

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



SAVE THE DATE TTA ANNUAL MEETING

The annual meeting will be at Fall Creek Falls State Park. Mark your calendar to reserve the dates October 25 - 27, 2013. Plan for a week-end of hikes, camaraderie, interesting programs, and the opportunity to raise funds to support trail building!

Registration information will be available in next month's newsletter as well as online at <http://www.tennesseehike.org/>.

ANNUAL MEETING HIKE SCHEDULE

Friday

- **FCF Woodland / Gorge Trails. 2.5 miles. Moderate.** This hike combines two trails near the Nature Center that will take you, via swinging bridge, to Fall Creek Falls, to the bottom and back, then to several overlooks, and Cane Creek cascades, completing a loop.
- **FCF Paw Paw Loop Trail. 2.5 miles. Moderate.** This hike begins near the Nature Center, crosses Rock House Creek, gains elevation (300' hill), then affords you striking views of Cane Creek Falls, Cane Creek Gulf, Fall Creek Falls, and Cane Creek Gorge Overlook, completing the loop back near the Nature Center.
- **FCF Gilbert Gaul Loop. 4.4 miles. Easy.** If hiked counter-clockwise you will follow a level dirt road from the gate of Group Camp #2 to a meadow near the site of the Gilbert Gaul homestead, then to the head of Fall Creek Lake where the road ends and footpath begins. There are beautiful views along the lake to Frazier Rain Shelter. The trail continues beside the lake before turning up along the "Fern Line" to the starting point.

Annual Meeting Hike Descriptions – con't

Saturday

- **Virgin Falls. 8 miles, in & out. Moderate/difficult.** This trail includes steep climbs, up and down rocky terrain with interesting bluffs, rock formations, and pristine overlooks. At Virgin Falls the stream emerges from a cave & thunders 110' into a sink hole. Returning, you will gain 700' elevation in a woods full of fall colors.
- **FCF Wheeler Farm Loop. 4.5 miles. Moderate.** On this hike you will encounter spurs to interesting features, visit both sides of Medley Arch, stroll through beautiful Cane Creek Valley (prairie), view several waterfalls, including Wheeler Falls, a 120' high tiered falls with 2 sources at the upper level. Then follow the trail thru the woods back to complete the loop.
- **Savage Gulf, North Rim, Plateau, day loop trails. 9.3 miles. Easy/moderate.** This hike will continuously afford terrific overlooks and views, after leaving the Ranger station, following a series of trails, including the mountain Oak Trail, Savage Day Loop, North Rim and North Plateau Trails. Bring an appetite for beauty on this hike.
- **CT Section of Soddy Creek Gorge Segment. 10 miles, in & out. Moderate.** This CT section takes you across a fence stile and through hemlock glades, a Boy Scout camp, across small streams and beside large rock formations. It passes through an abandoned coal mining area, now studded with young pines, and along ridge lines below a rock escarpment to the base of a sheer cliff accessed by a series of wooden steps, then reverse.

Hike descriptions continued on page 3.



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Contact the CTC office for current volunteer opportunities and activities.

CLARKSVILLE CHAPTER

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(call Paul & volunteer to lead an outing)

MEETS MONTHLY: 3rd Tuesday at 6:00 pm CT,
 Crow Community Center, 211 Richview Rd.
Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/clarksville>

May 4 - Friends of Dunbar Cave Spring Fling. 7:00 am. to 5:00 pm CT. Nature activities such as Bird Hike, Wildflower Hike, Live Birds of Prey (eagles, hawks, owls, vultures), snakes, and more. Schedule not yet available. Free to all ages.

May 11 - Cedars of Lebanon State Park, Lebanon, TN. 7 miles. Moderate. Bob Lyon. 931-648-2354. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 75 miles to trailhead.

May 18 - Beamon Park Highland Trail. 5.8 miles. Moderate. Lili Ball 931-552-2773. Meet 8:30 am CT, I 24 Exit 11 commuter parking lot. 32 miles to trailhead.

May 21 - Monthly Meeting!

COVE LAKE HIKING CHAPTER

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SECRETARY/BOARD REPRESENTATIVE: Kathy Sarvis 865-494-0374
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MEETS MONTHLY: 1st Tuesday at 7:00 pm ET at the recreation center, 300 W. Beech St., La Follette.

May 16 – Trail Maintenance Day. Contact John or Kathy for more information.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Marvin Caine 931-486-1632
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MEETS MONTHLY: 1st Tuesday at Grand Buffet (Hwy 31 north side of Spring Hill). Socializing and dinner at 6:00 pm CT; meeting starts at 7:00pm.

May 7 – Chapter Meeting. Our guest speaker will be Tennessee’s State Naturalist, Randy Hedgepath. He will present a program with photos, stories, and information on some of his favorite hiking spots in Tennessee State Parks and Natural Areas. We might learn about new places to go or something new about an old favorite. It will be a light hearted look at some real beautiful and interesting places.

