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<u>NEXT TWO MONTHS</u>				
			<u>Leader</u>	
Mar. 10	Guest River Gorge or Little Stoney Creek	B/3/C	Vic Hasler	423-239-0388
Mar. 23-24 (Fri. - Sat.)	Backpack: Grayson Highlands State Park	A/3/C	Jay and Megan Nelson	423-863-5768
Mar. 23-25 (Fri. - Sun.)	Backpack (S900M): Little River Trail	A/3/B	Garry Luttrell	423-239-9854
Apr 21	Spring Dinner Meeting	FUN	Kent Wilson	

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

Request for Hikes

Neil Dotson, pleading

Leading hikes is a great way to share with others something treasured - hiking in the out-of-doors, and in places for which you may have special affection. Now that spring is close at hand, it is time for me to make the call again, for hikes during April through June. Spring is a great time for hiking, with wildflower hikes being just one kind of hike that has been popular with leaders and hikers in the past; if you would like to lead a hike, please send me the following:

- What hike you'd like to lead
- When you'd like to lead it
- Difficulty rating (I can help on this)

Responses are needed by Friday, March 16. You can email me at . Thanks!



Rental Equipment Inspection

Thursday, March 8, 2007, 5-7pm

Eastman Recreation Center, Room 115



Submitted by Vic Hasler, Rental Equipment Coordinator,

Yes... Spring is coming along with greater opportunities to enjoy the outdoors, including overnight outings. One benefit of TEHCC membership is ability to rent some gear, such as that extra/lighter/bigger tent needed for an outing or perhaps a backpack to check out a frame design. Each winter, the Steering Committee sets up all of the tents and looks over all of the other rental stuff to ensure that it is ready to go for another year. We try to make this fun and pizza and drinks are provided to those helping with the checkout. So, if you would like to see all the equipment that the club has for rent actually set up (but not all at the same time), including the three new tents purchased in 2004-2005, then come help us out this evening. Let Vic (Work: 229-2557 or e-mail above) know beforehand if you have preference on pizza and beverages provided or else just show up. If you cannot make this invitation, then take a look at the equipment links being set up on the TEHCC rental equipment webpage, tehcc.org/rental. Any feedback on this continuing effort is welcome.



Reminder to Potential Eastman Chemical Company Retirees

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.

Swiftwater Rescue Clinic

Tri-Cities, TN Area

May 19-20, 2007

(Registration Deadline: May 4, 2007)

Whitewater enthusiasts participate in hazardous activities in wilderness environments. Are you prepared to rescue yourself or your best paddling buddy? Are they prepared to rescue you? Help in many cases may not be immediately available, and might be hours, not minutes away. Sign up and bring your favorite paddling buddy to this clinic. It's like buying yourself, and them, the safety line that may save your lives.

Your instructors are ACA certified swiftwater rescue instructors. This is one in a series of swiftwater rescue courses offered through the American Canoe Association. The course, led by Jim McCool and Mike Morrow, is designed to teach the recreational paddler basic swiftwater rescue

techniques where limited personnel and/or safety gear is available. Together, Jim and Mike have combined teaching experience in excess of fifteen years providing instruction in whitewater paddling and swiftwater rescue. They've provided instruction to hundreds of individuals, paddling clubs in Tennessee, Arkansas, and Kentucky, staff of church youth camps, and local outfitter guides. The clinic will include classroom instruction and realistic scenarios. Successful completion of this course will prepare you to self-rescue and aid in the rescue of others in whitewater environments.

Subject Areas:

- Rescue Philosophy
- Legal and Moral Issues
- Site Management
- Rescue Swimming Techniques
- Throw Rope Rescues
- Snag, Tag, & Stabilization Lines
- Rescue Knots & Cinches
- Mechanical Advantage Systems
- Rescue PFD & Proper Applications
- Boat Based Rescues

Class size will be limited to 18 students with a minimum of 12 for safety reasons.

Where: Saturday (Eastman Lodge, Kingsport, TN; Sunday (TBD on Nolichucky River near Erwin, TN)

When: May 19 - 20, 2007
\$115/ACA member w/membership # or \$125/non-ACA member students

Cost: (Non-Refundable after May 4th)
Time: 8:00am - 7:00pm Saturday & 8:00am - 5:00pm Sunday
(All times are Eastern Standard Time)

Note: Lodging/camping is available in the Tri-Cities area.

