

# THE TENNESSEE EASTMAN HIKING & PADDLING NEWS

March 2005

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
Mar. 5	Smokies: Rich Mountain Loop	B/2/B	Neil Dotson	423-323-3493
Mar. 12	Greasy Creek Gap	B/3/C	Ed Oliver	423-349-6668
Mar. 18-19	Appalachian Trail Summit	---	Janet Hensley	423-743-1932
Mar. 26	Smokies: Albright Grove Loop	B/3/B	Mary Ellen Ress	423-349-6536
Apr. 8	Spring Dinner Meeting	Fun	Vic Hasler	423-239-0388
Apr. 28- May 1	Third Southeastern Foot Trails Conference, Pickens, South Carolina	---	Steve Perri	423-349-5091

*For an explanation of the hike ratings, see [Hiking Schedule](#).*

## Tennessee Eastman Hiking and Canoeing Club Spring Dinner Meeting April 8, 2005

Mark your calendar now and make plans to attend the Spring Dinner Meeting

**When:** Friday, April 8<sup>th</sup>, 2005 starting at 6:00 pm  
**Where:** Eastman Lodge, 404 Bays Mountain Road, Kingsport, TN  
**Program:** "The Grandest Canyon"  
Brad Jones, Naturalist, Winged Deer Park, Johnson City, TN  
Stay tuned, more details to follow.

## **Change in Newsletter Editor**

*Submitted by Kim Peters*

After several years as newsletter editor, Richard Colberg has decided to step down to allow more time for his other interests. We extend a big thank you to Richard for his service to the Tennessee Eastman Hiking and Canoeing Club as newsletter editor, and for his continued service in other capacities. Terry Oldfield and Kim Peters have agreed to take on the task as co-editors. As always, please send any submissions for the newsletter to . Please also feel free to send along any comments, criticisms or suggestions. This is your newsletter and we would like to make it as useful a document as possible.

## **Reminder to Potential Eastman Retirees**

*Submitted 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 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.

## **TEHCC Welcomes New Members**

Brian Bennet    Edward Farnworth    Richard LaFlamme

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

## **The Second Annual Appalachian Trail Summit March 18-19**

The Second Annual Appalachian Trail Summit will be held March 18-19 at 203 North Elm Avenue, Erwin, TN.

Key topics to be addressed:

Is the Appalachian Trail an economic resource for our area?

Is the Appalachian Trail a recreational resource for our area?

The goals for this event are:

1. That everyone will have a better understanding and appreciation of the Appalachian Trail as a valuable economic and recreational resource for Erwin and Unicoi County.
2. To continue to encourage the networking among local businesses, agencies and individuals that promotes Erwin and Unicoi County as HIKER FRIENDLY!

3. To provide those interested in hiking and backpacking with some basic knowledge about hiking safety, equipment, and gear, as well as give them resources for learning more about these activities.
4. To provide a day of fun and learning to the community as a way of celebrating the Appalachian Trail and Appalachian Trail hikers as valuable resources to our community.

#### **Schedule of Events:**

#### **Friday, March 18**

5:00-7:00 p.m. NETWORKING SOCIAL AND FUNDRAISING DINNER:

Dinner Served Buffet Style; \$6.00 per person (Please call 743-1932 to make reservations.)

7:00-8:00 p.m. KEYNOTE SPEAKER:

Andy Brown from Equinox Environmental Consultation and Design, Inc. will present the findings of the new Upper Nolichucky Watershed Natural Resources Study.

8:00 p.m. FEATURE FILM:

The New Mark Flagler film "Appalachian Impressions" will be presented. This film is beautifully made and is a great introduction to the Appalachian Trail and those that hike it!

#### **Saturday, March 19**

9:00 a.m.-5:00 p.m. RAIN OR SHINE!

