



# The Cumberland Trail

The Newsletter of the Cumberland Trail Conference  
a member organization of the Tennessee Trails Association

Volume 8, Issue 2 ☀️/🍂

Summer/Fall 2005

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

## ***Expanded programs mark CTC's fall calendar***

*Autumn is on its way, for which we're grateful, and with it will come several new developments in the Conference's fall activities. On page 9 you will find an all-purpose registration form that will allow you to sign up for your choice(s).*

**Back-Country Outings** will be expanding to at least four in number, with two scheduled to take place in the Soddy Creek segment of the trail in northern Hamilton County and two for the Smoky Mountain segment. They are scheduled for September 9-11, September 16-18 (two outings, two locations), and November 11-13.

An **Adopt-a-Trail Weekend** is slated for September 24 and 25, in conjunction with **National Public Lands Day**—see the inset at right for more.

**Volunteer Weekend** will be taking place September 30 through October 2 at Dogwood Lodge, headquarters for the last several Spring BreakAways and all Big Dig programs to date. Since so much work has focused on the Rock, Possum, and Soddy Creek segments in recent programs, we want to show our volunteers all that has changed. All volunteer participants in trail construction, maintenance, fund raising, and other activities that support the work of the CTC are encouraged to join us for the weekend.

If you need Red Cross **first aid or CPR training**, both are being offered by volunteer Tari Johnson at the Lutheran Camp in Soddy-Daisy from 9:00 a.m. to 3:00 p.m. on Friday, October 7. The sixth annual **Trail Training Workshop** will begin immediately following, also at the Lutheran Camp, October 7 through October 9. Immediately following is the **Fall Program—Soddy**, October 10-November 20. Continuing at the Lutheran Camp, it will incorporate Fall BreakAway, American Hiking Society Volunteer Vacation, and volunteer trail

*(see "Expanded Programs," page 8)*

### *IN MEMORIAM*

*Founder and advocate of the Cumberland Trail*

**DONALD TODD**

March 18, 1918-August 29, 2005

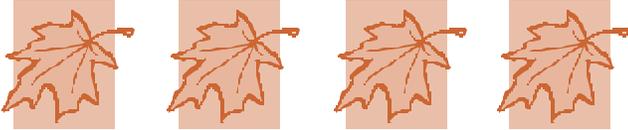
### **We still need your e-mail addresses!**

To control our costs and keep you informed of Cumberland Trail news in a timely manner, we want to transmit the newsletter by e-mail to all readers who have access to it. If you have e-mail, we need your address. If you have *changed* your e-mail address in the last few months, we will appreciate an **updated listing** so that our mailing list will be current. Thanks for your help! Send e-mail addresses to Nora Beck at [nora.beck@frontiernet.net](mailto:nora.beck@frontiernet.net), with "CTC newsletter" in the subject line and new information in the body of the message.

### ***National Public Lands Day on the Cumberland Trail***

September 24 is the date for the tenth annual National Public Lands Day, designated to recognize the one third of U. S. lands that are publicly owned. The Cumberland Trail Conference is participating by designating that date, and the day following, as the fall Adopt-a-Trail weekend, to inventory maintenance needs along the open segments of the trail, and, where feasible, to complete needed work to re-open or clear existing trail. (See segments and sections, page 5.)

Your volunteer participation, important to all who hike the Cumberland Trail, will also earn a commemorative poster (for the first 45 registrants), along with the heartfelt thanks of the CTC staff and Tennessee State Parks. For complete information on taking part in this event, call the CTC office. Do let us hear from you!



## Director's comments

It seems like a long time since July, 2004, when I came on board as the new executive director. There has been a tremendous amount of information to filter through and many new faces to match with names; and miles of trail to walk to be able to think and talk sensibly about.

The biggest question was "What is 'Scoot' and what does it look like?" Well, it was *Scutellaria montana*, the large-flowered skullcap. It was only one of my many educational experiences.

There have been days of frustration, embarrassment (turning over the Ditch Witch), days of sweat, pain, and exhaustion (just plain out of shape), and also many days of much pleasure. The latter truly outweigh all the rest.

The best part of this job is meeting new people—individuals with a passion for the Cumberland Trail, people who volunteer their vacations, people who enjoy the outdoors, people looking for a peaceful day in the woods—and a few real characters.

A saying that was added to our window display recently by staff member Nora Beck probably says it best: **YOU can change the map!** And without each of you who volunteer, whether it be with an idea, an hour, a week or more than a month in a year, I would not be here and we would not be building the Cumberland Trail.

