

THE TENNESSEE EASTMAN
HIKING & PADDLING NEWS

August 2001

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NEXT TWO MONTHS				
<u>Date</u>	<u>Description</u>	<u>Rating</u>	<u>Leader</u>	<u>Phone</u>
August 9-13	Konnarock Week 4		Joe DeLoach	423-753-7903
August 16-20	Konnarock Week 5		Joe DeLoach	423-753-7903
August 31-September 3	Multiclub Meet	C/4/D	Steve Perri	423-229-1484
September 1	Grassy Ridge Moonlight Hike	C/3/C	Richard Colberg	423-288-8333
September 1-7	Mt. Elbert, Leadville, Colorado	AA/1/A	Collins Chew	423-239-6237
September 15	North Rim □ North Plateau Loo (Tennessee Trails Association)	AA/2/D	Chris Fox (TTA)	731 586-4744
September 22	Linn Cove Viaduct/Tanawha Trail Rough Ridge	B/3/C	Vic Hasler	423-239-0388
September 29	Whitetop-Laurel Circuit	A/3/C	Kathy McDavid	423-349-4901

Canoeing News

Shared by Mike Morrow

Origin of the C to C Roll

This article was posted on Endless Rivers Adventure web site. It talks about the origins of the C to C roll. Kayakers may be surprised. I thought it would be of interest to club members.

KEN KASTORFF is well known around the world as an international paddler and has more than 20+ year career instructor. He has played a major role in the design and development of instruction and techniques that are the foundation of kayaking today; most notably the C-to-C roll. Ken's commitment to teaching is without equal in this sport, which reflects on the quality of the core instructors who have joined him at Endless Rivers..

UNDOUBTEDLY one of the most useful skills you can learn as a kayaker is the Eskimo roll. Learning the Eskimo roll as quickly as possible gives confidence to practice new maneuvers knowing that if you flip you don't have to swim.

Attempting to learn how to do the Eskimo roll can be a lesson in patience, flexibility,

visualization and coordination, but it is something that just about anyone can do with practice. It's very important for the beginning paddler to get good instruction right from the start on how to do the roll using perfect technique. Learning incorrect rolling technique can be a nightmare because it's twice as hard to fix bad rolling habits than to learn the roll correctly in the first place.

Several factors can make learning the roll a more enjoyable experience. Having the right equipment can make the difference between success and failure. It is important to have a kayak that is the right size, is comfortable and fits properly. You should have the seat padded so that you are snug enough that you don't slide from side to side, but not so tight that you need a shoe horn to get into the boat; and thigh braces that fit your legs correctly. A few things that will help make your time under the water more enjoyable are nose clips and goggles or divers mask.

There are a number of different rolls used by paddlers. One of the best and easiest rolls to learn is the C to C roll. In a nutshell, the C to C roll can be broken down into four easy steps: SET-UP, SWEEP, HIP SNAP and RECOVERY. Unlike most other kayak rolls, the C-C emphasizes a sweep that is done above the surface of the water and a hip snap that comes up from the side of the kayak with the back arched and the ear against the shoulder. (Originally it was the chin against the shoulder, but later on I found that that made your body twist in the boat).

Where did the C to C roll come from? Prior to the C to C roll, the roll that many paddlers used was the sweep roll. The sweep roll could be difficult to teach because it was a one motion roll that was hard to break down into understandable steps. Also, because you finished it leaning back pretty close to the rear deck of the kayak it was the kiss of death (no pun intended) if you missed it because your face was totally exposed to the rocks or the bottom of the river. As far back as the early seventies, I started thinking that there had to be a better way to roll.

During a pool slalom race in 1974, a friend taught me how to roll a C-1. One of the most important things I took away from that day about the C-1 roll was doing the sweep part of the roll in mid air out to 90 degrees from the boat--prior to doing the low brace and hip snap.

