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<u>COMING EVENTS</u> <u>September-October</u>				
			<u>Leader</u>	
Sept 7	Trail Building at Bays Mt. Park	Worthwhile	Jay Hayes	
Sept 12-13	Backpack: AT US19E to Dennis Cove	AA/2/A	Jake Mitchell	
Sept 27	Sand Cave (New Date!)	B/3B		423-239-6237
Oct 4-5	Backpack 101: Ladies Night Out	AA/2/B		423-538-7665
Oct 9 (Thurs)	Lunch & Learn - Fall Color Hiking	Informative		423-229-6244
Oct 11	Unaka Mountain	B/3/B		423-753-7263
Oct 10-12	Flatwater Paddle/Camp on the Clinch River, VA	Flatwater		423-357-3151
Oct 18	Fall Color Hike	TBD	Stuart Everett	
Oct 24-26	Backpack: AT Fontana Dam to Wesser, NC	AA/2/A	Jake Mitchell	

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

For the Record – 2008 Konnarock Crew

We had a very productive and satisfying four weeks with the Konnarock Crew in 2008. We should have anticipated this when we got a “gift” of an extra week prior to the start of the summer. With that extra week we were able to devote 3 weeks to a relocation at Little Hump Mountain. We virtually completed this relocation, choosing to let some sod we dug out to level the Trail reset for a season prior to opening. We then moved on to a nemesis, the rocks of Unaka Mountain. We derived great pleasure from completing and opening that relocation and a short relo below the main one with our fourth week with the Crew. With all projects we enhanced the scenery of the Trail while allowing past erosion to heal. We could not have accomplished these projects without having a great volunteer turnout; 21 Club volunteers worked a total of 82 person-days, amounting to 770 hours. Ed Oliver led the way with 8 days working with the Crew, the same number of days as and a few more hours than Joe DeLoach. Other volunteers who worked at least five days with the Crew and earned the coveted Konnarock T-shirt were Carl Fritz, Paul Benfield, Craig DeLoach, Roger Colberg, George “Kojac” Summers, Bob Peoples, Kat Johnson, Kim Peters, and Bill Stowell. We also thank Ben Trotter, Tim Stewart, Mike Hupko, Jim Foster, Jake Mitchell, Brian Paley, Hiker “Ian”, Ted Mowery, Mary Jane Fritz, and Richie Winters for their help. Our tradition of strong Club support for the Konnarock Crew helps us get a good allotment of their time, and we’d love to have more volunteers out in 2009.



Konnarock Crew leader cuts the ribbon to open the Unaka Mt. relo, photo courtesy of Ben Trotter

Volunteer on the Appalachian Trail! Water Quality Monitors needed September 18 - October 18

As part of the Appalachian Trail MEGA-Transect Initiative, the Appalachian Trail Conservancy (ATC) has partnered with the Water Environment Federation (WEF) for **World Water Monitoring Day 2008**. ATC will be recruiting volunteers – including scouts and other supervised youth groups - to collect water samples on the Appalachian Trail for a one month period between **September 18 and October 18, 2008**. The Appalachian Trail runs through, over and next to nearly 1800 streams, rivers and lakes. The health of these water resources impacts humans and wildlife far beyond the Trail corridor. Near the Trail, they provide drinking water for hikers, visitors and wildlife and habitat for plants and animals. Outside the corridor, they are a source of water for public water supplies, fisheries and hydropower generation.

Though Trail managers and enthusiasts know that human activities are impacting water resources, no studies have ever focused on water quality along the entire Trail. Analysis of data collected by volunteers during this event can help improve and sustain the water resources of the A.T. by providing valuable information to land managers and decision makers in Congress.

Volunteers can spend less than a day on this project and no special training is required.

Anyone who can arrange a hike on the Appalachian Trail sometime between September 18 and October 18, 2008 can participate. It is a good learning opportunity, as well as an opportunity to give back. Simple water sampling kits are available from WEF or volunteers can use their own equipment.

Volunteers register themselves, their sampling sites and data in the online database found on the World Water Monitoring Day website. ATC will receive a report of the results after the event closes. When registering, make sure you choose “Appalachian Trail Conservancy” as one of the organizations that you are affiliated with. *We will not get a report of your data if you don't check that box.*

Visit www.appalachiantrail.org/waterquality for an overview and to register, or email waterquality@appalachiantrail.org for more information.

