

SEPTEMBER, 1996

THE TENNESSEE EASTMAN

HIKING & PADDLING NEWS

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| NEXT TWO MONTHS |
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HIKERS BEWARE!

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arking at U.S. 19E: July 5 - 6. Two cars were broken into near the A.T. crossing of U.S. 19E near Elk Park, North Carolina. One car had the driver's side window smashed and some items were taken from the glove compartment. The battery was also taken from this vehicle. Another car had the drivers side window smashed. Both cars had out of state tags.

Parking at Carvers Gap

Joe DeLoach reporting

There were five cars vandalized at Carvers Gap sometime between the evening of August 1 and the morning of August 2. These cars had their tires slashed, windows broken, some theft, and one car had damage to the body. The cars were parked in the parking lot near the bathroom; there were no cars parked along the road that night. This incident has been reported to the Carter County Sheriff's Department, the U.S. Forest Service, and the Appalachian Trail Conference. A thorough investigation was conducted and the Sheriff's Department got some good fingerprints. This is the first reported incident at Carvers Gap.

Tick Update

A second member of our club is being treated for Lyme disease. According to an article in the Kingsport Times-News, this year there is a bumper crop of ticks and we should be extra cautious, especially in tall grass.

Congratulations

August 5, 1996

Steve Banks reporting

Yesterday, I completed hiking the Appalachian Trail, at Harpers Ferry, West Virginia. Gether Irick and I hiked about 41 miles in three days from Pen Mar to Harpers Ferry. Story follows.

We are accepting recommendations for a two year term on the Steering Committee for the Hiking and Canoeing Club. The person must be a active employee or retired from Eastman. Please send the names to Garry Luttrell, or any member of the steering committee.

Sweet Victories

Virginia Department of Transportation officials, with strong opposition from conservation and local community groups, the Appalachian Trail Conference, and the U.S. Forest Service, have abandoned plans to build a four-lane highway through the middle of the Mt. Rogers National Recreation Area.

15% Discount coupons for all regular priced equipment and hiking boots, clothing not included, for the Highlands Ski and Outdoor Center hiking department are available in Eastman Building 310 and Building 89. Highlands Ski and Outdoor Center is located in Abingdon, Virginia at Interstate 81 exit 19.

Fall Dinner Meeting

Mark your calendar for November 2, 1996 to attend the Fall Dinner Meeting of the Tennessee Eastman Hiking and Canoeing Club.

Check out our web site; our address is <http://www.tehcc.org>.

July Web Access Report

Steve Banks reporting

Four hundred forty eight different people accessed our web site from all over the U.S., plus Canada, South Africa, Portugal, Australia, Israel, Sweden, and The Netherlands.

1996 Anniversary Hike Reports

Carvers Gap to Yellow Mountain Barn

July 4, 1996

Karen Arnold reporting

I began this hike alone at 9:00am at Carvers Gap heading north on the A.T. It was a sunny, breezy day with high white clouds in the low 50's at the start. It was so pretty at the start that looking across the bald areas I expected to see Julie Andrews coming over the horizon singing. Until I met my husband, Terry, coming the other direction, I didn't see a single human, though I did see a couple of white-tail deer. Near Yellow Mountain Barn we took a side trail for 0.25 miles to a dirt road that led down to Roaring Creek Road. I saw no maintenance needs. The grass had grown up covering the trail in a few places, but I suspect this is normal for the summer. The hike lasted about 5 hours.

A.T. Hike #7, Bitter End to Dennis Cove

Steve Banks reporting

This anniversary hike covered the A.T. from Bitter End north up and over White Rocks Mountain to Dennis Cove. This section is in good shape, with a few scattered blowdowns. The weather was good; the only rain we encountered occurred as we were approaching

the shelter. Participants were Bill and Derrick Stowell, Richard Colberg, Steve Perri, and Steve Banks.

A.T. Hike # 7, Dennis Cove to Bitter End

July 20, 1996

Steve Wilson reporting

Jill and I hiked this section to make-up the hike we missed previously. Two hikers X 11 for 22 total hours.

