

# THE TENNESSEE EASTMAN HIKING & PADDLING NEWS

March 2003

www.tehcc.org

**Note:** the deadline for submitting articles and photos for next month's newsletter is the 15th of the month!

## Contents

- [Next Two Months](#)
- [Bill Irwin - Blind A.T. Thru-Hiker to Speak at Wildflower Pilgrimage](#)
- [TEHCC Welcomes New Members](#)
- [T-shirt Orders](#)
- [APE's TEHCC 2003 Clinic Schedule](#)
- [Introductory Whitewater School 2003](#)
- [Introductory Whitewater School - Instructors and Instructor Aid Boaters Needed](#)
- [Wilderness First Aid Course](#)
- [Swiftwater Rescue Practice Sessions](#)
- [APE's / TEHCC Swiftwater Rescue Course](#)
- [TEHCC Volunteer Needed](#)
- [Reminder to Potential Eastman Chemical Company Retirees](#)
- [Hints for Photos for our Web Site](#)
- [Hiking, Paddling, and Trail Maintenance Opportunities \(\*Future\*\)](#)
- [Special Activity and Trip Reports \(\*Past\*\)](#)
- [A.T. Section Maintenance and Special Project Reports \(\*Past\*\)](#)

NEXT TWO MONTHS				
Description	Rating	Leader	Date	Phone
Maintenance Dinner		Joe DeLoach	February 28	
SB6000: Mt. Mitchell and Mt. Hallback	A/3/A	Garry Luttrell	March 8	423-239-9854
Third Saturday Maintenance		Joe DeLoach	March 15	423-753-7903
Southern Regional Management Committee meeting		Steve Perri	March 21-23	
A.T.: Cross Mountain to Watauga Dam Road	AA/3/B	Collins Chew	March 22	423-239-6237

Elrod Falls (Sneedville, Tenn.)	C/3/C	Vic Hasler	March 29	423-239-0388
South Beyond 6000: Chestnut Knob and Mt. Hardy	A/2/B	Nancy and Kent Wilson	April 5	423-239-7554
Hot Springs Trailfest 2003		Jack Dalton	April 11-12	828-622-3704
A.T.: McQueens Gap - Damascus	A/2/C	Richard Colberg	April 12	423-288-8333
Third Saturday Maintenance		Joe DeLoach	April 19	423-753-7903
Spring Dinner Meeting		Kim Peters	April 25	
South Beyond 6000: Reinhart Knob and Richland Balsam	A/2/B	Nancy and Kent Wilson	April 26	423-239-7554

### **Bill Irwin - Blind A.T. Thru-Hiker to Speak at Wildflower Pilgrimage**

In 1990 Bill Irwin threw a pack on his back, harnessed his Seeing Eye guide dog, Orient, and set out on foot on a 2,168 mile journey from Georgia to Maine on the Appalachian Trail. This journey proved not only to be one of physical endurance, but one which proved that the seemingly impossible can, indeed, become a reality. This may not have been such a remarkable feat - thousands have accomplished it since the first recorded thru-hike in 1948 - except for one "minor" little detail the man was blind!

The story of Bill's incredible undertaking is recorded in his best-selling book, *Blind Courage*, published in 1992 and now in its eleventh printing. Its contents reveal the life-altering and life-affirming experiences that have molded this man into the highly energetic, entertaining, and motivational speaker who captivates audiences nationwide. Whether addressing colleges, large corporations or television audiences, his message of perseverance instills inspiration in the hearts of all who listen.

Irwin will be the guest speaker following the closing buffet banquet at the Wildflower Pilgrimage, 8:00 p.m., Saturday, April 26, at Mills Auditorium, Gatlinburg, Tennessee. The Pilgrimage, now in its 53rd year, is a consistently well-attended event offering participants the opportunity to enjoy Great Smoky Mountains National Park at its finest. And variety of nature walks, art classes, birding trips, photographic tours and lectures offer topics sure to pique everyone's interest.