May 11 – Lake Trail, Standing Stone State Park, Hilham, TN. 4.8 miles. Moderately strenuous. This hike was described by Fran Wallas in her book *Great Hikes in Tennessee State Parks*. She rated it as moderately strenuous because of the steep changes in elevation. Depending on the amount of rain, we may encounter some beautiful waterfalls. We should also have scenic views of Standing Stone Lake. Wear sturdy boots and bring water, snacks and lunch. We will likely stop and eat on the way home. We will meet behind McDonald’s 4908 Main Street (Hwy 31) on the north side of Spring Hill and leave by 7:30 am CT. Register with Marvin Caine at mlcaine@aol.com or 931-486-1632.

May 18 – Survival Skills Program, Smith property, Franklin, TN. Beginning at 10:00 am CT, we will build campfires using 4 different methods, erect 3 different types of pole and limb shelters, prepare and cook our own meal over campfire coals or in the coals, and then enjoy some pioneer games and contests after lunch. Activities should be completed by 1:30 or 2:00 pm. Plan to bring your own meal to cook. Examples might include a pork chop, small steak or chicken breast and cut up potatoes and onion in aluminum foil (no pots). Location: Hwy 431 South just across from a white brick house at 2421 Lewisburg Highway. WATCH FOR TTA SIGN. Park in the corner of the field just inside and hike about 4/10 of a mile down to the creek location. To register contact Russell Smith at 615-790-1833 or carving082334@aol.com.

Planning Ahead

Jun 1 – NATIONAL TRAILS DAY. Garrison Creek Loop, Natchez Trace Parkway, near Leipers Fork, TN. 6.0 miles. Moderate. This hike, from Burns Branch to Garrison Creek includes the longest section of Old Trace left in Tennessee, built two centuries ago. The trail follows a high ridgetop and has a scenic overlook before descending and crossing Garrison Creek. Bring plenty of water, snacks for the trail and wear sturdy boots. We will meet behind McDonalds 4908 Main Street (Hwy 31) on the north side of Spring Hill, and leave promptly at 8:00 am CT. We will plan to stop at Puckett’s Grocery in Leipers Fork for a late lunch. Register with Rick Pinkleton at 931-619-5012.

Saturday

- **CT Section of Possum Creek Segment. 10.2 miles, in & out. Moderate.** This hike begins with a photo op of gigantic boulders and turbulent cascades. The trail continues past one amazing rock formation after another, crossing both Little Possum Creek and Big Possum Creek bridges, with Perkins Point between. A visit to Immodium Falls may also be possible, time permitting.
- **CT Snow Falls Trail. 11.5 miles, in & out. Difficult.** During this hike of considerable elevation gain you will encounter remnants of coal mining trestles and roadbeds, several unique metal bridges (built in the '70s), gigantic rock formations, swift streams, beautiful overlooks, and 35' Snow Falls on top of the plateau. On the return hike you will steadily lose elevation back to the trailhead, affording a better opportunity to enjoy the fall colors.
- **SCRA Collins Gulf Trail. 5 miles, in & out. Moderate.** Your descent into Collins Gulf gorge leads you under a giant rock-house and thru the mist of beautiful Suter Falls. An elevation gain by large boulders takes you to a meandering ridgeline, with the trail gradually descending back into the gorge to a spur trail accessing gorgeous Horse Pound Falls. Enjoy fall colors on the return ascent to the trailhead.
- **CT Laurel Falls. 5 miles, in & out. Easy/moderate.** This hike begins on level roadbed & passes an abandoned coal mine entrance, coke ovens and remnants of stone road trestles in boulder-ridden Richland Creek. After an upstream ascent, through a rock field, and over a 1970' metal bridge, you encounter beautiful cascades and minor falls amid house-size boulders. A series of switch-backs take you to roaring, 80' Laurel Falls (and a spur trail to the top, time permitting).
- **SCRA Savage Gulf Day Loop. 4.2 miles. Easy.** The trail begins at the Ranger Station and crosses a field and Boyd Branch via a suspension bridge before reaching the loop junction. A spur trail leads to the Savage Falls overlook. Later at Rattlesnake Point there is a stunning view of Savage Gulf. Trail then follows an old RR bed back to the loop junction, all this among great fall colors.
- **FCF Gilbert Gaul Loop. 4.5 miles. Easy.** This hike starts on an old road bed and leads you down to an open field near the site of the Gilbert Gaul homestead and to the head of Fall Creek Lake, where a footpath begins. This path follows the lake to Frazier Rain Shelter, and later by the park cabins, leaving the lake and ascending along the "Fern Line" to another roadbed that completes the loop.

Saturday – con't

- **SCRA Fiery Gizzard to Raven Point. 8.8 miles, in & out. Difficult.** A rugged, challenging trail, showcasing the beauty of the Cumberland Plateau. This hike, which will reverse at Raven Point, leads you to, house-size boulders ("the rock field"), waterfalls, swimming holes, deep bluffs, a moonshine still, caves and spectacular overlooks.
- **CT Black Mountain. 5 miles, in & out. Moderate.** This hike offers spectacular views of the Cumberland Plateau and Grassy Cove, and features a Stonehenge-like, natural rock formation in a wooded setting that defies explanation. The trail descends gradually to Windless Cave which is currently closed to exploration. During the return ascent you will intersect a loop trail near the top which returns to the parking lot.