-----Please mail this entire form with payment-----

SWIFTWATER REGISTRATION FORM

Name: _____

Address: _____

Phone: _____:daytime _____:evening _____

:cell _____

E-Mail: _____

Emergency Contact Information

Name (& relationship): _____

Phone Numbers: _____:daytime _____:evening _____

:cell _____

Make checks payable and send to:

Mike Morrow
1900 Madison Ave.
Kingsport, TN 37665
Contact Mike at 423.292.3906 or



TEHCC Welcomes New Members

Dustin Dishner

Joseph Pearce
Miranda Peters

New members are eligible for a free dinner at the next Dinner Meeting.

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

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

Little Stoney Creek or Guest River Gorge, March 10, 2007

Leader: Vic Hasler, 423-239-0388

Rating: C/3/B or B/3/D

Group choice based on the weather. If drier so that the trail is firm, then the preference is for Little Stoney Creek trail in the Jefferson National Forest near Dungannon, Virginia. This is one of my favorite hikes following an old railroad bed up to a pair of very nice waterfalls. The drive is 37 miles (80 minutes) for 5.2 mile round trip hike. A second option is the Guest River Gorge trail which is on a converted graveled railroad grade beside the rushing Guest River between Coeburn, Virginia and the Clinch River. It is an "out-and-back" hike so the group can determine the distance (maximum 11.6 mi). It's a 60 mile drive to the trailhead. Bring lunch, water, appropriate clothing and footwear, and rain gear (hike will be postponed in case of heavy rain or icy roads). Meet at the usual spot by McDonalds in Colonial Heights at 8:30 AM. A meeting location can also be arranged in Gate City. Call (239-0388) or email if any questions and to give general headcount.

Backpack: Grayson Highlands State Park, AT & Pine Mountain Loop Trail, March 23-24, 2007

Leaders: Jay and Megan Nelson, 423-863-5768;

Rating: A/3/C

This will be an overnight backpacking trip starting at Grayson Highlands State Park near Troutdale, VA which is about a 2-hour drive from Kingsport. The Appalachian Trail & Pine Mountain Loop is a moderate 11 mile round trip hike. We will start on the Appalachian Spur Trail to get on the AT and hike 2.5 miles to the Wise shelter and tent area where we will camp overnight. In the morning, we will hike the remaining 8.5 miles by continuing along the AT and getting on the Pine Mountain Trail to loop back to our cars. We should return to our cars early Saturday afternoon. We will use the AT to climb into the balds which are kept that way by the natural foraging of the wild Virginia Highlands horses. We are likely to see the magnificent horses along our backpacking trip!

We'll meet between McDonalds and State of Franklin Bank on TN Hwy 36 (Fort Henry Road) in Colonial Heights at 1:00 p.m. on Friday, March 23. Dress appropriately according to the weather,

and bring food (for dinner, breakfast, lunch, & snacks), plenty of water (~2L), hiking boots, and camping gear appropriate for an overnight hike. Call or email the hike leader for more information or if you have any questions regarding the gear you need for the trip.

The Whitetop Mountain Maple Festival is going on this same weekend (March 23-25) and is not very far from where we will be hiking. You may want to consider going to the festival Saturday afternoon on the way back home from the backpacking trip. The festival features live music, crafts, storytelling, tours of the maple tapping area and sugar house, and a pancake meal served all day long. (Go to this link for more info: [Whitetop Mountain Maple Festival](#))

Backpack, S900M: Little River Trail, March 23-25, 2007

Leader: Garry Luttrell, 423-239-9854;

Rating: A/3/B

We'll start at Elkmont, backpack 4.4 mi, 600 ft climb, on the Little River Trail to rationed (Reservation required) backcountry campsite #24, Rough Creek, and set up camp for two nights. We'll do dayhikes in the area on Friday and Saturday, and hike back out Sunday, via the Little River Trail and Cucumber Gap Trail. Friday's hike will be to the end of the Little River Trail at the base of Clingman's Dome and back to the campsite (3.6 mi, 600 ft climb). On Saturday we'll do a loop hike that will include Rough Creek, Sugarland, Huskey Gap, and Little River Trails (10.8 mi, 2000 ft climb). We'll leave from the usual Colonial Heights / McDonalds parking area early on Friday, March 23rd. Group size is limited to 8 persons, so you'll need to reserve your spot with the hike leader early. Contact the hike leader by phone or e-mail for more information and to reserve your spot.