Over 150 natural history and cultural programs are led by park rangers, botanists, zoologists, and other professionals who share their knowledge in their respective fields.

Sponsors of the Pilgrimage are Great Smoky Mountains Association, Friends of Great Smoky Mountains National Park, Great Smoky Mountains National Park, University of Tennessee -Knoxville, City of Gatlinburg, Gatlinburg Garden Club, Southern Appalachian Botanical Society and Arrowmont School of Arts and Crafts.

Tickets for "Blind Courage-An Evening with Bill Irwin" are \$10 and go on sale March 17. For tickets or Pilgrimage information call 865-436-7318, Ext. 22.

## TEHCC Welcomes New Members

Jimmy D. Hammonds

Lauren M. Huffman

Mitchell O'Neal

Each of these new members is eligible for a free dinner at the next Dinner Meeting!

## T-shirt Orders



*By Steve Perri*

If you haven't purchased a t-shirt yet, we have them available now (without the ink problem mentioned above!) in the following sizes. Shirts have been reduced in price to \$6.00 each. The shirts are forest green with a tan image of the club patch on the front and the A.T. symbol on the sleeve. Contact Steve Perri at 423-349-5091 or send an email to him at [steve.perri@tennessee-hiking.com](mailto:steve.perri@tennessee-hiking.com) if you are interested in purchasing a t-shirt.

Medium

Large

X-Large

## APE's TEHCC 2003 Clinic Schedule

*By Mike Morrow*

APE's and TEHCC will co-sponsor three clinics this summer; please see the related articles in this newsletter. Please mark the following dates on your calendars:

- [June 5th, 7th and 8th - Introduction to Whitewater School](#)

- [July 12th and 13th - SOLO Wilderness First Aid Course](#)

- [August 23rd and 24th - ACA Swiftwater Rescue Course](#)

I am excited to be bringing these courses to you this year. I cannot do this without help from people in the club. I will need assistants to volunteer for the June and August courses. So, please mark your (Students and assistants) calendars today. Watch for registration information in future newsletters.

S.Y.O.T.R.,

Mike Morrow

## Introductory Whitewater School 2003

The 32<sup>nd</sup> annual "Canoe School", sponsored by the Tennessee Eastman Hiking and Canoeing Club in association with the Appalachian Paddling Enthusiast's (APEs), will be held June 5th, 7th, and 8th. The school is targeted for beginner and novice 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 with one paddle per paddler plus one spare per boat and helmet, or a whitewater kayak with paddle, sprayskirt and helmet. One PFD (life jacket) per person. Canoes should have bow and stern lines. All boats must have air bags. Rain jacket. Knee pads. Lunch. Change of clothes in a waterproof bag.

**Schedule:** June 5th Lecture and films. 6:00 - 9:00 PM.  
(Thur) Eastman Lodge, Room A2  
Eastman Recreation Area, near Bays Mountain Park  
Students must attend this meeting to participate on Saturday.

June 7th Lake and River Trip, class I-II. 9:00 AM  
(Sat) Duck Island Parking Lot  
Warriors Path State Park, Kingsport, Tennessee  
Students must participate on Saturday to participate on Sunday.

June 8th River Trip, class II. 10:00 AM  
(Sun) T.B.D.

**Note:** Instructors reserve the right to exclude anyone if they believe safety will be compromised. Participants must be a member of TEHCC or APEs. Applications will be provided on Thursday night. 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.

**Cost:** \$20.00 per student payable by May 23<sup>rd</sup> (make checks out to Mike Morrow, see address below). Plus membership fee, payable at Thursday evening's lecture.

**Registration:** complete and return the form below and mail it to Mike Morrow by May 23<sup>rd</sup> at 1028 Surmont Ct. Kingsport, Tennessee 37660. Feel free to call for more details.

