

# THE TENNESSEE EASTMAN HIKING & PADDLING NEWS

April 1999

www.tehcc.org

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| NEXT TWO MONTHS AT A GLANCE |  |      |               |              |
|-----------------------------|--|------|---------------|--------------|
| Apr 10                      | AT: Hughes Gap - Iron Mountain   | M    | J. Thompson   | 423-245-1455 |
| Apr 17                      | <span style="color: red;">Cancelled:</span> Little Hump Mountain via Hampton Creek           | D    | D. Kreh       | 423-349-4637 |
| Apr 24                      | AT: Indian Grave Gap - Nolichucky River  | M    | S. Banks      | 423-288-2646 |
| May 1                       | Wildflower Hike: Hughes Gap-Little Rock Knob   | E    | J. DeLoach    | 423-753-7903 |
| May 8                       | AT: Camp Creek Bald - Devils Fork Gap  | D    | K. Wilson     | 423-239-7554 |
| May 13, 15, 16              | Introductory Whitewater School   | I-II | M. Morrow     | 423-245-1201 |
| May 14-16                   | Damascus AT Days   |      |               |              |
| May 15                      | AT: McQueens Gap - Damascus  | M    | R. Colberg    | 423-288-8333 |
| May 22                      | AT: Carvers Gap - U.S. 19E   | D    | S. Wilson     | 423-239-0456 |
| May 29-30                   | Chattooga Section III ( <span style="color: red;">originally scheduled for June 5-6</span> ) | III  | R. Culbertson | 423-246-7298 |

## TEHCC Safety Training: Standard First Aid and CPR Courses

### *Steve Perri Reporting*

ATC has initiated a new training program to make funding available for trail clubs to be reimbursed for CPR and First Aid courses. Last year the Club organized a class in Basic First Aid and When Help is Delayed through the American Red Cross. These courses were certified for 3 years. However, the CPR course is certified for only 1 year. So those of us who took the classes last year are good for First Aid, but not for CPR. Those who are interested in CPR, will need to be certified on an annual basis. Fortunately, ATC has provided support to provide \$250 for each trail club to reimburse members for getting certified in these courses at a local American Red Cross during 1999.

To be certified in Standard First Aid, the cost is \$21.00 which includes the book (if you have a book already, it is \$14.00). If you want to take just the CPR portion of the training, the cost is \$18.00 (if you have a book already, it is \$12.00). For just CPR or Standard First Aid, the length of the course is one evening. If you need both CPR and Standard First Aid, the courses are offered 2 evenings.

Considering the reimbursement, this is a good opportunity to receive the training since it is good to have not only on the trail but at home, at work, or in the community. So if you're interested in training for

CPR, Standard First Aid or both, let me know and I'll try to schedule a class in April or early May. If you can't make the one class we do as a group, you can join any other class that meets your schedule needs and forward your receipt to me so you can be reimbursed. In the event we have more than 10 people sign up, I'll divide up the overall cost on a per/person basis to subtract out the ATC funding so that the cost is spread out and minimized across the board for all who receive the training. To sign up, just give me a call at 423-349-5091. Please sign up by April 9th so we can get scheduled early enough this year.

## Appalachian Trail Days

Damascus Virginia, which bills itself as "The Friendliest Town on the Trail" will be hosting their annual Appalachian Trail Days Festival this May 14-16. This year the festival is dedicated to Earl Shaffer, the first person to hike the entire Appalachian Trail. He repeated the trip last year at the age of 79. During Trail Days, Mr. Shaffer will be on hand to give talks and show slides from his trips. The Appalachian Trail Days Festival was first celebrated in 1987 to celebrate the 50th anniversary of the AT. The three day festival draws hikers and friends for trail related special events, talks, and slide shows. Previous years festivals have featured hiker talent shows, a hiker parade, street dances, and craft and food vendors.

### Help Needed: Club Display at Appalachian Trail Days

We are planning to have a TEHCC display at Damascus during the Appalachian Trail Days Festival. If you can help with our display during this weekend, please call Carl Fritz at (423) 477-4669.

## Introductory Whitewater School 1999

*Mike Morrow reporting*

The 28th annual "Canoe School", sponsored by the Tennessee Eastman Hiking and Canoeing Club in association with the Appalachian Paddling Enthusiast's (APEs), will be held May 13, 15, 16. The school is targeted for beginner to intermediate solo and tandem whitewater canoeists and kayakers, and consists of an evening of lecture and videos plus two days on the water. As in the past there will continue to be a strong emphasis on river safety. Participants will be responsible for providing their own gear and transportation.

**Minimum required gear:** Whitewater canoe w/ one paddle per paddler plus one spare per boat, and helmet, or a whitewater kayak w/ paddle, sprayskirt and helmet. 1 PFD (life jacket) per person. Canoes should have bow and stern lines. Rain jacket. Knee pads. Lunch. Change of clothes in a waterproof bag.