Sunday

- **Rock Island St. Park, "Twin Falls Trail". 2.8 miles, in & out. Moderate.** This hike, in a beautiful setting, begins at Twin Falls Overlook. This is a two part hike, with both trails leading from the parking lot. First part will be upstream, following the bluff line above the Caney River to swimming spots (Warm Hole & Ice Hole) with some rock hopping to a view of Big Falls. The second part of the hike follows the Caney River downstream and back affording many photo ops.
- **SCRA Savage Day Loop. 4.2 miles. Easy.** Hike description listed under Saturday's hikes.
- **FCF Paw Paw Loop. 2.5 miles. Moderate.** Hike description listed under Friday's hikes.



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 is 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 also a short video that can give you a quick glimpse at: <http://youtube.com/qm5ZDWU0>.



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DYER COUNTY CHAPTER

Graydon Swisher

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This chapter is in the process of being reorganized.

For further information, contact Graydon Swisher at 901-737-3114 or, westregional@tennesseetrails.org. In the interim, you are welcome to attend (14 to select from) other chapters' outings, events and meetings.

EAST TN CHAPTER

(Oak Ridge / Knoxville)

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VICE-CHAIR:

Elise Eustace 865-201-5806

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May 18 - Injun Creek Trail, GSMNP. 6+ miles. Moderate. Joint hike with Plateau Chapter. We will meet at 10:00 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 865-951-8317 or rosemary_L@hotmail.com.

May 25 - Hooper Bald to Huckleberry Knob (Cherohala Skyway). Beginning at the Hooper Bald parking area, this easy section of trail meanders through a second growth forest that has slowly taken over the edges of Hooper Bald before it exits the woods and comes out into the bald, after walking only 1/2 mile. This bald was one of the original spots where lodges were built for hunting Russian wild boar, imported bear, and Red deer. We will proceed over the bald and after walking through high grass, with blueberry bushes and thorn less blackberries, we will come to the Cherohala Skyway, which we will walk along for 1/4 mile before beginning our hike out to Huckleberry Knob. The trail to Huckleberry Knob has gradually become overgrown with thornless blackberries over the past several years. At one time the trail was wide enough to drive a car on. In some areas it is only wide enough for a single row of hikers. After magnificent 360 degree vistas (provided the weather cooperates). We will also pay our last respects to Andy Sherman, whose grave, marked by a 6 ft cross, is situated near the top of the knob. We will meet at 9:00 am ET at the Cracker barrel located at the Lenoir City Exit off I-75 South. Pre-registration is required. Contact Rosie at 865-951-8317 or rosemary_L@hotmail.com.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

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OUTINGS & PROGRAM COORDINATOR & NEWSLETTER CONTACT: Joan Hartvigsen 931-962-0811
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(contact Joan & volunteer to lead an outing)

MEETS MONTHLY: 4th Monday at 7:00 pm CT at the D. W.
Wilson Community Ctr., 501 N. Collins St., Tullahoma.

May 11 - Fiery Gizzard Trail, Foster Falls to Grundy Forest, South Cumberland State Park, Tracy City, TN. 13 miles. Strenuous. On this scenic, challenging hike we will visit Foster Falls, Laurel Gorge, Raven Point, Sycamore Falls, Chimney Rocks, Big Fiery Gizzard Creek and Blue Canyon. We will descend and ascend steep and rocky Laurel Gorge and Gizzard Cove. We will navigate boulder fields and tree roots. The falls and creeks should be awesome due to abundant rainfall. We will have lunch at Anderson Falls. Bring a lot of water, lunch, snacks, hiking boots, hiking poles and a head lamp. Contact Cynthia Meinerding at *cjmeinerding@yahoo.com* or 931-308-4727 after 4:30 pm and before 9:00 pm to register.

May 18 - Eat-Hike-Eat. Shakerag Hollow and Piney Point, Sewanee, TN. 5 miles. Moderate. Steep and rugged descent down a bluff into Shakerag Hollow. Meet at the Blue Chair in Sewanee at 9:00 am CT for breakfast and coffee or 9:30 am if you just want to hike. We will hike the Perimeter Trail from Green's View back to the Blue Chair via Shakerag Hollow with a side trip to Piney Point. Shakerag is known for its wildflowers and Piney Point offers beautiful vistas. Bring water and snacks and hiking boots and hiking poles. Contact Cathleen Close at 931-841-1448 or *cathleenclose@gmail.com*.

May 20 - Chapter Meeting. Dinner at 5:00 pm at Fast Jack's Restaurant, 122 W. Lincoln St., Tullahoma followed by our meeting at 7:00 pm at D. W. Wilson Community Center. Our Chapter Chair Linda Hudson and member Ruth Wells will present a program on their September 2012 Scotland hike on The Great Glen Way from Fort William to Inverness. Linda and Ruth hiked ninety two miles in six days. Their presentation will include approximately six hundred photos of beautiful landscapes, plants along the trail, bed and breakfasts they stayed in, and castles in Inverness they visited after completing their hike. Linda and Ruth were in Scotland fourteen days.