**Questions:** Contact Mike Morrow at (423) 245-1201 or .

---

### REGISTRATION FORM

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Address: \_\_\_\_\_

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

Craft: Solo Canoe \_\_\_\_ Tandem Canoe \_\_\_\_ Kayak \_\_\_\_

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

My tandem partner's name: \_\_\_\_ . Need partner \_\_\_\_

List previous clinics taken:

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

List up to five rivers you have paddled and their levels (if applicable)

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

---

## **Introductory Whitewater School Instructors and Instructor Aid Boaters Needed**

The 32nd annual TEHCC/APE's Introduction to Paddling Clinic is quickly approaching. The clinic is the weekend of June 7th and 8th. Volunteers are needed to help instruct and assist instructors. 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 or e-mail , if you can help on one or both days. Thanks in advance.

## **Wilderness First Aid Course**

*By Mike Morrow*  
**July 12-13, 2003**

The APE's, TEHCC and I are sponsoring a Wilderness First Aid course taught by Stonehearth Open Learning Opportunities (SOLO). The course will be tailored to the needs of the group. That is if the group paddles, hikes, etc. I believe there is a great need for this training in our local paddling, hiking and outdoors enthusiast community. Red Cross First Aid is not enough for the situations we place ourselves in for recreation. Below is an explanation of the course from SOLO's website ([www.stonehearth.com](http://www.stonehearth.com)).

"Accidents can and do happen on ropes courses, along country roads, or in the backcountry, and all too often members of a group are not capable of dealing with the emergency. Not only does this lead to improper care of the patient, but it also endangers the entire group.

Studies have shown that many recreational accidents are preventable, and that improper care of trauma can compound even the simplest of injuries. Through our involvement in emergency medicine and rescue efforts, we at SOLO feel there is a need for training for all outdoorspeople - training which stresses preparedness and prevention; training which encompasses all phases of off-road emergencies; training which focuses on extended care issues and on prolonged transport situations. Very few first aid programs actually address the issues of providing emergency care in a rural, wilderness, or extended care setting.

This is SOLO's twenty-fifth year offering its workshops in Wilderness First Aid. Designed specifically for groups and their leaders, this 16-hour program covers topics ranging from preparation and prevention to assessment and treatment. All SOLO instructors are experienced rescue personnel with extensive outdoor experience and have been selected not only for their expertise in emergency medicine and rescue, but also for their teaching skills. Classroom lectures and discussions are supplemented by practical work and problem-solving exercises. The emphasis is always on hands-on experience. Scenarios are an important part of this training.

Day 1:

- Patient Assessment System
- Shock
- Long-Term Patient Care
- Soft Tissue Injuries

Day 2:

- Environmental Emergencies

- Fractures/Dislocations
- Splint Improvisation
- Preparedness

While much of the material appears to be standard emergency care information, the backcountry emphasis with long-term care and evacuation complications makes this course unique. Course material can be somewhat modified to meet the specific needs of a group, i.e. cycling, kayaking, climbing, etc. Since the principles of first aid are taught, this program is really applicable to any emergency situation."

APE's is paying the \$400.00 deposit for the course. The deposit must be made by early May to confirm the course. The deposit is not refundable. Therefore, I must receive your (non-refundable) course fee no later than May 5th, 2003. The fee for the course is \$115.00. Please make checks payable to Mike Morrow. The fee includes the course registration fee, mailing and travel expenses for the instructor(s). We must have a minimum of 15 people signed up for the course by May 5th. The course will be held all day Saturday, July 12th and Sunday July 13th. Plan on an early start and a long day. We will hold the course at the Eastman Lodge in Kingsport, Tennessee. An equipment list and other information will be sent out to each confirmed student about a month prior to the course.

You are confirmed for the course when I receive your payment. Please include the following items with your registration fee:

- List of outdoor activities you participate in
- Home mailing address
- Home phone number
- E-mail address, if available

After May 5th, your payment is not refundable. You are responsible to find a replacement if you cannot attend for any reason. Of course, I will assist you in this situation in any way possible.

I look forward to participating in this class with you. I am sure it will be fun and very educational. Obtaining this knowledge is a very important element in safety regardless of the activity you participate in. This information could help save your friends and your own life!

If you have any questions, feel free to contact me.

Mike Morrow

Phone (423) 245-1201 or email .

