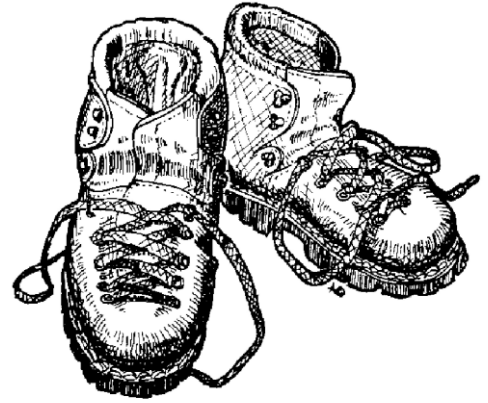


# TENNESSEE TRAILS

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



## Great Eastern Trail Will Come Through Chattanooga

The National Park Service and the Great Eastern Trail Association recently announced the designation of 8.1 miles of Chickamauga and Chattanooga National Military Park trails on Lookout Mountain as a segment of the Great Eastern Trail. This segment is part of a route from the Georgia Pinhoti Trail to the Cumberland Trail near Soddy Daisy.

The Great Eastern Trail is designed to be a western alternative to the Appalachian Trail passing through parts of nine states between the southern end of the Appalachian Mountains in Alabama and the Finger Lake Trail in New York.

The formal signing of a Memorandum of Understanding creating this designation took place at the Craven House on Lookout Mountain on Monday, June 27.

Murfreesboro Chapter member Jim Schroeder was instrumental in brokering the agreement with the National Park Service. Congratulations to Jim on this achievement and a big thank you for all of his hard work for Tennessee's trail system and the Tennessee Trails Association.

## 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.



## REMINDER

**TTA Annual Meeting**

**October 28-30, 2011**

**Dubose Conference Center  
Monteagle, Tennessee**

**Details and Registration Form Inside**



Office Location 409 Thurman Avenue, Ste 102  
 .....Crossville, TN 38555  
 Office Hours .....8am-2pm CT  
 Phone: .....931-456-6259  
 Fax: .....931-456-4934  
 Email: [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com)  
 Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

**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.

---

## 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  
[clarksvillesecy@tennesseetrails.org](mailto:clarksvillesecy@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Sandy Evans 931-217-4339  
[clarkvillehikes@tennesseetrails.org](mailto:clarkvillehikes@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>*

---



*Clipart ETC is copyright © 2010 by the University of South Florida.*

### What am I?

*See Page 8 for details and important information!!*

**Jul 9 - Radnor Lake, Nashville. 4 miles. Easy to difficult.** John Sneed 931-920-3828. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot.

**Jul 16 - Clarksville Greenway. 6.8 miles. Moderate.** Sheryl Butcher 931-233-1867. Meet 8:30 am CT at the end of Pollard Road, Clarksville.

**Jul 23 - Two hikes.** First, Hematite Lake Trail Lake, Land Between The Lakes, 2.2miles, moderate, Trigg County, KY; and second, Urban Hike, Grand Rivers, KY, easy. John Sneed 931-920-3828. Meet 8:00 am CT, Sears Parking Lot in Governors Square Mall, Clarksville.

**Jul 30 - 'Cooling at the Cave' Dunbar Cave State Natural Area, Dunbar Cave Road, Clarksville.** Music, fellowship and refreshments, 3:00 pm until 6:00 pm CT.

**There will be no monthly meeting.**

---

## 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.

---

**Jul 5 - Chapter Meeting.** There will be a slide presentation on hiking opportunities in some of the western mountain states. Bob Goodwin will present Part II of his 19 day trip with Sandra Parker on a 4,000+ mile loop from Colorado north to Wyoming, Nebraska, South Dakota, Montana, and then back around to Wyoming, Utah and Colorado, during the fall of 2008. Over 17 National Parks, Monuments, State Parks and other sites were visited with 15 hikes of various lengths and difficulty accomplished. Emphasis was on easy, moderate and "somewhat strenuous" hikes as opposed to hikes such as doing the Grand Canyon from rim-to-rim! This presentation will include Red Lodge, MT into WY, Yellowstone NP, Grand Teton NP, Ft. Bridger and the Flaming Gorge Recreation Area in WY, Dinosaur NM in UT and CO, and the Grand Mesa in CO.