The public is invited to join local business owners and our community leaders for a fun filled day of events designed to promote a better understanding of what the Appalachian Trail is and what it means to our community. Those attending will enjoy hiking and trail related exhibits and workshops presented throughout the day by different organizations.

For More Information call the event coordinator, Janet Hensley (423-743-1932)

## **Hike Leaders Needed for Southern Highlands ATC July 2 - 8, 2005**

*Submitted by Collins Chew*

TEHCC is one of the host clubs for the Biennial Meeting of the Appalachian Trail Conference (ATC) to be held the week of July 4, 2005, at East Tennessee State University. One of the most popular features of these meetings are guided hikes for those attending from other areas. We will lead 57 hikes covering all of our A.T. section and a number of miles past our section in both directions. We will hike every day, July 2 - 8. We will also lead hikes to waterfalls, rails-to-trails, area parks, and other interesting places nearby. Most of the hikes will be offered three times and many are shuttle hikes with leaders needed in both directions □ so we need a great many leaders. If you are able and willing to lead one or more (up to six), hikes, please contact Collins Chew at 423-239-6237 or , and Collins will send you a schedule so you may pick the hikes you wish to lead. Thank you. **If you can do it, we really need you.**

## **Introductory Whitewater School 2005 June 2, 4, and 5**



Submitted by *Rebekah Morrow*

The 33rd annual □Canoe School□, sponsored by TEHCC in association with the Appalachian Paddling Enthusiasts (APEs), will be held June 2, 4, and 5. 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 before, there will be a strong emphasis on river safety. Participants will be responsible for providing their own gear and transportation.

**Minimum required gear:** Whitewater canoe w/ one paddle per paddler plus one spare per boat and helmet, or a whitewater kayak w/ 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.

<b>Schedule:</b>	June 2 <sup>rd</sup> (Thur) 6:00-9:00 PM	Lecture and films. Eastman Lodge, Room A2 Eastman Recreation Area, Near Bay□s Mountain Students must attend this meeting to participate on Saturday.
	June 4 <sup>th</sup> (Sat) 9:00 AM	Lake and River Trip, class I-II. Duck Island Parking Lot Warriors Path State Park, Kingsport, TN Students must participate on Saturday to participate on Sunday.
	June 5 <sup>th</sup> (Sun) 10:00 AM	River Trip, class II. 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 money.

**Cost:** \$40.00 per student payable by April 30th (**make checks out to Rebekah Morrow**); plus ACA event membership fee, payable at Thursday evening's lecture. Students will also be responsible for paying any river access fees for the Sunday river trip. All proceeds from the course will go towards Heff-Fest 2006.

**Registration:** Complete and return the form below and mail it with your check to Rebekah Morrow by April 30th, 1900 Madison Ave Kingsport, TN 37665. Feel free to call for more details.

**Questions:** Contact Rebekah Morrow at (423) 245-8045.

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REGISTRATION FORM - Whitewater School

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_

Craft (please check one): Solo Canoe \_\_\_\_ Tandem Canoe \_\_\_\_ Kayak \_\_\_\_

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

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

List previous clinics taken:

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

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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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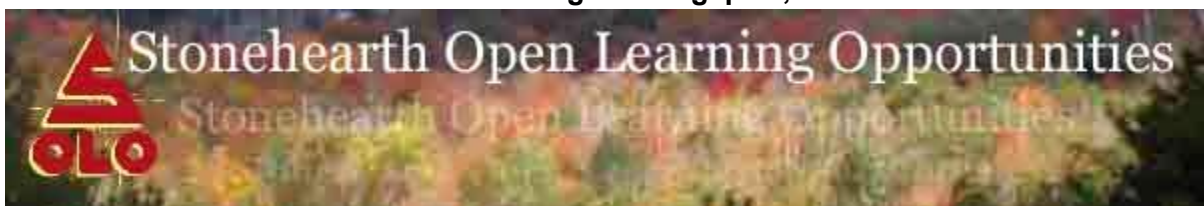
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## Wilderness First Aid Course

August 6 and 7, 2005

Eastman Lodge □ Kingsport, TN



*Submitted by Rebekah Morrow*

The Appalachian Paddling Enthusiasts (APEs) and 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 enthusiast place themselves in for recreation. Below is an explanation of the course from SOLO's website

([www.soloschools.com/wfa.html](http://www.soloschools.com/wfa.html)):

*"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 outdoors people - training which stresses preparedness and prevention; training which encompasses all phases of off-road emergencies; training which focuses on extended care issues 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."