## **Swiftwater Rescue Practice Sessions**

*By Mike Morrow (TEHCC)*

I have scheduled a series of Swiftwater Rescue (SWR) practice sessions this winter/spring. The sessions will be held at the Eastman Lodge Banquet room from 6-8pm on the following dates: 1/27, 2/24 (Sorry for the long gap between sessions but I will be paddling in Ecuador for two weeks in February.), 3/10, 3/24, 4/7 and 4/21. All of the sessions are on Monday nights.

Let's face it, we do not spend a lot of time practicing these skills (even those of us that have had SWR training). This is a good thing as it means accidents are infrequent. But, when the time comes to use these skills, they must be done quickly and well. This will only come from practice! Taking a course is not enough. You have to practice the skills to be able to do them quickly and correctly. The better you can react as a team with minimal leadership the more efficient the rescue will be. It seems that recently I have been with groups that needed to use

these skills. In all of the situations, the people involved had taken a SWR course and had done some practicing. I was amazed at the efficiency we had as a team in dealing with the situations. It was great to be paddling with people that knew what to do without instruction. The sessions are free and open to all. You do not have to have previous SWR training to attend a session. We will practice rope work, z-drags, cinches, knots, etc. Think of it as roll sessions for SWR skills. Please bring a throw rope and any other safety equipment that you have (prusiks, carabiners, pulleys, tubular webbing, etc.). Also bring your paddle and life jacket. We can use a few boats to demonstrate pins and have something to tug on with the mechanical advantage systems. Please call or e-mail me to sign-up for the practice sessions. I just want to know how many to expect or whether or not to show up myself. Also, my plans may change, so I need to be able to contact you if you are going to be there. My home number is (423) 245-1201. My work e-mail is . Please provide a daytime phone number and e-mail address if possible.

See you at the practice sessions

Mike Morrow

## **APE's / TEHCC Swiftwater Rescue Course**

*By Mike Morrow*

**Course Dates:** Saturday and Sunday, August 23-24, 2003.

APE's and TEHCC are offering an ACA Format Swiftwater Rescue Course. This is a full weekend course and covers a lot of topics in Swiftwater Rescue tailored to recreational paddlers. This course should be a must take for anyone who regularly paddles our streams and rivers. The course is very physically demanding. So, you must be fit enough to participate. I guarantee that you will be tired and winded even if you think you are in shape.

**Location:** Saturday's session will be at Eastman Chemical Company's Lodge at Bay's Mountain. Sunday's river location will be determined Saturday and depends on water level.

**Description:** This is an intensive course involving classroom instruction, dry land practice and in water drills. The topics covered are: Accident Prevention, Rescue Philosophy, Rescue Equipment (ropes, carabineers, pulleys, rescue PFD, etc ), Swimming Skills in rapids (You will learn to ferry, catch eddies and peel out without your boat.), Wading Skills, Rope Handling, Foot Entrapment Release Techniques, Mechanical Advantage, Tag Lines, Stabilization Lines, Zip Lines, Releasing Boat Pins and some useful Knots.

**Prerequisites:** The course is open to ADULT (18 years old or older) APE and TEHCC members. All paddling skill levels are welcome. Remember, this will not be a paddling weekend. It is a physically strenuous weekend so you must be fit and be able to swim competently. By the way, did I mention we are going to have a lot of fun! You will be amazed how much fun you can have swimming in rapids.

**How to Register:** Please mail information about yourself (name, address, phone numbers, e-mail) and a check made out to Mike Morrow for the amount of \$60.00. My address is: 1028 Surmount Ct., Kingsport, Tennessee 37660. I am limiting the course to 10 students. I will start a waiting list if needed. If you do not get into the course, I will return your money. You are registered when I receive the items listed above. Also, provide me with information about your paddling history (number of times you paddle per year, do you paddle in the winter or warm weather only, class rivers you paddle). Also, include any health related information I need to be aware of while you are taking the course. I must have your registration information

no later than 07/21/03.