**Jul 16 - Duck River Canoe Trip. 5 miles. 2.5 - 3 hours.** Check in 8:00-8:30 am CT at River Rats Canoe Rental, 4361 Hwy. 431, Columbia, TN (Pottsville) 6 miles east of exit 46 on I-65 (about 10 miles from Spring Hill and 20 miles from Franklin). Wear clothes you don't mind getting wet and water shoes. Bring a hat, sunscreen, drinking water and snacks/lunch. You may rent a canoe including paddles and life vests for \$20 per person, \$5 for children under 12 or bring your own canoe or kayak for a shuttle fee. Enjoy an early breakfast on the way or late lunch after the float nearby at Marcy Jo's Meal House & Bakery. Please register with Pam Frakes at 931-224-0184 or 615-302-4741 or *pjfrakes@bellsouth.net*.

---

## 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.

---

Hike information unavailable at press time.

---

## 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

---

Hike information unavailable at press time.

---

## 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*

---

**Jul 23 - Fundaying on Tennessee's Hiwassee River.** Hiwassee Outfitters will supply our rafts and/or funyaks for this hiking adventure. One person funyaks are \$30.00. Two person inflatable kayaks are \$44.00 and a four person raft cost \$17.00 per person. You will experience pristine views of our Appalachian Mountains, lots of fresh air and several class I and II rapids. This 3 hour ride will be fun, challenging and exciting. Get your reservations in soon because space is limited. Contact Rosie at *rosemary\_L@hotmail.com* or 865-548-6171.

---

## 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:**  
Joan Hartvigsen 931-962-0811  
*highlandrimhikes@tennesseetrails.org*  
(contact Joan & 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.

**Jul 2 - Float trip down the Elk River from Shiloh to Dickey bridge.** Meet at Shiloh Bridge at 9:00 am to shuttle cars. This is our big Independence Weekend feast on the river. Bring a cooler with your own drinks as well as your favorite dish or finger food to share with everyone. Email Barbie More to register: *teachcdc@gmail.com*.

**Jul 5 - Monthly Meeting.** We will meet for dinner at Casa Mexico Bar and Grill, 1410 N. Jackson Street, Tullahoma, at 5:30 pm. Our meeting will be at 7:00 pm at D.W. Wilson Community Center in Tullahoma. After our business meeting Linda Hudson will speak about her recent hikes in Guatemala and the Appalachian Trail.

**Jul 16 - Duck River Float.** Meet at 10:00 am at Normandy Dam. Take out is at Three Bridge Fork Road. Total distance is 8.5 miles which can take about 5 hours. Bring your lunch to eat at the Cortner Mill Dam. Contact Tom Bentley at *htbentley@lighttube.net* or at 931-273-6344 for more information.

**Jul 23 - Stone Door to Greeter Falls. 6 miles. Easy.** Jim and Marietta Poteet will lead a hike from Stone Door Ranger Station on the Rim Trail over to Greeter Falls. There are great views overlooking South Cumberland Park. Because of the nature of the weather in July we will plan on swimming at Blue Hole or Greeter Falls after the hike. Please bring lots of water, lunch, and a change of clothes after our swim. Call Marietta at 931-924-7666 or *nannietta@blomand.net* for further information on meeting time.

**Jul 30 - Short Springs State Natural Area Work Day.** Meet at 9:00 am in the Short Springs Natural Area parking lot to do some trail work. Some logs in the stream below Machine Falls are directing the force of the water against the right bank causing erosion. These need to be cut with chainsaws and moved aside. While this is being done, some of the team can find stones large enough to be placed as stepping stones in the creek on the right side. If these tasks are done quickly or enough workers come, we can do a short diversion of Machine Falls trail on the backside of the falls. Bring gloves and a day pack with 2 quarts of water and sports drink. Chain saws and operators will be most welcome. A rock bar or two will be needed. We plan to be back at the parking lot at noon. Work Coordinator: Wally Bigbee 931-212-4973 or 931-473-5968(home).

---

## 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

**Jul 11 - Chapter Meeting.** Meet at Perkin's Restaurant on Vann Drive. We will eat at 6:00 pm and the meeting will start at 7:00 pm. Please contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com* for additional information.

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

Additional hikes may be added. Please check the TTA website calendar.

---

## 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.

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

**Tennessee Trails Association Annual Meeting  
October 28-30, 2011  
DuBose Conference Center - Monteagle, Tennessee**

**REGISTRATION FORM**

**Please Print** - Complete ALL ( 4 ) sections - one form per person – make copy of form if necessary

Name: \_\_\_\_\_ Sex: M F Chapter: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Email: \_\_\_\_\_

( 1 ) REGISTRATION FEE Non refundable and full amount is required.  
**\$15 per person** **Total \$ \_\_\_\_\_**

**( 2 ) LODGING**

**Bishop's Hall:** Motel style, adjoins main building, private bath, queen or double beds.  

Single Occupancy	\$60 per person	No.of Nights _____	Total \$ _____
Double Occupancy	\$42 per person	No.of Nights _____	Total \$ _____

Roommate's Name: \_\_\_\_\_

**Claiborne Hall:** Main building, dorm-style, one or two single beds. No private bath, bathrooms are in the hallway of the building.  

