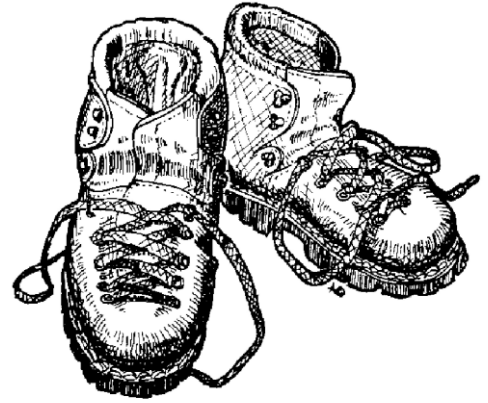


TENNESSEE TRAILS

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



Morgan County Tourism Alliance Announces the First Annual Morgan County Mountain Laurel Walks

To capture the beautiful gift of nature at its peak, the planned walks and activities surrounding the event will begin May 16 and end June 6.

Twenty-four trails have been highlighted for their Mountain Laurel beauty. The trails are open seven days a week; however guided walks will be available throughout the twenty-two day optimum blooming period. Designated trails will be found in The Big South Fork River and Recreation Area, Obed Scenic River, Frozen Head State Park, Lone Mountain State Forest, Pickett State Park and the Cumberland Trail Scenic Walking Trail.

The first Annual Walks will start Saturday May 16, 2015 with a kickoff at the Visitors' Center in Wartburg. Festivities will begin at 10 am ET. Food, Live Music, and Artisan Crafts will be enjoyed before the guided walking tours begin.

Special activities are being planned throughout the county on weekends. In future years, the third weekend of May will begin the Mountain Laurel Walks Celebration.

For more information, visit the website at www.mcrtta.com/mountainlaurelwalks, or call 423-663-7503; 423-628-6293 or 423-628-5252. You can also follow updates on Facebook – Morgan County Mountain Laurel Walk.



The Annual Mountain Laurel Walk is presented by The Morgan County Tourism Alliance in Sponsorship with National Parks of The Big South Fork National River and Recreation Area, The Obed Wild and Scenic River, Frozen Head State Park, Lone Mountain State Forest, Pickett State Park, and Cumberland Trail State Scenic Trail.

Big South Fork National River & Recreation Area (KY, TN) Assessment Of Damage Inflicted By Major Storm Completed

A large ice storm on February 21st crippled a large portion of the Upper Cumberland Plateau, including Big South Fork National River and Recreation Area, following a week of snow and subfreezing temperatures. Snow-covered roads became ice sheets, and trees, branches and power lines were broken by the weight of ice and wind gusts of 20 to 30 mph. The Tennessee Emergency Management Agency declared a Level II state of emergency.

The park has completed a week-long assessment that has revealed that approximately 80% of Big South Fork's 125,000 acres have been affected by the ice storm. Storm-related impacts are primarily located south of the Kentucky state line. The enormous number of trees downed by the storm, twisted and stacked upon each other, will require removal from roads and trails in order to allow access. Over 70 miles of park roads and more than 370 miles of trails are impacted.

Park staff are currently working to open park roads, but will have to wait for a spring melt before addressing the damaged trails.

**From the President:
Second Quarter TTA Board meeting
May 2, 1 pm – 5:00 pm CT
REI, Brentwood**

Agenda Items

- Approve Committee Members: Nominating Committee and Awards Committee
- Annual Meeting Update
- Update on CTC and TTA Reorganization
- Proposal for Funding Construction on the Cumberland Trail

If you have other agenda items, please submit them prior to the meeting, so that they may be added to the agenda. All TTA and CTC members are invited to attend the meeting!!



Office Location 409 Thurman Avenue,
Ste 102
..... Crossville, TN 38555
Office Hours Tuesday – Friday
..... 10 am – 3 pm CT
Phone: 931-456-6259
Office Staff: Marianne Mailhot
Email: ctoffice2014@gmail.com
Website: www.cumberlandtrail.org

Reorganization of CTC and TTA continues with several board members actively working through the necessary steps.

The CTC website committee is working with Kelly Stewart to update volunteer opportunities.

Thanks to all who volunteered or made donations to support the Spring Breakaway Program: March 8 – April 4, 2015. A complete report will be forthcoming.

Next CTC Board Meeting: Saturday, April 18, 2015, 9 am to 2 pm CT in the Annex building First United Methodist Church, Crossville, TN

The CTC office is sending out a weekly e-mail to promote awareness of the Cumberland Trail and CTC projects. If you wish to receive this e-letter, please contact the CTC office.

For more information, please contact CTC Chairman, Rob Weber at weber9885@att.net or 423-517-0920, or CTC Vice Chairman, Frank Jamison at jamisonf@accessam.com or 865-376-4120 or contact the CTC office.

GO GREEN

Electronic Newsletter Available

This is reminder that you can now receive your monthly newsletter via email. If interested please contact Tim Townley at membership@tennesseetrails.org and please include your email address.

CLARKSVILLE CHAPTER

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OUTINGS COORDINATOR: Paul Schwab 931-645-9068
clarksvillehikes@tennesseetrails.org

(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>*

Apr 11 - Sewanee Domain. 5.5 miles. Moderate. Hike from Green's View along the Perimeter Trail to Piney Point Trail. Hike out and back to Piney Point, return to Green's View via Beckwith's Point. Paul Schwab 931-645-9068. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot. 129 miles to trailhead.

Apr 18 - Ashland City Rails to Trails, paved section. 3.7 miles one way. Easy. Bob Lyon 931-648-2354. Meet 8:00 am CT, Madison Street Kmart parking lot, Clarksville. 29 miles to trailhead.

Apr 21 - Monthly Meeting.