About a month prior to the course, I will mail you a packet of information about the course. If you have any questions about the course, feel free to contact me, Mike Morrow, at (423) 245-1201 (evenings before 10:00pm, please) or by e-mail at . I am planning to be on a paddling trip in early August. So, I may not be able to contact you until a week prior to the course.

## TEHCC Volunteer Needed

*By Steve Perri*

TEHCC has the need to fill the following new position:

**Recruitment Committee** - TEHCC is looking to put in place a committee to actively seek ideas and execute plans to improve our new membership recruitment plan. We really haven't had a formal process in place for years and so we need to reinvigorate our program. There are things we have been doing to educate the public about our club and what we do, but we need the follow up plan to get a personal communication plan in place to bring new members in. We seek both new and experienced member inputs to make this work. For more information or preferably to volunteer, contact Steve Perri (phone 423-349-5091, email ).

**Volunteer Found!** - Lauren Huffman has volunteered to take over the responsibilities of Rental Equipment Coordinator from Carl Fritz. She will begin her duties in mid-March and can be contacted via email at . Many thanks to Carl for taking care of the club's rental equipment and many thanks to Lauren for volunteering to take over. If you have questions or suggestions about the equipment rental program, please feel free to contact our new Rental Equipment Coordinator.

## Reminder to Potential Eastman Chemical Company Retirees

*By Richard Colberg*

If you plan to retire from Eastman and would like to continue receiving the TEHCC newsletter, please send Richard Colberg ( ) an e-mail note with your home e-mail address (if you have e-mail at home) as well as your home street address. We prefer to send the newsletter via e-mail to save us time and money, and so you can receive it (and any late hike notices) in a more timely manner. However, we would also like your street address so we can still reach you if your e-mail address changes. Thanks.

## Hints for Photos for our Web Site





*By Steve Banks*

Photos really add a lot to our newsletter and web site, and are much appreciated. To make sure your photos are included, and to minimize the time and effort required to include them, please try to comply with the following guidelines:

- 
- 
- 
- 
- 
- 
- The deadline for the newsletter (text and photos) is the **15th** day of the previous month.
- Submit photos as **attachments** to an email. Do not put them in a Word document or some other place where they can be difficult to extract.
- Submit them as **.jpg** files, **not** .gif, .bmp, or other file types.
- **Crop** them to eliminate borders, parts of other photos, the inside of your scanner, etc.
- For a newsletter photo, they should be at most 600 pixels wide by 586 pixels high. Other photos should be at most 800 pixels wide by 586 pixels high.
- If you have a digital camera, use the **highest (best)** resolution possible.
- Occasionally we receive inquiries about using photos from our web site for books and magazines. A resolution of 300 pixels/inch or better is the standard for these publications. If I have your name and contact info stored with the photograph, I will attempt to put you and the requester in touch so they get your permission to use your photo(s).
- Make sure there are no obvious **problems** - out of focus, light streaks, dirt, etc.
- Most importantly, include the caption you want to appear with each photo, including your name, the subject and location, the date the photo was taken, and the names of the people in the photo.

Thanks in advance for your help!! Please let me know what you think of our web site, and if you enjoy seeing photos and artwork in our newsletters.

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

**Maintenance Dinner, February 28, 2003**

*Leader: Joe DeLoach*

I'm sure that the snowy days have given everyone cabin fever to go out and work on the Appalachian Trail! Our kickoff meeting for the year, the Maintenance Dinner, is scheduled for Friday, February 28, beginning at 5:30 PM at the Eastman Lodge. Some of you may have been to other meetings at the Lodge; instead of the large room where we have most of the Club dinners, we'll be in meeting room F which with a capacity of 30 should be large enough to hold us all but small enough where we can talk more easily. I hope that all of you can either attend in person or have a member of your maintenance team attend. We have a couple of

volunteers who plan to bring food but others who wish to contribute either with food or by a donation are welcome to do so. Please let me know if you'd be willing to help out, or if you need directions to the Lodge. Otherwise, we'll see you in a couple of weeks!

