

# THE TENNESSEE EASTMAN

# HIKING & PADDLING

# NEWS

December, 1997

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<u>NEXT TWO MONTHS</u>			
Dec. 6	Hike: South Beyond 6000 - Yellow Face	Difficult	G. S. Luttrell
Dec. 13	Paddling Trip: Doe or Watauga Gorge	IV-V	M. Morrow
<b>Dec. 20</b>	<b>Third Saturday Maintenance</b>	<b>Worthwhile</b>	<b>E. Oliver</b>
<b>Jan. 17</b>	<b>Third Saturday Maintenance</b>	<b>Worthwhile</b>	<b>E. Oliver</b>



### Fall Dinner Meeting Highlights

*Steve Wilson Reporting*

Our Fall Dinner Meeting was held at the new Eastman Lodge on Saturday, November 1. The meeting was attended by 85 members and was successful due to the efforts of a tremendous group of volunteers, starting with the organizer, Jan Mayo. The dinner, which had entree choices of steak, chicken or a vegetable plate

prepared by a hard working group lead by Ed Oliver.

The meeting agenda included Pete Irvine from the Forest Service recognizing several club members for performing over 100 hours each in trail maintenance this year. We also recognized Frank Oglesby, who was chosen as this year's Tennessee Volunteer of the Year. Next, Steve Banks set up an Internet link and gave a review of the club's web site. Afterwards, Steve Banks and Steve Perri were recognized as outstanding club volunteers for enhancing club communications and were each awarded a plaque of appreciation. The highlight of the meeting was Bruce and Mary Cunningham's talk titled, "Camping with the Animals on the Serengeti - An African Adventure".



### **TEHC Maintenance Statistics**

*Ted Malone, Maintenance Chair, Reporting*

Somewhere I have read that it takes about 50 hours per year of trail maintenance to keep one mile of the Appalachian Trail open. At first you think that 50 hours is a lot when you compare it to our typical 40 hour work week. Add another 10 hours and spread it over a year. That's only one hour per weekend or four hours per month. Too much, lets try eight hours every other month or better still, two people, eight hours every quarter. That's just about right, but...we don't have maintenance sections that are just a mile long. Our shortest section is 3.4 miles, the longest 10.2. And what is maintenance? Painting blazes, cutting back annual growth, cleaning water bars, removing blowdowns, hauling out trash from the shelters, replacing signs repairing parts of the trail...the basic keep it open jobs.

Now what about building new bridges, rehabing a mile of old trail, moving two miles of the trail to a safer grade, putting a new roof on a shelter and painting it. Suddenly, 50 hours does not seem like enough time to get it done. Well, its not enough time. With all our members and three 'special' outside groups helping us this year we spent 87 hours for every mile we maintain. That's 10,897 hours for 125 miles. That's a lot of work but we have a plan, a goal, and a vision of how we want the trail to look and where we want it.

Since Jan 1992, Club members alone have contributed over 34,000 hours in 1156 trips. Thru these efforts the trail is safer to walk on, there are more places to view the mountains, none of our recently painted shelters are anymore, the bridges don't sway when you walk over them and you can hike end to end with dry feet. These are impressive numbers I have given you and some impressive results. What's more impressive are the Club members who have done most of this all by themselves. Since 1992, eleven members have contributed over 1000 hours, five over 1000 and two over 2000 hours. This totals over 14,000 hours from 18 people. Forty three percent of TEHC's maintenance is being done by two percent of its members. These guys need help before they burn out. Can you contribute a weekend, maybe two? At whatever level of skill at whatever commitment of time, we can use you. Call me at 423-477-2222 if you would like to see what we are doing and how we are changing the Appalachian Trail in our area for the better. Many, many thanks to all who have help over the

## **SCHEDULED HIKES / ACTIVITIES**



**Hike: South Beyond 6000, Yellow Face, Dec. 6**

*Leader: G. S. Luttrell, Rating: Difficult*

We'll try the route from Addie, NC, and possibly bag Plott Balsam also. Plan for an early departure and late return to Kingsport, and potential severe weather conditions. If you are out-of-towner and have internet access, the best way to communicate is E-mail (), to keep updated on meeting points, possible postponements due to weather, and other information.



**Dec. 20th Third Saturday Special Projects Trip, Section 20: Temple Hill Gap Near Erwin**

*Leaders: Ted Malone and Ed Oliver*

There are two possible projects we'll undertake for the December Third Saturday trip. One would be working on short projects around Watauga Lake to move the Trail a little higher off the water. The other would be continuing some of the treadway repair work we've been doing. The former is the more likely project, and for up-to-the-minute information contact Ed.