Single Occupancy	\$42 per person	No.of Nights _____	Total \$ _____
Double Occupancy	\$30 per person	No.of Nights _____	Total \$ _____

Roommate's Name: \_\_\_\_\_

**Cabins:** Each cabin accommodates 24 people in two large sleeping rooms (12 per side) with bunk style beds. Separate bathrooms with showers on each side.  
\$18 per person No.of Nights \_\_\_\_\_ Total \$ \_\_\_\_\_

**Tent Camping:** No electrical or water hook ups. Campers may use bathroom facilities in the group cabin or in Claiborne Hall.  
\$5 per person No.of Nights \_\_\_\_\_ Total \$ \_\_\_\_\_

**Walker House:** Home has five bedrooms, full kitchen, two and half baths. Maximum is 10 people.  
\$350 per night No.of Nights \_\_\_\_\_ Total \$ \_\_\_\_\_

**( 3 ) MEALS**

Check one: (Optional) Vegetarian Meals \_\_\_\_\_ Vegan Meals \_\_\_\_\_

Friday Dinner	\$16 per person	Total \$ _____
Saturday Breakfast	\$8 per person	Total \$ _____
Saturday Sack Lunch	\$10 per person	Total \$ _____
Saturday Dinner	\$16 per person	Total \$ _____
Sunday Breakfast	\$8 per person	Total \$ _____
Sunday Sack Lunch	\$10 per person	Total \$ _____

**( 4 ) COMPLETED REGISTRATION FORM & CHECK TOTAL ENCLOSED -**

Mail Registration Form and check made payable to **Tennessee Trails Association** c/o Tony Jones  
 2903 Midland Fosterville Road, Bell Buckle, TN 37020 – 615-397-4463 – [awj68@comcast.net](mailto:awj68@comcast.net)

\*\*\*\*\* IMPORTANT – NO REFUNDS after October 1, 2011 \*\*\*\*\* Consider it your support of TTA \*\*\*\*\*

**Tennessee Trails Association  
2011 Annual Meeting Hike Descriptions**

*Hike Coordinator - Joan Hartvigsen - [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net)*

**Friday October 28, 2011**

**Fiery Gizzard, Dog Hole, Raven Point Trails.** 8 miles difficult. Hike Leader Diane Manas.  
**Shakerag Hollow Trail.** 3 miles moderate. Hike Leader Glen Rognstad.  
**Grundy Forest Day Loop.** 2 miles moderate. Hike Leader Marietta Poteet.

**Saturday October 29, 2011**

**Cloudland Canyon State Park Waterfalls and Sitton's Gulch Trail.** 7 miles strenuous. Hike Leader Joan Hartvigsen.  
**Stone Door, Big Creek Gulf, Big Creek Rim Trails.** 9 miles strenuous. Hike Leader Ron Dunn  
**Stone Door, Big Creek Rim, Laurel Trails.** 7 miles moderate. Hike Leader Tony Jones.  
**Fiery Gizzard, Dog Hole, Raven Point Trails.** 8 miles strenuous. Hike Leader Charlotte Broyles.  
**Savage Day Loop.** 4.2 miles easy. Hike Leader Fount Bertram.  
**North Rim, Mountain Oak, and North Plateau Trails.** 10 miles moderate. Hike Leader Garnett Rush.  
**Sewanee Perimeter Trail.** (Bridal Veil Falls, Morgans Steep, Proctors Hall, War Memorial) Bridal Veil Falls is 3 miles. Hike Leader Glen Rognstad.  
**Cumberland Trail-Signal Point Segment.** Details TBA. Moderate. Hike Leader Diane Manas.  
**Old Stone Fort State Archeological Park.** 4 miles easy to moderate. Hike Leader TBA  
**Grundy Forest Day Loop.** 2 miles moderate. Hike Leader TBA

**Sunday October 30, 2011**

**Cloudland Canyon State Park, West Rim Trail.** 5 miles moderate. Hike Leader Joan Hartvigsen.  
**Greeter Falls Loop** (Upper and lower Greeter Falls, Boardtree Falls, Blue Hole Trail). 4 miles moderate. Hike Leader Marietta Poteet.  
**Walls of Jericho.** 7 miles strenuous. Hike Leader Sara Pollard.  
**Fall Creek Falls, Gorge Overlook, and Woodland Trails.** 3 miles moderate to strenuous. Hike Leader Nora Henn.  
**Short Springs State Natural Area.** 5 miles moderate. Hike Leader Cindy Watson.  
**Foster Falls/Climbers Loop.** 2 mile loop. Strenuous. Hike Leader TBA.