Gratitude is due to many—the Conference's board, staff, and volunteers, our many donors of funding, goods and services, our partners with Tennessee State Parks, and our parent organization, the Tennessee Trails Association. It has been an honor to meet with so many of our advocates in state government, the Tennessee legislature, and in Congress; and to be a part of Governor Bredesen's vision for the Cumberland Plateau. The next year will present challenges and opportunities, and I look forward to meeting them together with all of you. Thank you.

Sincerely,

**Paul Freeman**

## Bob Fulcher: Ranger of the Year

Service above and beyond the call of duty has earned the manager of the Cumberland Trail State Scenic Trail the title of Ranger of the Year. The award was first announced in late July by the Tennessee Park Rangers Association (TPRA). The Conference offers its own congratulations as well. As manager of the state's first linear state park, Fulcher and his staff help to facilitate the Cumberland Trail's development while managing the completed portions.

The TPRA also cited Fulcher for outstanding contributions to folklore and cultural preservation. Thanks to his work, thousands of hours of recordings of old songs and stories are preserved in the National Library and Archives. He was instrumental in organizing the Folk Area for the 1982 World's Fair in Knoxville, and in presenting Tennessee's cultural heritage at the Smithsonian's Festival of American Folklife in Washington, D.C. in 1986.

In addition to diverse duties as park manager, Bob is completing a CD on the music and cultural history of Cumberland Trail communities, with funding from the National Endowment for the Arts. BreakAway and Big Dig participants can attest to his performing and presentation skills, too.

A Clinton resident, Bob has managed the Cumberland Trail State Scenic Trail since 2000. His staff recently expanded to include Jim Brannon, a veteran Tennessee State Parks employee who is compiling GPS and GIS data. **Bob and Jim's new headquarters are at Cove Lake State Park in Caryville, TN (220 Park Road, 37714-3807).**



**Cumberland Trail Conference**

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## Jim Fyke thanks Big Diggers



TDEC Photo

During Big Dig's final week, TDEC Commissioner Jim Fyke came to give his personal thanks to Big Dig volunteers for their efforts. He brought a copy of the video, with a section on the Big Dig, that will be submitted in support of Tennessee's competition for a national award for outstanding state parks. Left to right: **Mark Stanfill**, CTC Development and Maintenance Coordinator; **Andy Wright**, Cumberland Trail State Scenic Trail ranger for the southern region of the CT; **Jim Fyke**; **Ray Haley**, CTC volunteer, being honored for 500 hours in support of the **Cumberland Trail**; and **Mike Carlton**, Deputy Commissioner for State Parks.



## CTC Volunteers COOK!

With each issue of *The Cumberland Trail* we plan to offer a recipe. We could think of no better way to inaugurate the feature than with **Ray's Firecracker Grits**. Kitchen Queen **Betty Porter** developed this concoction to satisfy Ray Haley's desire for more heat in the grits, and it became a favorite of many Big Dig participants. Now it belongs to the world. (If you aren't into cooking, just show up at the *next* Big Dig, where Firecracker Grits are bound to be back by popular demand.)

*Preheat oven to 350° F.*

- 1 cup quick-cooking grits
- 4 cups water

*Bring water to boil, add grits, reduce heat and simmer for five minutes, stirring occasionally. Remove from heat and add:*

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 2 cups shredded sharp cheddar cheese | 1 t Worcestershire sauce      |
| 2/3 cup milk                         | 1 t salt                      |
| 2 T butter                           | 1/4 t cumin powder            |
| 4 eggs, beaten                       | 1/2 t ground red pepper or    |
| 2 oz. chopped green chilies          | “generous dash” Tabasco sauce |
|                                      | cayenne                       |

*Mix all thoroughly and pour into greased 9" x 13" baking dish, sprinkle with another 1/4 cup shredded cheese, and bake for 1 hour or until set. Grits can be cooked and mixed with other ingredients the night before and refrigerated; extra cooking time will be needed.*

