

THE TENNESSEE EASTMAN
HIKING & PADDLING NEWS

January 2002

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NEXT TWO MONTHS				
<u>Description</u>	<u>Leader</u>	<u>Rating</u>	<u>Date</u>	<u>Phone</u>
Various Trail Maintenance Trips	Bill Stowell			423-239-7697
Wilderness Wildlife Week - Pigeon Forge, Tennessee			January 5-13	
Bitter End to U.S. 19E Hike	Mary Ellen Ress	A/2/B	January 5	423-349-6536
Chimney Top Hike	Collins Chew	C/3/B	January 12	423-239-6237
APEs (Appalachian Paddling Enthusiasts) and TEHCC Winter Dinner Party	Richard Guinn	Fun	January 19	423-477-5711
Doe River Gorge Hike	Steve Perri	C/4/D	February 9	423-349-5091
A.T.: Garenflo Gap to Hot Springs, N.C.	Kent and Nancy Wilson	A/2/B	February 9	423-239-7554
A.T.: Low Gap (U.S. 421) to Damascus (Virginia) Hike	Mary Ellen Ress	AA/2/B	February 12	423-349-6536
A.T.: Sams Gap to Devils Fork Gap ** Change from	Steve Humphrey	B/2/C	February 16	423-943-3573

original schedule **				
SB6000: Leader's Choice	Garry Luttrell	A/2/A	February 23	423-239-9854

Wilderness Wildlife Week

Jan. 5 - 13, 2002

G. S. Luttrell reporting

The 12th annual Wilderness Wildlife Week will again be hosted by the Heartlander Country Star Resort, in Pigeon Forge, Tennessee.

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, several individuals who do trail maintenance opted to take the opportunity for this training. 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 2000.

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 the next month or so. If you can't make a 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. Please sign up by Feb. 15 so we can get scheduled as soon as possible.

To sign up, just drop me an email () or give me a call at (W) x-1484, (H) 423-349-5091 to let me know what class(es) you are interested in. In the event you don't sign up with our club, you can schedule a class directly with the American Red Cross in Kingsport, call 378-8700.

Canoeing News



Andy Crow running "Blue Hole" Rapid on Upper Big Creek in the Smokies. *Photo courtesy of Mike Morrow.*

Special Activity and Trip Reports (*Past*)

No reports this month.

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

A.T. Hike - Bitter End to U.S. 19E - January 5, 2002

Leader: Mary Ellen Ress

Approximately 9 - 10 miles, with a rating of A/2/B. We'll meet in Colonial Heights next to McDonald's at 7:45 a.m. If the roads are too bad (i.e. snowy or icy) to get to Bitter End, but okay to get to the N.C. border, we'll do an out and back from U.S. 19E. Bring water, food, and appropriate clothing. Email me at or call 423-349-6536 for more information or if the weather is questionable. Leader: Mary Ellen Ress

Hike - Chimney Top - January 12, 2002

Leader: Collins Chew

We will take the short, steep hike up Chimney Top on Saturday, January 12, 2002.

There are nice views from the top and a short, low-level drive to get the trail head at the Faulkner's. This is the little mountain which looks like a volcano south of Kingsport. The hike is about 4 miles round-trip after a drive of about 15 miles. We will meet at 9:00 A. M. at the regular meeting place between McDonalds and the State of Franklin Bank in Colonial Heights. You might bring a snack but we should be home for a late lunch. Bring water and appropriate clothing for a cold, windy stop at the top. Trip will be cancelled if roads are icy. Call Collins Chew at 423/239-6237 for information or e-mail to .

Winter Dinner Party - APEs (Appalachian Paddling Enthusiasts) and TEHCC - Saturday, January 19, 2002

Leader: Richard Guinn

The paddlers of the Tennessee Eastman Hiking and Canoeing Club are holding their Winter Dinner Party along with the Appalachian Paddling Enthusiasts (APEs) at the Eastman Lodge on Saturday, January 19th, at 7:00. Marinated deep-fried turkey, glazed ham, and sodas will be provided. Attendees are requested to bring a covered dish of vegetables, salads, desserts, etc, and BYOB. There will also be a swap meet/sale of paddling/outdoor gear, so bring your excess boats/equipment and/or plenty of cash. TEHCC members, guests, and those interested in paddling are welcome to attend. For additional information contact Richard Guinn (, w229-1863, h477-5711).