Apr 25 - Hike with another chapter.

It's Tick Season

Tick season is usually the end of March through June. Unlike other biting insects, ticks do not bite right away; they crawl around and find a nice, warm, hairy area and dig in.

You can prevent bites by wearing long pants, tucked into your socks, and checking your body regularly for ticks. If you wear shorts, you will need to inspect your bare legs often.

Although there are many methods for removing ticks, it is best to use forceps or tweezers, grasp the tick closely around its entire body, and pull straight out, gently and firmly. Afterwards scrub and sterilize the area.

Tiny deer ticks can cause Lyme Disease. In addition, larger ticks can carry Rocky Mountain Spotted Fever. If you experience flu-like symptoms and/or a spotted or measles-like rash, see a doctor immediately. Both conditions are treatable but fatal if not treated properly.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Carolyn Watson 901-652-9089
columbia@tennesseetrails.org
PROGRAM COORDINATOR: Ellen Clark 615-595-2640
columbiaprogram@tennesseetrails.org
HIKE COORDINATOR: Jane Coffey 615-516-6551
columbiahikes@tennesseetrails.org

MEETS MONTHLY: 1st Tuesday at Super China Buffet, 5228 Main St., #B1, Spring Hill, TN 37174. Socializing and dinner at 6:00 pm CT; meeting starts at 7:00 pm.

Apr 7 - Chapter Meeting. Join us at 6:00 pm for the buffet. The meeting begins at 7:00 pm. Our speaker will be Pat Cummins, an archaeologist of Cherokee descent. In preparation for our April 25th hike to David Crockett State Park, Pat will share a presentation on The Trail of Tears in Tennessee. He is the President of the Native History Association.

Apr 11 - Possum Creek Gorge Section of the Cumberland Trail, Soddy Daisy. This is a one-way 9.5 mile hike beginning at the Heiss Mountain trailhead and ending at the Retro-Hughes trailhead. It is rated moderately strenuous. The trail descends into the gorge of Big Possum Creek, climbs out of the gorge to the top of Hughes Ridge, and descends into the gorge of Little Possum Creek, then climbs again to the top of the plateau at Retro-Hughes Road between Little Possum and Rock Creek gorges. The trail has about 1,000 feet of elevation gain and 1,000 feet of elevation loss. Highlights include views from overlooks, deep river gorges, rock formations, and impressive waterfalls and rapids. This would require a shuttle. If this would not be feasible we could hike to Immodium Falls (5.1 miles) and then return to the Heiss Mountain trailhead. Wear sturdy boots and take water, snacks and a lunch. We will meet at McDonalds 4908 Main Street (Highway 31) on the north side of Spring Hill at 6:45 am CT and leave promptly at 7:00 am. To register please contact Marvin Caine at *mlcaine@aol.com* or 931-626-2754 (cell).

Apr 25 – Trail of Tears, David Crockett State Park. This will be a special hike to become more familiar with the history of the Native Americans who were forced off of their lands, and relocated to Oklahoma in 1838-9. We will visit the newly opened Pulaski Interpretive Center. The two different land routes, led by John Bell and John Benge, respectively, crossed in Pulaski. The museum documents local Native American history, including a bronze statue of a Cherokee family. Our guide will take us to the overlook where the two routes intersected in 1838. We will then drive to David Crockett State Park (about one hour) in Lawrenceburg. We will be joined there by Pat Cummins (see Chapter meeting guest speaker above). He will be our guide for a 2.5 mile hike (five miles out and back) on a portion of the original Bell route. We plan to have a picnic lunch at one of the many shelters in the Park. We will hike the Shoal Creek/Waterfall Trails (1.4 miles) and Overlook Trail (1.47 miles) after lunch. We will meet at 7:45 am CT behind McDonalds 4908 Main Street (Hwy 31) on the north side of Spring Hill. We'll drive to Pulaski (about one hour) and then David Crockett Park. You may choose to meet us at the Interpretive Center in Pulaski (220 Stadium Street, 38478). Bring a picnic lunch, water, etc. Trails are easy to moderate. Please call or email Janeth McKendrick if you plan to join us. Phone 615-591 9352, email: *Janethmck@aol.com*. Please let Janeth know at which location you plan to meet us.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-951-8317
easttennessee@tennesseetrails.org
WEBMASTER: Sherry Barber 865-209-6189
sbarber6189@comcast.net

Apr 4 - Seven Island State Birding Park. This park is Tennessee's newest park. It is a 416 acre park that was established in the 1990s by private donors and jointly managed as Seven Islands Wildlife Refuge by a local foundation and Knox County. It was designated as a state park effective September 2013 with the grand opening July 2014. The park, on former farmland, includes the Kelly Bend peninsula along the French Broad River. Habitats include wooded hills, an intermittent stream, and several fields being restored to native warm-season grasses. More than 180 species of birds have been sighted in the park. We will hike the outside loop about 5 miles. The views are great and you can see Smoky Mountains and Mount LeConte. The hike is mostly easy with rolling hills. This is a hike that almost anyone can do, so join us as we hike this magnificent park. We will meet at the Cracker Barrel at Strawberry Plains Exit off I-40 east and leave there at 9:00 am ET. Be sure to bring \$'s for carpooling, snacks, water, camera and appropriate clothing. To pre-register, just email Rosie at *rosemary_L@hotmail.com* or 865-951-8317.