After getting out of the C-1, I thought I'd experiment doing a kayak roll using the same kind of sweep. I tipped over and did what ever it took to keep the paddle blade out of the water until it reached a point perpendicular to the boat. It seemed a little different bending my body up that close to the surface and putting my hand on the bottom of the boat instead of on the side. With the C-1 roll I was taught to do a low brace and a leaning forward hip snap using my legs to rotate the C-1 under me, while pushing down on my forearm with my head. Leaning forward in the kayak killed my hip snap and leaning back wasn't going to improve things, so I decided to snap from the side and just arch my back a little. Hum! Now what to do about my head? Everyone knew that your head was supposed to come out of the water last, so I did just that-- I put my head against my shoulder. The result was that I rolled up so fast that I had to brace on the other side to stop from flipping over again.

After rolling up I sat for a while and realized that not only did the roll work better, but I could break this down and think through a step by step system for rolling. I couldn't wait to see if I could teach someone how to roll that way. The next pool rolling session turned out to be real interesting. Not only was it a lot easier to teach the roll but after the class I tried my first hand roll. Guess what?! The more I did my hand roll like the

paddle roll, the stronger it was. I could not wait to share this with fellow instructors! And where did the name, C to C come from? Several years later I took my friend Spe to the lake and showed him the roll. He commented that it looked like I was bending my body into a C and then reversing it into another C. So Spe started calling it a "C to C" roll and that was that. The rest is rolling history.

Special Activity and Trip Reports (*Past*)

Steve Perri reporting:

Meeting with USFS to Review Annual Open Areas Management Plans, June 29, 2001

People: Ray Hunt (6 hours), Steve Perri (4 hours)

The Spring Annual Review of the club's open areas was held June 29, 2001 with the Watauga, Nolichucky/Unaka, and the Appalachian Ranger Districts. Morgan Sommerville, Ben Lawhon, and Derek Ibarguen (Ben's replacement) were in attendance as well as Howard McDonald from CMC. Judy Murray attended the meeting with the Appalachian District. Ben came back to provide more detailed info to Derek and to provide field inspections of some of the open areas over the weekend.

As for TEHCC's section, we reviewed the status of each open area (when it was managed last and when next cycle was), the budget for each area, and included any new gate installation recommendations. The Berry Fields are planned for another burn next spring. Ben and Morgan inquired if TEHCC would consider moving the A.T. along the ridge to provide better views since it is actually on the northern slope. Beauty S is also planned to be burned perhaps next year if the USFS can piggy back it on another burn not on the A.T. As for other management plans - Wildermine Hollow had some chainsaw work done by the USFS this year. They plan on running a bush hog there too. The Elk River (Stafford and spot between the fjords), Senter and Canute Place will have bush hog work done this year too.

New Action to Consider:

1. If the Osborn Tract (Cross Mountain) with the Appalachian Trail Conference Land Trust option goes through we could move the A.T. across this section with minimal impact. If that is true, a NEPA will not be needed and a low impact route may be possible in a short period of time. We will need to discuss in the future with Morgan and the USFS after the acquisition occurs.
2. Moving the A.T. to the ridgeline at the Berry Fields.
3. TEHCC should review consideration of open areas management of the Hatfield/Arnett Tracts (adjacent to the A.T. near Bitter End).
4. Weedy Gap/Old Orchard tire removal may occur when a disposal outlet has been identified. The USFS will haul them out with a tractor. It was proposed to do this in the winter instead of summer to make locating the tires easier. Several apple trees have fallen due to their age and heavy branches. The USFS proposed pruning in winter to preserve trees. They have been contacted by an organization interested in this since the group hunts in the area.

Bad News:

Terry Bowerman just made a trip to Carvers Gap and sampled some trees. The Southern Pine Beetle appears to be working on the Red Spruce! There is a swath running just behind the bathrooms at the Gap parking area. He wasn't sure at the time if there is a recommendation on mitigating their impact. This is really unusual and bad news if they continue to spread beyond this area impacted now.

Good News:

Many positive comments made to the USFS regarding the Round Bald relo. Some people wondered why we didn't go up Jane Bald too!

Ben is working at Leave No Trace. His email is if anyone would like to reach him.