**American Red Cross Offers First Aid and Delayed Help Courses for Organized Groups**

*Leader: Steve Perri*

The Kingsport American Red Cross has recently made two classes available for groups interested in 1) *First Aid* and a new course: 2) *When Help is Delayed*. The *First Aid* course used to be taught in conjunction with CPR, but now the classes have been decoupled. Several groups in the region reported the desire to have a *First Aid* course with additional training for situations when emergency response would be delayed beyond 30 minutes.

Emergency care in a remote setting, such as on the trail, may be encountered which would require such action to be taken. A prerequisite for the course would be to have the *First Aid*. Therefore, the Red Cross is offering combined courses to be taught in one evening session (4 hours). The *First Aid* course is \$9.00 (plus \$7.00 for the textbook if you do not have one) and the *When Help is Delayed* course is \$5.00 (including the cost for the textbook). Class size is limited to about 10 people. So for the first group we will try to arrange a class to be offered in January. If there is adequate demand, we can arrange for a second group class. Please contact Steve Perri if you are interested and we will schedule a class about mid-January. Any of our regional sporting goods stores are also welcome to participate. So if you are interested in organizing a class, please give me a call. Contact Brenda Mullens at the American Red Cross in Kingsport at (423) 378-8700.

**MAILING REMINDER**

**Renewal of your 1998 newsletter subscription needs to be made before the end of November to assure continuation of your subscription. Retirees or Guests: \$5.00/yr**

**Mail your renewal to: Becky Bellamy  
B-89 Recreation**



### Trip Leaders Needed for TEHCC 6-Month Calendar in 1998

It's time to put together the club's activity calendar for the first half of 1998. Do you have a favorite hike or backpacking trip you'd like to take? A new hike you'd like to explore? Would you be willing to lead such a hike? If so, please send your name, home phone number and e-mail address (if you have one), the name and location of the hike, difficulty rating, and date you'd be willing to lead the hike to Richard Colberg by Friday, December 5. Some hike suggestions include the A.T. in one section, the A.T. in southwest Virginia, creekside hikes, etc. More suggestions and guidance in estimating the "difficulty rating" can be found on the ERC OV Bulletin Board and the TEHCC Web page. The more people willing to lead a hike, the more hikes we can enjoy as a club.

To volunteer or to obtain more information, contact Richard Colberg.

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### A.T. Section Maintenance and Special Projects

- **Oct. 17: A.T. Maintenance (Garry Luttrell Reporting)**

After chaining and locking my Schwinn Super Sport bicycle to a tree at Backbone Rock, I drove to the trailhead at Damascus. I evaluated two aerosol cans of white paint and 2" x 6" masks for applying A.T. blazes. One can was a NAPA white undercoat, Safety Color, that has a fluorescence component and a recommended use temperature of 70 F, \$3.99. The 2nd was Wal Mart Flat White, Color Place, recommended use temperature of 65 F, \$0.88. The temperature when I started was 50 F, and both types of paint were on the thin side; but, with care, could be applied without running. As the temperature approached 60 F, improved performance was obtained with both. As far as brightness, by my observation, the Wal Mart paint was just as good as the white undercoat. 1 1/2 Cans of paint was used on section one, painting lines in both directions. The ease and speed of application, and no mess to clean up afterward, sure makes this method attractive. In my checking for types of paint, I found that there is a white paint available, with a reflective component, in an upside down aerosol can for use in painting lines on roads (\$5), that would be good for areas such as open balds, where high visibility of blazes is needed for safety reasons.

- **Oct. 17: A.T. Maintenance (Bill Stowell Reporting)**

Ed Oliver, Frank Williams, and Darrol Nickels transported the parts to complete 2 bridges from Darrol's house to two locations for the October Third Saturday Maintenance project which was new bridge construction. One set of materials was carried in from Spivey Gap about 100 yards and the other carried in from a gravel forest service road above where the second bridge would be built.

- **Oct. 18: A.T. Maintenance (Bill Stowell Reporting)**

Ed Oliver, Bill and Derrick Stowell, Frank Williams, Bruce and Mary Cunningham, Neil Dotson, John Thompson, Brian Weitzel, and Bill Berry started the project by carrying in the parts to the first bridge from Spivey Gap. Several people started work there and the rest of the group went up to the next bridge site and began carrying in the other set of materials. Both locations required a fair amount of rock cribbing to provide a stable platform for the bridge base. Both bridges were completed and some trail rehab was also accomplished.