Apr 25 - Cucumber Gap Loop with side trip to Avent Cabin. This hike will start at the parking area in Elkmont to Jakes Creek trail and Jakes Creek trail to the Avent Cabin, about 8/10 mile gaining about 350 feet. After visiting the Avent Cabin we will go back down Jake's Creek trail to Cucumber Gap trail and take Cucumber Gap trail to the Little River trail, about 2.4 miles gaining 450 feet in one mile then losing 350 feet in the next 1.4 miles. We will then take the Little River trail back to the parking area, about 2.4 miles losing about 350 feet. All of these trails are relatively easy. The total distance is about 5.8 miles. We will meet to carpool at Browns Creek Shopping Center parking lot nearest the Sonic at 1707 E. Lamar Alexander Pkwy, across the street from the Hardee's, near the hospital in Maryville. We will meet and leave there at 9:00 am ET. Be sure to bring \$'s for carpooling, snacks, water, camera and appropriate clothing. To pre-register, just email Rosie at *rosemary_L@hotmail.com* or 865-951-8317.

HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CO-CHAIRS: Naullain Kendrick 931-224-6225
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SECRETARY Carolyn Fitz 931-598-0597
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TREASURER/MEMBERSHIP: Marietta Poteet 931-924-7666
highlandrimtreas@tennesseetrails.org

OUTINGS & PROGRAM COORDINATOR & NEWSLETTER
CONTACT: Joan Hartvigsen 931-962-0811

highlandrimhikes@tennesseetrails.org

(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.

Apr 3 - Good Friday Hike, Millennium Trail and Merritt Ridge Trail, Edgar Evans State Park, Silver Point, TN. 8 miles total. Moderate. Joint hike with the Murfreesboro Chapter. We will enjoy great views of Center Hill Lake and abundant wildflowers. Bring water, snacks and lunch. Wear sturdy hiking boots and bring hiking sticks. Contact Joan Hartvigsen at jhartvigs@comcast.net or 931-962-0811 for carpool information.

Apr 4 – Eat-Hike-Eat Hike, Beckwith’s Point Trail, Piney Point Overlook Trail, Shakerag Hollow Trail, Sewanee, TN. 4 mile loop. Moderate with a short, steep ascent up to Green’s View. Meet our leader, Joan Hartvigsen at 9:00 am CT at the Blue Chair Restaurant in Sewanee for breakfast or 9:30 am if you just want to hike. Green’s View offers a superb view of Roark’s Cove. Shakerag Hollow is famous for Trilliums and other spring wildflowers. Piney Point is a striking promontory that boasts a sweeping view out over Shakerag Hollow and Roark’s Cove. Native shortleaf pine is dominant in this area. Bring water and snacks. Wear sturdy hiking boots. Hiking sticks are recommended. Let Joan know you are coming: jhartvigs@comcast.net or 931-962-0811.

Apr 10-12 – Trails and Trilliums, Monteagle Sunday School Assembly, Monteagle, TN. This major fund raiser for South Cumberland State Park is sponsored by the Friends of South Cumberland. Trails and Trilliums is a three day festival of guided hikes on trails in South Cumberland State Park, workshops, ART for the PARK, native plant sale and free children’s events including rope courses, hayrides and wildlife. Hikes include Buggytop Trail, Shakerag Hollow, Fiery Gizzard Trail, Foster Falls, Collins Gulf, Greeter Falls, Ranger Creek Falls. Consult the Trails and Trilliums 2015 Website for the event schedules or to register for the hikes. Contact Naullain Kendrick, naullain@hotmail.com for additional information.

Apr 12 – Short Springs State Natural Area Wildflower Hikes, Tullahoma, TN. 10:00 am CT and 2:00 pm CT. Natural Areas Spring Celebration Week activity. Brian Bowen, Administrator of the State Natural Areas, will lead the 10:00 am wildflower hike. Dennis Horn, an editor of “Wildflowers of Tennessee, the Ohio Valley and the Southern Appalachians”, will lead the 2:00 pm hike. Bring water, snacks and hiking sticks. Wear sturdy hiking boots. The terrain is steep and rough. For more information contact Joan Hartvigsen, jhartvigs@comcast.net or 931-962-0811 or Dennis Horn horndd@lighttube.net.

Apr 18-19 – Walls of Jericho State Natural Area, Day Hike and Backpacking Trip. South of Winchester, TN. 9 miles out and back. Strenuous, steep, stream crossings. Joint activity with the Upper Cumberland Chapter. Meet at the Tennessee trailhead at 9:30 am CT. Bring water, snacks and lunch. Register with Cindy Watson at 931-247-1459 or cgrwatson@gmail.com. Cindy will hike back with the day hikers to the trailhead. The “Walls” is an impressive geological feature that forms a large bowl shaped 200 ft. limestone amphitheater. Embedded in the limestone are bowling ball size holes from which water from Turkey Creek spouts, creating a unique water feature.

Apr 22-24 – Great Smoky Mountains National Park Annual Wildflower Pilgrimage. Wildflower Hikes are led by Botanists and include Deep Creek Trail, first two miles of Gregory Ridge Trail, School House Gap Trail, Middle Prong Trail, Cove Hardwood Nature Trail and Porters Creek Trail. Contact Joan Hartvigsen at jhartvigs@comcast.net or 931-962-0811 for more information.

Apr 25 – Hike to Raven Point by way of the Dog Hole Trail, South Cumberland State Park, Grundy Forest State Natural Area, Tracy City, TN. 9 plus miles round trip. Moderate. Trail is rocky with exposed tree roots. Bring plenty of water, snacks, hiking poles and sturdy hiking boots. Marietta Poteet will lead us on this trail along beautiful, cascading Fiery Gizzard Creek. The Dog Hole Trail ascends up the ridge to Raven Point which is a wonderful bluff with a great view looking over the gorge of Gizzard Cove. Please email Marietta at nannietta@blomand.net or call 931-924-7666 for further information.