A.T. Hike #8, Bitter End to U.S. 19E

July 27, 1996

Bill Stowell reporting

Participants: Bill and Derrick Stowell, and Steve Perri. We left Colonial Heights at 8:10 and parked a car at the beer store up the hill from the 19E crossing and drove to Bitter End. We began hiking at 9:30. We encountered 2 blowdowns that were too big for a bow saw. When we came out onto the first black top road and turned left to walk up to the next section, we noticed that someone had painted an arrow and "to trail" on the road where you reenter the woods. If you were hiking north to this road the arrow would indicated you go left on the road but the correct way is right. We also ran into some stinging nettles near the end that had grown up along the trail. After you pass the last stile and come down into the open grassy area, the trail was not well marked. No blazes could be seen going down the hill, and I would not have known where to go if Steve had not known where the trail was. We reached 19E at 3:00PM.

A.T. Hike #15, Spivey Gap to Temple Hill Gap

Saturday August 3, 1996

Cris Moorehouse reporting

We had arranged to meet at our normal meeting place and were off to complete section 15. We had hiked the rest of this section several times while working with the Konnarock crew. We drove up a USFS road and left one vehicle beside the road below Temple Hill Gap. We then drove to the road crossing at U.S. 19W and started our hike. We removed several small trees from the trail, but most of it was in good shape. We did encounter one extremely bad blow down. This was twenty minutes south of No Business Knob Shelter. A tree had blown down across the trail and had taken some sidehill with it. Three of the four of us fell trying to climb across it. Five minutes north of the shelter was a double tree across the trail. Both were in sections that have been dug into the side of the hill. We reached our truck at 2:15 PM and after a stop to see Spivey Falls were home at 4 PM. Total time 4 hikers X 8 hours = 32 hours. Joining me for the hike was Derrick and Bill Stowell, and Theona Moorehouse.

Bitter End to Hampton

Saturday, August 3, 1996

G. S. Luttrell reporting

We spotted my car at Hampton, I dropped Jill and Steve Wilson at 19E, then I drove the Wilson car to Bitter End. The Wilsons hiked back to their car at Bitter End and I hiked to my car at Hampton. I had the trail to myself from Bitter End to Dennis Cove, but many folks were enjoying Laurel Falls.

A.T. Hike #9 and 10, Carvers Gap to U.S. 19E

Saturday 10 August, 1996

Cris Moorehouse reporting

Theona and I left our house at 6:30AM, stopped and picked up Richard Coldberg and were off to meet Derrick and Bill Stowell for our hike. We dropped a car off just above the Highway 19E trail crossing and drove to Carvers Gap to start our hike. We started our climb at 8:20AM. We were pleased to use the trail installed by our club last year and found it in great shape. Just past Jane Bald the trail narrowed and we found the weeds and briars overhanging the trail. We were soon wet from the waist down. Our hike was delayed time and time again because of the huckleberries and blackberries which we felt compelled to sample. The trail was overgrown until we reached the shelter where someone had cut the weeds. We stopped for lunch on top of Little Hump and then continued our hike. We met with the second group of hikers just as we entered the woods after leaving Hump Mountain. We had stopped to talk with four hikers headed south and sample some huckleberries. We ended our hike at 4:30 PM, and returned home at 6:30 PM. Five hikers X 12 hours = 60 hours.

Carvers Gap to U.S. 19E

August 10, 1996

Garry Luttrell reporting

This proved to be a great day for a hike, with the temperature remaining in the 70's; but, it was a little hazy. Three folks representing the Live for Life Program at Eastman, Richard Kilby, Phyllis Cardwell, and Gerald Cardwell, joined us for a shorter hike to Grassy Ridge, then they returned to Carvers Gap. Thanks for helping us spot our cars at 19E. The rest of us, Shelton Thompson, Jill Wilson, Steve Wilson, Emmett Dougherty (and his dog, Dale), and I continued on to 19E. Steve carried some hand clippers, so we'll count this a work trip too. Five hikers X 12 hrs = 60 hrs.

Working on the A.T.: Maintenance Update

U.S. 421 to Tenn. 91

Saturday July 20, 1996

Cris Moorehouse reporting

4 People X 10 hours = 40 total hours

We drove to Tenn. 91, dropped a car, and took off for U.S. 421 to start our day's work. We cut weeds and trimmed a lot of briars. We removed 5 blowdowns from the trail. After reclaiming our car at U.S. 421, Steve drove to Bitter End to pick up Jill and Steve Wilson who were hiking, Theona and I moved their car from Dennis Cove to U.S. 19E at a service station for them to pick up. Back home at 7:15 PM. Steve Perri, Theona Moorehouse, and I were joined in our work trip by Mary Katherine Hall who had just joined our maintenance team when she transferred back to Kingsport.

