



# The Tennessee Eastman Hiking and Paddling News

September 2011

[tehcc.org](http://tehcc.org)

## In This Issue

[Konnarock Crew 2011](#)

[TEHCC Rental Equipment: HP-5 - Big Agnes Air Core sleeping pad](#)

[Volunteer Opportunities on the Appalachian Trail](#)

[TEHCC Welcomes New Members](#)

[Event Schedule – Next Two Months](#)

[Details on Upcoming Events](#)

[For the Record](#)

[AT Maintenance Reports](#)

To submit an article for the Newsletter, send an email to: [news@tehcc.org](mailto:news@tehcc.org). Articles should be submitted by the 15<sup>th</sup> of the month.

## Konnarock Crew 2011

*Joe DeLoach reporting*

This summer we had the fortune of having five weeks of the Konnarock Crew, a program where two crews work twelve weeks each on Appalachian Trail projects in Central and Southwest Virginia, Tennessee, North Carolina, and Georgia. We split our five weeks between two projects: trail relocations between Hughes Gap and Beartown Mountain and rehabilitating the Trail with more gravel from Round Bald to Engine Gap. We have over 20 relocations flagged between Hughes Gap and Cloudland. During the first three weeks with Konnarock in June and July, we completed several of the relocations below Beartown Mountain. Though we have much left to do, especially north of Ash Gap to Cloudland, we've already eased the grades considerably from one of the most notoriously steep sections on the AT in the south. We used most of our last two weeks on the gravel project. This took much planning and organizing. Before Konnarock arrived, we obtained funding through the

North Carolina Appalachian Trail License Plate grant program, selected the best grade of gravel to use, procured the gravel and hauling vehicles in North Carolina (as required under that grant), and moved logs (for steps, check dams, and side logs) and gravel to the project area (also [see 8/8/2011 maintenance report](#)). With the help of Club volunteers and good weather, the Konnarock Crew came close to finishing the project before being redirected the last two days to the lowest and longest of the Hughes Gap to Cloudland relocations. The gravel project was finished with Appalachian State students the following weekend.

During the summer, 26 TEHCC volunteers worked a total of 127 person-days and 1194 hours with the Konnarock Crew. Fourteen Club volunteers earned a Konnarock T-shirt by working at least 5 days or 40 hours with the Crew. Bob Peoples led the way with 13 days/118 hours. Others who earned the T-shirt are Paul Benfield, Ray "Otto" Douglas, Ed Oliver, Joe DeLoach, Ted Mowery, John Beaudet, Carl Fritz, George Thorpe, Jim Foster, Kim Peters, David Laporte, Donna Ashby, and Tim "Mt. Squid" Stewart. Also contributing were Mike "Moose" Laude, Janel "Bear Paw" Scharhag, Gerald Scott, Roman "Lone Wolf" Wall, Dave Clark, Josh Henri, Steve Perri, Elaine Arnelas, Richard Carter, Kevin O'Donnell, Mike Tuttle, and Ken Buchanan. Thanks to all our volunteers, Crew leaders Tori Kuehn and Jeff Curtis, and all the Crew volunteers, including some who come back year after year.

## TEHCC Rental Equipment: HP-5 - Big Agnes Air Core sleeping pad

Submitted by Vic Hasler, Rental Equipment Coordinator ([rental@tehcc.org](mailto:rental@tehcc.org))



This was another idea from the April Lunch and Learn discussion; a very compact, air chamber (thus not self-inflating or foam) sleeping pad was purchased for \$60 to help get your gear volume down. The club now owns a Big Agnes Air Core for its larger 20"x78" size, thicker 2.5" depth, low 25-oz weight, and tight 4.5" x 8" rolled size. It takes a few minutes to inflate. In case of puncture, there is a small repair kit in a hidden pocket inside the bag. This sleeping pad is now available in Bldg 310 with a rental rate set at "D" which is \$4 for 1-4 days or \$6 for 5-10 days; thus same as the other newest sleeping mats.