---

## MURFREESBORO CHAPTER

**CHAPTER CHAIR:** Tony Jones 615-397-4463  
*murfreesoroboro@tennesseetrails.org*  
**OUTINGS COORDINATOR:** Ron Dunn 615-867-3301  
*murfreesoroborohikes@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](http://www.tennesseetrails.org/blog/murfreesboro)

---

**Jul 12 - Monthly Meeting.** We will have a presentation on hiking and other outdoor activities in New Mexico. Bob Goodwin will present pictures of his 12 day trip with Sandra Parker on a 2,000+ mile trip from Northern New Mexico and the area bordering Colorado, to Carlsbad Caverns in the south during the late summer of 2010. This trip includes the Capulin Volcano National Monument, Vietnam Memorial, Philmont Scout Ranch, the Cumbres and Toltec scenic railroad which weaves through northern New Mexico and southern Colorado-touted as America's longest and highest narrow gauge railroad. It also features the high road to Taos, various Indian reservations, Los Alamos (Atomic City), Bandelier National Monument, Valles Caldera National Preserve (a huge volcanic crater), Window Rock, AZ headquarters of the Navajo, Zuni Pueblo, El Morro National Monument, Gallup, Acoma Pueblo, Abiqui-Georgia O'Keefe country, Sandia Peak, Socorro area, to include the National Radio Astronomy Observatory (Very Large Array Telescope), Las Cruces, La Mesilla and Carlsbad.

---

### 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](http://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](mailto: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!

---

## 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](http://www.tennesseetrails.org/nashville.php)

---

**Jul 9 - Stone Door Loop, Monteagle, TN. 6 miles. Easy.** We will hike through the Great Stone Door and down the Big Creek Rim Trail to Alum Gap. This easy hike follows the edge of the plateau above the Big Creek Gulf and back via Laurel Falls Trail for a final short loop to Laurel Falls. Wear sturdy boots; bring water, lunch and money for carpooling. For more information and to register contact Garnett Rush at 352-7217 or e-mail [rushga01@yahoo.com](mailto:rushga01@yahoo.com).

**Jul 10- Mossy Ridge Trail, Nashville.** Beat the Heat Sunrise Hike in Warner Park. Better reach for your coffee as soon as your alarm clock goes off, or you're going to miss this one entirely <yawn> because we're going to meet at VERY EARLY to hike the 4.5-miles on the Mossy Ridge Trail. In order to beat the heat not only will we be starting early but we'll maintain about a 2 to 2.5-miles per hour pace. The trail is rated moderate due to the uneven and rocky terrain, and for the several ascents/descents we will encounter along the way. Our rewards for starting so early: hearing the melodic songs of the early morning birds; seeing owls deer, chipmunks, and squirrels; getting a good dose of exercise endorphins circulating before 9:30 am; and, we'll have the remainder of the day to do stuff; all before the heat of the day sets in. Afterwards, we'll regroup for coffee and a bagel (bring \$ to pay for your coffee/snack) at Bruegger's Bagel Bakery located nearby. We will meet at 6:50 am CT in the "Deep Well" parking area of the park. Eat breakfast or a snack before reaching the trailhead, and wear sturdy hiking shoes, and carry plenty of water. To get to Deep Well from Nashville: head west on Hwy 70 (aka West End Ave). In Belle Meade (after you have crossed over Woodmont Blvd, passed Publix then Kroger on the right, and the Belle Meade Mansion on the left), Hwy 70 splits. Take the left side, which puts you on Hwy 100. Go approximately 1.8 miles and turn left into the grey stone entrance, drive to the end/t-intersection (approximately 1 mile) – you're in Deep Well. If on Hwy 100 and you reach Old Hickory Blvd, you've gone too far. For additional information, call Diane Manas at 615-352-7777.

**Jul 26 – Monthly Meeting.** It may be too hot for lots of long, all-day rugged hikes, but we'll be watching a video at this month's meeting that may inspire you to take some great short ones. "Short Hikes of the South Cumberlands" is a video that describes six hikes in the south Cumberland Plateau region, close to each other and not far from us. You may see footage of great places you already know well, or be inspired to hike them for the first time. Sewanee Natural Bridge, Fiery Gizzard Day Loop, Stone Door, Grundy Lakes State Park and Foster Falls are featured. We'll set aside time for your own comments and questions. We meet at REI, 261 Franklin Road, Brentwood, TN 37027, in the community room at the back of the showroom. Plan on staying after the program to socialize and enjoy some light refreshments. Bring a friend! Bring a couple of them!