Hwy 19E to Bitter End

August 3, 1996

Steve Wilson reporting

During our Hwy 19E to Bitter End hike, Jill and I noted that the trail along Campbell Hollow Road was poorly marked. Recall that when hiking south to north, one turns right at the road and hikes for approximately half a mile before re-entering the woods. We were misled by a

left pointing arrow and the word trail sprayed on the road. We found the proper route by following the guidebook's instructions. We saw only two faint blazes along the road until we arrived at the point of re-entering the woods. We talked to the woman who lives in the last house before you leave the road and she would be happy to let us paint blazes on her property, barn or fence posts. Another indication of her friendliness, she gave us several cucumbers out of her garden to eat for lunch. Two hikers X 11 hrs = 22 total hours.

Appalachian Trail Work Trips-Konnarock Crew

August 8-11

Joe DeLoach reporting

Eight people for 92 hours

| Names | Days | Hours |
|----------------|-------------|--------------|
| Joe DeLoach | 2 | 20 |
| Frank Williams | 2 | 20 |
| Ed Oliver | 1 | 10 |
| Bill Stowell | 1 | 10 |
| Dixie Hoilman | 1 | 9 |
| Fred Hoilman | 1 | 9 |
| Rick Lott | 1 | 8 |
| Katherine Hall | 1 | 6 |

The Crew had their best week on the last one. Morgan Sommerville helped out on Friday and I think his input was valuable. Saturday was a slow day with only two Club members coming out, and as a result we didn't get very much done. I was pretty much resigned to having to make two or three Club trips to finish up. Sunday was a different story. Seven from TEHC joined the Crew and we really got a lot finished, to the point that the Crew leader thought the Crew could finish on Monday. This says a lot about how important it is to get good club turnout on a Konnarock project. Not only do the numbers help in their own right, but everyone is more motivated when they see progress being made. The Crew leader was very complimentary on Sunday; she said we do good work.

Konnarock Crew on Cliff Ridge

Joe DeLoach reporting

This summer we had four weeks of Konnarock Crew time to finish the relocations on Cliff Ridge that were begun in 1995. It turned out to be an up-and-down season with the Crew. The first week, in May, we had a terrific Club turnout but lots of rain which kept us from getting much new Trail completed. The second week, which was the following week, again had an excellent Club turnout but again not much was accomplished. Fewer volunteers showed up on the third week and on the first couple of days of the fourth and final week. It was beginning to look like a relocation that we thought might get completed in two weeks of Konnarock Crew time would not be finished after four. However, on the last full day of the season everything came together. We had a good Club turnout which helped result in a lot of new trail being dug.

The next day, a short one with rain, the Crew finished the project. The good progress on Sunday really seemed to motivate them, and we should keep this in mind and try to always have good Club support with Konnarock. The result is the replacement of a very steep, miserable Trail with one that is safe, stable, and a pleasure to walk.

Altogether we had very good Club support for the Konnarock Crew. Twenty-one Club volunteers worked a total of 78 person-days or 689 hours for the four weeks. Ten Club members worked at least five days with the Crew and earned the highly coveted Konnarock T-shirt which we hope to award at the Fall Dinner Meeting. I believe this is our best ever. Thanks to all the volunteers who helped with Konnarock this year: Frank Williams, Bruce Cunningham, Joe DeLoach, Darrol Nickels, Ed Oliver, Bill Stowell, Mary Cunningham, Cris and Theona Moorehouse, Derrick Stowell, John Thompson, Dee Drinkard, Rick Lott, LuAnn Mack-Drinkard, John Bowman, Katherine Hall, Dixie and Fred Hoilman, Will Medlin, Steve Perri, and Peter Wilcox.

