

THE TENNESSEE EASTMAN HIKING & PADDLING NEWS

October 2002

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Contents

- [Next Two Months at a Glance](#)
- [Appalachian Trail Conference Volunteer Trail Crew Needs Our Help!](#)
- [ATC Workshops available for Clubs in 2003](#)
- [Canoeing News](#)
- [Special Activity and Trip Reports \(Past\)](#)
- [Scheduled Hiking, Paddling, and Trail Maintenance Opportunities \(Future\)](#)
- [A.T. Section Maintenance and Special Project Reports \(Past\)](#)

NEXT TWO MONTHS				
Description	Rating	Leader	Date	Phone
Laurel Fork Gorge	C/3/C	Steve Falling	October 6	423-239-5502
Bays Mountain	C/3/C	Steve Perri	October 6	423-349-5091
Olinger Gap to Roaring Branch (Stone Mountain Trail)	B/3/B	Rodney Baker	October 12	
Breaks Interstate Park	Ill	Mike Morrow	October 12-13	423-245-1201
South Beyond 6000: Blackstock Knob	B/2/B	Kent and Nancy Wilson	October 19	423-239-7554
Holston Mountain Trail - Fire Tower to Flint Rock	B/3/C	Joe DeLoach	October 26	423-753-7903
Sand Cave/White Rocks	B/3/B	Collins Chew	October 26	423-239-6237
South Beyond 6000: Mt. Kephart	A/2/B	Kent and Nancy Wilson	November 2	423-239-7554
A.T.: Elk River Section	B/3/C	Steve Perri	November 9	423-349-5091

Appalachian Trail Conference Volunteer Trail Crew Needs Our Help!

The Appalachian Trail Conference (ATC) recruits volunteers for five seasonal volunteer trail crews along the Trail. ATC administers the three southernmost crews and supports the two

northern programs, that are directly administered by the A.T. maintaining clubs (Green Mountain Club and the Maine Appalachian Trail Club).

These crews (including the Konnarock Crew; [see the article below](#)) work with local A.T. maintaining clubs to perform much-needed manpower for relocation and treadway rehabilitation projects. Volunteers come from all walks of life and some have been participating in the crew program for over a decade. Many A.T. club members participate in the program as a way of seeing another section of the footpath. It's an incredible program of crew volunteers (supervised by skilled staff) working to serve the trail construction needs of A.T. club volunteers.

ATC recruits volunteers for over 500 available slots each season, and they need TEHCC's assistance in making sure the word gets out about these unique, educational and enjoyable volunteer opportunities. Please ask anyone that you think might be interested to consider this opportunity. The work performed by these Crews is very helpful to TEHCC, and a lot of fun too! ATC's website hosts a page about the crew program with descriptive information and a downloadable version of the application form.

The trail crew programs run from May through October. ATC is still seeking volunteers to fill openings for the remainder of this season. Please contact Heidi Hase using the contact information below if you have questions or desire further information.

Heidi Hase ()

Regional Program Assistant
Appalachian Trail Conference
Southwest and Central Virginia
P.O. Box 10
Newport, Virginia 24128
Voice work: (540) 544-7388
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ATC WORKSHOPS AVAILABLE FOR CLUBS IN 2003

Each year ATC helps sponsor workshops to assist clubs with training to carry out their management activities on the A.T. We currently have a list of courses that will most likely be available for A.T. maintaining club members to take at some point next year after they are scheduled. If you are interested in any workshop training, please let Steve Perri (423-229-1484), know. Most courses are free with the exception of those courses where an outside instructor will be required. These workshops include:

Standard Training Workshops
Basic Maintenance
Chainsaw Safety (Training for the A.T.)
Corridor Monitoring and Boundary Maintenance
Winch Techniques for Trail Work
Other Training Workshops
Introduction to A.T. Management
Trail Design
Drainage
Rockwork
Wilderness First Aid
Crosscut Saw Use and/or Maintenance
Tool Maintenance

Leadership
Bog Bridge/Turnpike Construction
Leave No Trace Education
Forest Planning
Natural Diversity Monitoring Training
Backcountry Sanitation Management

Canoeing News

No paddling news received this month.

Special Activity and Trip Reports (*Past*)



Hike Report: Smokies, Mount LeConte, July 13-14, 2002

Hike Leader: Steve Falling

Every year, TEHCC has reservations for twenty at Mount LeConte Lodge in the Great Smoky Mountains National Park. Although traditionally several climb the mountain via a creek, this year all twenty ascended by trail. However due to the rainy conditions this trail trip felt more like a creek trip. Most of us ascended via the Alum Cave Trail and a couple via Rainbow Falls Trail. Most descended via the Boulevard Trail but a few took Rainbow Falls or Alum Cave.