Highland Rim Chapter – con't

May 25 - Cloudland Canyon State Park, Rising Fawn, GA. West Rim Loop Trail and Water Falls Trail. 7 miles. Strenuous due to steep grades. The rhododendron and mountain laurel will be stunning. The waterfalls and the creeks are awesome. The overlook views of Sand Mountain and down into Cloudland Canyon are magnificent. The Hemlocks, Tulip Poplars and Oaks are huge! Bring water, lunch, snacks, hiking boots and hiking sticks. Register with Marietta Poteet at *nannietta@blomand.net* or 931-924-7666.

May 27 - Memorial Day Lake Party, Keith Springs Mountain, Franklin County, TN. Let's gather at Joette's home beginning at 11:00 am CT for a lake party and hike. There will be great food, canoes, kayaks, paddleboats and swimming. Bring meat to grill, drinks and a dish or dessert to share. Lunch is around noon. After lunch we will hike an easy four to five miles. For more information call Joette at 256-776-3551 before May 26. Directions from the intersection of US Hwy 64 and TN 16: Drive 10 miles on TN Hwy 16 South up the mountain toward the Walls of Jericho. Between mile markers 22 and 23 turn left onto Jehovah Jireh Lane, a paved driveway marked with a blue gate. Drive 1/2 mile on Jehovah Jireh Lane to Joette's Lake Party. Jehovah Jireh Lane is seven miles north of Walls of Jericho Hikers' parking lot.

“TRAIL DAMES” GATHER TO CELEBRATE HIKING, BACKPACKING AND THE LOVE OF THE OUTDOORS.

In July 2013, Trail Dames, a multi-state regional hiking club for women of a curvy nature will be hosting a hiking and backpacking conference for women at Maryville College in Maryville, TN. The “Summit” includes an extensive list of seminars, classes and workshops. And, will feature guest speaker Sanne Larsen Bagby, aka ‘Ready’, a triple crowner with more than 10,000 miles of backpacking to her name. For more information and to register, please visit: www.traildamesummit.com/faq-page.htm.

BEE-WISE, BEE-WARE

While most people are actually more afraid about animal attacks by larger animals, it is actually insects that are to be feared more. Bees, wasps, and hornet stings are more responsible for fatalities than snakes, spiders, and scorpions combined.

If you are Allergic to Bee Stings

Some people are hyper sensitive to bee stings. For them, a single sting could already be seriously life-threatening. If you know that you are hypersensitive for bee and perhaps other insect stings, check with your doctor and make sure to bring an emergency insect sting allergy kit. Your doctor will be able to cater to your exact needs. Make sure to check the expiration date of the medications on your kit since most antihistamine medicines need to be replaced after a few years.

Avoiding Bee & Other Insect Stings

- Use insect repellent sprays. Most of these sprays use DEET as their active ingredient and they do a great job at repelling mosquitoes. Citronella is less aggressive for the skin but generally does not have the same repelling effect as DEET.
- Do not wear any sweet smelling fragrances often found in after shaves and perfume. These often attract flies, bees, and other insects.
- Insect nets are a very fine netting that keeps insects from entering while still letting air through. Insect nets are mostly used for tents but can be found in an alternate form inside the ventilation vents of pants and other clothing.
- Bees will mostly attack when either trapped or agitated. Close any opening in your clothes that could trap bees between your skin and your clothing. Should you stumble upon a beehive, do not disturb it, and quickly (and quietly) vacate the area.

Treating Bee & Other Insect Stings

- Bees will often leave their stings in your skin when you get stung. Remove them in a scraping motion with a needle or knife and avoid handling them with your hands as this will probably squeeze more venom into your skin.
- The irritation and pain from an insect sting can often be neutralized by using an insect sting ointment. So make sure to bring some if you expect to go into insect - infested areas.
- People who receive multiple bee stings or are either allergic to bee stings can go into anaphylactic shock which could cause swelling, obstructing the airways. Remove the stings and use antihistamine medication immediately. Apply CPR if needed and make sure the airways are cleared.

These are the basic things you need to know about insect and bee stings. Take note that it is essential to have adequate First Aid knowledge and training if you are engaged in outdoor activities such as hiking so you will know what to do in case you need to administer First Aid.

JACKSON CHAPTER

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(call Glen & volunteer to lead an outing)
MEETS MONTHLY: 1st Monday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

May 6 Monthly Meeting. We will meet at Perkins restaurant at 6 pm for dinner, followed by a planning meeting to begin scheduling next fall's hikes. If you cannot make the meeting, please tell Vicky Moeller what hikes you would like included. Her telephone number is 668-9336 and her email address is *vmoellerosu@gmail.com*.

MEMPHIS CHAPTER

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TTA Hike & Annual Picnic - May 4, Herb Parsons Lake State Park. Join us for an easy 6-mile hike around the lake and through the woods. Meet at 9:30 a.m. at the lake and bring water. After the hike we will celebrate a great hike season at Herb Parsons Lake. Please bring your favorite potluck dish, salad, or desert and lawn chair. We hike to eat! The chapter will provide hotdogs, buns, relish, ketchup, mustard, paper plates, flatware, napkins, drinks, and ice. Activities include horseshoes, fishing (bring your rod) or just conversation. Bring a friend. Please register in advance so that we will know how many hikers plan to eat. Contact Francis Ruffin by email *fruffin@aol.com* or call 901-573-9998.

