jones at 615-397-4463 or *awj68@comcast.net* for any information. **WE ASK THAT YOU RSVP FOR THIS EVENT SO THAT WE KNOW HOW MANY PEOPLE TO EXPECT.** Bring your family.

### It's time to start rounding up items for our TTA AUCTION!!!!

We are looking for five donation items from each chapter for this year's auction. Start talking it up now at your chapter meetings - this is a great summer project if your chapter takes a break from hiking in the heat!!! All proceeds benefit the Cumberland Trail BreakAway Program and all contributors will be recognized in the TTA newsletter.

Check your house for quality items, ask your friends, your company, or local businesses to donate merchandise and/or services, donate your own products or services if applicable, or make a cash donation to your local chapter to purchase items for the auction. Any good quality item will work, not just hiking gear. Check with your chapter chairperson for solicitation materials to give to local businesses or download solicitation materials from *www.tennesseetrails.org*. Don't forget the white elephant sale. Look in your closets and basements and bring us something for the \$2, \$5, \$10 bargain tables.

When you have collected Live and Silent Auction items, please email the estimated dollar value, name of contributor, and the name of the TTA member to *millette.jones@comcast.net*. You can also contact Millette with any questions. Having this information prior to Oct. 15 will give us a change to prepare an auction program guide.

Thank you for your support!

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## NASHVILLE CHAPTER

**CHAPTER CHAIR:** Libby Francis  
*nashville@tennesseetrails.org*

**OUTINGS COORDINATOR:** Libby Francis  
*nashvillehikes@tennesseetrails.org*  
(email Libby & volunteer to lead an outing)

**MEETS MONTHLY:** 4<sup>th</sup> Tuesday at 7:00 pm CT in the REI Community Room, 261 Franklin Road, Brentwood. For directions, visit: *www.tennesseetrails.org/nashville.php*

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**Jun 4 - Ridgetop Trail /Highland Trailhead, Beaman Park Nashville TN. 4 miles.** Celebrate National Trails Day!! Join Mayor Karl Dean at 10 am and walk 100 miles of local parks and greenways this spring and summer. "Walk 100 Miles with the Mayor" is a community-wide effort, initiated by Mayor Karl Dean, encouraging all Nashvillians to improve their overall health by joining their friends and community in walking Nashville's many greenways and trails. For other hikes through July, check out this website: *www.walk100miles.com/schedule.php*.

**Jun 4 - Old Natchez Trace/Garrison Creek Loop, near Leipers Fork.** We will hike 6.3 miles through ridge top and creek side forests, up and down, winding in and out of small wooded coves and down the longest section of the Old Trace left in Tennessee. There is one wet creek crossing. Bring water, snacks, lunch and money for carpooling. For more information and to register call Garnett Rush at 352-7217 or e-mail *rushga01@yahoo.com*.

**Jun 11 – Burgess Falls State Natural Area, Sparta, TN And Rock Island State Park, McMinnville, TN - A "Two-fer-One"outing.** This adventure will be a waterfall extravaganza! Burgess Falls includes three waterfalls, the largest, a massive 136 falls and spectacular sight. Due to short length of this trail (1.5 miles round-trip) we will walk this scenic river route twice. For our trail lunch, we will venture down metal stairs and a short rock-scramble to the base of Big Falls and cool mist. Bring water shoes for optional creek wading at trailhead afterwards. Then – onward! Caravan 30 minutes to Rock Island State Park. Picture taking at "witches' castle". We will take short Old Mill Trail into the Caney River Gorge, along ledges and follow the river bed a short ways, admiring the views. Our day will conclude with a 3-mile Collins River Loop trail, rated easy. For more information contact Tom Vickstrom @ 615-405-6713 or *tomzinger55@gmail.com*.

**June 28 – Monthly Meeting - Sue Lefferts returns!** Actually, she'll already be there. Sue is a seasoned associate at REI and an authority on how to choose your hiking footwear. She's going to clue us in on what to details need attention to get the best fit. Wear or bring your hiking boots, and Sue will help you determine how to maximize your comfort in them, how to know when you need a change, and what features are most significant for your hiking needs. Bring a friend! We'll meet in air-conditioned comfort at REI, 261 Franklin Road, Brentwood, TN 37027, in the community room at the back of the showroom. After our brief business meeting and a great program we'll enjoy some light refreshments and time to socialize. Y'all come!



