

THE TENNESSEE EASTMAN HIKING & PADDLING NEWS

July 2004

www.tehcc.org

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

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NEXT TWO MONTHS				
Date	Description	Rating	Contact	Phone
July 10-11	Mount LeConte Lodge (Smokies)	B/3/B	Steve Falling	423-239-5502
July 17-18	Wilderness First Aid Course (Eastman Lodge)	<input type="checkbox"/>	Rebekah Morrow	423-245-8045
July 22 (Thurs)	F/B: Fun Fest Moonlight Hike	C/4/C	Terry Oldfield Kim Peters	
July 22-26	Konnarock: White Rocks Mountain A.T. Relocation	<input type="checkbox"/>	Joe DeLoach	423-753-7903
July 24-25	APE's/TEHCC Swiftwater Rescue Course	<input type="checkbox"/>	Mike Morrow	423-245-8045
July 31	F/B: Warrior <input type="checkbox"/> s Path State Park Devil <input type="checkbox"/> s Backbone and Fall Creek Loop Trails	C/4/C	Neil Dotson	423-245-6105
Aug 7	A.T.: Big Bald from Street Gap	B/3/B	Vic Hasler	423-239-0388

Aug 12-16	Konnarock: White Rocks Mountain A.T. Relocation	<input type="checkbox"/>	Joe DeLoach	423-753-7903
Aug 20-22	S900M Backpack: Fork Ridge Trail (Smokies)	AA/2/C	Garry Luttrell	423-239-9854

New Newsletter Editor



Submitted by Richard Colberg

Jan Mayo has decided to take advantage of Eastman's early retirement package. We wish Jan the best of luck in her future endeavors, and hope to see her on the trail.

Richard Colberg is taking over Jan's position as newsletter editor. Please send future newsletter articles to Richard at or .

Donation in Honor of Kent & Nancy Wilson



Submitted by Vic Hasler

The Tennessee Eastman Hiking and Canoeing Club (TEHCC) received a \$100 donation from "Grandma Jean & Grandma Sally" (Ms. Sally Burroughs of East Lansing, MI) with card saying: "Dear A.T. Maintaining Club: This donation comes to thank and honor Kent & Nancy Wilson for their dedication to hikers and the trail. Their help in planning and shuttling trips was invaluable and most appreciated. Opening their home to us was a huge piece of 'trail magic.' Please use this donation as you see fit to further the club's work with the trail. Most sincerely."

The Steering Committee decided to give the donation to Bob Peoples for hosting a BBQ meal for the thru-hikers during Hardcore in Damascus, Virginia. This action directly supports hikers doing trail work, thus keeping in the full spirit of the donation by Grandma Jean & Grandma Sally.

Featured Maintainer Dave McMillan

Submitted by C. B. Willis

Dave McMillan carries a bow saw and loppers on every hike on which he goes, as well as a litter bag. Dave is an Eastman employee and member of TEHCC, a member and past president of the Mid-Appalachia Hiking Club, as well as a member and maintainer with the Old Timers Hiking Club. The Mid-Appalachia Club maintains the Iron Mountain Trail and they do a great job of it. The trail is very well maintained and signed.

Many times we will miss Dave on a hike and after a short wait, he will show up having removed a blowdown or spending time in an encroaching laurel thicket. Dave does this himself and doesn't ask or expect help. It doesn't matter what trail he is on. He will work as hard in the Smokies or the BRP or a Virginia trail as he does on the trails for which he has responsibility. Dave is an example for all maintainers.

Editor's Note: We welcome similar articles submitted by any TEHCC member.



Fun Fest Moonlight Hike □ Bays Mountain Park Thursday, July 22, 2004



Leader: Terry Oldfield (423-276-4369,)

This year, we are again co-sponsoring the Moonlight Hike at Bays Mountain Park. This is a popular Fun Fest event with 300-400 participants taking the 2.5 mile hike around the lake. At least twelve volunteers are needed to count the hikers and keep them on the main trail. Volunteers need to be at the Bays Mountain Park dam at 7:30 PM for instructions. The hiking begins at 8:00 and finishes about 10:00. You should bring a flashlight, good shoes or boots, and a raincoat if rain is possible. The volunteer with the closest guess of the number of hikers will win a Bays Mountain T-shirt. Please contact Terry Oldfield or Kim Peters () to sign up to help or for more information.