For more background information about the A.T. MEGA-Transect see: www.appalachiantrail.org/megatransect



Call for Hikes: October - December 2008

Submitted by Neil Dotson

First of all, thanks for those who have and are to lead hikes this summer; it is encouraging to see a schedule more full and that fullness even spilling into the autumn. We've had enough cool days in August to make being in the out-of-doors a joy, and also to make

issuing a call for hikes for the fall months seem right not only by the calendar, but by the feel of the air. If you would like to contribute by leading a hike this fall, send me a note letting me know:

- what hike you'd like to lead (where),
- what day you'd like to lead it (when),
- the difficulty rating (see current calendar for the rating system, but if this is confusing, I will try to help), and
- your contact information (e-mail address, phone number), so that those wanting to attend can get in touch with you.

Generally, hikes are scheduled for Saturdays (although Fridays work for some). We already have several hikes on the schedule in October: a couple of backpacking trips and a fall color hike. But the months of November and December are wide open (apart from the dinner meeting November 15), and there is no rule against having more than one hike on a day – day hikes and backpacking trips attract different audiences of hikers, so don't let the fullness of October scare you away. I'd like any responses by Monday, September 15. You can reach me through the following e-mail address:

Thanks!

TEHCC Rental Equipment: HB-2, 3 – Kelty Tornado 4000 internal frame backpacks

Submitted by Vic Hasler, Rental Equipment Coordinator,

These two identical Kelty Tornado backpacks, as pictured below, are the present workhorses of the club – accounting for one third of the pack rentals. The 4,000 cubic inch capacity is roomy enough to carry more than enough gear for a weekend, which should be limited to no more than 25-30% of the ideal body weight for your height. One on-line reviewer commented that the pack gets uncomfortable with loads over 40 pounds. This backpack has compression straps to tighten down smaller loads for more stable fit.



The internal frame pack has a main compartment for the bulk of the gear with a top pocket for a group of smaller items. The outside has two vertical daisy chains, which were designed for attaching winter gear, but can be useful for toting odd items like raingear or ropes. The suspension design has adjustments to cover the 16 to 21 inch torso range. Two mesh side pockets are available for water bottles.

Overall, this pack is ideal for weekend trips on the AT. The purchase price for this backpack is currently running in the \$120-140 range.

Help Wanted: Volunteer for Membership Coordinator



The club is seeking one or two individuals to maintain our membership database. Duties include adding the names and contact info of new members to an Excel database, sending out email notices, and printing and mailing newsletters to members without internet access. If you are interested in helping the club by taking on any or all of these responsibilities, please contact any member of the [Steering Committee](#).



TEHCC Welcomes New Members

Chris Ketron
Michael Hylton
Stephanie Roane
Kriston McKenry
Melissa Ward

Ian Powell
Sarah Keeling
John Piper
Charles Miller

Scheduled Hiking, Paddling, and Trail Maintenance Opportunities

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

Trail building at Bays Mt. Park, Sunday, September 7, 1pm – 6pm

Leader: , 423-247-7795

The Northeast Tennessee Mountain Bike Association is coordinating a workday at Bays Mountain Park to construct a new combination hike and bike trail. The creation of this trail at Bays is a huge opportunity for outdoor enthusiasts in Northeast Tennessee to show what a little bit of effort can accomplish.

If you need any more information on the upcoming workday, send an email to [Jay Hayes](#) or follow the created thread on the NTMBA [message board](#).

Backpack: AT US19E to Dennis Cove, Sept 12-13, 2008

Leader:

Rating: AA/2/A

This will be a Friday afternoon and Saturday trip with a distance around 22 miles. I know that fellow TEHCC member Tim Schaefer led the hike recently, but this is the only TEHCC section that I have not done and it was a goal of mine to do them all this year. Plan is to get a shuttle from Dennis Cove to 19E by Bob Peoples and then hike to Mountaineer Falls shelter for the evening. We will go from Mountaineer Falls to Dennis Cove on Saturday.

Hike Notice, Sand Cave, September 27, 2008 (Note the new date!)

Leader: , 423-239-6237

Rating: B/2/B

On September 27, we will visit the magnificent rock shelter called Sand Cave in

Cumberland Gap National Park. It is not a cave but a huge (4 acre under roof) rock shelter open on one side located on the Kentucky side of Cumberland Mountain. We will also visit White Rocks, a very tall cliff overlooking the last Virginia portion of Daniel Boone's Wilderness Trail and much more. The leaves may be beginning to turn. The hike is 9 miles round trip with a 1,500 foot climb over Cumberland Mountain. The drive is about 60 miles one way to the trailhead near Ewing, Virginia. Bring lunch, water, and appropriate clothing. Meet at 8:00 A. M. in the parking lot between McDonalds and State of Franklin Bank on Ft. Henry Dr. (Tenn. 36) in Colonial Heights, about 1/4 mile north of the I-81 intersection (Exit 59).