---

## Volunteer Opportunities on the Appalachian Trail

---

TEHCC proudly maintains 135 miles of the Appalachian National Scenic Trail from Damascus, Virginia to Spivey Gap in North Carolina. This huge task is possible only because of our dedicated volunteers. Currently our 135 miles of trail is divided into 34 maintenance sections varying in length from about 1 to 7 miles. We always need volunteers to take a trail section. We have recently lost a couple of section maintainers, so some of the sections currently lack a maintainer. Section maintainers are responsible for painting blazes, trimming back yearly growth, cutting weeds, cleaning waterbars, and cutting out blowdowns. It would be wonderful to have more maintainers such that we can increase the number of sections and reduce the length of some sections. Projects that are too large for the section maintainers are handled by special crews; so no one ever has to take on a project larger than they are comfortable with.

It isn't even necessary to wield a Pulaski, scythe or saw to participate. How about monitoring one of our sixteen shelters? Shelters are a popular hike destination, so how about doing a little maintenance while you are there? Currently, maintenance of most of our sixteen shelters is assigned to whoever has responsibility for that trail section. In order to reduce the work load of the section maintainer, it is highly desirable for a person or group of people to act as shelter monitors and to check on the shelter several times during the hiking season. Some tasks for the shelter monitor include: checking for leaks, general condition of shelter, log book replacement, minor trash pickup, water source condition, etc. If any condition is found that the shelter monitor cannot correct, other volunteers can be called upon to help fix the condition.

If you would like more information about these opportunities or would be interested in volunteering, please contact Kim Peters at [atmaint@tehcc.org](mailto:atmaint@tehcc.org) or call at 423-538-7665.



---

### TEHCC Welcomes New Members

---

Sarah Hydrick	Matthew Boone
Brad Duckworth	Janet Baumann
Kimberly Johnson	Robert Morrow
Kory B. Morgan	Andrea Ramsey
Amber Stewart-Humphries	Jennifer Harris
Scott D. Ourth	Anthony Ketron
Monika Wiedmann	Daniel Hodder

---

### Event Schedule – Next Two Months

---

For the latest, up-to-date information, see [tehcc.org/schedule](http://tehcc.org/schedule)

Date	Description	Leader	Contact
Sept 1	Paddle to the Grill	<a href="#">Debbie Briscoe</a>	423-534-3636
Sept 9	Moonlight Paddle	<a href="#">Deb Reynolds</a>	423- 723-7017
Sept 10	APE's Nolichucky Gorge 1st Timer's River Trip & Picnic	Wesley Bradley	<a href="http://WorldKayak.com">WorldKayak.com</a>
Sept 11	Paddling the French Broad in Asheville	Jamie Aiello	<a href="mailto:contactjamiehere@yahoo.com">contactjamiehere@yahoo.com</a>
Sept 22	Lunch and Learn: Favorite Fall Hikes	Kevin Barham	<a href="mailto:kbarham@eastman.com">kbarham@eastman.com</a>
Sept 24	<a href="#">Family Hiking Day</a> : Carvers Gap to Grassy Ridge	<a href="#">Ian Powell</a>	423-217-8193
Oct 23	Tough Mudder Virginia	Kevin Barham	<a href="mailto:kbarham@eastman.com">kbarham@eastman.com</a>

---

## Details on Upcoming Events

---

### Meeting Locations for TEHCC Hikes

Over the years, TEHCC hikes have typically left from the following locations. Others can be prearranged with the hike leader.

Colonial Heights: The parking lot between McDonalds, State of Franklin Bank, and Ingles located north of Fort Henry Drive on the Kingsport side of I-81 Exit 59.

Johnson City: The parking lot behind Parkway Discount Wine & Liquor just off I-81 Exit 24 at intersection of University Parkway and South Roan Street.

Gate City: Up on the hill above US23/58/421 at the Kane Street intersection (traffic light) sits Food Lion, Advance auto parts, and Subway.

For more detail, check out the [TEHCC trail wiki](#).