Remove Blowdowns and Repair Trail Near No Business Knob Shelter

Tuesday, 13 August 1996

Ed Oliver reporting

Seven participants: Theona and Cris Moorehouse, Bill and Derrick Stowell, Ted Malone, Frank Williams, and Ed Oliver

Seven people X 8 hours = 56 hours

Cris and Bill had reported a massive blowdown and trail blockage about a mile trail south of the No Business Knob Shelter and a large blowdown a short distance trail north of the shelter. We decided to take a half day of vacation and try to remove the blowdowns and repair the trail section. Ted and Cris were able to remove the blowdown trail north of the shelter after making several cuts in the tree and using almost two tanks of gas. Meanwhile, the rest of the group removed all of the blowdowns trail south of the shelter except for a nice size oak tree whose root ball was in the middle of the trail. We removed most of the roots from the root ball and most of the rocks and dirt. Ted cut the trunk of the tree near the root ball and we were able to roll the root ball off the trail and complete the trail repair. We all agreed that we had done enough for the day but that we had enjoyed the afternoon work trip.

Upcoming Events

Hiwassee River, Tennessee

(Scheduled Saturday and Sunday - September 7- 8)

Leader: Ed Montgomery

This scenic river offers excellent class II whitewater and great family camping at Gee Creek Campground. We will meet at Gee Creek Campground on September 7 at 11:00am, combine boats and head for the put-in below the dam. We will take-out at Reliance, and a lunch and much playtime are scheduled. The water is very cold and standard safety equipment is required. Some members may run the river on Sunday. I will not be paddling on Sunday, but I'm sure some hard core boaters will be on the river. I will be camping (with family) on both Friday and Saturday at Gee Creek. Please pre-register and I will see if Frank Lovelace can hold an extra camp spot for you. He is known for his ability to reserve multiple camp spots. Pop-up Lovelace and his father, the Shuttle Master, will be on hand for fun and games. D. and M. Mathis will also be there to provide camp fire stories and more. See you on the river.

A.T. Hike #13, Iron Mt. Gap to Indian Grave Gap

Saturday, September 28, 1996

Leader Cris Moorehouse

We will meet between the Burger King and McDonalds in Colonial Heights at 7:45AM for an 8AM departure. We will start at Iron Mountain Gap and hike to Indian Grave Gap. This 10.8 mile hike is rated moderate. Call the trip leader for more details.

Finishing Touches on Yellow Mountain Barn Shelter

Leader: Ted Malone

Rating: Enjoyable

Date: September 28, 1996 (4th Saturday)

This weekend will bring a four year project to a close. In the past we have reinforced the structure, added drainage to the rear, installed safety railings and added a new roof. On the 28th, we will remove the dust from the floor and replace it with gravel, add two sleeping platforms on the level facing the valley, and install a picnic table. It's not 100% confirmed but we think it's the largest shelter on the A.T. We'll have the key to the USFS gate so we will be able to deliver materials and Club members right up to the front door. Call for meeting place and more details.

A.T. Hike #14, Indian Grave Gap to the Nolichucky

Scheduled October 12, 1996

Leader: Ray Hunt

We will meet at the parking lot between the Burger King and McDonalds in Colonial Heights at 7:45 AM for a 8 AM departure. We will start at Indian Grave Gap and go towards the Nolichucky, downhill almost all the way. This hike is rated moderate only because of the distance of 8.3 miles. Call trip leader for more details.

A.T. Hike, Va 623 to Va 42

Tuesday and Wednesday, October 15-16, 1996

Leader: Richard Kilby

This section of the A.T. is 17.1 miles long and is located along the southern rim of Burks Garden in Tazewell County, Virginia. Call trip leader for details.

For the Record

A.T., New Hampshire and Vermont

Steve Banks reporting

June 24 to July 1, 1996

Distance = 77 miles

The scenery was spectacular, the trail was challenging, and the weather was great for our A.T. hike in New Hampshire and Vermont. Highlights included the Carter-Moriah Range and the Kinsman Range in New Hampshire -- really first-class hiking. Participants were Gether Irick and Steve Banks.

Yellow Mountain Barn to Stan Murray Shelter and back

We left Colonial Heights, Sunday July 21 at 8:00 AM for Yellow Mountain Barn. We parked at the forest service gate and walked up to the Barn. We had been asked to pick up the log books from both of these shelters to be copied and sent to the FBI to try to help in solving the murder of the two young ladies killed close to the A.T. in Virginia. Both log books had

been taken, but we placed a new log book in both locations. We found both the shelters and the trail to be in good shape. We encountered four through hikers who were catching up on sections missed, and two day hikers. Four participants X 7.5 hours = 30 total hours. Taking part in our hike and trail inspection were Bill and Derrick Stowell along with Theona and Cris Moorehouse.