Backpacking 101: Ladies Night Out, October 4-5, 2008

Leader: , 423-538-7665

Rating: AA/3/B

At the August Lunch 'n Learn the idea of a beginner focused overnight trip was discussed. It was also noted that a trip led by an experienced woman could encourage other women to give backpacking a try. So here is your chance. If you are new to backpacking and would like to go on a trip specifically for beginners to see what it's all about, then this is the trip for you. We will plan a one-night backpack with a pre-trip meeting to discuss what gear to take and what to leave behind. We can peruse the clubs rental equipment to find a suitable pack, pad or tent if you need some gear. There will be help with food and food preparation. Group size will be limited to six and you must attend the pre-trip meeting to be able to go. Contact the leader if you are interested.

October Lunch & Learn: Fall Color Hiking, Thursday October 9, 11:45-12:45, Toy Reid Employee Center Building 310 Room 219

Leader: , 423-239-6244

Rating: informative

For many people fall is the best time of the year to hike, with the leaves turning, clearer skies, and nice views. The beautiful area we're blessed to live in provides some great opportunities to enjoy the fall foliage. Joe DeLoach will lead a talk about the turning of the leaves, some of the trees which provide the most brilliant colors and where to find them, and then have some sharing of favorite hikes by the participants. We'll also mention a few places that are not recommended. Finally we'll review some of the Club hikes scheduled for the fall – and encourage people to lead others!

Flatwater Paddle / Camping Trip on the Clinch, Oct 10 – 12 2008

Leader: , 423-357-3151

Join us for a 5 mile flatwater paddle up river on the Clinch followed by 5 miles downstream for a total of 10 miles. We'll camp on Friday and Saturday night at the Natural Tunnel State Park. Contact the leader more info.

Backpack AT Fontana Dam to Wesser, NC, Oct 24-26, 2008

Leader:

Initial plans are to hike southbound out of Fontana Dam to Wesser, NC at Nantahala Outdoor Center (NOC). This trip is a hair under 30 miles. We will begin by driving to

Wesser and arranging a shuttle. Then we will drive to Fontana Dam and spend the night at the Fontana Dam Shelter aka "The Fontana Hilton." The crew will rise early and hit the trail with the intentions of hiking 15 miles to Brown Fork Gap Shelter. The crew will spend the night at the shelter and then hike the remaining 15 miles on Sunday before driving home. It will be a fairly long weekend, but the colors should be spectacular in the Stecoahs.

For the Record, Activity and Trip Reports

Backpack: AT Carver's Gap to Iron Mountain Gap, August 8-9, 2008

Jake Mitchell reporting

The day started off wonderfully with beautiful blue skies and temperatures in the 60s at Carver's Gap. We hoisted our packs on and made our way through the church groups and families to the trail and started the climb up Roan Mountain. It was a nice, cool hike through the evergreens to the Roan High Knob Shelter. We stopped to check it out and read the register. While there, we stood on the rock that marks the summit of Roan High Knob and took pictures. From the shelter, we walked the short bit over to the Cloudland Hotel site and kept on going to the Roan High Bluff platform. We stopped at the platform for snacks and soaked in the beautiful views of the valley below. After bagging the second SB6000 peak of the afternoon, we headed back to the Cloudland Hotel site to set up camp. There were several other campers there as well. All four of us prepared our food and enjoyed it around a fireless fire ring. We then spent the rest of the daylight sitting on the railing at the side of the Cloudland parking lot watching the sun set. As the sun went down, it got much colder and eventually made it well into the 40s. We all retreated to our tents and sleeping bags for a good night of rest. The next morning Jake woke up to daylight at 2am. He then realized his watch was set to a different time zone and was four hours behind, an accident from monkeying with the back light function. After breaking camp, the crew made the long descent to Hughes Gap. At the Gap, Chuck pointed out a deer carcass beside the Trail with only hair and bones remaining. We then crossed Little Rock Knob and stopped to soak in the views again. After that, everyone started talking about food and it was straight to Iron Mountain Gap except for a quick stop at Clyde Smith Shelter. The relocation north of Iron Mountain Gap was in excellent shape. We also enjoyed the freshly trimmed trail around the orchard at Weedy Gap thanks to the Hupkos. The trip could not have been any better. Those who considered going, but did not missed an ideal weekend on the trail. Hikers were Jake Mitchell, Tyler Kilgore, Chuck Mather, John Mather