### Recurring Events

#### Most Tuesdays: Weekly AT Trail Maintenance

Join a group of maintainers who work somewhere on our 135-mile section each week, usually on Tuesdays. Contact Carl Fritz ([atvolunteer@tehcc.org](mailto:atvolunteer@tehcc.org)) for dates and meeting places.

#### Tuesdays Evenings: Johnson City Roll Practice

Come join the Jackson Action Wagon (J.A.W.), APEs, and other paddlers from around our region at the Freedom Hall Pool in Johnson City, TN from 7:10 to 9:10 pm every Tuesday for tips and tricks about basic kayaking and for learning how to roll. Have you already mastered the basics and have a bomb proof roll? There is still a lot of fun to be had at our pool session by practicing your flat-water freestyle moves and fellowshiping with other paddlers in a nice warm-water environment. Admission to the pool is \$2; rolling advice is free! Contact the pool office (423- 461-4872) for session confirmation or questions regarding the facility. Please note: The J.A.W. provides the current fleet of boats for demo at the pool session, but neither the pool nor the J.A.W. provides paddling equipment (paddle, spray skirt, etc.). If you do not have your own equipment, please post a message on the APEs yahoo group site or send [Wesley](#) an e-mail asking other members to bring extra equipment. We will try our best to get you outfitted for the night!

#### Fridays: Friday Hikers

Join members of the TEHCC and other hiking enthusiasts for Friday hikes in the northeast Tennessee, western North Carolina and southwest Virginia areas. Trips typically leave from the parking lot between McDonalds and State of Franklin Bank in Colonial Heights at 8 am. Trips to places farther away leave at 7:30 am. Contact [Collins Chew](#) to be added to the distribution list.

### Scheduled Events

#### Moonlight Paddle, September 9, 2011

Leader: [Deb Reynolds](#), 423-723-7017

Start out the weekend with a moonlight lake paddle at Warriors Path Park. This will be just a few days shy of a full moon. The sun should set between 7:30 and 8:00 pm, so let's meet at 6:30 to put in and paddle for a few hours. We will meet at the launch just down from the rental boat dock on the left. Please call or email if you plan on going. PFDs and a white light for the stern (back) are required.

#### Touring Trip on French Broad in Asheville, September 11, 2011

Leader: [Jamie Aiello](#)

We have a new trip using a local Asheville company to provide a shuttle to the put-in. The trip is on Sunday, Sept 11, 2011. Plan to arrive at the outfitter at 10:15 am to leave with the outfitter by 11:00 am. They will haul your boat and gear if you have it, or you can rent from them. There is a small fee for the shuttle. This section of the French Broad is calm with occasional shallow shoals. We will float/paddle about 7 miles, maybe 3 hours to our cars. After paddle, we will go have lunch. In case of rain, the back-up date is Sunday, Sept 18, same time. Rated: Easy. For more info, the outfitters website is: [paddlewithus.com](http://paddlewithus.com).

#### September Lunch and Learn: Favorite Fall Hikes, September 22, 2011, Noon to 1 pm

Leader: [Kevin Barham](#)

This Lunch and Learn will be a time to come together and talk about our favorite places to hike, especially to enjoy the fall weather and changing scenery. Kevin Barham will lead this discussion, but the format will be more of a round-robin. All are invited to tell about a favorite place to hike or favorite experience from hiking during this season of colorful trees and crisp air. If you don't have a favorite place or experience, you will certainly leave with some good ideas for your next hike. This meeting is scheduled to be in Conference Room A in Bldg 280. Bring your lunch, bring a friend, and be there.

## **Family Hiking Day Hike: Carvers Gap to Grassy Ridge, September 24, 2011**

Leader: [Ian Powell](#), 423-217-8193

We will meet at Carver's Gap and head out at a leisurely pace on the AT to Round Bald, Jane Bald and then Grassy Ridge Bald. This is a family hike, so all ages are encouraged to attend. Contact the hike leader, Ian Powell, with questions at [ipowell@eastman.com](mailto:ipowell@eastman.com) or at 423-217-8193. It could be cool, so bring a jacket. Also bring a picnic lunch to eat on Grassy Ridge. Don't forget your camera.