Nancy Wilson reporting:

Hike Report: Cold Mountain, July 4, 2001

Six brave people defied the weather and hiked up Cold Mountain, a Beyond 6000 mountain in the Shining Rock area. The rain held off until a shower in late afternoon. Lunch was enjoyed at Deep Gap and then the ascent was made to the summit. The views were outstanding and the group climbed 2,800 feet from the Daniel Boone Boy Scout Camp. Making the hike were Lee Neely, Freda Kuo, Kim Peters, Owen Holbrook and Kent and Nancy Wilson.

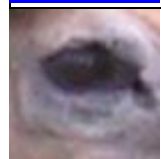
Steve Falling reporting:

Hike Report: Mount Le Conte, July 7-8, 2001

Every year TEHCC has reservations for twenty at Mount Le Conte Lodge in the Great Smoky Mountains National Park. Although traditionally several climb the mountain via a creek, this year all twenty ascended trail. We had a twelve-bed cabin and two four-bed cabins. With this summer being unusually wet we wondered if we might see rain this time. However the only rain of consequence was during the night. Several of us who have been on this trip before thought the sunset was the best one ever. As always the scenery was wonderful, the food delicious and the camaraderie memorable. The hikers were Steve and Julie Falling, Keith and Linda Potts, Pat and Karen Loven, Nat and Sherry Hyder, Larry and Sharon Miller, Bob, Lisa and Eric Hembre, Dave Calvert, Alex Stolberg, Glenn Wieger, James and Joanne Medlin, Brett Humphreys, and Allen Clem. Click on the small photo below to view the entire photo.



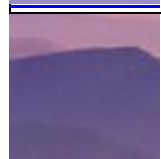
A few of the LeConte hikers (left to right): Keith and Linda Potts, Bob, Lisa and Eric Hembre, Sharon and Larry Miller, Julie Falling, Karen and Pat Loven (172KB). *Photo courtesy of Steve Falling.*



Surprisingly tame buck near the LeConte cabins (192KB). *Photo courtesy of Steve Falling.*



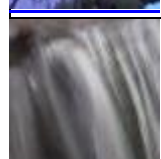
Sunset view from Cliff Tops (southwest) (199KB). *Photo courtesy of Steve Falling.*



Sunset view from Cliff Tops (west) (191KB). *Photo courtesy of Steve Falling.*



Traditional viewing of the sunset from LeConte's Cliff Tops (182KB). *Photo courtesy of Steve Falling.*



Sights along the Alum Cave Trail (148KB). *Photo courtesy of Steve Falling.*

Kent and Nancy Wilson reporting:

A.T. Conference, Shippensburg, Pa., July 14-20, 2001

Kent and Nancy Wilson led 7 hikes for the conference and covered 68 miles of A.T. from Gathland State

Park in Maryland to Pine Grove Furnace in Pennsylvania. Six of the hikes were crossovers and they each in opposite directions. Up to 35 people went on these daily hikes. Among the notables were the three rattlesnakes seen (one 5 1/2 in. diameter with 9 rattles about a foot and a half from Nancy's foot), beautiful views of the countryside with farms and silos, the old Washington Monument and arch at Gathland, the blacksmith shop over 200 years old at Caledonia State Park and the 90 year old man who accompanied Nancy on one of her hikes and even slipped in front at a 3 mph pace "getting it on" with his cane. It was a pleasure to represent TEHCC in this matter and meet people from all over the US.



Steve Falling reporting:

Fun Fest Moonlight Hike, July 19, 2001

Once again this year, the Tennessee Eastman Hiking Club was asked by the City of Kingsport to help with the Bays Mountain Fun Fest Moonlight Hike. The 2.5-mile hike around the Bays Mountain reservoir began at 8:00 P.M., and ended in darkness about 10:00 P.M. Our volunteers counted the hikers at the starting point and at the finishing point and were posted at trail junctions along the route to keep

hikers from making a wrong turn in the dark. A total of 332 hikers made the trip this year! The volunteer who made the closest guess of the actual number of hikers (Steven Carriger with 333) won a Bays Mountain t-shirt. Volunteers helping this year were Susie Monnier, Bill Stowell, Pat Loven, Karen Loven, Steve Falling, Julie Falling, Lauren Donohue, Julia Fischer, Peter Mackenzie, Elaine Mackenzie, Jessica Montanez, Cris Moorehouse, Wes Moyer, Mandy Richards and Steven Carriger.