Apr 27 - Chapter Meeting. We will have dinner at 5:00 pm CT at Applebee’s, 1957 N. Jackson St., Tullahoma. Our meeting is 7:00 p.m. at D. W. Wilson Community Center. Dr. Ken Smith, The University of the South’s Professor of Forestry and Geology, will present a program on the American Chestnut. Dr. Smith will discuss the work to breed a genetically diverse blight-resistant American Chestnut and the reintroduction of this tree to the forests of the Eastern United States. The American Chestnut was once the dominant hardwood species in the eastern United States. During the 19th century, however, a Chinese fungus killed virtually all mature American Chestnuts. Now the American Chestnut exists as sprouts from old stumps and root systems.

Planning Ahead:

June 26-28 – Great Smoky Mountains National Park. Camping and Hiking Weekend. Joint activity with the Murfreesboro Chapter. Contact Joan Hartvigsen, jhartvigs@comcast.net or 931-962-0811 to reserve a spot at Elkmont Campground. Friday we will hike to Andrews Bald, 3.6 miles out and back. Saturday we are hiking the Trillium Gap Trail to Grotto Falls and then on to the summit of Brushy Mountain, 6.6 miles out and back, strenuous. Sunday’s hike is to Rocky Top via Lead Cove and Bote Mountain Trails, 11.6 miles out and back, strenuous, 3,500 ft. elevation change. Friday we will share an evening meal at Group Site #1. Saturday we will go out to dinner in Gatlinburg or Pigeon Forge.

JACKSON CHAPTER

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TREASURER: Anne Goodson 664-1556
jacksontreas@tennesseetrails.org
SECRETARY: Don Dresser 731-668-4190
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OUTINGS COORDINATOR: Glen Rognstad 731-217-5966
jacksonhikes@tennesseetrails.org

(call Glen & volunteer to lead an outing)

MEETS MONTHLY: 1st Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

Apr 7 - Monthly chapter meeting at Perkins Restaurant. Dinner at 6 pm; short meeting at 7 pm.

Apr 11 - Tishomingo State Park. This will be a 7 to 8 mile hike. We will leave from Panera at 8 am CT, or at the park entrance station at 10:15 am. To register or obtain additional information, please contact Sara Rognstad at 206-553-9334 or *hakim.sara@gmail.com*.

Apr 25 - Annual wildflower hike. We are planning three short hikes, all close to each other, at Stillhouse Falls, Rattlesnake Falls and John Noel at Bon Aqua State Natural Area. For more information and to register for the hike, please contact Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com*.

Planning Ahead:

May 2 - Mousetail Landing State Park - This is an eight mile loop to a high bluff overlooking the Tennessee River below. This is a favorite hike of the Jackson Chapter. The trail is rated moderate. We will leave from Panera at 8 am CT or meet at the park headquarters at 9:30. Bring lunch and plenty of water. For additional information and to register, contact Terry McCoy at 731-535-0625 or at *cityclarksburg@yahoo.com*.

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
memphis@tennesseetrails.org
VICE-CHAIR: Francis Ruffin 662-701-6284
memphisvice@tennesseetrails.org

Apr 4 - V&E Greenline. We will meet in Overton Park at 9 am CT for a short hike in the Old Growth Forest. Hike will begin at the entrance to the forest near the golf house. There is a parking lot and pavilion next to the forest entrance. From forest we will transition to the Vollandine and Evergreen Greenline for a three mile easy walk. Following the hike all are invited to Dino's for brunch or lunch. Please come join us for this easy, very social and scenic hike in the mid town area of Memphis. For any questions please contact Carolyn Pierce at 755-5735. Contact *ttamemphis@gmail.com* for details/questions.

Memphis Chapter – con't.

Apr 11 - Big Hill Pond State Park. We will hike a loop around the larger lake at Big Hill Pond State Park, a distance of about 8 miles. Meet at 10 am CT at the trailhead near the boat ramp. Bring lunch and water. Map links, park info, direction are forthcoming in the weekly reminder email. Contact *ttamemphis@gmail.com* for details/questions.

Apr 18 and 19- Greater Nashville Hikes. On Saturday we plan to hike in Percy and Edwin Warner Parks in east Nashville. There are many trails in these parks. My favorite hike is about 7 miles long and hilly. If a different hike would be interesting to some of our participants another hike can be planned. Susan and I are leaving Rosemark (Millington) at about 6:30 am CT on Saturday, April 18. This will put us at the trailhead at about 9:45 am. We plan to leave the trailhead at 10:15. We ask that you e-mail Charlie Bright for registration at *charlie.bright2010@gmail.com*. The group can make decisions about travel, lodging, and trails to be hiked. If you arrange ride sharing I ask that you let me know. Here is a google map to the trailhead. <https://goo.gl/maps/zJzQJ> in Edwin Warner Park. I am going to confirm the accuracy of the trailhead. If you plan to navigate to the trailhead on your own I ask that you communicate with me. Saturday night Susan and I are staying at the Extended Stay Brentwood-Nashville, 9025 Church St E, Brentwood. This is very close to Radnor Lake. This is important because Radnor Lake is a very popular park and we need to be there early on Sunday. Radnor Lake became Tennessee's first State Natural Area after it had outlived its usefulness as a water reservoir for steam engines. Today, it is a 1200-acre preserve, with nearly 6 miles of trails, including a walkway along the top of the dam that created the artificial lake. Visitors are able to view a diversity of wildlife, including waterfowl, songbirds, reptiles, amphibians and deer, along with an abundance of plant life. Otter Creek Road between the east and west parking areas is closed to motor traffic. There is also a Visitors' Center at the west parking area. We will need to be there early to be sure to find parking in the very limited parking area.