---

## **For the Record**

---

### **Friday Hikers: AT from Elk Garden to Mt Rogers, July 29, 2011**

*Collins Chew reporting*

We had a nice hike from Elk Garden to either the summit of Mt Rogers or the Thomas Knob shelter. About half of the group went each way. Some returned by the horse trail. Cathy furnished lemonade when we returned to the cars. There were a sprinkling of blackberries and wildflowers. The most comments were about the tall bellflower (of last week, also) and a bright yellow flower, probably a coneflower. Hikers were: Olin Babb, Cathy and Jerry Case, Anne Cosby, Carol Dunham, first timer Evelyn, Bob Harvey, Larry Miller, Jerry Sluder, Lowell Toof, and Collins Chew.

### **Friday Hikers: Blue Ridge Parkway to Mt Mitchell, August 5, 2011**

*Collins Chew reporting*

We had a nice hike along the Mountains to Sea Trail from near the Blue Ridge Parkway to the summit of Mt. Mitchell. It was just under 5 miles with a climb of 1,300 feet. The high altitude was a great comfort on a record setting hot day in the valley. It was quite cool when the clouds blew through and tolerable in the sun. There were nice wild flowers: turtle head, cone flower, sweet Joe Pye weed (?), white asters, St. Johns wort, and more. Lots of shiny mica made the trail sparkle. Hikers were: Olin Babb, Cathy and Jerry Case, Bob Harvey, Jerry Sluder, Lowell Toof, and Collins Chew.

### **Friday Hikers: Huckleberry Picking in the Shining Rock Area, August 12, 2011**

*Collins Chew reporting*

There were hardly any blueberries to pick in the Shining Rock area. There were many people there and some said the crop was the worst ever, based on many years experience. Otherwise, it was a fine hike from the parking area near the Blue Ridge Parkway to Ivestor Gap, about 5 miles round trip. The group divided more or less in half for most of the hike. Five hiked the Ivestor Gap Trail both ways, while three went to the Art Loeb Trail to Ivestor Gap. We met there, but one group left earlier than the other and found a few berries to pick. It was quite cool early but warmed considerably later. The scenery was great. One group stopped for supper at the Mt. Pisgah Inn while the other drove on home. I decided to get into the blueberry/huckleberry controversy. I dissected a berry and counted 17 seeds, which is supposed to be diagnostic of one or the other; but the number of seeds is not as obvious as it would seem. None of my sources mentioned the number of seeds. Some tended to say huckleberries are Western, but are also in the northeast and Canada. My sources said the most distinctive way to identify them is to cut a berry in half. Blueberries are white or light green inside whereas bilberries are red throughout, but the document did not say what color huckleberry centers are. I cut one and decided it was white to light green inside. It will take a better botanist than I to solve this. Hikers were: Cathy and Jerry Case, Carol and Dave Dunham, Bob Harvey, Patty Jo Nachman, Lowell Toof and Collins Chew.

### **Friday Hikers: Huckleberry Picking in Grayson Highlands, August 19, 2011**

*Bob Harvey reporting*

With a heavy rain and thunderstorm in progress here in Kingsport I canceled the hike of August 19. Many others, though, decided to go ahead and take a chance on finding better weather in the Grayson Highlands; so they gambled --- and won. They reported that the skies cleared and they had a fine day in the highlands. The bad thing about it, though, was that the huckleberries were sparse this year, something that seems to be the general condition.

Those who went on the berry picking expedition were Lee Bockman, Kathy and Jerry Case, Carol and Dave Dunham, the Dunhams' son Geoff and his wife Nancy, and Nancy's two children, Alaynah and Emma Burke.