A.T. Hike - Low Gap (U.S. 421) to Damascus (Virginia) - Saturday, February 2, 2002

Leader: Mary Ellen Ress

Rating: AA/2/B

We'll hike from Low Gap on 421 to Damascus, 14.8 miles. If the road conditions don't allow that, we'll hike south on the A.T. out of Damascus as far as we want or as far as the weather permits (I've been turned back by DEEP snow drifts on this hike before). Meet at Colonial Heights at 7:45 a.m. Call 349-6536 for different meeting point or more information, or email

Hike - Doe River Gorge - Saturday, February 9, 2002

Leader: Steve Perri

Rating: C/4/D - Easy

This is a relatively easy hike since it fairly flat. Total distance is about 3 miles round trip. The gorge is usually lined with icicles dangling along the rock walls for some beautiful scenery if the winter weather has been cold and wet. This year, it's any ones guess what the walls will be like. There are two railroad tunnels we pass through and several overlooks with views of the river. The property, located just outside of Hampton, Tennessee, actually belongs to a youth camp - we ask for permission and sign a release to walk the gorge. Over the years the railroad has been renovated and the facilities more developed. This time of year there usually is very little going on. Dress appropriately and bring snacks and water. Current plans are to meet in Colonial Heights between McDonalds and the State of Franklin Bank at 8:00 am, the standard departure time and place. Keep an eye on the weather; inclement weather or hazardous roads may be cause for postponement or cancellation. We can enjoy lunch on the way back at the Classic Malt Shop (now something else) in Elizabethton. We will most likely be back early in the afternoon. Call for more information (423-349-5091).

A.T. Hike - Garenflo Gap to Hot Springs, N.C. - Saturday, February 9, 2002

Leaders: Nancy and Kent Wilson

Rating: A/2/B

We will have an easy hike with a descent of about 1200 feet over 6.6 miles as we hike from Garenflo Gap into the town of Hot Springs. The views of the town should be good as we descend. There will be an optional trip to the hot tubs and to the outfitter after the hike. Bring lunch, water, appropriate clothing for the weather, and a towel to enjoy the relaxing dip at the end. We will meet at 8:00am between the bank and McDonalds in Colonial Heights. Call 239-7554 for more information.

A.T. Hike - Sams Gap to Devils Fork Gap - Saturday, February 16, 2002

Leader: Steve Humphrey

Rating: B/2/C

This is a very nice winter hike with a moderate difficulty level. It affords some nice views in the wintertime from High Rock and Frozen Knob. Meeting time will be 7:45a.m. between the McDonalds and State of Franklin Bank in Colonial Heights. This is necessary to meet some other hikers at the Kroger's off Exit 31 in Johnson City at 8:30. Bring lunch, water and layers of warm clothing.

Hike - Shining Rock Wilderness: Art Loeb Trail - Saturday, March 23, 2002

Leaders: Nancy & Kent Wilson

Note that the date for this hike has been changed from March 9.

Appalachian Trail Section Maintenance and Special Project Reports (Past)



Jeff Sirola reporting:

It is time to make the annual plea for any outstanding A.T. Maintenance reports, especially from the trail adopters and anyone else who has been holding out on us. For each trip, I would like date, place, activity, and list of participants with hours for each.

Thanks.

Mary Cunningham reporting:

Date: November 10, 2001

Section: Relocation, trail south from Bitter End

Participants: Mary Cunningham, Carl Fritz, David Gibson, Ed Oliver, Steve Perri, Bob Peoples, Frank Williams

Total person hours: 63 hours (9 x 7)

We started the day by inspecting Campbell Hollow Road north, an area where hikers reported difficulty in following the Trail. We found that vehicle(s) of some sort had been in the area planted with pines next to the road. Some trees had been cut and removed; posts bearing blazes had been pulled up. The tracks left by the vehicle(s) created a confusing maze. Pines were trimmed back enabling hikers to see the blazes; posts were put back in place. David will return later to paint blazes; Steve will contact the Forest Service to find out whether they had authorized the cutting of trees and if not,

who is responsible for monitoring this area.