Apr 25 - Shiloh National Military Park historical hike. This hike will be led by Charlie Spearman, interpretive ranger at Shiloh. We will retrace the steps of Albert Sidney Johnston's Army of the Mississippi on April 6, 1862, during the battle of Shiloh. Charlie will follow General Johnston's route as the Confederate troops force the retreat of General Grant's troops during the day. Charlie's recount of the day's events weaves military history with all manner of external forces and personal triumph and tragedy. Charlie Spearman suggests that a group size no more than 25 is preferred. Charlie Bright will handle registration. We will probably hike about seven miles. Some of it will be cross country and is a fun hike added to great story telling. We will meet at the visitor center at time to be determined. We ask that you e-mail Charlie Bright for registration and ride sharing. *charlie.bright2010@gmail.com*.

MURFREESBORO CHAPTER

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HIKE COORDINATOR: Jennifer Zahn 615-943-8853
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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

Apr 3 – Good Friday Hike, Merritt Ridge Trail at Edgar Evins State Park. 8 miles. Moderate to difficult. Joint hike with the Highland Rim chapter. This is a beautiful trail along the hilly shoreline of Center Hill Lake. We will encounter rocky ridges, lakeside bluffs and wooded hollows. We will see a lot of wildflowers on this hike. Pack lunch, snacks and water. For more information and to register, contact Sara Pollard 615-714-3610 or sarabpollard@gmail.com.

Apr 11 – Celebration of Spring, Edgar Evins State Park, Center Hill Lake, Silverpoint, TN. This event is a full day of fun and entertainment that includes wildflower hikes, pontoon boat rides, kite flying and more. Plan to go on a 2 mile nature hike (easy to moderate) on the Highland Rim Nature Trail with Randy Hedgepath, the Tennessee State Naturalist, at 8:30 am CT. Then take some time out for lunch while enjoying the outdoors or the live entertainment. At 1 pm Jennifer Zahn of the Murfreesboro Chapter TTA will lead a hike on the 2.5 mile Millennium Trail Loop (easy to moderate). This trail, built by the TTA in 2000, goes through woods, along the lake edge, over one small creek, past old stone fences and ruins of old homesteads. Jennifer only has room in her car for one passenger but she will be willing to coordinate a car pool from Murfreesboro that morning for Randy's hike and the TTA hike if there is enough interest. Those planning to go on Randy's narrated wildflower hike need to sign-in before 8:30 am and also sign up for boat rides at that time if desired. A sack lunch is recommended although there may be some concessions offered by the Boy Scouts. There will be a \$2 fee per person this year to help the Friends of Edgar Evins State Park with the festival expenses. To contact Jennifer Zahn email her at jenzahn@gmail.com or phone 615-943-8853. For more information on the Celebration of Spring visit the Friends of Edgar Evins State Park website at <http://foeesp.alturl.com> or on Facebook at www.facebook.com/friendsfoeesp.

Murfreesboro Chapter – con't.

Apr 14 – Chapter Meeting. Special guests will be Dwayne Rice and former Senator Rosalind Kurita of the Middle Tennessee Bluebird Society. The Tennessee Bluebird Society (TBS) was formed in 2013 for the purpose of supporting the Eastern Bluebird and other native cavity nesting birds in Tennessee. The organization develops public awareness, educational programs and workshops. Come for a fascinating presentation on this beautiful bird seen in our backyards.

Apr 18 - Bird Mountain Trail, Frozen Head State Park, Wartburg, TN. This 6.25 mi. loop, a segment of the Cumberland Trail, is rated strenuous due to the 1730 ft. elevation gain. We should be there in the middle of the wildflower season. Other attractions will be spectacular, mountain views, interesting geologic formations, including Castle Rock, and a visit to Emory Gap Falls. Sturdy boots and hiking poles are recommended, in addition to water, lunch, snacks, etc. For information and registration, contact Mary Belle Ginanni at 615-895-6072 or mginanni@comcast.net.

Apr 25 -- Hidden Lake Double Loop. 2 miles. Moderate. We will hike the double loop located at Harpeth River State Park in West Nashville. The hike is a short, but scenic 2 miles with views of the Harpeth River, the Nashville Veterans Cemetery, a "Hidden Lake" quarry that was once home of a resort complex whose remains are still visible. This is also known to be a bird habitat and we will also walk the very easy Bluebird Loop which merges in with the trail. Harpeth River is a relatively new state park and this tract of land is a tiny portion of the small park. We will carpool from Murfreesboro and have dinner at a local eatery afterwards. To register or for information contact Tony Jones at 615-397-4463 or awj1968@comcast.net.

The "10* Essentials"

Before you head out on the trail, check your pack to be sure it contains the following items:

- whistle
- water
- hat/sunglasses
- food
- map
- 1st aid kit
- compass
- flashlight
- fire starter
- rain gear/extra clothing

Other considerations:

- leave someone a copy of your hiking plans
- hiking poles
- common sense

* This list is not to be considered cast in concrete – and should be customized to each outdoor enthusiast's needs.

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-283-0507
nashville@tennesseetrails.org
OUTINGS COORDINATOR: Nancy Juodenas 615-319-8811
nashvillehikes@tennesseetrails.org
(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

Apr 4 - Short Springs State Natural Area, Tullahoma, TN. 3 miles. Moderate. Join us for waterfalls and wildflowers as we travel to one of the best hiking destinations in Middle Tennessee. We will pass by clear streams that form Busby Falls and the 60 foot drop at Machine Falls. Our next stop is the Wildflower Loop, home of two rare state-listed flowers, nestronia and the broad-leaved bunchflower. It is always interesting to see what is in bloom! If there is time and interest, we will stop at nearby Rutledge Falls on the return trip home. Bring sturdy hiking boots, snacks, water, and lunch. A hiking stick is useful on the steep hill down to the falls. Email Libby Francis at libbyslibbys@comcast.net or call 615-889-5718 to register and get carpool and meeting time info. Come join us!!