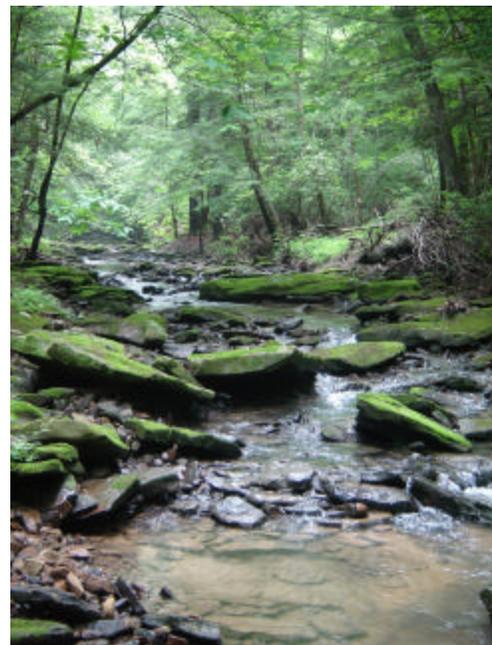
**Do you have a hiking-food recipe to send us? A Big Dig favorite you want to make at home? Contact Nora Beck with your submissions and requests.**

## Volunteers Cited with Awards

**Jim Hardy** of Crossville earned the **Bob Brown Award** for his support of the Cumberland Trail during 2004, for logging the most volunteer hours for the year. He moved to the area from upstate New York looking for new interests, came to Big Dig II, and wound up working during every week of the program. He lent his efforts to the Fall Program and a back-country outing as well. He works well with staff, students, and other volunteers, and we are proud to have him on board. Jim has since served as part of our seasonal staff for BreakAway and Big Dig III.

**Ray Haley**, pictured at left receiving his 500-Hour Award, was the 2004 recipient of the **Cumberland Trail Award** for his outstanding contribution to the CT in 2004. By December he had devoted 528 hours to the CT. He and wife Carol made round trips from Memphis to help with Spring BreakAway and Big Dig. Ray sharpened tools, then donned an apron to expedite dinners in the evenings. Everyone looks forward to Ray's greeting when they return from trail work, and the CTC is fortunate to have Ray's support.

And three more people now have 500 or more hours invested in the Trail: **Caroline Woerner**, **Bill Leiper**, and **Fran Wallas**. We salute you all!



### *Why we do what we do . . .*

. . . scenes like this one of Board Camp Creek, photographed from the trail by executive director Paul Freeman during Big Dig III. View it for yourself during our fall outings—see page 9 to register!



## Tenth Annual Spring BreakAway— *Banner Anniversary Year!*

The first Spring BreakAway on the Cumberland Trail, in 1996, involved a crew of five or six students from East Tennessee State University who helped re-open trail in the Cumberland Mountain segment. The program has grown from a single week to four, and from five or six students to over two hundred. Likewise the staff has grown, from an volunteer crew of fewer than ten to nearly fifty. The CTC's staff for BreakAway this spring included two new seasonal staffers, "the Jims" — Jim "Restless" Davis and Jim Hardy. This spring's labors again took place in the beautiful Rock, Possum, and Soddy Creek Gorge segments of the trail, where development and maintenance coordinator Mark Stanfill got everybody "jacked up" to build trail and have fun.

### *Comments from the students really tell the story:*

"Boy was I in for a surprise when I signed up . . . I thought about going to a sunny island but I thought this would be fun. I was wrong. It was AMAZING! . . . It felt good to do/give something back ." - *Whitney Sharp, Indiana University of Pennsylvania*

"While the work was much more tedious and specific than most of us could have imagined . . . it only made the work that much more satisfying and give us a greater sense of accomplishment . . ." - *Missy McBroom, University of Michigan*

"I like seeing a steep grade and picturing an escalator, then realizing the rock stair is the only way of making the trail accessible to strip-mall lovin', flat-land-dwellin', fast-food-eatin' Midwesterners." - *Sarah Foregger, Michigan State University*

"I got to see a scorpion on the trail—sweet!" - *Jon Erickson, Michigan State University*

"Wow! I survived! . . . Thank you for letting me become a part of history." - *Brandi Stewart, Indiana University of Pennsylvania*

"Working with people from all over with the same dream is a purely joyful experience. And being in the beautiful outdoors is the best thing there is . . ." - *Aaron Krueger, Grand Rapids Community College*



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TRAIL  
POWER

### Spring Break-ers made the CTC Honor Roll in 2005!

AmeriCorps Team Silver Two—IA, IL, IN,  
MA, MD, MN, NY, NH, PA, WI

AmeriCorps Team Gold Four

Camp Gray—WI

College of St. Benedict—WI

Florida International University—FL

Frostburg State University—MD

Grand Rapids Community College—MI

Grand Valley State University—MI

Hamilton College—NY

Indiana University of Pennsylvania—PA

Keene State College—NH

Michigan State University—MI

St. Norbert College—MN

Tennessee Technological University—TN

Transylvania University—KY

University of Miami—Florida

University of Michigan—MI

University of North Carolina—NC

University of Pittsburgh—PA

University of Tennessee—TN

Washington University in St. Louis—MO

Western Illinois University—IL



### Satisfaction!

A proud BreakAway student crew shows off the results of their labors (right) after putting rock steps in place on the Possum Creek segment of the trail. We thank them, and we also thank volunteer Shawn Basil for helping and taking these photos.