- **Oct. 21: Oglesby Br. Rehab Rrail Work, Sect. 20**

Ed Oliver and Frank Williams continued work on the relo/rehab trail north of the 2nd bridge. Ed reported work due to having to dig thru about two feet of very rich duff before they hit bed rock. They are also doing lots of crush and fill to build the trail back up.

- **Oct. 31: A.T. Maintenance (Bill Stowell Reporting)**

Ed Oliver, Bill Stowell, Derrick Stowell, Bruce Cunningham, and John Keifer went back to work on the A.T. between Temple Hill Gap and No Business Knob Shelter. Four hundred feet of trail was reworked with about 1600 feet to go. If we get a good turn out for November 3rd Saturday, we should complete a 1000 feet of trail. This would leave 1 or 2 more trips to complete this project.

- **Nov. 9: A.T. Maintenance (Bill Stowell Reporting)**

Derrick and Bill Stowell hiked from Shook Branch to Pond Flats. We trimmed brush and cut 3 blow downs clear remnants of trees reported to be obstructing the trail.

- **Nov. 11: A.T. Maintenance (Ed Oliver Reporting)**

Bruce Cunningham, Ray Easter, John Kiefer, Frank Williams, and Ed Oliver worked on improving four stream crossings trail south of Moreland Gap Shelter. We significantly improved the first three stream crossings but ran out of time before we got to the fourth stream. We were able to complete all but a couple hundred feet of the extensive clipping along the trail. We removed most of the blowdowns between Bit End and Moreland Gap Shelter.

- **Nov. 11: Third Saturday Maintenance (Bill Stowell Reporting)**

Ed Oliver, Joe DeLoach, Shelton Stubbs, Frank Williams, Derrick and Bill Stowell worked to rehab the A.T. between Temple Hill Gap and No Business Knob. An additional 680 feet of trail was rehabbed. It will probably take 2 -3 more trips to complete this project.

## **Hike Report: Coker Creek, Backpacking and Panning for Gold, Oct. 24**

### *Garry Luttrell Reporting*

Steve and I drove to Arvell's house Friday night, so we could get to the trailhead much quicker on Sat. In spite of a thunder early in the morning, most of the day Sat. was nice, with the sun popping in and out. The John Muir trail is very scenic following the Hiwassee River above Apalachia Powerhouse, but we had one tough stream crossing at Loss Creek. After setting up camp near beautiful Coker Creek Falls, I pulled C. Chew's Alaska gold pan (which carries a guarantee to find gold), from my backpack & with my personally designed, longhandled shovel/hiking stick, I headed to the creek. The longhandled shovel allowed me to reach sand deposits near riffles and bars; and, I was able to collect a few yellow specks.....before it started raining. So I bagged what sand I collected, and carried it out. Boy, did it ever rain Saturday night: cats and dogs, frog strangler, gully washer, etc. Sunday morning, Coker Creek was a swollen torrent, and the problem was that we had to go back the same way we came to reach the cars. This meant crossing Loss Creek, which was tougher than the day before, without the rains. So, I decided to leave Arvell and Steve at the campsite, and Billy and I retraced our route to Loss Creek, which was, as we suspected, a raging torrent. We established a pivot point with a rock and used the longhandled shovel to help pull each other across. After this high adventure, we stopped to catch our breath, ate a snack, and drained our boots. We negotiated a couple of spots where the Hiwassee River covered the John Muir trail, and finally reached the cars. We drove around to the campsite, packed all our equipment, then found a nice restaurant for a well deserved hot meal. Participants on this trip, at least enjoying the Fall colors, were Steve Woody, Billy Luttrell, Arvell Luttrell, and Garry Luttrell. I'll be going back to Coker Creek one of these days.

## **Hike Report: Rattlesnake Ridge, Oct. 25**

### *Joe DeLoach Reporting*

The morning of October 25 was a little rainy, and as we gathered in the Colonial Heights parking lot there was some skepticism about whether it was really a good day for hiking. But, we took a leap of faith and made a drive to Erwin for the hike. This turned out to be a great move because it turned into a beautiful day and the colors were very pretty. The Rattlesnake Ridge Trail is about four miles long from the parking area in Rock Creek Park to the Pleasant Garden overlook on Unaka Mountain. There are a couple of steep stretches in the first mile, and it's a bit overgrown near the top, but for the most part it is a moderate climb on a well-graded trail. We saw no snakes, but we did have a very nice view as far as the Smokies at the top. We should keep this in mind because it's close, easy to get to, pretty, not too difficult, and goes to a high mountain. Participants on this hike were Carolyn Novak, Rachel Monderer, Patricia Lopez, Vic Hasler, Neil Dotson, Debi Berry, and DeLoach.

**To submit an article for  
the newsletter, contact:**

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