### Schedule:

|             |   |
|-------------|---|
| May 13 Thur | Lecture and films. 6:00 - 9:00 PM.<br>Eastman Lodge, Room A2 Eastman<br>Recreation Area, Near Bay's Mountain          |
| May 16 Sat  | Lake and River Trip, class I-II. 9:00 AM<br>Duck Island Parking Lot<br>Warriors Path State Park, Kingsport, Tennessee |
| May 17 Sun  | River Trip, class I-II. 10:00 AM<br>Chestoa Forest Service Picnic Area<br>Erwin, Tennessee (Subject to change)        |

**Note:** New students are expected to attend Thursday night and Saturday if they intend to paddle on Sunday. Instructors reserve the right to exclude anyone if they believe safety will be compromised.

**Cost:** \$15.00 per student payable at the school. If you are a member of the American Canoe Association (ACA), please bring your membership card and member number. This will save you \$5.00.

**To register** contact Mike Morrow at 423-245-1201 or complete and return the form below and mail it to

Mike Morrow by May 3rd, 1028 Surmont Ct. Kingsport, Tennessee 37660. Feel free to call for more details.

Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Solo Canoe \_\_\_\_\_ Tandem Canoe \_\_\_\_\_ Kayak \_\_\_\_\_

Experience: Beginner \_\_\_\_\_ Novice \_\_\_\_\_ Intermediate \_\_\_\_\_

My tandem partner's name \_\_\_\_\_

I need a partner \_\_\_\_\_

List of previous clinics I have taken:

\_\_\_\_\_  
\_\_\_\_\_

List up to 5 rivers previously paddled (include level):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Scheduled Activities and Trip Reports

### AT Hike: Hughes Gap to Iron Mtn Gap, April 10

*Leader: John Thompson, 245-1455, Rating: Moderate*

A 1.5 mile relo completed last August eases the previous difficult climb to the top of Little Rock Knob. Except for the remaining steep descent, the rest of this 8.1 mile hike is relatively easy. We should have fine views due to the lack of summer foliage. Bring adequate clothing for the weather, plus drink and lunch. We'll meet at the Colonial Heights Burger King for an 8 AM departure.

### Backpack Trip: Allegheny Trail, April 16 - 18

*Leader: G. S. Luttrell, 239-9854. Rating: Moderate*

This backpack trip will include a portion of the AT and a section of the Allegheny Trail north of Pine Swamp Shelter on Peter's Mtn. near Pearisburg, Va. We'll drive to Pearisburg, Va. Friday afternoon, 4/16, and spend the night in a motel; then, spot cars on Saturday morning at Va 635 at Pine Swamp and will begin the hike at WV County Rd. 20 near the community of Laurel Branch. Total hiking distance is about 20 mi. with some optional side trips. Contact the hike leader for further details.

### Little Hump Mountain via Hampton Creek, April 17

Please note: This trip has been cancelled.

### AT Hike: Indian Grave Gap to Nolichucky River, April 24

*Leader: Steve Banks. Rating: Moderate*

This hike starts at Indian Grave Gap, near Erwin. We will proceed south on the A.T. on a relatively level ridge, and then descend to the Nolichucky River. Bring appropriate clothing, lunch, and water. Meet in

the parking lot between McDonalds and Burger King in Colonial Heights at 7:45 a.m. for an 8:00 a.m. departure.

## **Spring Wildflower Hike - Little Rock Knob, May 1**

*Leader: Joe DeLoach 423-753-7903, Rating: Easy*

This year's Spring Wildflower Hike will not only go to an area where there should be plentiful wildflowers, but will also traverse the Little Rock Knob Relocation which we completed with the Konnarock Crew in 1998. If you've ever been up (or down) Little Rock Knob from Hughes Gap before, you'll remember a steep trench through a dry woods that was at best unpleasant. The relocation adds some distance but now goes through a much moister and more scenic forest, and the great views from Little Rock Knob (elevation 4918') remain. The hike is approximately 2.5 miles in each direction, making it on the long end of easy by our guidelines. We will drive past Iron Mountain Gap on the way to our starting point at Hughes Gap, so those wishing to make a longer hike (about 9 miles total) could leave cars at Iron Mt. Gap. We'll meet at 8:00 in the parking lot between Burger King and McDonald's in Colonial Heights; bring lunch, water, and rain gear. Please contact Joe for more information or to sign up for the hike.