*BreakAway students represented 25 different states! Strong support came from Tennessee Trails Association members and other veteran volunteers, who served as Wagon Masters and assisted in guiding the work of building trail. A total of 48 individuals came out to help the CTC host BreakAway. Betty Porter coordinated the kitchen activities, with help from many intrepid volunteers who chopped, stirred, and baked their way to compliments from the students. Students, AmeriCorps and other adult volunteers logged over 9800 hours in support of the Cumberland Trail! They got there, they built 1.5 miles of new trail in Rock Creek, resuming where Fall Program ended; 2 miles of new trail in the Possum Creek segment; and about 1.5 miles of new trail in the Soddy Creek segment. The Rock Creek Gorge segment is complete except for finishing touches and the suspension bridge. Outstanding!*



## Have you seen the Possum Paw?

Along the “land” side of the Obed Wild and Scenic River trail, between the Nemo trailhead and Alley Ford, hikers can enjoy the sight of the Hartford fern (*Lygodium palmatum*) – also known as the hartford fern (lower-case “h” intentional) and the climbing fern. Our favorite name for it is the possum paw fern, and a look at the picture will tell you how it got that name.

The paw-shaped leaflets are the infertile ones; and the more dainty, flower-like leaflets at the outer ends of the fronds (shown in the lower portion of the photo) are fertile, producing spores from small structures on their undersides. The leaflets, all of them, are paired on fronds that can grow up to fifteen feet long. It is the only *native* fern with a vining habit. This ever-green fern’s range has been documented as far south as Cumberland and Rhea Counties in Tennessee.

Interpretive specialist Michael Hodge of Frozen Head State Park reports that there are several stands of this fern in the Frozen Head area, so look for it on the new trail during the fall construction program (see article on page 1). State Naturalist (and one of the CT’s founders) Mack Prichard says that this fern has a natural home on Pennsylvanian sandstone rim rock, which forms the backbone of the Cumberland Plateau. Hikers on the Cumberland Trail are most likely to find it on the higher elevations.

**Let us know when you find the “possum paw”!** We’d like to be aware of all segments of the trail where it can be seen. To read more about it, we suggest any current guide to ferns. One excellent reference is Jesse Shaver’s *Ferns of the Eastern Central States with Special Reference to Tennessee* (published in 1954 and still a classic, available from various on-line sources).



Alan Stokes Photo © 2005

## Adoption on the Cumberland Trail - always needed!

Trails always need maintenance. CTC Development and maintenance coordinator Mark Stanfill has asked us to present the entire list of segments and sections. *Sections needing adoption are listed in italics.* If you have already adopted one of these, THANK YOU! If you want to adopt a section that someone else has selected, just tell Mark about your choice and he will coordinate with any prior adopters so you can help each other out. Contact Mark for more information.

### Cumberland Mountain Segment:

*Cumberland Gap Trail- needs adoption*  
Eagle Bluff Trail, North and South  
Eagle Bluff to Devil’s Racetrack  
Bruce Gap to Devil’s Racetrack  
Volunteer Loop

### Smoky Mountain Segment

Bruce Gap to Red Ash Creek  
Red Ash Creek to Cross Mountain  
Cross Mountain to Montgomery Fork  
Montgomery Fork to McCoy Ridge

### Obed Wild & Scenic River Segment

Devil’s Breakfast Table to Rainhouse  
*Rainhouse to Obed Junction- needs adoption*  
*Obed Junction to Turkey Creek Bridge- needs adoption*  
Turkey Creek Bridge to Obed River  
Obed River to Breakaway Bluff  
Breakaway Bluff to Alley Ford  
Alley Ford to Nemo Bridge

### Grassy Cove Segment

Black Mountain to Brady Mountain  
Black Mountain loop

### Stinging Fork Segment

Trailhead to Stinging Fork Falls

### Piney River Segment

Trailhead to Newby Branch Forest Camp  
*Trailhead to first 100’ suspension bridge- needs adoption*  
*100’ Suspension Bridge to Spider Den Bluff- needs adoption*  
*Spider Den Bluff to Newby Branch- needs adoption*