MURFREESBORO CHAPTER

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OUTINGS COORDINATOR: Cathy Bingham 615-890-9791
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(Call Cathy & volunteer to lead an outing)

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

BLOG: www.tennesseetrails.org/blog/murfreesboro

May 11 – Yellow Bluff Loop, Scott's Gulf. Difficult due to rocky terrain, 550 ft vertical rise. This 8.1 mile loop passes by several stunning highlights as it goes along and into the chasm of Scotts Gulf. This canyon is created by the upper Caney Fork River, which is now protected as part of the Bridgestone/Firestone Centennial Wilderness. We'll see several waterfalls, scenic overlooks and a rockhouse. It's a pristine area trail that is seldom seen. Bring a packed lunch and sturdy shoes. We'll drive through Woodbury, McMinnville, and Sparta. The Yellow Bluff Trailhead is about 19 miles southeast of Sparta near DeRossett, Tennessee. We'll meet at the Rutherford Blvd Walmart at 8 am CT. See you there! If interested, contact Jenny Jacobs at 615-691-2636 or jj_199@yahoo.com.

May 14 – Monthly Meeting. 6:00 pm. Barfield-Crescent Park Wilderness Station. **NOTE TIME CHANGE.** This will be our planning meeting for July-December hikes. Bring your calendar to schedule hikes you want to lead or ideas for hikes you would like to experience. Bring a finger food to share and drinks will be provided. If you want to lead a hike and cannot attend the meeting, contact Cathy Bingham at corgylover@bellsouth.net or 615-355-3425.

May 18 – TTA Yard Sale, 1132 West Clark Blvd., beside Kmart in Murfreesboro 8:00 am – 2:00 pm. Tell your families, friends, neighbors and co-workers so they can donate items and come to buy. The proceeds will reimburse our chapter's annual expenses and special projects. If you have items but cannot deliver them the morning of the sale, please let me know and I will try to arrange a pick-up. We need volunteers for all or part of the day. Items need to be pre-priced before they are delivered by 8:00 am and it does not matter what price you put on an item, because we can change it if necessary. Masking tape works well as a pricing tag. Contact Sara Pollard for more information and to volunteer, sarabpollard@gmail.com or 615-714-3610.

NASHVILLE CHAPTER

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(email Nancy & volunteer to lead an outing)

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

May 4 - TTA's Quarterly Board Meeting – members are always welcome to attend. The meeting begins at 1:00pm CT at the REI in Brentwood (261 Franklin Road) in their Community room. If you would like to take in a hike and eat lunch before the meeting, see the May 4 hike description below. Come Hike With Us; and, Come, See, Learn about TTA at the Quarterly Board Meeting.

May 4 - Spillway, Lake, Ganier Ridge and South Cove Trails in Radnor Lake State Natural Area, Nashville-Oak Hill, TN. Radnor Lake is a 1,200-acre natural area located approximately 8 miles south of downtown Nashville. This natural area has some of the highest ridges in Middle TN; and, contains a wide variety of trees and shrubs (such as mountain laurel, sourwood, oaks and hickories). Radnor Lake SNA is also noted for its plethora of spring wildflowers, varied wildlife, tranquil lake setting, and scenic topography. This will be a 4.5-mile hike and a loop made by combining the Spillway, Lake, Ganier Ridge and South Cove Trails. This hike is rated easy for the first mile and a half; moderate for the next two miles and easy the last mile. Plan on hiking at a comfortable (not fast) pace to take in this beautiful area. Please wear trail worthy shoes/boots; and, bring snacks and water. Afterwards we'll go to Chipotle Mexican Grill in Brentwood (next door to the REI) for lunch (bring money to pay for your meal). We will meet on the west side of the park at the Visitor's Center at 9:00 am CT. To register for the hike (those that register are notified when/if a hike needs to be cancelled) or to obtain additional information, please contact Diane Manas at 615-351-6431. **DIRECTIONS:** From downtown Nashville, take I-65 south. Exit onto Harding Place (exit # 78B) heading west. Harding Place turns into Battery Lane. Turn left onto Granny White Pike and go about 2 miles, and then turn left (east) onto Otter Creek Road. Otter Creek Road runs you into the parking area; next to the Visitor's Center. The park's map is online:

www.tn.gov/environment/parks/RadnorLake/pdf/parkmap.pdf.

May 5 - Stillhouse Hollow Falls State Natural Area, Maury Co. Moderate due to steep terrain, but a short hike - a little over a mile round trip. A botanist will accompany this hike which is co-sponsored by the Swan Conservation Trust and the Tennessee Parks and Greenways Foundation. Fern lovers, you will be rewarded; and the 75-foot waterfall will provide some fine photo opportunities. Contact Nora Beck for further information - 615-517-6486 or norellibee@gmail.com.

May 11 - Downtown Nashville, Civil War Walking Tour.