Chuck and John Mather on Roan High Knob



The Orchard at Weedy Gap

August Lunch & Learn: Backpacking Gear 101 , August 11th, 2008

Tim Schaefer reporting

Another good lunch time meeting for our club. Jake and Tim brought in the bulk of their gear for others to look at and ask questions about. There were lots of good discussions on which stoves to buy, how to cut weight (start with a smaller pack so you can't get away with brining it!), hiking with pets, which tents to use, TEHCC club rental gear, and lots of other good topics. A great idea for a future hike came out of the discussions, a beginner focused overnighter trip. It was also noted that a trip led by an experienced woman could encourage other women to give backpacking a try. If you're interested let me know and I'll get you in touch with people to help plan it.

Carver's Gap Wild Berry Picking, August 23, 2008

Tim Schaefer reporting

If it had not turned out to be the coldest I've ever been on an August day, this trip could have been considered a resounding success. We met at the trail head at noon and headed out finding plentiful blueberries and some blackberries shortly after starting. Buckets and bags filled slowly since it takes so long to collect a good amount of those small berries, but after a few hours each group had anywhere from 1/3 to 2/3 of a gallon of berries to take home to enjoy (not counting those eaten during the picking!). Definitely a repeat trip and I'll never head to Carver's Gap again, regardless of time of year, without at least brining pants and a light jacket. Joining the hike were my wife, daughter, and dog as well as Pam McBride, Sharon Burnette and her husband, daughter, and friend of daughter, and new members Jaime and Paul Aiello.



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

Reporting: Waylon Jenkins

Date: June 28, 2008

Purpose: Weed section

Location: Section 1, Damascus to Backbone Rock Trail

People: Carol Jenkins and Waylon Jenkins

Summary: This was an annual maintenance trip with an emphasis on weeding. We took a gas string trimmer and some ibuprofen and did an out and back trip from Damascus to Backbone Rock, finishing just before the afternoon thunderstorms. The weeds were not overly tall, but it was a good time for cutting them. Carol did some pruning along the trail. We encountered one blowdown that we were able to reduce to a "stepover" about 15 inches in diameter. The GPS coordinates for the blowdown were provided to Carl Fritz. The blazes were in good shape, but we may do a painting trip a little later in the year.

Reporting: Old Timers Hiking Club

Date: July 30, 2008

Purpose: Complete necessary maintenance

Location: Section 16b, Iron Mountain Gap to Weedy Gap

People: Faye Guinn, Howard Guinn, Marsha Hupko, Mike Hupko

Summary: We trimmed weeds along the newly opened section of trail and the trail toward Apple Orchard, also lopping roots and small limbs. The grass at the orchard and at Weedy Gap needs to be mowed.

Reporting: Old Timers Hiking Club

Date: July 30, 2008

Purpose: Do needed maintenance

Location: Section 17, Iron Mountain Gap to Cherry Gap Shelter

People: Faye Guinn, Howard Guinn, Marsha Hupko, Mike Hupko

Summary: We lopped small limbs and roots, removed several small trees from trail, replaced register and broken shovel at the shelter, and removed trash from the shelter area. A very large tree is across the trail about 45 minutes in from Iron Mountain Gap. The trail is passable, however. We plan to return soon with equipment to remove a tree of about 30-inch diameter.

Reporting: Tim McClain

Date: August 1, 2008

Purpose: Cut weeds and paint blazes

Location: Section 3b, Spring to U.S. 421

People: Peggy McClain, Tim McClain

Summary: We cut weeds along the entire section and painted blazes in both directions. We removed two small blowdowns.

Reporting: Old Timers Hiking Club

Date: August 4, 2008

Purpose: Remove large blowdown obstructing Trail

Location: Section 17, 45 minutes in from Iron Mountain Gap

People: Marsha Hupko, Mike Hupko, Faye Guinn, Howard Guinn

Summary: We removed one large maple tree (30-inch in diameter) from a newly built section of trail about 45 minutes south from Iron Mountain Gap, and refurbished the trail where the tree had landed. We removed three standing dead trees near the trail and removed several small stumps from the trail.