## **Hike Report: AT: Tanyard Gap (US 25/70) to Allen Gap, February 27**

*Neil Dotson Reporting*

It's a puzzle, that although I did the entire hike I can only report half of it. The answer is that the group quickly divided into two portions, fast and slow moving, with your humbled hike leader struggling at the end. The hike up Rich Mt. provided some nice backwards glances at Mill Ridge (a bald some of us had hiked across 4 weeks before) and glimpses of the fire tower. The detour to the Rich Mountain fire tower - at least partly responsible for the slowness of the second group - provided nice views of the nearby mountains. It appears to still be in some kind of use, with new hinges on the windows and all locked up. There were still small patches of snow on the north sides of Rich and Spring Mountains - providing a nice texture of white on brown, and enough snow for a one-ball snowball fight. We lunched at the Spring Mt. shelter. A very light rain began after lunch, but never enough to hide the towers atop Camp Creek Bald, of which there are good views toward the end of the hike. Timing was excellent; the first group had completed the car shuttle by the time I stepped out of the woods. Making the hike leader acutely aware of how out of shape he was, were Hugh and Marilyn Thompson, Phylis

# **AT Section Maintenance and Special Projects**

## **February 10, Trail Maintenance**

*C. B. Willis reporting*

As we were hiking from Carver's Gap to Yellow Mtn Gap and down Overmountain trail to Roan Mountain State Park, we picked up litter and clipped where indicated. Hueston Fortner, Howard and Faye Guinn, Dick Lewis, Sam Lloyd, Bob Miller, Waymon Mumpower, Ed Schell, Wayne Sparks, Bob Spencer, CB Willis and two guests, Scott and Darrell participated in this fun hike to cover obvious maintenance. We cleaned the Stan Murray Shelter and carried out several bags of trash. We wish we had been prepared with paint material since the trail is in desperate need of renewing the blazes. Several times we went off trail because it isn't all that apparent. Total: 96 person-hours.

## **February 20, Trail Maintenance at Bays Mountain Park**

*Bill Stowell Reporting*

As a result of the reports of snow in the mountains we decided to go to Bays Mountain Park. We drove to Feagins Gap and hiked to where the Cross Ridges Trail begins. We blazed, clipped and cut blow downs through to Front Hollow Road. We then walked to the beginning of the Bays Ridge Trail and blazed and cleared up to a switch back. Ed returned to the Cross Ridges trail to blaze the other way and the rest of us hiked across to Back Hollow Road at the Pretty Ridge Trail and then up Back Hollow Road.

Along for the effort were; Jason & Joy Pierce, Ed Oliver, Neil Dotson, Steve Banks, Bill & Derrick Stowell. Total: 56 person-hours.

## **February 20, AT Trail Maintenance**

*Bill Berry reporting*

Kevin O'Donnell and I walked the trail from Spivey Gap to Chestoa. From Spivey Gap north to No Business Knob Shelter the trail is in good shape. We cut eight or more blow downs from No Business Knob Shelter north to Temple Hill Gap. Leaving No Business Knob Shelter going north there is a tree down about fifteen minutes out and another big tree down at sixty minutes north of shelter. Both can be crossed. At Temple Hill Gap going south for ten minutes there is a big tree across the trail. Kevin and I cut it into so it could be stepped over, but it needs cut again. Also south of Temple Hill there is a big hole in the trail where a tree went down. I'll take care of it in a few weeks. Going north ten minutes from Temple Hill Gap there is a big tree down across the trail that needs to be cut out. There are three more blowdowns between Temple Hill Gap going north and on the ridge where the trail leaves the old jeep road. From here to the river everything is okay. There is no section a hiker cannot get through. Some weeks ago I got news about some problem areas on the trail around Temple Hill Gap. Several ditches have been dug across the trail to let water drain. I think this will cause more damage than it is going to help. Maybe cutting logs and laying them in these ditches will help. Total: 20 hours.

## **February 26, Trail Maintenance at Bays Mountain Park**

*Collins Chew reporting*

Bob Harvey, Ray Hunt, Earl Brown, Chet Bruner, Frank Williams, and Collins Chew spent 7 hours clearing and blazing the Pretty Ridge Trail which has been in very bad shape after a storm left many blowdowns. Ray, Earl, and Chet used Ray's chainsaw to clear some of the "upper" trail entering Kiner Hollow and blazed the trail they cleared using plastic blazes. Frank, Bob, and Collins cut blowdowns and flagged the remnant of the "lower" trail between Pretty Ridge and Back Hollow and also blazed the "lower" trail from Pretty Ridge into Kiner Hollow. These sections need much more work. Upon signing releases, we were able to use chain saws after a new decision by Park Officials. Total: 42 person-hours.