Apr 10-12 - Trails and Trilliums. Monteagle TN. A 3-day festival of guided hikes on trails in South Cumberland State Park, workshops, ART for the PARK, native plant sale, and free children's events including ropes course, hayrides, and wildlife. This unique event, held on the historic Monteagle Sunday School Assembly grounds is a fundraiser for the Friends of South Cumberland-one of the leading land preservation groups in the state. Nancy Juodenas will be coordinating carpooling to this annual event on the plateau. Please call her at 615-319-8811 or e-mail njlj1011@gmail.com for more information.
www.trailsandtrilliums.org

Apr 25 - Short Mountain, Cannon County. This tour is being conducted by the TN Division of Natural Areas (DNA) and is available to the first 15 people who sign up. Rated easy due to punctuated hiking/wading excursions. Includes multiple stops, among them a short hike to the mouth of Gunter's Cave and a creek hike to Rainbow Falls and opportunities to see rare crayfish found only in DeKalb and Cannon Counties and nowhere else. We'll start and end at the Arts Center of Cannon County where we can have lunch (on our own) at the Blue Porch Restaurant inside the Arts Center. PLEASE NOTE: You must register individually with David Withers of the DNA at 615-532-0441 or david.withers@tn.gov. Registration closes April 17; late registrants are typically put on a waiting list. For complete details about this and other DNA events visit http://www.tn.gov/environment/natural-areas/docs/events_2015.pdf. Nora Beck will coordinate carpooling for Nashville-area attendees, meeting at Bell Road old Target parking lot at 8:30 am CT. Register with David Withers as soon as possible, and contact Nora at 615-517-6486 or norellibee@gmail.com for ride/drive coordinating purposes.

Nashville Chapter – con't.

Apr 28 - Chapter Meeting. A program is planned about some of the newest trails around the state; speaker not confirmed at press time. Complete details to be given at March 24 chapter meeting; or contact Nora Beck at norellibee@gmail.com or 615-517-6486.

Looking Ahead:

May 16 - Twin Arches Loop/Overnight at Charit Creek Lodge, Big South Fork, Jamestown, TN. 6 miles. Moderate. We'll hike to the Twin Arches and then begin our hike on the loop trail to Charit Creek Lodge for an overnight stay. After visiting the arches, we pass through several huge rock houses along the base of the cliffs as we wind our way to Jake's Place, the remains of a mid-1800's house and farm. Then we follow the creek to Charit Creek lodge where we'll bunk for the night in one of the reserved field cabins. In addition to lodging, Charit Creek will provide dinner that evening and breakfast the following morning. The lodge is under new management and, while I had no complaints about the food on past excursions to this back-country gem, I'm told the food is even better than before. There will be plenty of daylight to explore around the area and take in a hike to the overlook. After breakfast the following morning, we'll return to the trailhead via the shorter, although steeper, side of the loop trail. Bring water and lunch for the hike to the lodge and snacks for the hike out. Reservations are required and space is limited. For more information, please visit the website, www.ccl-bsf.com. For those carpooling, we'll leave the FedEx/Kinko's parking lot on Donelson Road at 9:00 am CT. To register or for more information, call Kathy Woods at 615-473-6824 or email at kwoodz@comcast.net.

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When you buy books (or anything else) at amazon.com through TTA's website, TTA benefits!

We have an arrangement with amazon.com where TTA receives a commission on all items purchased (such as books, magazines, music, electronics, even perfume) when you enter their site through our website. It's very easy! Go to the TTA website (www.tennesseetrails.org), navigate to the "To BUY!" page, then follow the link to the "VIRTUAL BOOKSTORE." Commissions are earned solely on sales made through the TTA website, therefore always enter amazon.com from the TTA website, and do not sign up for their one-click service.

TTA AWARDS NOMINATIONS

The TTA Board is seeking nominations for the TTA awards to be presented at the annual meeting. We annually present the Tennessee Trails Award and the Bill Stutz Awards. The Bob Brown Lifetime Achievement Award is awarded periodically to those with a lifetime of leadership and extraordinary contributions.

Please send written nominations for the TTA awards to a chapter chair or to one of the TTA officers. Nominations should include contact information for the person making the nomination, a full name and address of the nominee and a paragraph stating why the person should be nominated for the award.

Tennessee Trails Award. This award is presented for outstanding contributions to the Association or for the furtherance of trails and natural resource programs and opportunities within Tennessee.

Bill Stutz Award. The Association gives this award in honor of the late Bill Stutz, past TTA member and beloved hiker. Any chapter (or voting member) can make a nomination to the Board for the recipient of this award. The award is to be presented to an active hiker for his or her individual contribution to the Association or one its chapters.

Bob Brown Lifetime Achievement Award. The Board of Directors of the Association established this award to honor the extraordinary lifetime leadership and personal contributions of Bob Brown to hiking and conservation in the State of Tennessee. The Board may give a Bob Brown Award from time to time to others for lifetime leadership and contributions that it finds equally extraordinary.

IT'S THE YEAR TO VOLUNTEER!

Each month TTA offers opportunities to volunteer – be it leading hikes, organizing events, fundraising, leadership on the Board – if you've never volunteered to help before, how about it in 2015?

We are always looking for volunteers in all capacities within TTA. As a chapter chair or TTA officer, you can be involved in planning and determining the future activities and policies of our organization. If you are interested in any of the elected positions, feel free to contact the officer currently in that position to find out more about the time commitment and experience needed. Or plan to attend a quarterly board meeting to learn more. There are many opportunities for you to be involved in determining the future of TTA.

It's important to remember that early spring weather can turn suddenly cold. The following article can be cut out and put in your pack to remind you of emergency hypothermia care.