This will be a short (2 mile) but interesting hike in an urban setting. We will enjoy some spectacular views of Nashville's dynamic skyline, marvel at its diverse architecture, see the street scenes close up, and contemplate events that took place here 150 years ago. There is a walking route with 19 civil war historical location markers established by the Metro Nashville Historical Commission. We will follow in this route in numerical order. We will meet at 9:30 am in the parking lot of the Richard H. Fulton Campus, located at 800 Second Avenue South, which will also be our ending point. Expected finish time is about 11:00 am. For those eager for a bit more walking and history, we will drive over to nearby Fort Negley and walk up to the crest of the hill. The visitors' center there offers movies and it would be a beautiful place for a picnic lunch. Hike leader: Tom Vickstrom 615-405-6713. For a detailed map and additional information:

<http://www.nashville.gov/Portals/0/SiteContent/HistoricalCommission/docs/Publications/Occupied%20City%20Walking%20Tour%20brochure.pdf>.

May 11 - Long Hunter State Park/State Natural Area, Couchville Cedar Glade Full Moon Hike. 1 mile. Easy.

8:00 pm. State Naturalist, Randy Hedgepath will lead us along this triple habitat area featured in the Fran Wallis "great hikes" guide. The full moon will provide the light, so don't bring headlamps or flashlights (or flash cameras) unless they have red or green light, since this will enable our eyes to better adjust to the dark. You may wish to bring binoculars to better see the stars. We'll also listen to and identify the birds that frequent the area. This is a family friendly event, so please invite your friends. Let me know if you need directions. To sign up, please contact Larry Marchese, lmarchese2@gmail.com. 615-681-2294.

May 28 - Annual Picnic, Edwin Warner Park, Nashville TN.

Shelter 10, 4:00 pm CT until sunset. Following a pot luck meal at 6:00 pm, we'll take a twilight hike. The chapter will provide tableware, napkins, and ice. But we encourage you to bring your own non-disposable "mess kits" as a more sustainable alternative. If you have a camping lantern, it will be welcome since the shelters aren't lighted. For the twilight hike, you will want a flashlight or headlamp. Bring friends! This is the only chapter meeting that also includes a hike, so bring along a friend who's been thinking about going beyond walking in the neighborhood. Directions from Nashville: Drive west on West End / Harding. Turn left at the "split" in Belle Meade. You will be on Highway 100. Continue on Highway 100 for 3.2 miles and turn left on Old Hickory Blvd. Drive 0.7 miles over the ridge and turn right on Vaughn Road at the traffic light. In about 0.3 miles, turn right into the Edwin Warner Park Picnic Area. We will be at Shelter #10, almost at the end. When you see a permanent rest room building, turn left and then left again at the fork immediately following. For more information, contact Doug Burroughs at doughburroughs@tennessee.usa.com or 615-587-0085.

Are you interested in being more involved in Tennessee Trails Association? Do you have a home computer? How about an hour or so each week to spare? You could be just the person that the TTA board of directors is looking for. Ann Jacobs, our treasurer, has decided not to run for another term, and will be leaving office at the end of 2013.

The treasurer's responsibilities include:

- Maintain the finances and financial records of TTA.
- Prepare a budget for each year and submit to board for review and approval.
- Write checks for authorized expenditures and deposit revenues received by TTA.
- Maintain accurate and timely records of revenue and expenses
- Manage investments of the Association.
- In cooperation with CTC, manage an annual audit of TTA's and CTC's financial records.
- Retain copies of financial records from prior years.
- Prepare a financial report for each quarterly TTA board meeting.

Training will be provided. Contact Ann Jacobs (treasurer@tennesseetrails.org) for more information

If you've never volunteered to help before, how about it in 2014?



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: 2nd 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

Hike information unavailable at press time.

SODDY-DAISY CHAPTER

CHAPTER CHAIR: John Politte 423-304-8327
soddydaisy@tennesseetrails.org

HIKE COORDINATOR: George Bonneau 423-842-3619
soddydaisyhikes@tennesseetrails.org

TREASURER: Bob McGavock 423-843-4646
soddydaisytreas@tennesseetrails.org

MEETS QUARTERLY: 1st Tuesday in Jan, Apr, Jul, Oct 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>*

May 4 – Sluder Lane to Deep Creek and back. 8 miles. Slightly strenuous. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: Bob McGavock 423-667-2960.

May 7 – Sluder Lane to Mowbray Pike. 5 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: George Bonneau.

May 22 – Prentice Cooper Pots Point Loop. 12 miles. Strenuous. Meet at Bi-Lo parking lot in Red Bank at 8 am ET. Hike leader: George Bonneau.

May 14 – Upper Leggett Road to Lower Leggett Road trailhead. 3 miles. Easy to moderate. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: George Bonneau.

May 18 – Roaring Creek. 8 miles (4 miles in and 4 miles back). Moderate. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: George Bonneau.

May 21 – Camp Jordan. 3 miles. Easy. Meet at Target parking lot on Highway 153 at 8 am ET. Hike leader: George Bonneau.

May 25 – Flipper Bend. 8 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: John Politte 423-304-8327.

May 28 – Heiss Mountain to Possum Creek and back. 3 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: George Bonneau.