The rest of the day was spent continuing construction of the relo between Bitter End and the Laurel Fork Bridge. The switch-back around the "rock" was completed, involving the installation of many steps, and work was started on the stretch below the rock cliff.

Bill Stowell reporting:

Date: Saturday, November 17, 2001

Section: 12

Purpose: November 3rd Saturday: Build new trail, south of Bitter End

Number of People: 9

Total person-hours: $9 \times 9 = 81$

For November 3rd Saturday we continued to work on digging new trail, trail south of Bitter End. We nearly completed the next section around some beautiful cliffs. A few more sections and we will be down to the bridge at Laurel Fork. Those along for a great day of digging were: Carl Fritz, Kathy McDavid, Kim Peters, David Gibson, Bob Peoples, John Thompson, Frank Williams, Rodney Baker, and Bill Stowell.

Carl Fritz reporting:

Date: December 4, 2001

Section: 12 - Bitter End (Trail South)

Purpose: Trail Relocation near Bitter End

Number of People: 6 (Fred Schmidt, David Gibson, Frank Williams, Ed Oliver, Bob Peoples, Carl Fritz)

Total person-hours: $6 \times 8 = 48$

On this December T-shirt day we continued digging sidehill trail. A couple of hundred feet remain before we get back to the existing trail. Fred Schmidt, recently relocated from Minnesota to near the town of Roan Mountain, has signed up as a Program Affiliate and is already volunteering to help maintain the Trail. We realized that we were all natives of different states; Fred - Minnesota, David - Iowa, Frank - New York, Ed - Tennessee, Bob - Massachusetts, and Carl - Pennsylvania.

Carl Fritz reporting:

Date: December 11, 2001

Section: 12 - Bitter End (Trail South)

Purpose: Trail Relocation near Bitter End

Number of People: 7 (Bob Peoples, David Gibson, Frank Williams, Bruce Cunningham, Bill Elderbrock, Ed Oliver, Carl Fritz)

Total person-hours: $7 \times 8.5 = 59.5$

We continued digging sidehill trail and will soon be back to the existing A.T. The forest was damp for the first time in several months, but the soil after the first inch was still dry. One more good day should get us down to Laurel Fork.

Carl Fritz reporting:

Date: December 15, 2001

Section: 12 - Bitter End (Trail South)

Purpose: Trail Relocation near Bitter End

Number of People: 13 (Bruce Cunningham, Mary Cunningham, Craig DeLoach, Joe DeLoach, Carl Fritz, David Gibson, Jim Mann, Jerry Matthew, Bill Murdoch, Ed Oliver, Bob Peoples, John Thompson, Frank Williams)

Total person-hours: $13 \times 8.5 = 110.5$

On this Third Saturday trip, we made great progress with all the good workers. We welcomed Jerry Matthew, a recent transferee from Texas Eastman, on his first trail maintenance trip. We completed both ends of the long section before Laurel Fork and opened it. We also completed some steps and modifications to lessen the grade down to the old road. We placed a culvert with some geotextile near the bridge to take out a sharp turn in the trail. A south bounder was the first hiker to test these modifications. Bruce, Mary and John cut out another relocation on the south side of the bridge. We were able to dig almost half of this.

Carl Fritz reporting:

Date: December 18, 2001

Section: 12 - Bitter End (Trail South)

Purpose: Trail Relocation near Bitter End

Number of People: 6 (Bruce Cunningham, Bill Elderbrock, Carl Fritz, Bob Peoples, Ed Oliver, Frank Williams)

Total person-hours: $6 \times 8.5 = 51$

With the weather turning more seasonal at 40 degree temperatures and breezy, we kept lunch to a minimum. We completed and opened a 600-foot trail relocation just south of Laurel Fork. This is probably the last maintenance trip for 2001. A lot of trail has been built or rehabbed this year. On the return trip to Kingsport, the Rocking Maintenance Carolers ably led by Bill joined in the "harmonious" singing of holiday carols. At intermission we babied our throats with sodas and homemade cookies supplied by Mary Cunningham. Unfortunately, we soon exceeded our repertoire and were humming when words did not materialize. Happy Holidays!