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## SODDY-DAISY CHAPTER

**CHAPTER CHAIR:** George Bonneau 423-842-3619

[soddydaisy@tennesseetrails.org](mailto:soddydaisy@tennesseetrails.org)

**TREASURER:** Robertson (Bob) McGavock 423-667-2960

[soddydaisytreas@tennesseetrails.org](mailto:soddydaisytreas@tennesseetrails.org)

**MEETS EVERY OTHER MONTH:** 1st Tuesday in Jan, Mar, May, Jul, Sep, Nov at 6:00 pm ET at Burk's United Methodist Church, 6433 Hixson Pike, Hixson

*Additional information may be seen at our web site:*

<http://www.tennesseetrails.org/blog/soddydaisy>

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**Jun 1 – Enterprise South Nature Park, Chattanooga, TN.** We will hike the TNT Mountain Bike Trail for a distance of about 4.5 miles which is rated as moderate with some steep climbs. We will park at the eastern most parking area and walk in on the paved road to reach the trailhead. The group will meet at the Target shopping center on Highway 153 and will leave the parking lot at 9:00 am ET. Contact Earl at 770-877-0600 or [e\\_helmer@att.net](mailto:e_helmer@att.net) to register. Driving Directions: Take Hwy 153 south and cross the Chickamauga Dam. Exit onto Bonny Oaks going east. Turn onto Volkswagen Drive and continue to the Park. Go past the Visitor Center and follow the Still Hollow Loop (vehicles only loop) to the parking area.

**Jun 4 – National Trails Day.** The Chapter will lead hikes throughout the day on the Cumberland Trail from the lower Leggett Road trailhead to Rock Creek and return. The trail distance is approximately 2.5 miles long and is rated easy with a few moderate climbs. Chapter members will be at the trailhead at 8:00 am ET and will begin organized hikes when sufficient people are ready to begin. The last hike will leave the trailhead by 1:30 pm ET. Contact George at 423-596-5972 or [grbonneau@comcast.net](mailto:grbonneau@comcast.net) to attend this event. Driving Directions: Take US-27 north through Soddy-Daisy into Sale Creek; pass the Dollar General store; look for an old green metal roof building on the left; turn left onto Legget Road just before this building; proceed up the mountain and look for the trailhead parking lot on the left.

**Jun 8 – Table Rock Trail (aka Small Intestine Trail), Raccoon Mountain Pumped Storage Facility, Chattanooga, TN** beginning and ending at the switchyard. The trail distance is approximately 3.7 miles long and is rated as easy. The group will meet at Bi-Lo in Red Bank at 4825 Dayton Blvd (at Morrison Springs Rd) and will leave the parking lot at 9:00 am ET. Contact Bob at 423-667-2960 or [kopperkitters@yahoo.com](mailto:kopperkitters@yahoo.com) to register. Driving Directions: From Red Bank, take US-27 South; take Interstate 24-West; exit onto Browns Ferry Road; turn right; turn left onto Elder Mountain Road and proceed to the Pumped Storage Facility; follow signs to the switchyard.

**Jun 11 - Maintenance Workday on our adopted section of the Cumberland Trail – Hotwater Road to Deep Creek.** The group will meet at the baseball fields parking lot (across from the lake) along Durham St. (N 35 17.307 W 085 09.450) in Soddy-Daisy. We will combine people and work tools in a minimum number of vehicles due to limited parking on Hotwater Road. We will leave the parking lot at 9:30 am ET. Workday activities expected include cutting downed small trees, raking leaves, and trimming small branches. Please bring your own tools; however, some members have tools that may be borrowed for the day. The group will decide how much trail to clear. Contact George Bonneau at 423-596-5972 or [grbonneau@comcast.net](mailto:grbonneau@comcast.net) to join this activity. Trail information may be found at <http://www.cumberlandtrail.org>.

**Jun 15 – Audubon Trail, North Hamilton County, TN.** We will hike to the top, then reverse directions and return to the vehicles. The trail is approximately 5.5 miles long with a steep climb to the midway point. Contact Nance Jo at 256-509-1541 or [ogo62no@zoho.com](mailto:ogo62no@zoho.com) to register. Driving Directions: North on US-27. Turn left onto Coulterville Road (look for yellow and black "Tire Tech" sign). Turn left at Audubon sign onto the gravel road.

**Jun 18 - Snow Falls, Cumberland Trail.** We will hike to Snow Falls and Buzzard Point and return for a total distance of approximately 11.5 miles. The trail is rated as moderate with some steep climbs. The group will meet at the parking lot in Soddy-Daisy at the baseball fields along Durham Street (N 35 17.307 W 085 09.450) (across from the lake). We will leave the parking lot at 9:00 am ET. Contact Nance Jo at 256-509-1541 or [ogo62no@zoho.com](mailto:ogo62no@zoho.com) to register. Driving Directions: Take US-27 north to Dayton. Turn left onto Hwy 30. Turn right onto Back Valley Road. Look for Laurel Falls sign on the left. Continue on the gravel road to the trailhead.