Collins Chew reporting:

Hike Report: Mt. LeConte from Cherokee Orchards Hike, Saturday, July 21, 2001

The 13 mile round trip hike from Cherokee Orchard to Mt. LeConte via Rainbow Falls and the Bullhead trail went very smoothly and everyone was quite up to the effort. It was difficult as expected and the weather was mostly pleasant. They griped about the weather but I don't know how it could have been better except for the view obscuring fog. It was too hot and humid at the bottom and too cold and foggy on top. Ten degrees up or down but in the same direction at both ends would have been insufferable. We picnicked at the Lodge and those who wished picked up the peak for Beyond 6000. There were many pretty wildflowers with

beebalm and turtle head the most spectacular of the ones we could name. Hikers were Larry Baker, Ken and Pat Buchanan, Collins Chew, Freda Kuo, and Kim Peters. For Attendees: Botanical Note: The purple and white flowers that look like beebalm are bergamot. I misspoke. Wood Betony is a type of lousewort.

Scheduled Hiking, Paddling and Trail Maintenance Opportunities (*Future*)

Trail Maintenance: Konnarock - Elk River Relocation, August 9-13 and August 16-20, 2001

Leaders: Joe DeLoach (423-753-7903), Bill Stowell (423 239-7697), and Ed Oliver (423-349-6668)

This year we have five weeks with the Konnarock Crew. We used the first three weeks to finish the relocation and rehabilitation work on Round Bald, and to start the Grassy Ridge Relocation. However, we decided to hold off on the latter due to wet soils we found on Grassy Ridge. Fortunately, the Forest Service was able to approve the long series of relocations we've planned to take the A.T. out of Sugar Hollow to the Elk River, which will be a much more scenic and pleasant walk. In the first week we accomplished a lot, and we have two more weeks this year. The work involves clearing out brush and vegetation for the new Trail and digging it in. Not all the work is very hard, so don't let Trail digging scare you. With luck we will get to Jones Falls, a lovely 100' cascade that has previously been just about unreachable in the thick woods. There will be work trips every day Konnarock is out with full day trips on the Fridays, Saturdays, and Sundays. These will leave from the parking lot near McDonalds in Colonial Heights at 8:00 A.M. Bring lunch, gloves, and plenty of water; we'll furnish the tools, but please let us know that you're coming so we can bring the right tools.

2001 Multi-Club Meet, August 31-September 3, 2001

Leader: Steve Perri

The 2001 Multi-Club meet will be hosted this year by the Tidewater Appalachian Trail Club on Labor Day weekend Friday Aug. 31-Sept. 3, 2001. Multi-Club is a weekend of hiking, renewing old friendships, making new friends, and just having fun with people who maintain the A.T. in the Southern Region. The location this year is Sherando Lake Campground near Waynesboro, Virginia.

Registration and meal forms are available from Steve Perri, 423-229-1484 or e-mail . Registration is \$12.00/person, there is no charge for persons under 16, and there is no camping fee. Meals provided through registration are for Sat. breakfast, Sat. dinner, Sun. breakfast, and Sun. evening cookout.

Registration deadline is August 3, 2001. For more info, call Steve Perri or check out the [Tidewater Appalachian Trail Club](#) website.

Hike Notice: North Rim □ North Plateau Loop, September 15, 2001 (Tennessee Trails Association)

Leader: Chris Fox, (731) 586-4744,

Park Name: Savage Gulf State Natural Area

City, State: Monteagle, Tennessee

Note: this is a Tennessee Trails Association hike

This loop combines the 6.3 mile North Rim Trail, with its spectacular views of the gulf, with a return through plateau hardwood forest on the 7.1 mile North Plateau Trail. The North Rim Trail provides more overlooks than any other trail in the South Cumberland area, as it follows the rim of the Savage Gulf. The trail is rated easy, but 13.4 miles makes for a long day. Let's prepare adequately for a long day hike, with lunch at the Hobbs Cabin campsite. Meet at 9am at the Savage Ranger Station.