Thanks,

Joe DeLoach. Maintenance Coordinator

Tennessee Eastman Hiking and Canoeing Club

**South Beyond 6000 Hike: Mt. Mitchell and Mt. Hallback, March 8, 2003**

*Leader: Garry S. Luttrell*

This hike will use the Mountains to Sea Trail and the Old Mitchell Trail to bag Mt. Mitchell (6684 ft.) and Mt. Hallback (6320 ft.) starting at the Blue Ridge Parkway and Highway 128 intersection (5200 ft.) near Potato Knob. Rating: A/3/A. Call Garry at 423-239-9854 or email him at for further information.

**Volunteer Opportunity for One Evening, March 10, 2003**

*By Carl Fritz*

One of the benefits of being a member of TEHCC is being able to rent quality tents, backpacks, sleeping pads and selecting paddling items at reasonable prices. This equipment must be inspected and repaired, if necessary. On Monday March 10 starting at 5:15 PM, we plan to inspect all the equipment in B310, Room 115. Come get some practice setting up some tents. Free pizza and sodas will be provided if you notify us ahead. It should only take us a couple of hours if we have a reasonable turnout. For more information or to volunteer, please contact Carl Fritz (phone 423-477-4669, email or Kim Peters (email ).

**Crosscut Saw Training, March 14-15, 2003**

*By Steve Perri*

This workshop will be sponsored by the Appalachian Trail Conference.

**Southern Regional Management Committee Meeting, March 21-23, 2003**

*By Steve Perri*

The Southern Regional Management Committee Meeting (SRMC) has been scheduled for March 21-23 at the Pinebridge Inn and Pinebridge Center in Spruce Pine, North Carolina. This is an annual meeting of the Southern maintaining trail clubs, ATC, and the other agency partners to review policies, recent events and trail protection/management issues. Several discussion groups will be held on contemporary management issues, the ATC partnership, how the A.T. should look or be managed, and other current programs in the Southern region. Since this is so close by, the club may take on a more active role in participating in the meeting. More information regarding the meeting will be forthcoming, so mark your calendars.

**A.T. Hike Notice: Cross Mountain to Watauga Dam Road (Iron Mountain), March 22, 2003**

*Leader: Collins Chew*

This hike will follow the relatively level crest of Iron Mountain from Cross Mountain to Watauga Dam Road, a distance of 15.6 miles. The total climb will be about 2,000 feet which isn't a lot considering the distance. It will be mostly on the ridge with fine views of mountains, valleys, and Watauga Lake through the still leafless trees. The earliest spring flowers may be blooming. It is our longest roadless stretch of the A.T., which makes for a long day. I will be taking data to revise the A.T. Guidebook but the new club GPS automatically records our trail so I only need locate the important points and don't need to record route info. If we hike close to 2 miles per hour, we should be out well before dark but a flashlight might be carried as emergency gear. We should be back in Kingsport by around 7:00 P. M. unless we eat

supper on the way back. We will drive to Watauga Dam Road to leave a car then drive to Cross Mountain to start the hike. (Volunteer(s) with enough room to carry everyone could meet us at Watauga Dam Road between 4:30 P. M. and 5:30 P.M. and take us to Cross Mountain. This would cut about a half hour off the trip time. We can probably call on a cell phone to better set the time while hiking.) It should be a long, very pleasant day if the weather is OK. Meet in the parking lot between McDonalds and State of Franklin Bank in Colonial Heights, Tenn. 36, Ft. Henry Drive, at 7:30 A. M. on Saturday, March 22, 2003. Bring lunch, water, flashlight, and appropriate clothing for the weather. For more information, call Collins Chew, 423/239-6237 or e-mail .