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 includes the course registration, and 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 place in the class.

**Location:** The course will be held all day Saturday, August 6th and Sunday August 7th from 8:00 am until ~6:00 pm 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 to 1900 Madison Ave, Kingsport, TN 37665.** The deadline for registration is **June 1st 2005**. 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 (423)245-8045 (before 10:00 pm, please), Or e-mail: .

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

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**TEHCC Rental Equipment - Sleeping Pads**

*Submitted by Vic Hasler, Rental Equipment Coordinator,*

Are you still sleeping on the ground at "dad and lad" or other camping events? The club has the following sleeping pads available for rent at \$2 for 1-4 days or \$3 for 5-10 days. All are in good to excellent condition; although you can see the popularity below. The new HP-8 is a donation by Hueston Fortner and is a longer version of what I have used for a decade. Try them out...

<b>ID Number</b>	<b>Size</b>	<b>Description</b>	<b>Times Rented '04</b>
HP-1	Std	Therma-Rest Ultralight Sleeping Mat, 1lb3oz,	5

		20x48x1, Green/Rust	
HP-2	Long	Ridgerest Deluxe Pad, 1lb2oz, 72", Green/Purple	2
HP-3	Std	Therma-Rest Sleeping Mat, 20x48x1.5, Green/Brown	6
HP-4	Long	Therma-Rest Ultralight Sleeping Mat, 20x72x1, Green	4
HP-6	Long	Z-Rest Folding Sleeping Pad, 20x72x1, 1lb, Green	5
HP-7	Long	Slumberjack Sleeping Mat, 22x72x1.5, 3lb, Blue/Gray	4
HP-8	Long	Therma-Rest Sleeping Mat, 20x72x3/4, Orange	New
HP-9	Std	Therma-Rest Sleeping Mat, 20x47x1.5, Green/Mauve	6
Pad = Compact foam pad		Mat = Self-inflating mattress	

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

For an explanation of the hike ratings, see [Hiking Schedule](#).

**Hike Notice: Smokies Day-Hike, Rich Mountain Loop; March 5, 2005**

*Leader: Neil Dotson (423-323-2393)*

[Rating:](#) B/2/B

I think this is the third time I've tried to lead this hike, but I'm not so superstitious as to think that that will make a difference! But I'll try again anyway . . . Rich Mountain is in the western part of the Smokies, lying on the north side of Cades Cove. This 8.5-mile loop uses the Rich Mountain Loop Trail, Indian Grave Gap Trail, and the Crooked Arm Ridge Trail to make the climb from 1900 ft to 3700 ft and back down again. This hike is somewhat complementary to Garry Luttrell's hike on December 4 from Cades Cove to the Wye where he went east from the Crooked Arm trail, this hike will explore the loop just to the west. (See his report and pictures in the January newsletter.) In winter we should enjoy more numerous and more expansive views and each of the three trails we use have advertised views even when the leaves are in place: views of the main spine of the Smokies to the south and of Cades Cove lying between. One may even hope that the higher mountains will be snow-covered. Also, closer at hand, we will see several different forest types, Crooked Arm Falls, the John Oliver Cabin (from early 1800's), and a fire tower site. We will meet in Colonial Heights in the parking lot between McDonalds and the bank at 7:00 a.m.; yes, the hour is early but it is a long drive to the entrance of Cades Cove where the trailhead is, and the days are pre-equinox short. Please call for more information as the time approaches. Dress appropriately for a winter hike. Bring lunch and adequate water. Depending on the hour we may eat out on the return trip.