Fun Fest Moonlight Hike

July 25, 1996

Steve Falling reporting

Again this year the club supplied volunteers to help with the Fun Fest Moonlight Hike at Bays Mountain Park. The hike was around the lake (2.3 miles) beginning at 8:00 PM and ending at about 9:30 PM (in the dark). Because of rain that day the turnout for the hike was low compared to previous years. Only 192 participated in the hike this year (up to 500 in years before!). Fortunately the weather cleared just before the hike and was very pleasant. As in previous years, the club volunteer with the closest guess of the number of hikers received a t-shirt from Bays Mountain (Jennifer Ralston with a perfect guess of 192!). Volunteers were Bill and Derrick Stowell, Will Medlin, Trupti Mane, Jennifer Ralston, Greg and Graham Kramer, Steve, Dennis and Marie Falling, Ted Malone, Rene Atkinson, Beth Buice, Cris and Theona Moorehouse, Steve Perri, Kathy and Nathan McDavid, Matthew Hasty, Juan Moya, and Nathan Nuckols.

Completing the A.T. - Dayhikes in Maryland

Steve Banks reporting

Participants: Gether Irick and Steve Banks

We drove to Harpers Ferry on August 2 for this series of dayhikes on the A.T. in Maryland. The weather was warm and very humid; the hiking was generally very easy as the Trail followed the crest of South Mountain with little change in elevation. On Saturday we hiked from Pen Mar south to Interstate 70, and encountered a rain shower that lasted about an hour and tested our boots and Gore-Tex. On Sunday we hiked from I-70 south to Crampton Gap, passing Washington Monument State Park and meeting numerous hikers along the way. On Monday, we completed the trip by hiking from Crampton Gap to the north end of the U.S. 340 bridge near Harpers Ferry, West Virginia. This completed my hike of A.T. which I started in 1982. Mary (my wife) and Gether toasted me with champagne, and Mary made congratulatory posters and a finish line of crepe paper. After the hike I went to the A.T. headquarters nearby to register my section hike of the A.T. It would have been difficult to finish the A.T. without Gether Irick, Kevin Edgar, Don Baker, and my wife Mary.

Hypothermia

Hypothermia is probably the leading cause of backcountry emergencies, injuries and searches. The first and most important effect of hypothermia is that it impairs the level of judgment and blunts our natural protective instincts. As a result we become lost, unaware of the environment and changing weather patterns, and we take chances. To risk hypothermia is to risk injury in an unforgiving environment where help is not immediately available.

Detection of Chronic Hypothermia

The greatest single clue that a person can become a victim of chronic hypothermia is the development of exhaustion. An exhausted person will soon decrease his ability to produce heat. If he is not able to obtain protection from the cold when his heat production decrease has occurred, he will cool. Watch for exhaustion. Finding exhaustion in a trip member

provides the trip leader with a window of opportunity to make a decision that might save that members life. One cannot rely upon a symptom table too heavily, for hypothermia is notorious for the variability which different people exhibit. The single most useful clue that a person is suffering from mild hypothermia is the inability to walk a 30 foot straight line. If a person is incapable of doing this, they are hypothermic, even if they deny it. Normal thought processes are the first thing to become impaired. Mild hypothermia could be termed mild stupidity. A person who cannot stand is probably suffering from profound chronic hypothermia and must be treated as such.

Prevention of Hypothermia

- Understand hypothermia and our susceptibility to it.
- Wear non-cotton clothing in layers, taking off outer layers before warming up and sweating, and adding them back on before cooling off.
- Be aware of changing weather patterns. Put on your rain gear before it starts to rain.
- Be aware of each other. Hypothermia occurs with little or no warning to the victim
- Eat often. You need fuel to burn to stay warm.
- Drink often. Staying well-hydrated is even more important than staying well-fed.
- Pace yourself and your group to avoid overexertion with resulting fatigue and loss of stored energy.
- Know your limitations. Realize that we are not well adapted to the cold. We have to rely upon extra equipment and resources to survive.

*Data from **The Basic Essentials of Hypothermia** by William W. Forgey, M.D., author of **The Basic Essentials Series**.*

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