**Hike Notice: Elrod Falls (Sneedville, Tennessee), March 29, 2003**

*Leader: Vic Hasler*

*Rating: C/3/B (terrain rating raised from the schedule due to comments from other travel logs)*

This hike has been on the TEHCC suggested list for years, but no formal trek has been reported in the club newsletter. It also will be an expedition, since due to the inclement weather in January, the hike leader has not yet had a chance scout out the path. The trailhead is on Tenn. 31 between Mooresburg and Sneedville - roughly a 70 mile drive. There are two or three falls (the picture is of the upper one in late October). The first one should be reached in a 0.25-0.5 mile hike, while the others could be another half mile up a rocky path. There is a geocache now located in the falls area, so a GPS will be brought in an attempt to locate it. Bring lunch, comfortable boots (and maybe a spare pair of shoes/pants and bag to change afterwards in case of mud), and appropriate clothing for the weather. Meet at the usual spot by McDonalds in Colonial Heights at 8:00 AM. E-mail or call the hike leader at 423/239-0388 for more information.

**Hot Springs Trailfest 2003**

Trailfest 2003 in Hot Springs, North Carolina has been scheduled for April 11-12, 2003.

Trailfest is a low-key approach in □ celebration for A.T. hikers and friends □ with music, food and fun. Hot Springs is the first trail town for northbounders and a nice respite after their first few weeks on the trail - as well as a really nice mountain town.

Come join the town of Hot Springs and help spread the word to our fellow hikers, trail alumni, club members and friends. For more info, contact Jack Dalton (Pipsissewa -□93) at 828-622-3704 or .

**Southeastern U.S. Slalom and Wild Water Championship Races**

The 35th Annual Southeastern U.S. Slalom and Wild Water Championships will be held on Saturday and Sunday, April 26-27, 2003 on the Nantahala River near Bryson City, North Carolina. For more information, contact Susan Abernathy at 256-883-5222.

**ATC Biennial Meeting**

*By Steve Wilson*

ATC Biennial Meeting - Waterville Valley, New Hampshire - July 25 - August 1, 2003

This year's meeting location near the White Mountains in New Hampshire has a lot of promise for mixing trail interests with a family vacation.

**Special Activity and Trip Reports (Past)**

**Hike Report: A.T., Va. 601 to Elk Garden and Return, January 11, 2003**

*Leader: Mary Ellen Ress*

The day was a bit cold - a brisk 16 degrees at the Rt. 601 start, but the sky was a crystal clear blue so we had fantastic views from Buzzard Rock and Whitetop. The mountain was appropriately named because we hiked in snow almost the entire 11.4 miles, with 6-8 inches of the white stuff on the north side of the summit. Phyllis did a great job breaking trail most of the way. The brilliant blue sky framed rime ice on the tree branches, making a pretty sight. The wind was at gale force across the open areas, adding a lot of chill factor to the already cold temperatures, and lunch even out of the wind was a "standup, grab a bite before you freeze" ordeal. We hiked to Elk Garden and back without seeing any other hikers, although tire tracks on Whitetop Road indicated other life forms were there recently. We had a new club member/hiker from Bristol, Tom Hanlon, hike part of the way before he had to return to family duties. Hiking with Tom, were the three Mt. Washington survivors, Kim Peters, Phyllis Cairnes and Mary Ellen Ress.

Note: this article appeared in last month's newsletter too, but Mary Ellen provided some great pictures since then - see below:



Phyllis Cairnes





Kim Peters



Tom Hanlon and Phyllis Cairnes



Whitetop Mountain





View of Mt. Rogers



Cold and snowy



Whitetop in the COLD and WIND

**Hike Report: A.T., Rt. 603 to The Scales and Return, February 1, 2003**

*Hike Leader: Mary Ellen Ress*

A few miles out of Damascus, the light rain turned to snow, and the whole area became a winter wonderland. Unfortunately, on Rt. 603, we drove past a dying horse, and we went on a futile search to find the owner or caretaker. We finally left the search in the hands of some good-hearted Virginia folks, and went on to the trail head. We hiked 10.2 miles in 1 to 3 inches of fresh snow on top of old snow and ice, making the footing interesting, but the forest was beautiful with its blanket of white! And new snow fell for at least half the hike, making sure we didn't ever warm up too much. When we reached the Scales, we did some surprise post-holing in two foot drifts. We looked at Stone Mountain and wisely decided not to test our survival skills out in the wind and swirling clouds of snow, turning back just short of our original goal. First lunch wasn't quite out



of the wind behind a large boulder, and in several feet of snow, so we had second lunch a bit further on, where we could finally sit briefly and appreciate our thermoses of warm drinks. Hiking this delightful winter hike were Kim Peters, Freda Kuo, Phyllis Cairnes and Mary Ellen Ress.