Our group had a thirteen-bed cabin and two five-bed cabins. Unfortunately the mountain top was in the clouds so the views were minimal but the temperature was comfortable. The fellowship of the group was excellent this year and despite the rain all had a enjoyable trip. The hikers were Steve and Julie Falling, Bob and Michael Hembre, Helga Mitchell, John McKinney, Gilbert and Young Ja Coleman, Griff and Sheila Johnson, Pam Morgan, Rick and Vicki Lott, John and Missy Wright, Greg and Martin Drone, and Shelton Thompson.



Hike Report: Fun Fest Moonlight Hike, July 18, 2002

Hike Leader: Steve Falling

Once again this year, the Tennessee Eastman Hiking and Canoeing Club was asked by the City of Kingsport to help with the Bays Mountain Fun Fest Moonlight Hike. This 2.5-mile hike around the Bays Mountain reservoir began at 8:00 P.M., and ended in darkness at 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 470 hikers made the trip this year! The volunteer with the closest guess of the actual number of hikers (Sonya Hartley with 450) won a Bays Mountain t-shirt.

Volunteers helping this year were Pam Monnier, Bill Stowell, Pat and Karen Loven, Steve and Julie Falling, Elaine Mackenzie, Steve Perri, Kim Peters, Joseph Payne, Richard Colberg, Karen Uffalassy, Jerry Cunningham, Justin Hall, Terry Oldfield, Gary, Sonya, Sidney and Alex Hartley, Coy Johnson, and Susie Mishkin.

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

Hike Notice: Stone Mountain, October 12, 2002

Leader: Rodney Baker, , home phone (276) 452-2647

Rating: B/3/B

The trail is located near Big Stone Gap, Virginia, approximately a 1.5 hour drive from the usual meeting spot in Colonial Heights. This trail runs between Cave Springs Recreation Area and Big Stone Gap. We will access this linear trail near the middle at Olinger Gap (between Big Stone Gap and Pennington Gap), and hike back towards Big Stone Gap. Starting at Olinger Gap, the trail runs along a rocky, narrow ridge (sections of the path are solid stone, and the ridge is only 10 ft wide or so in places), passes around some large rock formations, crosses a high point (called High Butte), then drops down into the Roaring Branch drainage. The trail follows Roaring Branch out through sections of rhododendron and old growth hemlock. The last portion of the trail descends along rock steps constructed by the Youth Conservation Corps in the 1970s. Roaring Branch is a nice stream that drops swiftly over rocky ledges. Total distance is approximately 7 miles, and terrain will limit the pace somewhat. This hike has lots of variety and some nice views but doesn't get a lot of hikers. I hiked this section on September 6-7 as a short overnight trip, something I do occasionally since I work in Big Stone Gap, and can report that the majority of the trail has been recently maintained, with only a few blowdowns left that have to be traversed. The Forest Service has indicated that they may have these cleared by the date of the hike. Total hiking time on my trip was 4.5 hours at a fairly quick pace. Adding in time for travel, lunch on High Butte, and breaks to enjoy the scenery, I anticipate a full day. I would like to meet at the usual parking area near McDonalds in Colonial Heights at 7:45 for an 8:00 a.m. departure. Bring rain gear, lunch, and plenty of water. Email or call if you have questions about the hike, or if you would just like to let me know you plan on going (which would be appreciated).



Russell Fork Weekend, October 12-13, 2002

Leader: Mike Morrow

Difficulty: Class III

"What, you ask, the Russell Fork (RF) class III? That picture doesn't look like a class III rapid to me! Morrow, your sense of rating is warped."



Believe it or not there is a stretch of the RF above the gorge that maxes out at class III rapids. The run starts at the base of Flanagan Dam and goes to Garden Hole (Put-in for the more notorious class V gorge). The total length of the Upper RF is approximately 6 miles. It starts on the Pound River with some class II rapids until the confluence with the RF. The Pound offers some nice waves and side surfing holes. Once on the RF, there are about 4 more miles with more class II's some

class III rapids towards the end. The Upper RF is a step up from the Nantahala but not as difficult as the Pigeon. I will coordinate a group that wants to run the Upper RF. The Upper RF has lots of nice play opportunities and is a nice scenic run (especially in the fall). The water is cold so dress appropriately. Once at Garden Hole, folks may want to hike up the railroad tracks to see the larger rapids being run in the Gorge. Bring a flashlight, as it gets dark in the railroad tunnel. Or, you may decide to head to the play wave at the take-out of the gorge (Ratcliff Hole) after running shuttle.