### Laurel-Snow Segment

*Trailhead to Laurel-Snow Junction- needs adoption*  
Junction to Snow Falls  
Junction to Laurel Falls

### Rock Creek Segment

Leggett Road Trailhead to Suspension Bridge  
Rock Creek Loop  
Lower Leggett Road Connector

### Possum Creek Gorge Segment

Heiss Road Trailhead to suspension Bridge  
Big Possum Bridge to Little Possum Bridge  
Little Possum Bridge to Concrete Bridge  
Concrete Bridge to Little Possum Crossing  
Little Possum Crossing to Retro Hughes

### Soddy Creek Gorge Segment

(all sections need adoption except Hotwater Road Trailhead to Clemmons Point)  
*Jones Gap Road to Board Camp Creek*  
*Board Camp Creek to Strip Mine*  
*Posey Point to Old Hotwater Rd. Access Rd.*  
*Hotwater Road Crossing to Posey Point*  
*Strip mine drain to Hotwater Road Crossing*  
Hotwater Road Trailhead to Clemmons Point  
*Clemmons Point to below cell tower*  
*Below cell tower to Mowbray Rd.*

### North Chickamauga Segment

Hogskins Loop  
Top of Hogskins Loop to Stairway  
Stairway to Stevenson Camp area

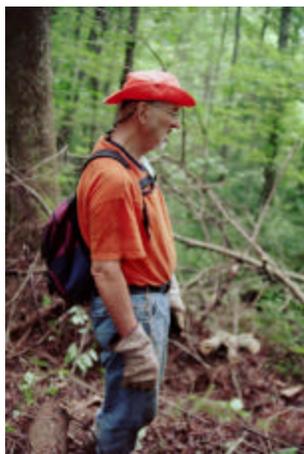
### Tennessee River Gorge Segment

Signal Point to Edwards Point  
Edwards Point to North Suck Creek  
*North Suck Creek to State Hwy. 27*  
State Hwy. 27 to Indian Rock House  
Mullens Cove Loop  
Pot Point Loop



# Faces of Big Dig III

That's veteran trail volunteer Jim Schroeder below. At right are Joe DeCosimo, seasonal State Parks employee and accomplished musical folklorist; and Anna Stormzand of AmeriCorps.



Above, Tom Bates, Norris, TN; Amy Cumbow, West Chester, OH (below)



Smiling faces at the *end* of the day, even: The Building Skills in Mountains class from St. Andrews Academy of Sewanee.

## *Generosity makes our programs successful*

Trail construction programs like BreakAway and Big Dig can't just happen. They require a lot of planning, and a lot of support from individuals, organizations, and businesses in order to be successful. The CTC is grateful for the generosity we receive in so many forms. Our parent organization, the Tennessee Trails Association (TTA), supports BreakAway with its annual auction. **TTA provided grant support for Big Dig through the Evan Means Small Grants Program. Grant support for this year's Big Dig also came from the American Hiking Society and from Tennessee Parks and Greenways Foundation's Neuland Glisson State Park Connections program.**

TTA's chapters and members contribute individually as well. We are grateful to the Columbia-Franklin Chapter, which takes up a regular collection at chapter meetings. Donations of funds and food to support Big Dig and BreakAway came from the Columbia-Franklin, Upper Cumberland, Highland Rim, Clarksville, and Plateau Chapters; and from the Memphis chapter of the Sierra Club, from the Smoky Mountains Hiking Club, and a host of individual contributors. (A complete listing of all supporters will be provided at year's end.)

Members of the Soddy Church of Christ, the Daisy Women's Club, the Soddy Methodist Church, and the Mile Straight Baptist Church generously fed our staff during Big Dig set-up week; and Mrs. Marion Sue Wright provided staff meals during the wrap-up week that followed Big Dig. Tari Johnson donated her services, providing first aid and CPR training for the Big Dig seasonal staff and for Wagon Masters and other volunteers. Carol and Ray Haley, Tim Hart, John Gagnon, Jim Hardy, Caroline Woerner, Mark Stanfill, Fiona Cahill and family, the Columbia-Franklin TTA chapter, and John Phipps donated food to Big Dig. We also want to thank Hank Nolen, Dogwood Lodge's caretaker, for all his efforts on our behalf. **One and all, we thank you for your investment in the Cumberland Trail.**

## Note of thanks

Our sincere thanks go out to all the many people who washed dishes, cleaned the dining room, scrubbed pots and pans, washed dishes, took out the garbage, washed dishes, swept and mopped the floor, washed dishes, scrubbed pots and pans, and washed dishes during BreakAway and Big Dig 2005. Your cheerful willingness to help with this not-so-fun work made our days in the kitchen much easier. Several people worked frequently at the sinks and sterilizer, and your presence was duly noted and much appreciated.