## DON'T LET POISON IVY SPOIL YOUR SUMMER FUN

Tennessee is full of lush, green vegetation in summer - but if it has 3 leaves, assume it's poison ivy. A few tips to minimize your chance of an allergic reaction:

- ✓ The allergic reaction is caused by an oily resin in the plant. This resin is called "Urushiol" (pronounced "You-roo-she-all"). If you know or suspect you were in contact with Poison Ivy, use a little rubbing alcohol to wipe off the resin. As soon as possible, take a shower or at least wash the exposed area with some soap and water. (There's no need to go crazy scrubbing your skin raw. That will just give you a different skin problem!)
- ✓ A lot of people get exposed by handling other things that were in contact with poison ivy (clothes, boots, dogs). So minimize your post-hike contact with these items. Take a change of clothes and shoes for after the hike. Put your dirty clothes and boots into a bag, and take your clothes *straight* to your washing machine when you get home. You can clean your hiking boots with cool, soapy water.
- ✓ Don't get cocky. Although about 15-20% of the American population is non-reactive to Poison Ivy (Urushiol), these people can become sensitized to it after being exposed. In other words, just because you have never had a reaction in the past, it doesn't mean you are immune forever. Always assume the worst, and minimize your contact.
- ✓ If you are allergic to Poison Ivy, be aware that Urushiol exists in other plants (generally in smaller amounts). Be careful handling any vines, anything evergreen (for example, pine needles) and even some edibles like cashews and mango peel.
- ✓ If your pooch has been romping in poison ivy, follow this veterinarian recommendation: the owner should put on rubber dish washing gloves and wash the dog with dish washing liquid (avoid the eyes!). Why dish washing liquid? Because it dissolves the oily resin on your dog's fur. Please consult your vet if your dog has a skin sensitivity that would be made worse by using dish washing liquid.
- ✓ There are topical products on the market that supposedly block poison ivy from contact with your skin. They work well for some people and don't seem to be very effective for others. Whether you want to spend money to use these products or not, it's still a good idea to follow the above suggestions for minimizing your exposure to Urushiol.

Not sure what Poison Ivy looks like? There are lots of photos on the web. There's a short video that can give you a quick glimpse at: [http://youtube/qq\\_mA5ZDWU0](http://youtube/qq_mA5ZDWU0).

---

## NORTHWEST Chapter (UT at Martin / Weakley County)

**CHAPTER CHAIR:** Scott M. Pun 731-881-7316

*northwest@tennesseetrails.org*

**TREASURER:** Sandy Davis 731-587-9134

*northwesttreas@tennesseetrails.org*

**MEETS MONTHLY:** 2<sup>nd</sup> Tuesday at 7:00 pm CT during the academic year (Feb-Apr and Sep-Dec) on the UT Campus in the Paul Meek Library, Rm 120, Media Services B1

---

We're on summer break – see you in September!

---

## PLATEAU CHAPTER (Crossville)

**CHAPTER CHAIR:** Cheryl Heckler 931-456-6437

*plateau@tennesseetrails.org*

**SECRETARY/TREASURER:** Jim Grove 931-484-7900

*plateausecy@tennesseetrails.org*

**MEETS MONTHLY:** 2nd Thursday at 6:30 pm CT

**BLOG:** [www.tennesseetrails.org/blog/plateau](http://www.tennesseetrails.org/blog/plateau)

---

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 visit the Plateau Chapter Blog. Rain cancels.

### NO Chapter meeting in July.

**Jul 10 - Middle Ocoee Whitewater Rafting Trip.** This trip features five miles of continuous class III and IV rapids, large waves and endless fun. The river flows through a deep gorge in the beautiful Cherokee National Forest in southeast Tennessee. Here you'll encounter exciting class III and IV white water rapids with spectacular mountain scenery. No experience is necessary for this world class adventure as each raft is accompanied by a trained and experienced fun guide. Plan to spend 4 hours with Quest Expeditions for your Middle Ocoee Whitewater Rafting adventure. Minimum age is 12. Cost is \$36 per person; you must pre-register and pre-pay. Plan to leave from the Dollar General on 127 South (in the Homesteads) at 1846 South Main in Crossville at 10 am CT to arrive at the Ocoee at 2 pm ET. For more information, to pre-register and to pre-pay for the event, contact Linda Barclay at [linbarc@yahoo.com](mailto:linbarc@yahoo.com) or 931-456-2857.