Konnarock Crew White Rocks Mountain A.T. Relocation July 22-26 and August 12-16, 2004

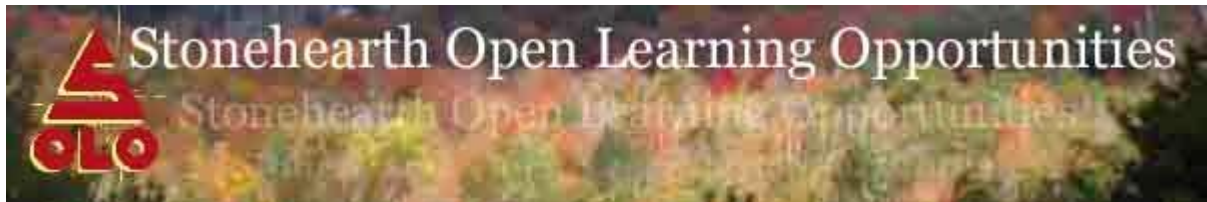


Contacts: Joe DeLoach (423-234-0374) and Ed Oliver (423-349-6668)

We have two weeks of Konnarock Crew time remaining this year to continue the series of Appalachian Trail relocations on White Rocks Mountain we began in 2003. White Rocks Mountain is in Carter County, stretching 10 miles trail south of Dennis Cove. We are working on seven individual relocations, with two completed in 2003. The Konnarock Crew works from Thursday through Monday, with Thursday and Monday being short days, and it really helps to get the work done when we have a good turnout of Club volunteers. We have had excellent support for the Konnarock Crew in years past and let's continue that in 2004! Those volunteers who work at least five days with the Crew earn the

coveted Konnarock T-shirt. We'll have trips leaving from Colonial Heights at 8:00 AM each day; bring lunch, work gloves, and plenty of water. Please let us know in advance if you'd like to help so we can bring enough tools. For details or to sign up, contact Ed or Joe.

Wilderness First Aid Course
July 17-18, 2004
Eastman Lodge □ Kingsport, TN



Submitted by Rebekah Morrow

The Appalachian Paddling Enthusiasts (APE□s) and Tennessee Eastman Hiking and Canoe Club (TEHCC) are sponsoring a Wilderness First Aid (WFA) course taught by Stonehearth Open Learning Opportunities (SOLO). The course will be tailored to the needs of the class participants. For example, if the participants consist mainly of hiking enthusiasts, the instructor(s) will gear the class towards the needs of hikers. 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 outdoor enthusiasts place themselves in for recreation. Below is an explanation of the course from SOLO□s website (www.soloschools.com/wfa.html):

□...*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. □

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!

The fee for the course is \$115.00. This fee includes the course registration fee, mailing, and travel expenses for the instructor(s). Once received, this fee is non-refundable. However, if an emergency arises, a substitute may be found to take your spot in the class.

Location: The course will be held all day Saturday, July 17th and Sunday, July 18th from 8:00 am until ~6:00 pm and will be held at the Eastman Lodge in Kingsport, TN.

How To Register: Please mail the attached registration form along with a check made out to **Rebekah Morrow, 1900 Madison Ave, Kingsport, TN 37665**. The deadline for registration is **May 1, 2004**. 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 your payment has been received.

If you have any questions, you may contact Rebekah Morrow by phone at (423)245-8045 (before 10:00 pm, please) or e-mail at .