And to all those who helped cook the meals, we can only say thank you, thank you, thank you. Getting all those meals on the table was truly a group effort and with your help we served some good food.

Clean kitchen, happy cooks, healthy appetites add up to successful BreakAway/Big Dig 2005.

**Betty Porter  
Ray Haley**



## Big Diggers put miles on the map!

The completion of Big Dig III on June 25 added another milepost (several, actually) to the history of the Cumberland Trail's construction. The Rock, Possum and Soddy segments of the CT have been a challenge to build, going through extremely rocky (but extremely beautiful) country. Some bridges remain to be built, as well as a few other special projects, but the report at the conclusion of Big Dig is that the trail on the Rock Creek segment is finished, the Possum Creek segment has less than a half mile remaining to be built, and seven miles remain under construction in Soddy. The seven miles completed were:

**Mobray to Hotwater Rd** – 2.67 miles. This opens up a five-mile section of trail from Mowbrey to Hotwater except for one small area to be completed.

**Hwy. 111 along Board Camp Creek** – 3 miles.

**Old Hotwater to Posey Point** – 1.4 miles

CTC continues to cherish all our volunteers who come out to help put this already legendary trail on the ground. The men, women, and youngsters who volunteered during the Big Dig are champions in our view – they gave 10,200 hours of corridor clearing, chain-sawing, duff raking, root trimming, sidehill cutting, rock-step building, weeding, blazing, tool sharpening, floor mopping, and cooking during the Big Dig. Champions all!

The volunteers came from near and far, by plane, bus, and automobile — and in Gary Gilbert's case, by motorcycle, all the way from Cedar Rapids, Iowa! We're especially proud of the 26 TTA members who added their sweat equity to the project. Of note, three Memphis Chapter members stayed with us the entire time - Betty Porter, and Ray and Carol Haley, as did Cathi Close of Highland Rim. Strong support came from Tennessee State Parks and TDEC with individuals on the trail and Girl Scouts, Boy Scouts, and WAVES. Triple Crown hiker\*, Tim Hart came from Massachusetts; and Boston Marathoner Malcolm Gillis came from Alabama. AmeriCorps, as always, was a significant addition to the effort. When the Cumberland Trail is finished, special recognition will be owed to a number of individuals and groups— AmeriCorps will be right up there near the top.

The American Hiking Society's Volunteer Vacations program sent volunteers from Arkansas, California, Florida, Indiana, Iowa, Louisiana, Mississippi, and Texas. All of them had interesting stories to tell; one, Shain Yann Hsu, a Taiwan native, wanted to experience trail-building and see more of her newly adopted country. She reports that trail maintenance is conducted by public agencies in her home country, and that this was her first opportunity to volunteer on such a project.



To guide the volunteers, Mark Stanfill assembled a banner staff team with the help of Jim Hardy of Crossville, and Jim Davis of Pigeon Forge. Volunteer work crews were led by an excellent group of young people: Matthew Toro of Florida; Henry Kim of California; Ashley Honeysett, Sarah Tanis, and Lindsay Gillett of Michigan; Joshua Morris-Siegel of Massachusetts; Christopher LeBlanc of Georgia; and Nate Allen of Illinois. Two state park seasonal employees worked with us as well – Joseph Decosimo of Signal Mountain and Anthony Jones of Jamestown. We thank them all for their service, and look forward to seeing them return to the trail they've built – after all, once the Cumberland Trail gets in your blood, there's no forgetting it.

Remember, too, that **the best maintenance for a new trail is feet on it**, so we hope you'll incorporate these new segments into your fall hikes. Professionally produced maps are being finalized and will be available to you as soon as we can get them ready. Our working maps are on the website until the new maps are finished. If you have no one in your group who knows these trails well enough to lead a hike on them, give CTC a call. Given enough notice, we will find someone to lead you.

We send a very special thank-you to Betty Porter who kept us so well fed. We need a new word in the dictionary to express how much we appreciate her hard work of managing meals through all of BreakAway and Big Dig. That's *over two months*. The responsibility for feeding so many people for so many weeks is intense. Alas, some thanks can only be shown by a big hug. So, a Big Hug to you, Betty. We couldn't have done it without you!