**Jun 22 - Little Soddy Historic Mining Area of the Soddy Creek Section of the Cumberland Trail from Hotwater Road and Sluder Lane to where the trail intersects again at Hotwater Road.** We will then reverse directions and return to the vehicles along the same trail. The total distance is approximately 2 miles and is rated as moderate. We will meet at the parking lot in Soddy-Daisy at the baseball fields along Durham Street (N 35 17.307 W 085 09.450) (across from the lake). We will leave the parking lot at 9:00 am ET. Contact Earl at 770-877-0600 or [e\\_helmer@att.net](mailto:e_helmer@att.net) to register.

**Jun 25 - Flipper Bend, North Chickamauga Creek Gorge Section, Cumberland Trail.** We will start at the trailhead parking area (N 35 13.912 W 85 16.699), hike the first section of the Clear Branch Loop, and return to the parking area for a total distance of approximately 7 miles. The trail is rated easy to moderate. We will meet at the trailhead and begin the hike at 9:30 am ET. Contact Bob at 423-667-2960 or [kopperkitters@yahoo.com](mailto:kopperkitters@yahoo.com) to register. Driving Directions: From US-27 north of Hixson or Hwy 153, exit onto Dayton Pike and go north. Turn left onto Robert Mill Road; go 3.2 miles. Veer right onto Hixson Springs; go 1.3 miles. Trailhead parking lot (N 35 13.912 W 85 16.699) is the gravel lot on the left across the road from Standing Rock Road.

**Jun 29 – Rock Creek Trail of the Cumberland Trail.** We will start at the Upper Leggett Road trailhead (N 35 24.606 W 085 07.856), hike to the Rock Creek Bridge, have lunch, and return to the vehicles by backtracking on the same trail. The trail is approximately 6.4 miles long and is rated as moderate with several steep climbs. The group will meet at the baseball fields along Durham Street (N 35 17.307 W 085 09.450) in Soddy-Daisy (across from the lake) and will leave the parking lot at 9:00 am ET. Contact Nance Jo at 256-509-1541 or [ogo62no@zoho.com](mailto:ogo62no@zoho.com) to register. Driving Directions: Take US-27 north through Soddy-Daisy into Sale Creek; pass the Dollar General store; look for an old green metal roof building on the left; turn left onto Legget Road just before this building; proceed up the mountain; go past the paved parking area on the left; and look for the small, trailhead gravel pulloff area on the left.

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## SUMNER TRAILS CHAPTER

### CHAPTER CO-CHAIRS:

David & Shirley Primeau 615-424-2948  
[sumner@tennesseetrails.org](mailto:sumner@tennesseetrails.org)

**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at 7:00 pm CT,  
Hendersonville First United Methodist Church, 217  
E. Main St. Hendersonville, TN

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**Jun 4 - Volunteer/Day Loop Trail, Long Hunter State Park, Mt. Juliet, TN.** We will make a four mile loop of the Volunteer and Day Loop Trails. This is a beautiful trail with lots of vegetation and bluffs overlooking the shore of J. Percy Priest Lake. This is an easy to moderate trail. We will meet at Hendersonville First United Methodist Church's parking lot at 9:00 am CT to carpool. If you have questions or would like to meet us at the trailhead, contact Bethany Hader for more information at [bethany.hader@hfumc.org](mailto:bethany.hader@hfumc.org).

**Jun 7 - Chapter Meeting.** 7:00 PM in the Youth Room, on the third floor of the Hendersonville First United Methodist Church. Paul Kingsbury, Communications Manager of the Tennessee Chapter of The Nature Conservancy will speak about the work of The Nature Conservancy. New members and visitors are always welcome! Invite a friend!

**Jun 11 - Potluck summer kickoff** at the home of James and Kelly Horton. This will be a pool party to start at 3:00 pm CTI and end ?. Burgers will be provided, please bring a side-dish or dessert to share. Please RSVP to James Horton at 615-589-6737.

More Hikes may be spontaneously added to our schedule (weather permitting). To be notified of our hikes, please join the Sumner Trails Chapter listserv by going to [www.tennesseetrails.org](http://www.tennesseetrails.org). Navigate to the Sumner Trails page under "Chapters." Submit your e-mail address, and then respond to the confirmation e-mail when it arrives in your inbox. Any TTA members (or potential members!) who want to hike with us are welcome to join!