REGISTRATION FORM **Wilderness First Aid Course**

Name: _____ Date: _____

Address: _____

Home Phone: _____ Work Phone: _____

E-mail: _____

List of Outdoor Activities you participate in: _____

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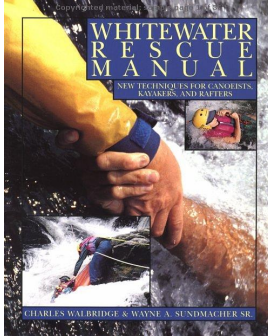
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List of Previous First Aid Courses taken and/or First Aid Experience: _____

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**APE's / TEHCC Swiftwater Rescue Course
July 24-25, 2004**



Submitted by Mike Morrow

APE's and TEHCC are offering an ACA Format Swiftwater Rescue Course taught by Mike Morrow. 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. It will also be a very fun weekend! You will be amazed how much fun you can have swimming in rapids.

How to Register: Please mail the following registration form and a **check made out to Mike Morrow for the amount of \$65.00 to 1900 Madison Ave., Kingsport, TN 37665.** (Note: course fee has increased due to increased costs from ACA.) The course will be limited to twelve students but a waiting list will be started if needed. If you do not get into the course, your money will be returned. You are registered when the items listed above are received. **Your registration information must be in no later than June 25, 2004.**

Two to three weeks prior to the course, you will receive a packet of information about the course. **If you have any questions about the course, feel free to contact Mike Morrow by phone at (423) 245-8045 (evenings before 10:00pm, please) or by e-mail at .**

REGISTRATION FORM Swiftwater Rescue Course

Name: _____ Date: _____

Address: _____

Work Phone: _____ Home Phone: _____

E-mail: _____

Experience (check one): Beginner ___ Novice ___ Intermediate ___ Expert ___

Average number of times paddle per year: _____

I paddle (check one): Year Round ___ Warm Weather Only ___

List previous SWR courses taken: _____

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List up to five rivers you have paddled and their Classes (I, II, III, IV, V, if applicable):

—

—

Do you have any health related conditions the instructor should be aware of during this course? If so, please explain (this info will only be made available to the instructor(s) but if you would feel more comfortable talking with them in private about your condition, please do so):


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Multiclub Meet 2004
Camp Wesley Woods; Walland, Tennessee
September 3-6, 2004

Submitted by Steve Perri

 The Smoky Mountains Hiking Club is hosting the annual Multiclub Meet in 2004 at Camp Wesley Woods. The weekend consists of hiking in the Great Smoky Mountains National Park and surrounding areas, as well as excursions, slide shows and a dance. There will be plenty of time to spend with friends both old and new.

Located about 30 miles south of Knoxville, Tennessee, Camp Wesley Woods is a beautiful 710-acre retreat 20 minutes from the Great Smoky Mountains National Park. Streams, cliffs, mountain forest and river frontage provide stimulating settings for outdoor recreation. Many trails diverge in the woods, leading the inquisitive from valley to ridge tops abundant with wildflowers and wildlife.

Look around their website at www.campwesleywoods.com to learn more about Camp Wesley Woods and the outdoor experience that they enjoy offering to you.

There will be accommodations in cabins or in your own tents. Two cabins at Wesley Woods have been reserved with a capacity of 12 people each. Spaces in the cabin rent for \$11 per person per night. Tent camping is available at various sites around the Wesley Woods compound. Tent sites cost \$5/person/night. Meals are served by the camp staff at Tipton Lodge. Wesley Woods does not provide supper on Fridays, but there are several restaurants within easy driving distance.

Wesley Woods provides only cold meals on Sundays.

For more information about Multiclub 2004, contact Dianne Gruber or Pete James at 865-977 0807 or .

TEHCC Welcomes New Members

Donald Duane Brooker

Peter King

Tommy McGlothlin

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

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

Overnight Hike: Mount LeConte Lodge (Smoky Mountains); July 10-11, 2004

Leader: Steve Falling (423-239-5502)

Rating: B/3/B (Moderate)

The Hiking Club will repeat its annual overnight hike to Mount LeConte Lodge in the Great Smoky Mountains National Park. We will hike up on Saturday, spend the night in two cabins (double bunk beds!) and hike back down on Sunday. The distance is 5.5 to 7.8 miles one-way depending on the route. The cost per person is \$91.43. This price covers supper on Saturday, lodging for the night and breakfast on Sunday. We only have reservations for eight people, so call in your request before sending money.