—Sandra Spearman and Mark Stanfill

**Veteran Wagon  
Masters (l-r)  
Caroline Woerner,  
Fran Wallas, and  
Carol Haley,  
advance on Soddy  
Creek for a day of  
trail construction  
during Big Dig III.**





## ***Where we are now!***

Since January 1, 2005, the Cumberland Trail has grown longer by thirteen miles!

*Thanks to all who made it possible!*

## **HUNT DATES AFFECTING HIKERS ON THE CUMBERLAND TRAIL**

The following information has been furnished by the Tennessee Wildlife Resources Agency and the Tennessee Division of Forestry.

### ***Tennessee River Gorge Segment:***

Jim D. Lane, Prentice Cooper State Forest's head ranger, reports that the area west of State Highway 27 (Suck Creek Rd.) will be closed to all visitors except hunters on the following dates:

September 17-25; October 20-22, October 29-30,

November 11-12, and November 26-December 1.

The area east of Highway 27, including Edwards Point, will remain open. Call the Tennessee Division of Forestry at 423-634-3091; or contact TWRA at 1-800-262-6704.

### ***Grassy Cove Segment***

This segment of the Cumberland Trail passes through privately owned land on which hunters may be present. For your protection, it is always advisable to wear fluorescent orange during hunting seasons.

### ***Obed Wild and Scenic River Segment:***

The Tennessee Wildlife Resources Agency (TWRA) will close Catoosa Wildlife Management area, which borders on the Cumberland Trail from the Devil's Breakfast Table to Alley Ford, to all except hunters for managed deer hunts on the dates below. On these dates hikers are not permitted on the Cumberland Trail:

October 15-23, October 29-30, November 10-13,

November 17-19, December 8-10, December 15-17,

January 5-7, and the entire months of February and March.

Please note that the Cumberland Trail is always open from Nemo Bridge to Alley Ford on the Obed Wild and Scenic segment. Call TWRA about this area at 1-800-262-6704.

### ***Cumberland Mountain /Smoky Mountain Segments:***

Royal Blue Wildlife Management Area, which includes portions of both these segments, does not close the trail to hikers during hunt dates. HOWEVER, all trail users are required to wear 500 square inches of daylight fluorescent orange (head and chest) on the following scheduled hunt dates:

September 24-November 27, December 9-11,

December 17-January 4, and January 14-15.

Call TWRA about this area at 1-800-262-6704.

For information on any of the above dates or with other inquiries, visit [www.state.tn.us/twra](http://www.state.tn.us/twra).

## **Expanded Programs** *(continued from page 1)*

construction. Activities for this program will take place in the Soddy Creek Gorge. Please note extended dates!

### ***New trail construction program . . .***

New this fall, we will have a concurrently running **Fall Program-the Bird Mountain Dig**, October 10 through 30, in Frozen Head State Park. This trail building program will combine back-country camping and a front-country campsite, and can accommodate up to 25 volunteers. Our goal is to complete three miles of new trail, from Castle Rock East to Castle Rock West across Ross Gap. In addition to trail building volunteers, we will need people to man the front-country site, greet trail builders, and provide directions and information.

**Construction of the re-route on Black Mountain** is planned to begin on Thursday, October 20, with work to continue on Thursdays until completion.

### ***Increased visibility . . .***

In addition to the programs we develop ourselves, the CTC will be maintaining a presence at several other fall events, including the Bicycle Ride Across Tennessee (B.R.A.T.), the "Wild Mountain Mania" natural heritage event at the Cumberland Gap, with over 18,000 visitors expected; the Cumberland Trail Stump Jump on October 8 with 250 runners anticipated, and the Chattanooga Area Food Bank Hike Against Hunger on Sunday, October 16.

With a staff of only four, we need volunteers who can help by manning a booth, giving out information, and answering or relaying questions about the trail. **If you can take a shift at any of the above-named events, please let us know—on the registration form on the facing page or by calling or e-mailing the CTC office.**

## ***Water—You Always Need It!***

*While drinking plenty of water in the heat may seem pretty obvious, don't forget that your body can lose significant amounts of moisture to wind as well. As the weather cools, you still need to take plenty of water along. **And drink it!***

**Big Dig  
volunteer  
James  
Leininger  
knows what  
to do.**





*I want to be there! I'm registering to take part in fall activities on the Cumberland Trail.*

Please mail or fax this page to the CTC at 19 E. 4th. St., Crossville, TN 38555; fax: 456-4934; or send us an e-mail—see page 2.