**Hike Notice: Greasy Creek Gap, Loop Hike; March 12, 2005**

*Leader: Ed Oliver (423-349-6668)*

[Rating:](#) B/3/C

This will be a loop hike starting from Tiger Creek Road in Roan Mountain. We will park at fellow TEHCC member Paul Benfield's house and follow a Forest Service road and some old trails up to the Appalachian Trail. We will follow the AT south to Greasy Creek Gap. From the Gap we will pick up another Forest Service road and follow it back down to the starting point. The total distance is about 7 miles. An optional route is to follow the AT north instead of south and hike to Little Rock Knob, which will afford some spectacular views, weather permitting. We will meet in Colonial Heights in the parking lot between McDonalds and the bank at 8:00 am. Due to the



uncertainty of weather this time of year, please contact the hike leader if you plan on going so you can be notified of any weather related changes in plans. Bring water, lunch and wear appropriate clothing for a winter hike.

**Hike Notice: Smokies, Albright Grove Loop; March 26, 2005**

*Leader: Mary Ellen Ress (423-349-6536 or )*

Rating: B/3/B

This hike was originally scheduled in January but didn't happen because of an ice storm. Maybe March will be safer. This is a 7 mile (approximately) hike in the Great Smoky Mountain National Park to a virgin forest. I've never been there, but it looks like a fairly gradual climb (about 1200 feet) on the Maddron Bald Trail, then a loop around the forest, and return. The trailhead is just past Cosby, TN. Since it will be a bit of a drive, we'll meet in Colonial Heights between the McDonalds and the bank at 7:30 am. Bring lunch, water and appropriate clothing. Please call or email the leader if you are planning to hike - that way I can let you know if the hike has to be cancelled due to many feet of snow or 1/4 inch of ice.

**Mount LeConte Lodge (Smoky Mountains); July 9-10, 2005**

*Leader: Steve Falling (423-239-5502)*

Rating: B/3/B (Moderate)

For the past 25+ years TEHCC has organized a summer weekend trip to Mount LeConte Lodge in the Great Smoky Mountains National Park. The hiking distance to the lodge is 5.5 to 7.8 miles one-way, depending on the route. The price this year is \$94.17 per person which covers supper on Saturday, lodging for the night (double bunk beds!) and breakfast on Sunday. We still have a few openings so if you are interested in taking this trip please contact the hike leader for availability.

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

**Bays Mountain Perimeter Trails; February 5, 2005**

*Submitted by Vic Hasler*

A cold (28°F) blue sky greeted eight hikers who enjoyed the early morning while walking along the Bay Mtn Road. The hike continued past the antennas to see the vistas from along River Mtn Road and at the fire tower. The group continued down to Feagins Gap and took Lake Road back to the reservoir dam. The jaunt of a seven and some mile loop was completed in 3.5 hours as the temperature rose into the 50□s and clothing layers were shed. Stretching their legs and enjoying conversation were JG Campbell, Debi Berry, Rick Virost, Patrice Riesenber, Taylor Pickard, Kim Peters, Kat Johnson, and the leader, Vic Hasler.





*Hikers enjoy a break at the Bays Mountain Fire Tower (photos courtesy of Kim Peters)*

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

**Name:** OLD TIMERS HIKING CLUB, C.B. Willis

**Date:** January 21, 2005

**Purpose:** To complete clearing trail from Indian Grave Gap to FS 230

**Location:** Indian Grave Gap north to FS Road 230

**People:** Howard Guinn, Faye Guinn

**Summary:** Completed clearing this section of several minor blowdowns as well as two rather large trees. Needed chain saw to complete the work we started previously.