Family/Beginner Hike: Warrior's Path State Park

Devil's Backbone and Fall Creek Loop Trails, July 31

Leader: Neil Dotson (423-245-6105)

Rating: C/4/C

This hike, even if short (around 5 miles at most), does provide variety: cliffside views, a creekside stroll, and then open fields. We will begin with a scramble up the hill to the cliff (where you find yourself at the margin of the golf course!) and then there is a climb down (steeper, to my recollection) to Fall Creek. We can explore the Fall Creek Loop Trail as far as we think little feet can stand, given that we will have to retrace our steps if we don't spot a car at the end the loop trail (a possibility). We will meet at Warrior's Path parking lot near the swimming pool (just inside the gate off Hemlock/Fall Creek Roads) at 9:00 AM, to beat the summer heat. Please call for more information as the time approaches and so I can plan for numbers. Current plans are to be done by lunchtime (between noon and 1:00). Dress appropriately for a summer hike and do bring water and snacks.

Overnight Hike: Charit Creek Lodge (Big South Fork); October 23-24, 2004

Leader: Steve Falling (423-239-5502)

Rating: Easy to Moderate



The Hiking Club has reservations for 12 overnight visitors to Charit Creek Lodge in the beautiful Big South Fork National River and Recreation Area. This park is on the Kentucky-Tennessee border north of Knoxville. We are timing this trip to enjoy the autumn foliage and cooler temperatures. We will hike in on Saturday, spend the night in two 12-person rooms in the lodge and hike back on Sunday. There are several hiking trails to choose from (0.8 to 11 miles one-way). Last trip, we took the short trail, dropped off our gear at the lodge, and then explored the area. There are many interesting geological formations nearby—for example, the [massive double natural bridge](#) pictured at left. The cost per person is \$65.00. This price covers supper on Saturday, lodging for the night and breakfast on Sunday. We only have reservations for 12 people, so call in your request before sending money.

Special Activity and Trip Reports (*Past*)

Trip Report: National Trails Day; June 5, 2004

Submitted by Collins Chew

We had a great day today completing the Laurel Run Trail between Bays Mountain Park and Laurel Run Park. Thirty four people turned out to dig side-hill trail, complete trimming and paint blazes. Although some more digging could be done to improve the trail, all the essential digging was done and the trail is better graded than many of our old, established trails. The section in Laurel Run Park was not improved and is, unfortunately, very muddy and slippery in addition to having two difficult stream crossings. A number of organizations participated and sponsored this National Trails Day Event. These were Tennessee Eastman Hiking and Canoeing Club, Bays Mountain Park Association, Kiwanis Club of Cosmopolitan Kingsport, and the Friday Hikers. Four preliminary work trips made today's success achievable. Several individuals came because of the Kingsport Times-News article and, perhaps, because of my interview on the Dave Hogan show on WGOC. Individuals participating were: Don and Larry Baker, Dave Calvert, Collins Chew, Margy Clark (did all the blazing), Anne Cosby, Mary and Bruce Cunningham (tool master), Rick Currie, June Donaldson, Dean and Park Greer, Steve Haynes, Brent and Eugene Harris, Bob Harvey, Vic and Clark Hasler, Steven Hewitt, Gale Manley, Darrol Nickels, Tom Odom, Ed Oliver (construction supervisor), Scott Thomas, Bob Vitous and eight members of the Community Service Team of Hawkins County, brought by Lt. Harry Burton.