**Jul 23 - Colditz Cove State Natural Area, Allardt, TN and Gentlemen's Swimming Hole, Rugby, TN.** Colditz Cove features a pristine 1.5 mile loop to the 60 foot high Northrop Falls. A short drive brings us to the Gentlemen's Swimming Hole for an additional 2 mile hike. Meet behind Cracker Barrel at 7:00 am CT. For more info and to register, contact Jim McCullough at [sue1290@frontiernet.net](mailto:sue1290@frontiernet.net) or 931/484-8222. Also check the Plateau Chapter blog a few days before the hike for possible hike updates such as weather related cancelations.



---

## 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>*

---

**Jul 2 – Red Clay State Park Council of Trees Trail. 3.5 mile loop.** The Park's visitor center includes historical artifacts and a video presentation; the surrounding land also includes historical structures. We will meet at the Target shopping center on Highway 153 and will leave the parking lot at 8:30 am ET. Contact Nance Jo at 256-509-1541 or [ogo62no@zoho.com](mailto:ogo62no@zoho.com) to register. Driving Directions: From Target, take Highway 153 south across the Chickamauga Dam; exit onto Bonny Oaks east; continue on Highway 317 toward Collegedale and Apison; follow signs to the Park on Red Clay Park Road.

**Jul 5 – Chapter Meeting.** Those wanting to enjoy dinner prior to the meeting, be at the church by 4:30 pm ET and the group will decide which restaurant to partake.

**Jul 6 – Enterprise South Nature Park.** We will hike the Black Forest Mountain Bike Trail which is a rolling up and down trail for a distance of about 3 miles. We will park at the second parking area with disabled parking located on the east side of the park and walk along a short section of paved road to the trailhead. The group will meet at the Target shopping center on Highway 153 and will leave the parking lot at 8:30 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 second parking area labeled for disabled parking.

**Jul 9 –Frozen Head State Natural Area.** We will hike several trails for a total of approximately 6.5 miles. Tentatively, the trails are Panther Branch (2.3 miles), DeBord Falls Loop (0.2 mile), Emory Gap Trail to falls (1 mile), North Old Mac Trail (2.5 miles), Old Mac Trail (0.2 mile), and return to vehicles along road (0.5 mile). The group will meet at the Soddy-Daisy baseball fields parking lot (across from the lake) along Durham St. (N 35 17.307 W 085 09.450) and will leave the parking lot at 8:30 am ET. Contact George at George at 423-596-5972 or [grbonneau@comcast.net](mailto:grbonneau@comcast.net) to register. Driving Directions: US-27 North to Wartburg; turn right (east) on Highway 62; travel 2 miles and turn left on Flat Fork Road; travel 4 miles to park entrance.

**Jul 13 – Chattanooga Riverpark and Tennessee Aquarium.** We will walk from the Amnicola Marsh parking area (off River Terminal Rd) to Ross Landing (downtown) and then tour the Aquarium. The round trip riverpark distance is estimated at 9.5 miles. The admission charge for the Aquarium is \$ 24.95 plus tax. The group will meet at the Target shopping center on Highway 153 and will leave the parking lot at 8:30 am ET. Contact: Nance Jo at 256-509-1541 or [ogo62no@zoho.com](mailto:ogo62no@zoho.com). Driving Directions: From Target, take Highway 153 south; exit onto Amnicola Highway (TN 319); turn right to the Amnicola Marsh parking area.

**Jul 20 – North Chickamauga Creek Gorge State Natural Area.** We will hike from the trailhead off Montlake Road to the overlook, reverse direction, and return to the vehicles for a total distance of approximately 5 miles. The trail is rated as moderate with several steep climbs and creek crossings. We will meet at the trailhead off Montlake Road and begin the hike 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: From US-27 from Hixson, exit onto Thrasher Pike and take left turn at end of exit ramp (go west); go north on Dayton Pike; turn left onto Montlake Road (BP convenience store on corner); trailhead parking lot is on the left.