**Name:** Carl Fritz

**Date:** January 26, 2005

**Purpose:** Recruit college student volunteers

**Location:** Appalachian State University

**People:** Jim Foster, Ed Oliver, Bob Peoples

**Summary:** Jim, Ed and Bob set up a display booth at the Appalachian State University Internship and Volunteer Fair. Over a dozen students signed up with the new group that is going to work on the Appalachian Trail.

**Name:** John Arwood

**Date:** February 5, 2005

**Purpose:** Day Hiking

**Location:** Indian Grave Gap to Nolichucky River

**People:** Catherine Batts, John Arwood

**Summary:** While day-hiking this section south to north, Catherine and John cleared a tangle of trees and briars from the trail about one-half mile from Indian Grave Gap. There were numerous blowdowns on the section that parallels the Nolichucky River. The blowdowns were reported to Craig Deloach, who maintains this section. The rest of this section was clear of blowdowns and in good shape.

**Name:** John Arwood

**Date:** February 6, 2005

**Purpose:** Sunday Drive

**Location:** Big Laurel Branch Wilderness boundary (north) to Watauga Dam Road

**People:** Catherine Batts, John Arwood

**Summary:** While out for a Sunday drive to Watauga Dam, John noticed that the concrete steps leading into this section from Watauga Dam Road were covered with a large amount of leaves and other debris. John and Catherine swept off the steps and picked up scattered trash.

**Name:** Carl Fritz

**Date:** February 8, 2005

**Purpose:** Install Waterbars

**Location:** Trail south of Low Gap

**People:** Paul Benfield, Bruce Cunningham, Dave Dunham, Bill Elderbrock, Jim Foster, Carl Fritz, Ed Oliver, Bob Peoples

**Summary:** This group installed nineteen waterbars trail south of Berry Fields. The location of another twelve were marked before Double Springs Shelter.

**Name:** James Foster

**Date:** February 12, 2005

**Purpose:** Check condition of trail and clear anything possible

**Location:** Iron Mtn. Gap to Greasy Creek Gap

**People:** James Foster

**Summary:** James hiked the trail and cut several small blowdowns. There are eight blowdowns that will require a chainsaw, but they can all be gotten around easily.

**Name:** Carl Fritz

**Date:** February 15, 2005

**Purpose:** Install Waterbars and Drainage

**Location:** U.S. 421 (Low Gap) to TN 91; Central part of Section 4

**People:** Paul Benfield, Ken Buchanan, Bruce Cunningham, Bill Elderbrock, Jim Foster, Carl Fritz, Mike Hupko, Ed Oliver, Bob Peoples

**Summary:** This group installed about 10 waterbars trail north of Double Springs Shelter. Then they installed waterbars, ditches and stepping stones in about 8 locations trail south of shelter. These provided drainage and improved the crossings at several springs. Several small blowdowns were also removed. This section of trail is basically in good shape.

**Name:** Bill Stowell

**Date:** February 18, 2005

**Purpose:** Cut blowdowns

**Location:** Damascus to Backbone Rock trail junction - Chestoa to Noli Expeditions

**People:** Craig Deloach, Bill Stowell

**Summary:** Craig Deloach and Bill Stowell drove to Chestoa. Bill dropped Craig at the bridge and drove to Nolichucky Expeditions and started working towards Craig. They cut all blowdowns blocking the trail. Several had root ball pull ups. They cut the largers and rolled the root ball ends off the trail.

**Name:** Bruce Cunningham

**Date:** February 19, 2005

**Purpose:** Regular spring maintaince

**Location:** From TN 91 toward Turkey Pen Gap, for about 1 mile plus to where the trail turns sharp left

**People:** Bruce Cunningham, Mary Cunningham, Bill Elderbrock

**Summary:** Bruce, Mary, and Bill clipped a lot of "rodo" and cleared many small limbs. They picked up 3 bags of trash at the trail-head parking. (Didn't get it all---ran out of time and space in the car.)