A.T. Hike Notice: Carvers Gap to U.S. 19E, October 18-19, 2001 (Tennessee Trails Association)

Leader: Chris Fox, (731) 586-4744,

Note: this is a Tennessee Trails Association hike

A spectacular hike with panoramic vistas, wide-open spaces, and miles of waving grass. The trail is rated strenuous, and 13.4 miles that includes the Roan Massif says this is best done as an overnighiter. Please prepare adequately. Meet at 9am at the parking area at Carvers Gap.

A.T. Hike Notice: Iron Mountain Gap to Hughes Gap, October 20, 2001 (Tennessee Trails Association)

Leader: Chris Fox, (731) 586-4744,

Note: this is a Tennessee Trails Association hike

A remote and little used hike that provides excellent views of two of the highest mountains in east Tennessee - Unaka Mountain and Roan Mountain. The hike is rated moderate, but 8.1 miles says we should prepare adequately for a long day hike, with lunch at the Clyde Smith Shelter. Meet at 9am at the parking area just west of the N.C. state line.

A.T. Section Maintenance and Special Project Reports (Past)

Ed Oliver reporting:

Date: Thursday, June 28, 2001

Sections: Trail south of US 19E

Purpose: Install and clean waterbars

Number of People: 3 (Frank Williams, Adam Murphy, and Ed Oliver)

Total person-hours: 3 X 8 = 24

On June 28, 2001, Frank Williams, Adam Murphy and Ed Oliver cleaned out twenty waterbars trail south of Apple House Shelter. We then constructed twenty drainage ditches across the old road, which is the Appalachian Trail between the Apple House Shelter and U.S. 19E. Erosion was starting on the old road section of the trail. The drainage ditches should turn the water off the road and thus reduce erosion. Adam's grandson of Frank, completed this as his first work trip on the Appalachian Trail

Richard Colberg reporting:

Date: June 30, 2001

Section: Tenn. 91 to Iron Mountain Shelter (part of Section 5)

Purpose: Cut weeds

Participants: Richard Colberg, Steve Perri, Steve Wilson

Person-Hours: 9 x 3 = 27

Lopped and cut weeds from Tenn. 91 to Iron Mountain Shelter. Installed mileage and "Foot Travel Only" signs at Tenn. 91, and a sign in Iron Mountain Shelter (old signs were all missing.) This section has metal blazes. On most of these blazes, the trees have grown out to the nail heads. A short section of trail (approx. 20 yards) 0.2 mi north of Grindstaff Monument is starting to slough off and could use some sidehill work; the trail is starting to erode approx. 0.2 mi south of Iron Mountain shelter (just north of the first spring) and could use 2-3 waterbars. Otherwise, this section of trail and the shelter are both generally in good shape. We do not see any blowdowns, but we did observe a deer stand ~100 yards from the trail near Tenn. 91 (actually near Cross Mountain Road).

Carl Fritz reporting:

Date: Tuesday, July 3, 2001

Section: Bradley Gap to Stan Murray Shelter

Purpose: Cut weeds

Number of People: 5 (Chris Green, Adam Murphy, Frank Williams, Ed Oliver, and Carl Fritz)

Total person-hours: 5 X 10 = 50

Starting at Overmountain Barn, Chris Green and Carl Fritz cut weeds and grass trail north to Bradley Gap

sickle bar mower did an excellent job of cutting to Little Hump Mt and allowed them to return by early afternoon to the barn. Adam, Frank and Ed cut weeds by hand south to Stan Murray Shelter. This section could use some water bars. Unfortunately, they had two hours of showers on their return trip to their vehicle. This was Chris's first walk and work trip on the Appalachian Trail.