## **February 27, Trail Relocation At High Points**

*Steve Perri reporting*

On February 27, 1999 a group composed of Mary & Bruce Cunningham, Bill & Derrick Stowell, Steve Perri, Darrol Nickels, Frank Williams, and Ed Oliver installed a trail relocation at High Point. Bob Peoples helped with the car shuttle. This relocation is located about 1/2 mile trail south of Isaacs Cemetary. This relocation is definitely the most scenic relocation that has been installed on our section of the Appalachian Trail in the past ten or more years. Some of those who helped on this relo had not seen the relocation before. Typical comments from those people were "you mean that the trail has gone

this close to such a beautiful area all these years and we did not know about it?" This relo crosses an open field that is being grazed. If you are hiking north to south, you see a spectacular view of Beech Mountain, then an equally impressive view of Grandfather Mountain. A few feet farther on the relo, you get perhaps the best view from the Appalachian Trail of the mountains from Hump to beyond Roan High Knob. When we completed the relo, part of the group walked trail south to 19E and cut and removed all blowdowns on that section of trail. Total: 65 person-hours.

## **March 2, AT Trail Maintenance**

*Steve Banks reporting*

Bruce Cunningham and Bill Elderbrock cut blowdowns from U.S. 421 north to McQueens Gap. Dick Burow and Ray Hunt cut blowdowns between McQueens Gap and Abingdon Gap Shelter, and carried out trash from the shelter. Frank Williams and Steve Banks cut blowdowns from Abingdon Gap Shelter north to the Backbone Rock Trail. Total: 54 person-hours.

## **March 5, Trail Maintenance at Bays Mountain Park**

*Collins Chew reporting*

Several of us made a work hike at Bays Mountain Park on Friday 3/5/99. We spent 7 hours on the trip and blazed and cleared adequately (not great but adequate) the lower (SW end) Pretty Ridge Trail from Back Hollow to Pretty Ridge and through the straight section of Kiner Hollow. Several blowdowns remain to be cut but they are easily passable now. It could use a few more blazes. The remainder of the Pretty Ridge Trail was cleared and blazed on previous trips so it is all usable now. Some of it is quite steep. Workers were Charles Beggerow, Earl Brown, Bob Harvey, and Collins Chew. Incidentally, I found the clippers that I lost the preceding week. Total: 28 person-hours.

## **March 6, 8, 13 Bog Bridges For Cross Mountain**

*Ed Oliver reporting*

On March 6, 8, and 13, we worked on the bog bridges for Cross Mountain at Darrol Nickels house. We drilled the holes in the lumber, cut the threaded rod to the proper length, and assembled the bridges. They will be installed on the Appalachian Trail on Saturday, March 20. Those who helped on one or more of these work trips included Bill Stowell, Steve Banks, Darrol Nickels, Bruce Cunningham, Bill Elderbrock, John Thompson, Frank Williams, and Ed Oliver. Total: 68 hours.

## **March 16, Trail Maintenance at Bays Mountain Park**

*Collins Chew reporting*

Earl Brown and I spent 6 hours on Trail Maintenance in Bays Mountain Park. We cleared the Pine Trail and Bays Ridge Trail (again) and installed plastic blazes on the Bays Ridge Trail except for a portion previously blazed by Ed Oliver, et. al. All the trails in the southwestern end (and all everywhere, I think) are now cleared and, in the SW, blazed. Roads are not to be blazed. I think Ed has some stiles to install and perhaps other planned work. There are a few blowdowns which could be cut with a chain saw but are passable and the trails are open, although some are really steep (particularly noticeable when snow covered as today). I may go through with a weed eater when the leaves come out if I can hype myself up for it but otherwise am done for this year. I have about 15 white vinyl blazes left which I plan to give to the Park should they want to do any "touch up" blazing. Total: 12 hours.

## **Newsletter Snafu**

*Carl Fritz reporting*

Since the beginning of the year about two thirds of you who are not Eastman employees have not

received the newsletter. Unfortunately, it took us a couple of months to realize that there were more than just several individuals who were not receiving the newsletter on our outside mailing list . Our newsletter process is quite complex involving many individuals and four organizations; TEHCC, Eastman Recreation Club, an external printer, and Eastman's Addressograph. We apologize for the error and the Steering Committee is looking for alternatives to simplify the communication process.

## **Introductory Whitewater School Instructor/Safety Boaters Needed**

The 28th annual TEHCC/APE's Introduction to Paddling Clinic "Canoe School" is quickly approaching. The clinic is the weekend of May 15th and 16th. Volunteers are needed to help instruct and Safety boat. The clinic will only be successful if I have your help. PLEASE volunteer to help at this year's clinic. Call Mike Morrow at (423) 245-1201 if you can help on one or both days. Thanks in advance.

## **Web Site Help Needed**

Steve Banks needs someone to write a history of TEHCC for our web site. An article anywhere from a paragraph to several pages would be a great addition. Also, photos to go with the article would be welcome. Contact Steve Banks if you're willing to write the history. Thanks!

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

Shannon Stanforth  
1122 Catawba Street  
Kingsport, Tennessee 37660  
423-246-5414