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

Name: Bruce Cunningham

Date: May 25, 2004

Purpose: Maintenance - especially weed control

Section: 8 - Watauga Dam Road to U.S. 321

Location: From Forest Service Gate to U.S. 321

Number: 2

Total Hours: 14

People: Darrol Nickels, Bruce Cunningham

Individual Hours: 6 hours (Darrol Nickels) + 8 hours (Bruce Cunningham)

Summary: Weed maintenance and TLC for hemlocks. Trail is in good shape. Report by Hicker was exaggerated, but we were there so we did the maintenance.

Name: Carl Fritz

Date: May 27, 29 and 30, 2004

Purpose: Work with Konnarock Crew on Trail Relocation

Section: 11 - Dennis Cove Road to Bitter End

Location: Near Canute Place

Number: 9

Total Hours: 166

People: Bruce Cunningham, Mary Cunningham, Carl Fritz, Garry Luttrell, Darroll Nickels, Ed Oliver, Bob Peoples, Kim Peters, Tom Scalf

Individual Hours: Detailed report to Jeff Siirola

Summary: The Konnarock Crew had twelve members. With the support of club members we completed the first trail relocation trail south of the Canute Place. This relocation of 2000 feet takes out a steep section. On Thursday, Ed and Tom also removed a large blowdown south of Dennis Cove Road. On Friday, rains prevented Club members from participating but the Crew was able to work for several hours. Sunday evening, the Club treated the Crew to pizza and distributed Club patches to the members.

Name: Carl Fritz

Date: June 2, 2004

Purpose: Trail Assessment for Park Service

Section: 20 - Nolichucky River to Spivey Gap

Location: Devils Creek to Nolichucky River

Number: 2

Total Hours: 22

People: Ed Oliver, Morgan Sommerville

Individual Hours: 2x11 hrs (everyone)

Summary: Ed and Morgan completed the trail assessment for Park Service for this section. There are a half dozen pines down on the trail at Cliff Ridge. Bill Berry's adopted section was free of blowdowns and he was so notified.

Name: Carl Fritz

Date: June 8, 2004

Purpose: Blaze, cut weeds, remove blowdowns and install water bars

Section: 13 - U.S. 19E to Hump Mountain

Location: 19E to Dolls Flat

Number: 8

Total Hours: 77

People: Bruce Cunningham, Bill Elderbrock, Hueston Fortner, Jim Foster, Carl Fritz, Peter King, Ed Oliver, John Thompson

Individual Hours: 8 hrs (Peter) + 9 hrs (Hueston) + 6x10 hrs (everyone else)

Summary: We cleared trail of weeds and blowdowns from Doll's Flat to 19E. Added additional blazes at Doll's Flat to avoid confusion with multiple trails. Most of our effort was installing about 15 locust water bars just below Doll's Flat headed trail north. Several steps are still needed in this

area to hide some difficult root systems.

Name: C. B. Willis for Old Timers Hiking Club

Date: June 9, 2004

Purpose: Clipping weeds, clearing debris, normal early summer maintenance

Section: 18 - Switchback in USFS 230 to Indian Grave Gap

Location: Low Gap to Indian Grave Gap

Number: 10

Total Hours: 80

People: David McMillin, Mike Hupko, Gil Derouen, Bob Miller, Clyde Taylor, Faye Guinn, Howard Guinn, Malcolm Wolf, Joseph Buscorn, CB Willis

Individual Hours: All had 10 hours

Summary: Worked with two teams, cut weeds, picked litter at USFS 230 crossing, trimmed laurel and other woody plants, used bow saws to clear several small blowdowns, spotted large downed tree to return with chain saw. We will finish the weeding, etc., on Monday, June 14th, and also finish the 3 miles of blazes in Section 17.

Name: Bill Berry

Date: June 12, 2004

Purpose: Cut blow downs and annual growth

Section: 20 - Nolichucky River to Spivey Gap

Location: Temple Hill Gap to just south of No Business Knob Shelter

Number: 1

Total Hours: 7

People: Bill Berry

Individual Hours: 7 hours Bill Berry

Summary: Cut four blow downs and cut annual growth. Two big trees are trimmed and ready for chain saw; reported this to Ed Oliver.