PLATEAU CHAPTER

(Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-456-6437
plateau@tennesseetrails.org

SECRETARY/TREASURER: Jan Barber 931-839-6662
Don Taylor...615-973-1814
plateausecy@tennesseetrails.org

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

BLOG: www.tennesseetrails.org/blog/plateau

There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information, contact Bill Harris at 931-484-9152 or visit the Plateau Chapter Blog. Rain cancels.

May 4 - Cloudland Canyon, Trenton, GA. This is a 6 mile moderate hike with nice overlooks, waterfalls, and possibly Mountain Laurel & Rhododendron in bloom. Located on the western edge of Lookout Mountain, this is one of the most scenic parks in Georgia. We will do a car shuttle. Depart from Trinity Tabernacle Church at 8:00 am CT. Bring snacks, water, lunch, and hiking boots. For information and to register contact Bill Harris at 931-484-9152.

May 9 - Chapter Meeting. Dinner at Cumberland Mountain State Park Restaurant, Crossville at 5 pm. Business meeting will follow after dinner. Contact Chapter Chair, Cheryl Heckler at *thehecklers@charter.net* or 931-456-6437 for additional information.

May 11 - CT Bird Mountain Trail to Ross Gap, Frozen Head State Park, Wartburg. 7.4 miles. Moderate to difficult with steep ascent along many switch-backs hike. We will hike the Bird Mountain Trail to the Cumberland trail, West on the CT to Ross Gap and return by old road/trail to park office. This is a shuttle from the park office to the trailhead. This hike has 2 water crossings. If the Flat Fork Creek is too high to cross there is an alternate route. Bring snacks, water, lunch, and hiking boots. Depart from Vanity Fair parking lot in Crossville at 8 am CT. For information and to register contact Neal or Jeanne Richardson at *jeanneorneal@highland.net*.

May 18 - Injun Creek Trail, Great Smoky Mountain National Park, Gatlinburg. Joint hike with East TN. 7 miles. Moderate. This trail is unmaintained but very scenic with small waterfalls, cemetery, bridges and lots of foliage. About half way through the hike, we will pick up Grapeyard trail and follow the creek to our shuttle destination. Bring snacks, water, lunch, and hiking boots. Depart from Vanity Fair parking lot in Crossville at 6:30 am CT. We will meet East TN Chapter at the trailhead in front of the ranger station in Greenbrier area off Cosby highway at 9 am CT. Pre-registration is required. For information and to register contact Cheryl Heckler at *thehecklers@charter.net* or 931-456-6437.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS:

David & Shirley Primeau 615-424-2948
sumner@tennesseetrails.org

MEETS MONTHLY: 1st Tuesday at 7:00 pm CT

Hendersonville First United Methodist Church, 217
E. Main St. Hendersonville, TN

May 4 - Hidden Springs Trail, Cedars of Lebanon State Park, Lebanon TN. 4.4 miles. Easy to moderate. Very little elevation change occurs on this loop trail. The trail features interesting rock formations and sinks, as we walk through cedar forests and glades, as well as deciduous trees all growing in thin and rocky soil. At about half way, we will come to a vertical opening in rocks that accesses a small underground stream and will stop here at the "Hidden Spring" for a break. Bring snacks and water. All hikers may join us for an optional lunch at a local restaurant. Hikers may wish to wear insect repellent, long pants and light-colored clothes to reduce the chance of picking up ticks. Trail may be muddy in places if there has been recent rain. Meet at First Presbyterian Church in Hendersonville at 9 am CT for carpooling/directions. For further info contact Ron or Judy Jenkins at 615-403-0002 or ronj326@bellsouth.net. If threatening weather, call to confirm hike.

May 7 - Chapter Meeting. Rick Lausten of the Columbia-Franklin Chapter of TTA will be our speaker, presenting a program on the Coast-to-Coast hike he completed in England last fall. The hike, 192 miles in length, went from the Irish Sea to the North Sea and traveled through three of England's National Parks. Guests are always welcome at our meetings so invite family and friends to come with you, arrive a few minutes early to visit with others and enjoy light refreshments, and then be entertained and enlightened by Rick's presentation.

May 25 - Bledsoe Creek State Park Loop Trail. 4 miles. Moderate. In the Fall of 1771 a group of "Long Hunters" including Isaac Bledsoe, explorer, pioneer, Indian fighter and Colonel of Militia came to what is now Sumner County. The first settlement in this area was a fort called Bledsoe's Lick - near the fort was Bledsoe Creek. Colonel Bledsoe was killed by Indians in 1793. Now there is a state park there named after Bledsoe. Our hike is mostly footpath with some paved trail to complete the loop. The trail has one steep but short climb with steps - otherwise it is mostly easy walking. After the walk we'll drive a couple of miles to the site of historic Cairo which in 1797 missed by one vote to be the County Seat in Sumner County. After that we'll go to Top Hog for lunch. Meet at the Hendersonville Presbyterian Church at 9 am CT or at the trailhead at the boat ramp near the entrance to the state park at 9:45 am CT. For further info contact Loopy Al at ballallenger@aol.com or 615-347-2623 after 3 pm the day before the hike.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR: Louise Miniard 931-528-9115
uppercumberland@tennesseetrails.org