Avoiding Hypothermia

Hypothermia occurs when a person's body temperature falls below normal. It usually happens on cold (55° and below), wet, windy days to people who are tired, poorly clothed and hungry. ***It is very dangerous!!!*** Often, a person doesn't realize what is happening. Mental confusion often accompanies hypothermia and may cause the person not to seek help. Death can occur in just hours.

Early Symptoms:

At first, uncontrolled shivering and pale skin. Then, confusion and dizziness, with slow, clumsy movements and walking. Extreme exhaustion/sleepiness is common.

Prevention:

Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body temperature as you exercise. And since it's as important not to get over-heated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.

- Eat high-energy foods frequently and drink plenty of fluids.

Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.

Stay warm, but avoid heavy sweating, which will evaporate and overly cool the skin and body.

In bad weather, find protection from the wind and elements.

Treatment for Mild Hypothermia:

- Quickly get the person to a dry place that is not windy.
- Replace wet clothing with warm, dry clothing, making sure the head, feet, and hands are covered.
- If available, use a sleeping bag or blanket(s) to wrap around the person.
- Have the victim held by one or more people for the body heat.
- Give warm, sugared liquids. No alcohol! Give sweet things to eat such as candy or ripe fruit.

Avoiding Hypothermia was adapted from Dirk Schroeder, ScD, MPH and author of *Staying Healthy in Asia, Africa and Latin America*

PLATEAU CHAPTER

(Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-200-7436
plateau@tennesseetrails.org
TREASURER: Bill Quattrociochi 931-484-4230
plateautreas@tennesseetrails.org
MEETS MONTHLY: 2nd Thursday at 6:00 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.

Apr 4 – Devils Race Track to Eagle Bluff, Cumberland Trail. Curt Thomas will lead this 6 mile moderate hike. We will do a car shuttle to Eagle Bluff then hike the Cumberland Mountain ridge top back to Bruce Gap Trailhead near Cove Lake State Park. Along the way we will see fantastic views of the Powell Valley and if it is clear see the Smokies in the distance. There are many overlooks and interesting rock formations along the trail, including the "Devil's Racetrack" which overlooks Interstate 75 and Cove Lake. We will also visit Bruce Gap Falls. Pack your lunch and bring water and enjoy the views with us! Meet at the parking lot behind Cracker Barrel at 8:00 am CT. For more info and to register contact Curt Thomas at curtethomas@frontiernet.net or 931-260-2140.

Apr 9 – Chapter Meeting. 6:00 PM. Program: Permaculture and Worm Farms by Diane Morey. First United Methodist Church Annex, 69 Neecham Street, Crossville. Dinner at Gondola's Restaurant, Woodmere Mall, Crossville at 4:45 pm CT. Contact Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-200-7436 for additional information.

Apr 18 – Soak Creek Gorge, Cumberland Trail, Spring City. Cumberland Trail Ranger, Josh Kuykendall, will lead this 5 mile easy hike from the Piney River Trailhead to the intersection of Soak Creek and Piney River, then follow Soak Creek into the Piney Falls State Natural Area. The trail follows an old logging rail line, hugging picturesque Soak Creek all the way on the new public trail. Wear boots, and bring water, lunch and snacks. Meet at 8:00 am CT at Trinity Tabernacle on Highway 127 South. For more information and register contact Cheryl Heckler at thehecklers@charter.net or 931-200-7436.

SODDY-DAISY CHAPTER

CHAPTER CO-CHAIRS: Ed & Donna Pyers 423- 344-9271
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>*

Apr 4 – Snow Falls. Approximately 10 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: George Bonneau.

Apr 7 – Blue Blazes. Approximately 3 miles. Easy. Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike leader: George Bonneau.

Apr 11 – Signal Mountain High School to Edwards Point and back. Approximately 8 miles. Moderate to strenuous. Meet at Bi-Lo parking lot in Red Bank at 8 am ET Hike leader: George Bonneau.

Apr 14 – Stringer's Ridge. Approximately 4 miles. Moderate. Meet at Stringer's Ridge parking lot at 9 am ET. Hike leader: George Bonneau.

Apr 18 – Soak Creek (wildflower hike with Plateau Chapter). Approximately 4-5 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: George Bonneau.

Apr 21 – Soddy Greenway. Approximately 5 miles. Moderate (water crossing). Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike leader: George Bonneau.

Apr 25 – Pigeon Mountain. Approximately 8 miles. Strenuous. Meet at Bi-Lo parking lot in Red Bank at 8 am ET. Hike leader: George Bonneau.

Apr 28 – Wolftever Greenway. Approximately 4 miles. Easy. Meet at Target parking lot on Hwy 153 at 9 am ET. Hike leader: George Bonneau.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Jane Hamm 615-757-3331
Gayle Livingston 615-264-2940
sumner@tennesseetrails.org

MEETS MONTHLY: 1st Monday at 7:00 pm CT.

Apr 6 - Chapter Meeting at Casa Vieja Mexican Grill located at 711 E. Main St., #101, Hendersonville. Come join us for dinner and a fun evening at 6:30 pm CT.

Apr 11 & 12 - Shiloh National Military Park. 2 miles. Easy. We will drive the Natchez Trace Parkway, stopping at the Meriwether Lewis Park and Monument and other points of interest along the Parkway. We will exit on US Hwy 64 and stop for a late lunch in Waynesboro. We'll continue on to Savannah and cross the Tennessee River on Pickwick Dam, and proceed to Pickwick Landing State Park Inn where we will have dinner and stay overnight. After breakfast Sunday morning we will check out and proceed to Shiloh Visitors Center - see their excellent film - then drive the self-guided auto tour of the battlefield, stopping to read historical markers and taking advantage of trails leading to historic battle sites. The 2 day Shiloh battle took place on April 6 & 7, 1862. Then we'll have a late lunch at the famous Hagy's Catfish Hotel overlooking the Tennessee River before driving back to Hendersonville via 1-40. We should be back by 6 pm or so. For reservations at Pickwick Landing State Park Inn call 731-689-3135. Meet at Hendersonville First Presbyterian Church at 9 am CT on April 11 to carpool. For further info contact Catfish Al at ballallenger@aol.com.