Some of us will choose to continue down the class V gorge as a group of common adventurers. **Note: This portion of the trip is not a coordinated club event.** There may be multiple runs of "El Horendo". So, the hikers may get to watch their friends run that rapid. Once at the take-out, we can play on the wave to our hearts content.



The plan for Saturday and Sunday is the same. We will meet at the Breaks Interstate Park restaurant parking lot at 8:30am. You will have to pay a \$1.00 parking fee to enter Breaks. Sorry, but this is the easiest place to meet and coordinate shuttle. I will not try to coordinate multiple meeting points in the morning. If you have not been to Breaks Interstate Park, I highly recommend going (especially this time of the year). Breaks

Interstate Park is about a 2-hour drive from Kingsport. It falls on the border of Virginia and Kentucky. As many of you know, I have traveled quite a bit domestically and abroad to kayak. After, all of those travels, I still say the RF is my favorite place to go.

Why do I go to Breaks every weekend in October? Come to Breaks and find out! Why do I rake leaves to all hours of the night during the week in October so I don't have to do it on the weekend? Come to Breaks and find out! Why do I do everything possible to not have to travel for work during Russell Fork Season in October? Come to Breaks and find out!



This is the second weekend of the release season and should be the peak of the fall colors.

Especially, with the dry conditions we have had this summer. The overlooks into the gorge are breathtaking. There are lots to do for non-paddling people. The park has hiking, horseback riding, mountain biking trials, etc. The campground in the park is very nice. I will be camping there on Friday and Saturday night.

Please feel free to join me. When you arrive ask what site I am in

and get one close by. There is also a lodge in the park. There are some nice rooms on the rim of the gorge. If you prefer a lodge room, I recommend getting a reservation (they are probably already booked for this fall.): (800) 865-4413. You can also go to the following link for more information.

<http://www.breakspark.com/>



The weather can be sunny and in the upper 70's or cloudy and in the 30's. I have driven through snow to get to the RF. I have awakened to light snow and frost in the campground. I have also worn shorts and a tank top all weekend at the RF in the Fall.

Again, dress appropriately. Please call (Home: 423.245.1201 / Cell: 423.292.3906 [After October 10]) or e-mail () to register for the trip. I recommend you do this prior to Thursday evening, October 10th. I will be

packing Thursday and may not have time to return your call. I will be driving up to the park Friday evening.

S.Y.O.T.R.

Mike

Hike Notice: Blackstock Knob (South Beyond 6000), October 19, 2002

Leader: Nancy and Kent Wilson (423-239-7554)

Rating: B/2/B

Distance: 7 miles

Join us for this hike in the Mt. Mitchell area on the Mountains to Sea Trail to the top of Blackstock Knob. We will leave from the parking lot between the McDonalds and State of Franklin Bank in Colonial Heights at 7:30 AM. The fall color should be at its peak along the Blue Ridge Parkway making this a beautiful hike.

Hike Notice: Holston Mountain and Flint Rock, October 26, 2002

Leader: Joe DeLoach (423-753-7903)

Rating: B/3/C

Holston Mountain is one of the closest mountains to the Tri-Cities and has outstanding views from Holston High Knob fire tower. We'll walk about a four mile stretch of the Holston Mountain Trail, the former route of the Appalachian Trail, on October 26. We'll start with a short walk down to the Blue Hole, a series of small, pretty waterfalls at the base of the mountain, then drive to the crest. From there it's a little over a mile to the fire tower, but we'll save that for the end. We'll head north for about three more miles to the Flint Mill Trail and a side trip to Flint Rock which has outstanding views of South Holston Lake and the surrounding area. Kingsport should be plainly visible if it is clear. We'll turn around there and head back to the tower for 360° views for those who don't fear heights, as the tower is quite tall. With luck we'll catch the fall foliage near its peak. The total hike is about nine miles with mostly easy grades; the trail does not receive much maintenance so it may be a little overgrown in places but is easy to follow. We'll meet at 8:30 AM on Saturday, October 26 in the parking lot between the bank and McDonald's in Colonial Heights. Bring lunch, water, and clothes appropriate for the often changeable late October weather, and a camera for the views!

Hike Notice: Sand Cave, October 26, 2002

Leader: Collins Chew

This hike will be to the spectacular rock overhang of Sand Cave in Cumberland Gap National Park and to the nearby great White Rocks Cliffs above Ewing, Virginia. Leaves should be colorful for us then. For more inspiration and motivation, see the current (Sept/Oct) issue of Blue Ridge Country which features this hike on page 23. We will drive about 65 miles to Ewing to start the hike which will be about 8 miles with about 1600 feet of climbing. Meet between McDonalds and State of Franklin Bank in Colonial Heights on Saturday, October 26, at 8:00 AM. Bring lunch, water, and appropriate clothing. For more info, contact Collins Chew, 423/239-6237 or .