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

**Name:** Bruce Cunningham

**Date:** Feb 3, 2003

**Purpose:** Improve Trail

**Section:** 12 - Bitter End to U.S. 19E

**Location:** Trail north of Walnut Mountain Road

**Number of People:** 2

**Total Hours:** 14

**People:** Mary Cunningham, Bruce Cunningham

**Individual Hours:** 2 x 7 hours

**Summary:** Marked and clipped new trail just north of Walnut Mountain Road.

**Name:** Carl Fritz

**Date:** February 5, 2003

**Purpose:** Dig sidehill trail on Elk River Relocation

**Section:** 12 - Bitter End to U.S. 19E

**Location:** Short relocation about one mile north of Campbell Hollow Rd

**Number:** 7

**Total Person Hours:** 63

**People:** Jim Baliff, Bruce Cunningham, Bill Elderbrock, Hueston Fortner, Robin Fought, Carl Fritz, and Bob Peoples

**Individual Hours:** 7x9 hrs

**Summary:** We dug 240 feet of sidehill on this minor relocation. It will take about two more days to complete this area.

**Name:** Steve Perri

**Date:** February 6, 2003

**Purpose:** Public Outreach Activity

**Location:** East Tennessee State University

**Number:** 3

**Total Person Hours:** 15

**People:** Kim Peters, Lauren Huffman, Steve Perri

**Individual Hours:** 3x5

**Summary:** Members of the TEHC Public Outreach Committee attended the ETSU Sawtooth Festival at the ETSU Outdoor Center on Feb 6. The club set up a display table to display our section photos, our white-water video and to pass out our brochures. A few students stopped by and picked up info. One student would like to have a group participate in a maintenance event during 2003.

**Name:** Steve Perri

**Date:** February 9, 2003

**Purpose:** 2005 Biennial Conference Steering Committee Meeting

**Location:** Asheville, N.C.

**Number:** 3

**Total Person Hours:** 27

**People:** Joe DeLoach, Bruce Cunningham, Steve Perri

**Individual Hours:** 3x9

**Summary:** The first planning meeting of the southern clubs for the 2005 ATC Biennial Conference was held at the Grove Park Inn in Asheville, N.C. The Committee selected Doris Gove of SMHC as the Chair with Vice Chairs Phillip Royer of SMHC, Mike Faith of SMHC, and Steve Perri of TEHC. The committee divided up committee tasks and will communicate assignments prior to SRMC. The 2005 meeting will be held at ETSU with a theme and logo to be selected. The title of the meeting was selected as the Southern Highlands 2005. A potential theme in the running is Remembering Our Past, Preserving Our Future. Next planning meeting will be held at SRMC.

**Name:** Carl Fritz

**Date:** February 18, 2003

**Purpose:** Dig trail and repair wet areas on Elk River Relocation

**Section:** 12 - Bitter End to U.S. 19E

**Location:** One mile trail north of Campbell Hollow Road

**Number:** 8

**Total Person Hours:** 72

**People:** Jim Baliff, Bruce Cunningham, Bill Elderbrock, Hueston Fortner, Carl Fritz, Ed Oliver, Bob Peoples, Frank Williams

**Individual Hours:** 8 x 9 hrs

**Summary:** We dug 180 feet of sidehill trail on this cold and snowy day in the mountains. We also felled a large, leaning locust tree. After dragging a 24 foot log that was 14 inches in diameter about 150 feet with a griphoist, we chainsawed it in half lengthwise. We only dulled two chains. Both halves are in position now as a bog bridge and only lack some finish details. One more day here will finish this small section.