Special Activity and Trip Reports (*Past*)

Hike Report, Smokies 900 miler, Schoolhouse Gap, February 10,2007

G. S. Luttrell, reporting

Considering it was February in the Smokies, we were really lucky to have such great hiking weather, with sunny, calm, 30s conditions. The ground was frozen, so the trails were not muddy, and there were only a few icy creek crossings. The loop route included Bote Mountain, Findley Cane, Turkeypen Ridge, and Schoolhouse Gap Trails. Bote Mountain and Turkeypen ridges had good views of distant mountains such as Mount LeConte and Thunderhead Mountain. One of the highlights of the day was exploring Whiteoak Sink via a manway near Dorsey Gap. This is a huge sunken valley about 1.2 miles east to west, and 0.9 mile north to south which is completely surrounded by ridges with drainage to caves, and once home to ten families. We were there late in the afternoon and left with lots to see, so it's definitely worth a return hike for further exploring, and should be a great spring wildflower trip. Hikers included: (see two lunch photos, L to R) Taylor Pickard and Emmett Dougherty – had to be home early; Garry Luttrell, Kent Wilson, Jim Foster, Mary Ellen Ress, Kat Johnson, and Kim Peters.





Click on an image to enlarge. All photos courtesy of Garry Luttrell



Tunnel under Cades Cove Road on the Findley Cane Trail



Exiting tunnel under Cades Cove Road



Ice along the trail



Cliff face in Whiteoak Sink



Kat and Kim inspect cave entrance in Whiteoak Sink



A.T. Section Maintenance and Special Project Reports (*Past*)

Reporting: Ben Trotter

Date: February 3, 2007

Purpose: Inspect trail and shelter

Location: Section 8, Shook Branch to Watauga Dam

People: Ben Trotter

Summary: I inspected the trail from Shook Branch to Watauga Dam. There are couple blowdowns between the bog bridge and the Oliver Hollow Road access. I attempted to work on one, but the wood was too frozen to be cut efficiently. In the lake area, broken limbs hanging over the trail have the potential to become hazardous blowdowns under high-wind conditions. These include:

- Three limbs on the top of the hill south of Griffith Branch,
- Multiple trunks and limbs leaning on each other about 1/4 mile south of Watauga Lake Shelter,
- A few hanging limbs over the trail just north of the shelter, and
- One large trunk over the trail braced by another tree near the point leading down to the lakeside to the dam.

I visited the Watauga Lake Shelter and packed out some trash. The only work that might be needed is to level the table.

Reporting: Carl Fritz

Date: February 6, 2007

Purpose: Purchase materials for bog bridge and sleeping platform

Location: Johnson City

People: Dave Dunham, Carl Fritz, Ed Oliver

Summary: Thanks to an LL Bean grant, we were able to purchase materials for a bog bridge that will be placed just south of Campbell Hollow Road. We also purchased metal lathe for the other two bog bridges in that area. With a second grant LL Bean grant, we purchased materials to completely replace the sleeping platform at Abingdon Gap Shelter.

Reporting: Carl Fritz

Date: February 16 and 17, 2007

Purpose: Chainsaw certification

Location: Unicoi

People: Bruce Cunningham, Dave Dunham, Carl Fritz, Howard Guinn, Dave McMillin, Ted Mowery, Steve Perri, Steve Wilson

Summary: Thanks primarily to the US Forest Service Cherokee Hot Shots, we received two days of excellent training on safety, maintenance, and techniques for using chainsaws on the AT. Even a couple of our folks with over forty years each of experience came away with key learnings. If you intend to use a chainsaw on the AT, this class is highly recommended. It deals with leaners, uneven terrain and many other common circumstances encountered along the trail. It is practical and includes field experience.

Reporting: Ben Trotter

Date: February 18, 2007

Purpose: Reporting blowdown

Location: Section 20a, Temple Hill Ridge-Top

Summary: There is a blowdown (passable by stepping off trail) located on the climb up Temple Hill from the Nolichucky River; between the 3rd viewpoint of the river gorge and Temple Hill ridge-top, about 1.0 to 1.25 miles in.