Darrol Nickels reporting:

Purpose: Meeting with ATC and USFS to Review Long Term Trail Options

People: Darrol Nickels, Morgan Sommerville, Candace Allen, Wayne Shepherd, and other USFS Personnel

Date: July 3, 2001

Time: 4 hours

Darrol Nickels met with the agency partners to review tracts of land for long term desirability of the A.T. Recommendations by all parties were agreed upon at this meeting for ATC. Morgan will write up the recommendations and provide these to the USFS. Everyone experienced the vast rainfall that fell upon Elizabethton and came back after being thoroughly drenched.

Steve Banks reporting:

Date: July 9, 2001

Section: 3

Purpose: Weed between McQueens Gap and Spring

Number of people: 1

People: Steve Banks - 10 hours

Total hours: 10

Cleared weeds between McQueens Gap and the spring at the south end of my adopted section. This was my third weeding trip on this section this year, but I could barely tell it in most places. My weed eater was very uncooperative, and finally quit working, leading to a long day on the trail.

Frank Williams reporting:

Date: July 11, 2001

Time: 4 hrs

Activity: Inspection of Temple Ridge, Section 20

Frank Williams conducted the annual inspection of the Pirate Bush along Temple Ridge. The population appears to be doing fine. Frank indicated there were small blowdowns he removed along the way. There are also others (about 5) needing chainsaw removal and another 4 that can be removed with a bow saw and loppers. The last one in from Chestoa going trail south is about 30 minutes in and is located at a switchback. Frank marked this with a flag so it should be easy to note the location of the last clearing required from Chestoa.

Steve Wilson reporting:

Purpose: Trail Maintenance on Iron Mountain

Date: July 21, 2001

Participants: Dick Burow, Steve Perri, Richard Colberg, Steve Wilson

Total person hours: 43 (Burow - 10) (Perri - 11) (Colberg - 11) Wilson -11)

Richard Colberg, Steve Perri, Dick Burow, and Steve Wilson cut weeds, limbs, and blowdowns on a 5.5-mile section of the Appalachian Trail in the middle of Iron Mountain on Saturday, July 21. We started by driving a 4x4 truck up a Forest Service (FS) road accessed through a gate at the end of Elliot Hollow, but found that the FS road was highly eroded by recent rains, and became impassable due to deep ruts under the power lines about half way up the mountain. So we parked the truck and hiked about 1.5 miles up the road to a gate which is 0.4 miles trail south of Turkey Pen Gap, where we split into two groups. Starting at the gap Richard Colberg and Steve Perri worked the 3.5 miles of trail southbound to the wilderness boundary and back

carrying two scythes and a pair of loppers. Dick Burow carried a chainsaw and I carried a scythe and loppers, while we cut weeds, limbs and blowdowns on the 2-mile section of trail northbound back to the water source of Iron Mountain Shelter. One of our goals was to remove a 24" blowdown which had fallen across the trail near the power line crossing, plus we cut four other leaners or blowdowns which were trail hazards. The trail is in good condition except for a stand of large pine trees (adjacent to a small open area) about 1 mile south of Turkey Pen Gap, which has been infected by the Southern Pine Beetle. When we worked on this section of trail in April, the damage was not noticeable compared to now with the needles gone and the bark peeling. This location historically has been a nice camping spot and a favorite resting spot for trail maintainers. Now it appears that by next year these 24-inch trees could be hazards, especially if the tops weaken and break. We may want to have the USFS fell these trees soon to prevent potential injuries.

C. B. Willis reporting:

Date: July 23, 2001

Sections: 17 and 18

Total person hours: 38 hours, 6 x 5 = 30; 1 x 8 = 8

Our member Malcolm Wolf had hiked from Indian Grave Gap to the north side of Unaka Mountain to check the trail. He found massive blowdowns just a few yards north of the A.T. crossing of F/S 230, as well as a blowdown just north of the switchback on the south side of Unaka Mountain. We found a large tree (five feet in circumference) had fallen over the trail and took several smaller trees with it. The trail was obscured for a distance of some 40 yards. We cleared this obstruction and also cleared the blow down on Unaka Mountain. Members present: (hours worked) Rick Culbertson (5); Gil Derouen (5); Bob Miller (5); Bob Spencer (5); Clyde Taylor (5); C. B. Willis (5); Malcolm Wolf (8 hours on July 21).