HIKE COORDINATOR: Kathleen Sullivan 931-284-7822
uppercumberlandhikes@tennesseetrails.org

May 4 - Charlie's Bunion, Great Smoky Mountains National Park, Gatlinburg, TN. Our hike begins at Newfound Gap and will follow the Appalachian Trail to Charlie's Bunion, a huge rock outcrop with views all around. There will be an optional side-trip to the Jump-Off. The hike is 8 miles (9 with the Jump-Off) and is rated moderate to strenuous due to the uneven and rocky terrain. Bring snacks, headlamp, water, and lunch. You can meet us in the Penney's parking lot in Cookeville at 7:00am CT. For information and to register contact Gary Kimbrell at 931-215-9520 or gkimbrell@tbf.com.

May 11 - Chimney Top Trail, Frozen Head State Park, Wartburg, TN. We will hike to Chimney Top from the ranger station via the Chimney Top Trail. The view from the top is wonderful. We will lunch at the top and those who want a shorter hike can then retreat along the ridge top to the Spicewood Branch Trail for a total distance of about 9.1 miles. Those wanting a longer hike can proceed to the Lookout Tower for some more great views from atop Frozen Head Mountain returning via the North Old Mac trail for a total distance of 12 miles. Bring lunch, water, snacks, headlamp, and wear good hiking boots. Elevation changes and the distance covered make both routes strenuous. You can meet us in the Penney's parking lot in Cookeville at 7:30 am CT. We will leave from the ranger station about 9:30 am CT. For information and to register contact Gary Kimbrell at 931-215-9520 or gkimbrell@tbf.com.

May 18 - Ruby Falls Zip Stream Aerial Adventure. Cost is \$35.00 plus tax. Afraid of heights, come face your fear. If time permits, a short hike might be included. For more information and to register contact Cindy Watson at 931-247-1459.

May 25 - Float trip on the Barren Fork River in McMinnville, TN. For information and to register contact Nora Henn at 931-808-2560.

Planning Ahead:

June 29 - Mount Sterling, Great Smoky Mountains National Park, Cataloochee, NC. First we will ascend 1950 feet along the Mount Sterling Trail 2.7 miles to the fire tower atop the mountain. The views are among the best in the park. On a clear day Balsam Mountain to the west, Mount Guyot, and Mount Cammerer to the northwest, Max Patch to the east, and the Cataloochee Valley to the south can all be seen. We will then descend 4130 feet over the next 6.2 miles on the Baxter Creek Trail to Big Creek. The hike is rated strenuous because of the elevation changes. Bring snacks, water, 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.

OFFICERS:

President	Millette Jones	615-397-9588 <i>president@tennesseetrails.org</i>
Vice-President	Carolyn Miller	931-839-3213 <i>vicepresident@tennesseetrails.org</i>
Treasurer	Ann Jacobs	615-896-3935 <i>treasurer@tennesseetrails.org</i>
Secretary	Diane Manas	615-352-7777 <i>secretary@tennesseetrails.org</i>
Past President	Don Dresser	731-668-4190 <i>pastpresident1@tennesseetrails.org</i>
Previous Past President	Rosemary Marshall	865-548-6171 <i>pastpresident2@tennesseetrails.org</i>
West TN At-Large Director	Graydon Swisher	901-737-3114 <i>westregional@tennesseetrails.org</i>
Middle TN At-Large Director	Nora Beck	615-517-6486 <i>middleregional@tennesseetrails.org</i>
East TN At-Large Director	Levonn Hubbard	931-707-1020 <i>eastregional@tennesseetrails.org</i>
Membership Director	Tim Townley	731-607-0512 <i>membership@tennesseetrails.org</i>
Cumberland Trail Conference Representative	Diane Manas	615-352-7777 <i>CTC@tennesseetrails.org</i>
TN Rails To Trails Advisory Council Representative	Bob Richards	615-532-0753 <i>TRAC@tennesseetrails.org</i>
CHAPTER REPRESENTATIVES ON THE BOARD ARE LISTED WITHIN EACH CHAPTER'S HEADER		
Newsletter Editor	LouAnn Partington	931-393-4835 <i>editor@tennesseetrails.org</i>

TTA 2013 CALENDAR

The following dates in 2013 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

May 4 Board of Directors' Quarterly Meeting
..... REI, 261 Franklin Rd., Brentwood, TN.
..... 1:00 pm CT

Jun 1 National Trails Day (Statewide)

THIRD QUARTER

Aug 3 Board of Directors' Quarterly Meeting
(Location TBA)

Sep 14-21 24th Annual Bike Ride Across TN (B.R.A.T.)
Proceeds Benefit the Cumberland Trail

Sep 28 National Public Lands Day (Statewide)

FOURTH QUARTER

Oct 25-27 TTA's Annual Meeting; hosted by Plateau,
Soddy Daisy and Upper Cumberland
chapters at Fall Creek Falls State Park
(Pikeville/Spencer, TN)

Newsletter Deadlines:

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

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

May13

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,
Tim Townley 731-607-0512 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. 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/Tulahoma)
___ 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.