Name \_\_\_\_\_ e-mail \_\_\_\_\_

Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Alt. Phone \_\_\_\_\_

***I want to come to the following trail-building activities:***

- September 9-11—Board Camp Creek
- September 16-18—Smoky Mountain Segment
- September 16-18—Board Camp Creek
- November 11-14—Smoky Mountain Segment
- Fall Programs (incorporating Fall BreakAway and American Hiking Society Volunteer Vacation)—Oct. 10-Nov. 20  
*Please write in dates you can attend Fall Programs:*
- \_\_\_\_\_
- Trail Building on Bird Mountain, Frozen Head State Park—October 9-23  
*Please write in dates you can participate in the Bird Mountain Dig:*
- \_\_\_\_\_

***I can help represent the Cumberland Trail Conference at the following events:***

- B.R.A.T. Registration, Harrison Bay State Park, Saturday, September 17
- "Wild Mountain Mania" natural heritage event at Cumberland Gap National Historical Park, October 7-9
- Cumberland Trail Stump Jump, Tennessee River Gorge Segment, Saturday, October 8
- Chattanooga Food Bank Hike Against Hunger, Tennessee River Gorge Segment, Sunday, October 15

***I can participate in the following activities:***

- National Public Lands Day/Adopt-a-Trail, September 24 and 25  
I will be monitoring or maintaining the following section or segment:  
\_\_\_\_\_
- Cumberland Trail Volunteer Weekend, Dogwood Lodge, Soddy-Daisy, TN, September 30-October 2  
I will need accommodations for  Friday night  Saturday night  I will be camping  
 I will be present for Saturday dinner only
- Red Cross First Aid & CPR Training, Lutheran Camp, Soddy-Daisy, Friday, October 7 (9:00 a.m.—3:00 p.m.)  
 CTC/TTA volunteer—no charge for materials  \$10 charge (non-CTC/TTA volunteer)
- Trail Training Workshop, October 7-9  
*Please check one:*  
 CTC/TTA Volunteer Rate, \$45  TN State Employee\* Rate, \$65  Full Rate, \$85

\*Department and title \_\_\_\_\_





## Cumberland Trail Conference

19 East Fourth Street  
Crossville, TN 38555  
[www.cumberlandtrail.org](http://www.cumberlandtrail.org)



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*Expanded fall  
programs—page 1*

*Volunteers put miles  
on the map at Break-  
Away and Big Dig—  
see pages 4, 6 and 7*

*Come out on the trail  
this fall! Sign up for  
autumn opportunities  
on page 9.*



### ***Autumn Events and Opportunities—Mark Your Calendars!***



- September 9-11**— Back Country Outing—Board Camp Creek  
**September 16-18** — Back Country Outing—Board Camp Creek  
**September 16-18** — Back Country Outing—Smoky Mountain segment  
**September 17**— B.R.A.T. Registration assistance, Harrison Bay State Park  
**September 18** — B.R.A.T. embarks (help with loading and unloading cycles and gear)  
**September 24** — *National Public Lands Day*  
**September 24-25** — Adopt-a-Trail Weekend  
**Sept. 30—Oct. 2** — Volunteer Weekend, Dogwood Lodge Camp, Soddy-Daisy, TN  
**October 7**— First Aid and CPR Training, Lutheran Camp, Soddy-Daisy, TN  
**October 7-9**— Sixth Annual Trail Training Workshop, Lutheran Camp, Soddy-Daisy, TN  
**October 7-9**— “Wild Mountain Mania” natural heritage event at Cumberland Gap  
*National Historical Park, KY/TN*  
**October 8**—*Third Annual Cumberland Trail Stump Jump, Tennessee River Gorge Segment*  
**October 9-23**—Trail-Building Program on Bird Mountain, Frozen Head State Park  
**Oct. 10—Nov. 20**—Fall Programs—Lutheran Camp, Soddy-Daisy, TN (incorporating Fall Break  
Away and American Hiking Society Volunteer Vacation)  
**October 14-16**—Tennessee Trails Association Annual Meeting, Monteagle, Tennessee  
**October 16**—*Chattanooga Food Bank Hike Against Hunger, Tennessee River Gorge Segment*  
**October 20**—Black Mountain re-route construction begins  
**November 11-13**—Back Country Outing—Smoky Mountain segment  
**November 12** — Cumberland Trail Conference Executive Board Meeting