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## UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

### CHAPTER CHAIR:

Louise Miniard 931-528-9115  
[uppercumberland@tennesseetrails.org](mailto:uppercumberland@tennesseetrails.org)

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**Chapter News** - Upper Cumberland Chapter presented a check to the Cumberland Trails Conference of \$150 dollars for maintenance, building and supplies needed for trail work.

No hikes scheduled for June.

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## SAVE THE DATE!!!

Kick-off the autumn hiking season at the 20th annual Allardt Pumpkin Festival!! This year's festival is held on Saturday, October 1 in Allardt, TN (east of Jamestown/north of Crossville). We'll be camping at Pickett State Park from Friday, Sept 30-Sunday, Oct 2. Along with the many fun activities at the festival, we'll decorate a TTA float with a hiking theme and walk in the Pumpkin Parade. Last year's winning monster pumpkin was a record-setting 1,331.3 pounds (the largest watermelon weighed 230 lbs!). And yes, we will also be hiking each day in this jaw-dropping landscape filled with waterfalls, overlooks, sandstone arches and rock shelters.

You are welcome to come for the day or spend the whole weekend. Campsites at Pickett State Park are first-come, first-served (but we'll have a TTA site for those wanting to share). If you want to reserve a park cabin or chalet, call 1-877-260-0010. Our goal is to have at least one participant from each TTA chapter walking in the parade. This is a lot of fun for the "young-uns" - so feel free to bring the (grand)kids. More details will be published as the date approaches, but contact Anne at [ttahiker@att.net](mailto:ttahiker@att.net) if you want more information.



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

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## TTA CALENDAR

The following dates in 2011 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, etc.).
- will consider organizing or leading volunteers from your chapter/region for an event listed.
- can be sure to prevent scheduling conflicts with an activity you wish to plan.

### SECOND QUARTER

Jun 4 ..... National Trails Day (Statewide)

### THIRD QUARTER

Aug 6 ..... Board of Directors' Quarterly Meeting  
 (Location TBA)

Sep 11-17 ..... Bike Ride Across TN (B.R.A.T.) Proceeds  
 Benefit the Cumberland Trail

Sep 24 ..... National Public Lands Day (Statewide)

### FOURTH QUARTER

Oct 28-30 ..... Annual Meeting (Dubose Conference  
 Center, Monteagle) hosted by Highland Rim  
 and Murfreesboro chapters

## Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Jun 10 .....	Jul 1
Jul 10 .....	Aug 1
Aug 10 .....	Sep 1

All submissions are subject to editing. Articles of general interest and non-hiking events will be included as space permits.

Please send all submissions to:  
*editor@tennesseetrails.org*

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

ADDRESS SERVICE REQUESTED



**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**  
 **RENEWING MY MEMBERSHIP**

Jun 11

Memberships are for one year, unless you have a Lifetime Membership.  
Gift Memberships are also available. Contact our Membership Director,  
Ron Dunn 615-867-3301 [membership@tennesseetrails.org](http://membership@tennesseetrails.org)

**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  
 I would like to receive my newsletter by email.

\*\* \_\_\_ **CTC Membership\*\*** \*\*\$5.00\*\*

\*\* Special \$5.00 rate for membership in Cumberland Trail Conference if you also are joining TTA or renewing your TTA membership. CTC is building the Cumberland Trail, which will go from Chattanooga to Cumberland Gap. Over 185 miles are now complete and open for hiking. More information can be found at [www.cumberlandtrail.org](http://www.cumberlandtrail.org). Please consider enhancing your commitment to Tennessee's great trails by joining the CTC.

Please list me with the following chapter:

- |   |  |
|---|--|
| <input type="checkbox"/> Clarksville    | ___ Murfreesboro                         |
| ___ Columbia/Franklin                   | ___ Nashville                            |
| ___ Cove Lake                           | ___ Northwest (UT at Martin/Weakley)     |
| ___ Dyer County                         | ___ Plateau (Crossville)                 |
| ___ East TN (Oak Ridge/Knoxville)       | ___ Soddy Daisy                          |
| ___ Highland Rim (Manchester/Tullahoma) | ___ Sumner Trails (Sumner County)        |
| ___ Jackson                             | ___ Upper Cumberland (Sparta/Cookeville) |
| ___ Memphis                             | ___ 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, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie and programs, in addition to learning about the progress and plans of the organization.

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