Reporting: Paul Benfield

Date: August 7, 2008

Purpose: Check Double Springs Shelter for leaks

Location: Section 4b, Double Springs Shelter to Tenn 91

People: Paul Benfield

Summary: We posted signs and examined the shelter roof for leaks. The roof was leaking. The nails that were used for holding the roof down had been caulked, however the caulking is flaking off and no longer covers around the nail head.

Reporting: Old Timers Hiking Club

Date: August 8, 2008

Purpose: Cut weeds and clear trail

Location: Section 16b, Apple Orchard and Weedy Gap

People: Marsha Hupko, Mike Hupko

Summary: We mowed weeds in the Apple Orchard and cut weeds around the small apple trees in the wire cages. Nine of the 12 trees are alive. The spring at the orchard is flowing well. We also mowed weeds in Weedy Gap and cleared several branches from the trail.

Reporting: Joe DeLoach

Date: August 9, 2008

Purpose: Cut weeds

Location: Section 5, Just south of TN 91

People: Craig DeLoach and Joe DeLoach

Summary: We cut the weediest part of our section where it was relocated to the new TN 91 trailhead.

Reporting: Carl Fritz

Date: August 12, 2008

Purpose: Rehab trail

Location: Section 17, North of Little Bald Knob

People: Paul Benfield, Ken Buchanan, Carl Fritz, Mike Hupko, Ed Oliver, Bob Peoples, HIKER Russum

Summary: There were a couple of very steep sections where we all slipped during the wet weather with Hard Core. We added 17 steps to rehab about 100 feet of trail.

Reporting: Paul Benfield

Date: August 15, 2008

Purpose: Trail maintenance

Location: Section 4b, Accessable Trail at Osborne Farm

People: Paul Benfield, Ted Mowery

Summary: We mowed and cut weeds along the accessable trail at Osborne Farm.

Reporting: Paul Benfield

Date: August 18, 2008

Purpose: Cut trees that were in the power line

Location: Section 12d, Bear Branch

People: Paul Benfield

Summary: I met with J.D. and another person from Mountain Electric Cooperative, Roan Mtn, and proceeded to Bear Branch. They cut 12-15 small trees out of the power line along the Appalachian Trail.

Reporting: Carl Fritz

Date: August 20, 2008

Purpose: Inspect future pastures

Location: Section 4b, North of TN 91

People: Carl Fritz

Summary: I toured the Osborne property with USFS Frank Lege. They have a contract to install fencing for two pastures. We need to install two stiles soon so that new fences do not block trail.

Reporting: Joe DeLoach

Date: August 22, 2008

Purpose: Inspect potential land acquisition

Location: Section 9, Near Watauga Lake

People: Joe DeLoach

Summary: Along with Morgan Sommerville from ATC and Dave Ferguson from the Forest Service, I looked at a parcel that Dave identified near Watauga Lake.

Reporting: Joe DeLoach

Date: August 23, 2008

Purpose: Routine maintenance

Location: Section 5, TN 91 to Iron Mountain Shelter

People: Craig DeLoach, Joe DeLoach, Kat Johnson, and Kim Peters

Summary: There were considerably more weeds than we anticipated, making us especially glad we had some extra help for this outing. We cut weeds and brush, painted blazes both ways and on the water trails, and cut a blowdown which had brought numerous limbs into the Trail about 1/2 mile north of Iron Mt. Shelter. The spring north of Nick Grindstaff Monument and the one south of the shelter were dry; though we did not descend the hollows where water may have been found. There is water at the spring near the bog bridges. Someone had put an unauthorized sign at the spring near the shelter which we removed.

Reporting: Benjamin Trotter

Date: August 24, 2008

Purpose: Clear brush

Location: Section 14b, Grassy Ridge

People: Benjamin Trotter

Summary: While on a personal hike on Grassy Ridge, I encountered a strange group who apparently did an odd trail prank. On my initial hike on the Grassy Ridge relo, everything was fine. After I turned around above Stan Murray, and headed back up the climb, I encountered the same group of men and teenagers (all in camo) that were going down the ridge to Roaring Creek. When I reached the relo, I found that a large amount of brush was brought up on trail and was purposely blocking the relo. I went further up the relo to the rock work and steps, and found even more brush was brought up and blocked the trail. I cleared all the brush and re-blocked the old trail on the relo portion of Grassy Ridge. Everything else seemed undisturbed back to Carvers.