**Jul 23 – Cloudland Canyon State Park, Georgia.** The group will meet at the Bi-Lo parking lot, 4825 Dayton Blvd, Red Bank (at Morrison Springs) and will leave the parking lot at 8:30 am ET. We will hike the West Rim Loop Trail, 4.5 mile loop, which is rated moderate with several short strenuous sections. Posted estimated completion time is 4 hours. Side trails to 2 waterfalls are available and the group will decide whether to hike these. The upper waterfall is 0.1 mile (1 hr) and the lower is 0.85 mile (1.75 hr) with 600 steps. Trail maps are available at the Visitor Center (N 34 49.075 W 085 29.233). The group will stop for lunch on the way back to Chattanooga. Contact Earl Helmer at 770-877-0600 or [e\\_helmer@att.net](mailto:e_helmer@att.net) to register. Driving Directions: From Red Bank, take US-27 South; I-24 West (go ~ 10.2 miles); take the I-59 South exit (# 167) (go ~ 8.3 miles). Take Exit 11 – Trenton (go 0.29 mile). Turn left onto Georgia Highway 136 (GA-136) (go 0.29 mile). Turn right on S. Main St. (US-11) (go ~ 0.14 mile). Turn left on GA-136 (go 6 miles). Turn left on Cloudland Canyon Rd (go 1.1 miles). Take left turn just past Office and follow signs toward Group Shelter 1; continue past the shelter taking the right fork; continue past other camp sites on the right. Look for the gravel road on left going toward the West Rim Access Parking (gravel lot) (N 34 50.708 W 085 29.471). Trail begins at (N 34 50.805 W 085 29.401).

**Jul 27 – Chickamauga & Chattanooga National Military Park.** We will hike several trails in the park for a total distance of approximately 4.5 miles beginning at the second parking area along Reed's Bridge Road. The trails are rated as easy. The group will meet at the Bi-Lo parking lot, 4825 Dayton Blvd, Red Bank (at Morrison Springs) and will leave the parking lot at 8:30 am ET. Contact: Nance Jo at 256-509-1541 or [ogo62no@zoho.com](mailto:ogo62no@zoho.com) to register and to obtain a written description of the trail route. Trail maps are also available from the Visitor's Center. Driving Directions: Going south on US-27 from Red Bank, take exit 180, Rossville Blvd, US-27 South to the Park.

**Jul 30 – Cumberland Trail, Black Mountain.** The trail distance is approximately 4.5 miles and requires a vehicle shuttle. Some vehicles will be left at the intersection of Cox Valley Road and Old Grassy Cove Road. The other vehicles will travel to the Black Mountain trailhead parking area. The group will meet at the Soddy-Daisy baseball fields parking lot (across from the lake) along Durham St. (N 35 17.307 W 085 09.450) and will leave the parking lot at 8:30 am ET. Contact: George at 423-596-5972 or [grbonneau@comcast.net](mailto:grbonneau@comcast.net) to register. Driving Directions: From Soddy-Daisy, take US-27 North to Spring City; exit onto Highway 68 north; continue on TN-68 past the Hwy 127 intersection for 4.2 miles; turn left onto Cox Valley Rd; some vehicles will be left at the intersection of Cox Valley Road and Old Grassy Cove Road. From here, shuttle to the top of Black Mountain by continuing 3 miles on Cox Valley Road; turn right onto Haley cove Road for 1 mile; turn right onto Battown Road for 0.9 mile; at 4-way intersection, take the immediate left at the Cumberland Trail State Park sign and continue up the narrow and steep paved road 3 miles to the paved trailhead parking area on the right.

---

## 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

---

**Jul 6 – Chapter Float to Anchor High Marina.** This activity will be in lieu of our July chapter meeting. Meet at Al Ballenger's house at 6 pm CT to board a couple of pontoon boats. We'll "sail the high seas" of Old Hickory Lake to Anchor High Marina for Dutch treat dinner and then return after dinner for a (hopefully) moonlight cruise. Bring what you would like to drink for the boat trip - ice and cups provided. Due to space limitations, the boat ride is for chapter members only. Non-members are welcome to join us (or if you prefer to drive on land), meet us at Anchor High at 7 pm. We need to make reservations so please contact River Rat Al for directions to his house and Anchor High Marina. [ballallenger@aol.com](mailto:ballallenger@aol.com) or (615) 347-2623.

**Jul 16 – Mammoth Cave Hiking Trip.** What's our closest National Park? Mammoth Cave National Park is about 1 hour and 15 minutes north of Sumner County, and not all of its beauty is underground. We'll hike a combination of trails for an approximate total of 4 -5 miles (depending on group interest/ability and the weather). This is not a cave tour, but we will pass by some of the historical entrances to Mammoth Cave. We'll also be treated to overlooks of the Green River and many historical sites like the cemetery for Mammoth Cave Guides. Please bring snacks, plenty of water and a lunch to eat at some scenic spot. Hikers would probably be more comfortable wearing boots because the trails are not paved. There are some hills - so bring your hiking stick if you own one. We'll meet for carpooling at 7:30 am CT at the K-Mart parking lot off Long Hollow Pike in Goodlettsville. To register or to ask a question, contact Anne at [ttahiker@att.net](mailto:ttahiker@att.net) or (615) 851-1052.