Name: C. B. Willis for Old Timers Hiking Club

Date: June 14, 2004

Purpose: Complete the weeding, clipping, blazing for early summer

Section: 17 - Iron Mountain Gap to switchback in USFS 230

Location: Low Gap north to Iron Mountain Gap

Number: 10

Total Hours: 74

People: Waymon Mumpower, Malcolm Wolf, Loretta Arnold, Mike Hupko, Fred Wetzel, Gil Derouen, Dave McMillin, Howard Guinn, Faye Guinn, CB Willis

Individual Hours: 2 hours for Waymon Mumpower and 8x9, 72 hours for everyone else.

Summary: We weeded, clipped, removed several (7-8) blowdowns up to 8" diameter, cleaned shelter, left new shovel, and cleaned and repaired several water bars. Our entire adopted section has now been blazed and weeded and cleared of blowdowns during 2004. We enjoyed our day; however we were saddened, upset and very angry to see how horses and ATV's had churned up our trail from Cherry Gap south to 1/2 mile past the shelter where their tracks led east to the NC side. This is the area where TEHCC members assisted the Old Timers in installing about 90 very much needed water bars a few years ago. The tracks were deep and the plowing of the trail by the horses hooves made the trail very slick and difficult to stand, especially on the uphill south of the shelter. Some water bars were moved by the hooves. Can we do anything?

Name: Carl Fritz

Date: June 17, 2004

Purpose: Assess Trail

Section: 13 - U.S. 19E to Hump Mountain

Location: Hump Mountain to U.S. 19E

Number: 4

Total Hours: 40

People: Matt Davis, Carl Fritz, Julie Judkins, Ed Oliver

Individual Hours: 4x10 hrs (everyone)

Summary: We hiked up to Hump Mountain and then did a complete assessment of the trail down to 19E for the National Park Service. Ed completed cutting weeds from Dolls Flat to Hump Mountain. Many hikers were out on this section for some great views. The newly permitted camp had about 24 folks camped near Dolls Flat. They hiked in two separate groups and showed exemplary performance.

Name: Carl Fritz

Date: June 17-21, 2004

Purpose: Work with Konnarock Crew on Trail Relocation

Section: 11 - Dennis Cove Road to Bitter End

Location: White Rocks Mountain trail south of Canute Place

Number: 13

Total Hours: 173

People: Paul Benfield, Bruce Cunningham, Mary Cunningham, Hueston Fortner, Jim Foster, Carl Fritz, Peter King, Tom Odom, Ed Oliver, Bob Peoples, Steve Perri, Justin Fox THE RUNNER, BLISTER

Individual Hours: Spreadsheet sent to Jeff and Joe

Summary: We started but were unable to complete two smaller relocations. Both require steps at the switchbacks. Unfortunately, the locals harassed the Crew on Friday night at their campsite. The crew abandoned camp and moved to Kincora Hostel. Ed and Mary treated the Crew and volunteers to barbecue, baked beans, coleslaw and cake on Sunday night. Monday, Bob and the Crew inspected the next work site in Laurel Fork Gorge.

Name: Steve Perri

Date: June 19, 2004

Purpose: Weed cutting

Section: 1 - Damascus to Backbone Rock trail junction

Location: Turkey Pen Gap to Big Laurel Branch Wilderness

Number: 2

Total Hours: 10

People: Steve Wilson, Steve Perri

Individual Hours: 5 hr each

Summary: We attempted to drive up Elliot Hollow to access Iron Mountain. After about 0.3 mi., we decided that this was not going to work since the road was saturated. We made this decision after slipping severely on a short steep climb at the base of the mountain that had a good exit and few trees in the event that we had trouble stopping after sliding backwards. We then ventured to Watauga Lake to cut weeds and this was already done. We noticed six to ten 4-8" diameter trees had been cut about three feet off the ground. We believe they may have been cut while still green

for firewood. We then visited Doe River Gorge to inspect their facilities for a future Multi-club or SRMC meeting.