Appalachian Trail Section Maintenance and Special Project Reports (*Past*)

Bill Berry reporting:

Date: July 27, 2002

Section: Spivey Gap to Devil Creek

Hours and participants: 7 hours by Bill Berry

Summary: Cut weeds and blowdowns.

Bill Berry reporting:

Date: August 10, 2002

Section: Devil Creek to No Business Knob Shelter

Hours and participants: 8.5 hours by Bill Berry

Summary: Cut weeds and blowdowns.

Carl Fritz reporting:

Date: August 27, 2002

Section: 14 - Round Bald

Purpose: Install logs along gravel trail to retard gravel from sliding off

Number of People: 6 (Paul Benfield, Craig Deloach, Carl Fritz, Ed Oliver, Bob Peoples, Frank Williams)

Total person-hours: 6 X 10 = 60

Summary: This was to be a work trip with Lees McRae students and an adviser. They were getting rain in Banner Elk and the college decided it was best they not come today. It was a pleasant day for working in Carvers Gap. We moved 17 more locust logs up to the top of Round Bald with Ed's cart. Everything went well until a tire went flat. Sure enough it was the same driver in the same place as the treads were thrown off the snow cats! But we had no PhD's to repair the tire. We did install 19 logs.

Carl Fritz reporting:

Date: September 3, 2002

Section: 14 - Round Bald

Purpose: Install logs along gravel trail, open up a spring, and install fencing

Number of People: 7 (Paul Benfield, Bill Elderbrock, Hueston Fortner, Carl Fritz, Ed Oliver, Bob Peoples, Frank Williams)

Total person-hours: 7 X 10 = 70

Summary: Ed, Bob and Hueston opened a spring just trail south of Carvers Gap. They installed a new wooden cover on the concrete basin, and lopped and blue-blazed a trail to the water source. Bill, Paul, Frank and Carl installed about 120 feet of barbed wire fence before Hamburger Rock on the way to Round Bald. This should discourage the many cuttings of this switchback in these delicate woods. We all worked at hauling 12 locust logs over Round Bald and almost to Engine Gap. We installed about eight of them plus cribbed the equivalent of another three. Paul also installed a water bar.

Bill Berry reporting:

Date: September 7, 2002

Section: Temple Hill Gap to No Business Knob Shelter

Hours and participants: 4.5 hours by Bill Berry

Summary: Cut weeds (not many on this section) and blowdowns. The Trail in good shape; I will start back at Spivey Gap soon.

Ed Oliver reporting:

Date: Tuesday, September 17, 2002

Purpose: Drill holes in posts; maintain A.T. near Watauga Lake

Participants: Hueston Fortner, Paul Benfield, Darrol Nickels, Bruce Cunningham, Bill Elderbrock, and Ed Oliver)

Total person hours: 6 X 7 = 42

Summary: On September 17, Hueston Fortner, Paul Benfield, Darrol Nickels, Bruce

Cunningham, Bill Elderbrock, and Ed Oliver drilled holes in thirty posts for use on Round Bald. We then drove to Watauga Lake where we cut and clipped weeds at the Shook Branch end of the lake. We also picked up seven or eight bags of trash. We cut the weeds and growth around the hemlocks that we planted in this area several years ago.

John Arwood reporting:

Date: September 22, 2002

Section: Vandeventer Shelter Maintenance / Appalachian Trail through Big Laurel Branch Wilderness

Participants: Julia Bales, John Arwood

Total participant hours: 2 x 10.5 = 21 hours

Summary: Replaced fascia board and gutter, and installed new shelter information sign. Removed two old shelter information signs, and touched-up shelter paint as needed. Picked up trash around the shelter, and picked up litter on the Trail.

C. B. Willis reporting:

Date: September 23, 2002

Section: 17

Participants: Bob Miller, Glenn Marshall, Sandra Perry, Meg Millerton, C. B. Willis

Total person hours: 5 x 5 = 75 hours

Summary: We cleaned the shelter at Cherry Gap, carried out one bag of garbage, inspected the springs, and scraped out the new water bars as well as we could with only hiking staffs. Many of the water bars are full and we will need to shovel them in the Spring. One spring is dry but the other is running well, albeit a little slow. We noticed the roof sheeting from the privy is gone. That's good. We assume TEHC picked the panels up to reuse.