**Jul 31 – Ocoee River Whitewater Rafting.** The Ocoee River is about 4.5 hours from Hendersonville so we would go down there on Saturday and meet the outfitter at 8:30 am ET on Sunday for the instruction and outfitting - the activity takes about 4 hours from the time we get to the outfitter and the time we leave there - we will actually be on the river about 2 hours. Our outfitter will be Ocoee Outdoors ([ocoeedoutdoors.com](http://ocoeedoutdoors.com)) who furnishes everything needed for this whitewater adventure, including an experienced guide in each raft. The cost is \$35 per person - the minimum age is 12 and children must be with their parents. You can book directly with Ocoee Outdoors. Just make sure you tell them you are "with the TTA group for the 8:30 am trip on July 31." Accommodations: Everyone can make their own arrangements for Saturday night, July 30. Your leader, Al, will be staying at the Whitewater Inn which is \$93 per room with 2 people - \$10 for each extra person - continental breakfast included. Bethany Hader said she would probably camp at Ocoee Outdoors campground - \$6 per person. We welcome visitors and folks from other chapters. After you sign up, we will work out carpooling and other details. For further info contact River Rat Al. [ballallenger@aol.com](mailto:ballallenger@aol.com) or (615) 347-2623.

---

## UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

### CHAPTER CHAIR:

Louise Miniard 931-528-9115

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

### HIKE COORDINATOR:

Cindy Johnson 931-833-3556

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

---

**Jul 30 - Siler's Bald, Great Smoky Mountains National Park, Gatlinburg, TN. 9.5 miles. Moderate to Strenuous.** We will hike a section of the Appalachian Trail from the Clingman's Dome parking lot to Siler's Bald. There are spectacular sections of the trail along a narrow ridge top. Bring water, snacks, and lunch. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville. For information and to register contact Richard Savage at 931-526-2035 or [savage\\_richard@hotmail.com](mailto:savage_richard@hotmail.com).

---

## 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.

## OFFICERS:

**President**  
 Don Dresser 731-668-4190  
*president@tennesseetrails.org*

**Vice-President**  
 Millette Jones 615-397-9588  
*vicepresident@tennesseetrails.org*

**Treasurer**  
 Jan Agee 423-504-3581  
*treasurer@tennesseetrails.org*

**Secretary**  
 Carolyn Miller 931-839-3213  
*secretary@tennesseetrails.org*

**Past President**  
 Rosemary Marshall 865-548-6171  
*pastpresident1@tennesseetrails.org*

**Previous Past President**  
 Anne Wesley 615-851-1052  
*pastpresident2@tennesseetrails.org*

**West TN At-Large Director**  
 Graydon Swisher 901-737-3114  
*westregional@tennesseetrails.org*

**Middle TN At-Large Director**  
 Nora Beck 615-517-6486  
*middleregional@tennesseetrails.org*

**East TN At-Large Director**  
 Levonn Hubbard 931-707-1020  
*eastregional@tennesseetrails.org*

**Membership Director**  
 Ron Dunn 615-867-3301  
*membership@tennesseetrails.org*

**Cumberland Trail Conference Representative**  
 Diane Manas 615-352-7777  
*CTC@tennesseetrails.org*

**TN Rails To Trails Advisory Council Representative**  
 Bob Richards 615-532-0753  
*TRAC@tennesseetrails.org*

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

**Newsletter Editor**  
 LouAnn Partington 931-393-4835  
*editor@tennesseetrails.org*

## 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.

### 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>
Jul 10 .....	Aug 1
Aug 10 .....	Sep 1
Sep 10 .....	Oct 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**

Jul 11

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

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](mailto:membership@tennesseetrails.org)

**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:

\_\_\_ Clarksville  
\_\_\_ Columbia/Franklin  
\_\_\_ Cove Lake  
\_\_\_ Dyer County  
\_\_\_ East TN (Oak Ridge/Knoxville)  
\_\_\_ Highland Rim (Manchester/Tullahoma)  
\_\_\_ Jackson  
\_\_\_ Memphis  
\_\_\_ Murfreesboro  
\_\_\_ Nashville  
\_\_\_ Northwest (UT at Martin/Weakley)  
\_\_\_ Plateau (Crossville)  
\_\_\_ Soddy Daisy  
\_\_\_ Sumner Trails (Sumner County)  
\_\_\_ Upper Cumberland (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, 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.**