Apr 28 - Bicentennial Capital Mall State Park. This is a 19 acre park which is the only urban park in the state system. We will have a ranger take us around the park and show off the highlights, as well as giving us some history and context for the park. The park was built in 1996, the state's bicentennial year, and offers a green space that ties into the state capitol. The tour lasts about 45 min. to an hour. From there we will walk to Historic Germantown for another tour. Lunch will either be in Germantown or at the Farmer's Market where we will have parked our cars. We will meet at the First Presbyterian Church in Hendersonville at 9:00 am CT to carpool. For further information contact Sally Ticaric at sallytic@aol.com, 615-824-7294 or Barbara Krawchuk at tnbeachbumr@aol.com, 615-822-6952.

Attention: Hike Coordinators (aka Hike Leaders)

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

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR: Louise Miniard 931-239-5425
uppercumberland@tennesseetrails.org

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

Apr 4 - Across the Gulf, Savage Gulf State Natural Area, Beersheba Springs, TN. 17 miles. Strenuous. We will start at the Stone Door Ranger Station and cross the gulf to Hobb's Cabin. We will then hike the length of the North Rim Trail and end our hike at the Savage Gulf Ranger Station. The North Rim Trail features more overlooks than any other trail in the South Cumberland area. The trails vary between level, steep, and rocky. Sturdy hiking boots are required. For those wanting a shorter hike, a shortcut can be taken for a total hike of around 14 to 15 miles. Bring headlamp, water, snacks, and lunch. We will meet at the Stone Door Ranger station at 8 am CT. For hike and carpool information, and to register, contact Gary Kimbrell at 931-215-9520 or Gary.Kimbrell@fbitn.com.

Apr 11 - Savage Gulf Waterfalls, Savage Gulf State Natural Area, Altamont, TN. 13.5 miles. Strenuous. Highlights of this hike include six of the major waterfalls of Savage Gulf and spectacular spring wildflower displays. The hike begins at the Greeter Falls parking lot. We will see Upper and Lower Greeter Falls before descending into the gulf and taking the side trip to Ranger Falls. We will then continue along the Big Creek Gulf and Connector Trails before ascending from the gulf on the Collins Gulf Trail past Horsepound and Suter Falls. Bring snacks, water, lunch, and hiking boots. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT or at the US Bank across from McDonald's in Sparta at 7:30. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Apr 18 - Walls of Jericho Wilderness and Recreation Area, Winchester, TN- Jackson Co., AL. Joint activity with Highland Rim Chapter. The Walls of Jericho is a massive unique natural geological rock formation featuring 150-200 foot vertical limestone walls at the closed end of the half mile long narrow wooded canyon. The hike is about 9 miles total and is mostly downhill going into the gorge so the return trip is mostly uphill. The trail is often muddy after rains. There is a tricky descent from the trail to the stream, which can be hazardous, several streams crossing. The hike will begin at the TN trailhead, and return to the TN trailhead. This hike is rated strenuous. Bring hiking shoes, snacks, water, and lunch. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT. To register contact Cindy Watson at 931-247-1459 or cgrwatson@gmail.com.

Con't on next page

OFFICERS:

President	Carolyn Miller	931-839-3213
		<i>president@tennesseetrails.org</i>
Vice-President	Levon Hubbard	931-707-1020
		<i>vicepresident@tennesseetrails.org</i>
Treasurer	Kathy Woods	615-473-6824
		<i>treasurer@tennesseetrails.org</i>
Secretary	Diane Manas	615-352-7777
		<i>secretary@tennesseetrails.org</i>
Membership Director	Tim Townley	731-607-0512
		<i>membership@tennesseetrails.org</i>
Past President	Millette Jones	615-397-9588
		<i>pastpresident1@tennesseetrails.org</i>
Previous Past President	Don Dresser	731-668-4190
		<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	Kathie Tange-duPré	615-834-9274
		<i>middleregional@tennesseetrails.org</i>
East TN At-Large Director	Bruce Whitehead	941-716-3620
		<i>eastregional@tennesseetrails.org</i>
Cumberland Trail Conference Representative	Frank Jamison	865-376-4120
		<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>

Newsletter Deadlines:

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

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

Upper Cumberland Chapter – con't.

Apr 25 – Pickett State Park, Jamestown, TN. 6 miles. Easy. We will hike a collection of short but scenic trails: Natural Bridge, Hazard Cave, Lake View, Lake, Ladder, and Island Trail. Highlights include two natural bridges and Hazard Cave. Camping is an option with a hike in Big South Fork on Sunday. You can meet us at 8:00 am CT in the Penney's parking lot in Cookeville. Bring hiking boots, water, snacks, and lunch. For information and to register contact Kathleen Sullivan at 931-284-7822 or *ksully@frontiernet.net*.

INACTIVE CHAPTERS

We have three chapters in the process of being reorganized. If you are interested in assisting with this process, please see below for the contact information.

Cove Lake	Bruce Whitehead	941-716-3620
		<i>eastregional@tennesseetrails.org</i>
Dyer County	Graydon Swisher	901-737-3114
		<i>westregional@tennesseetrails.org</i>
Northwest	Graydon Swisher	901-737-3114
		<i>westregional@tennesseetrails.org</i>

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

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

Apr 15

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.