## Sand Cave/White Rocks Cliffs, Saturday, August 20, 2011

*Vic Hasler reporting*



Although several inquiries were made during the prior week, I ended up making this hike solo. The day was clear with bright blue skies as predicted, but slightly warm - reaching 90°F. The loop hike was taken as planned with highlights of lunch enjoyed in the cool quiet of Sand Cave and a resting break upon White Rocks viewing the rolling green ridgelines (see photo). I could also see my truck way below – an hour and half hike to go. The route was tracked with GPS receiver for an extensive update of the [trail wiki](#). The 8.5 mile circuit was completed in 4.5 hours plus three hours round trip driving.

## Friday Hikers: AT from Indian Grave Gap to Curley Maple Gap Shelter, August 26, 2011

*Bob Harvey reporting*

The hike of August 26 began at Indian Grave Gap and went south on the Appalachian Trail to Curley Maple Gap Shelter, where we ate lunch. The group then split into two parties, one of which continued south to Chestoa and the other returned to Indian Grave Gap. The hikers were Olin Babb, Lee Bockman, Kathy and Jerry Case, Anne Cosby, Carol and Dave Dunham, Judith Foster and Bob Harvey. Those who went the distance did 8.3 miles; those who turned did 8.2.



## AT Maintenance Reports

**Reporting:** Joe DeLoach

**Date:** 7/29/2011

**Purpose:** Maintain section

**Location:** Section 15a, Cloudland to Carvers Gap

**People:** Joe DeLoach

**Summary:** Thanks to Bob Peoples for giving me a ride to Cloudland where I worked back to Carvers Gap before joining other TEHCC volunteers and the Konnarock Crew on Round Bald. I whacked quite a few blackberry briars, lopped, and cut a few small blowdowns. I also placed a new register and picked up trash at Roan High Knob Shelter.

**Reporting:** Paul Benfield

**Date:** 8/1/2011

**Purpose:** Mow accessible trail

**Location:** Section 4b, Osborne Farm

**People:** Paul Benfield, Ted Mowery

**Summary:** We mowed and trimmed weeds along the Accessible Trail across the Osborne Farm. We had some mower problems so will have to return and complete the mowing.

**Reporting:** Paul Benfield

**Date:** 8/3/2011

**Purpose:** Mow Osborne Farm

**Location:** Section 4b, Osborne Farm

**People:** Paul Benfield, Ted Mowery

**Summary:** We returned and finished mowing the AT and Accessible Trail across the Osborne Farm.

**Reporting:** Brian Paley

**Date:** 8/4/2011

**Purpose:** Cut weeds

**Location:** Section 8, Shook Branch to first campsite

**People:** Brian Paley

**Summary:** I trimmed back weeds from Hwy 321 to the first large camp site. I picked up and hauled out 3 huge bags of trash.

**Reporting:** Carl Fritz

**Date:** 8/8/2011

**Purpose:** Move gravel onto Round Bald

**Location:** Section 14b, Engine Gap to Carvers Gap

**People:** Paul Benfield, Ken Buchanan, Richard Carter, Joe DeLoach, Jim Foster, Carl Fritz, Ted Mowery, Bill Murdoch, Kevin O'Donnell, Ed Oliver, Ray "Otto" Douglas, Bob Peoples, Kim Peters, David Quillen, Tim Stewart, George Thorpe, "Roman Wall" Lone Wolf

**Summary:** We hauled 37 tons of gravel from Carver's Gap to beyond Round Bald. It took many volunteers working three days to accomplish this. Many thanks to David Quillen who provided his expertise and equipment to make much of this possible. Also, thanks to all seventeen volunteers who sacrificed to make this possible (if you call working on Round Bald a sacrifice). We rented two tracked gravel haulers to maneuver on the trail up to Round Bald. Thanks go to Morgan Sommerville of ATC for securing the rental of the gravel haulers. Basically, we operated three full days from 6 am to 10 pm including travel, using all the daylight hours to move the gravel. Other days were consumed in preparation and returning the equipment. Much of the funding for this project came from a North Carolina ATC License Plate Grant.

**Reporting:** Old Timers Hiking Club

**Date:** 8/12/2011

**Purpose:** Refresh blazes and train members

**Location:** Section 17, Beauty Spot to Indian Grave Gap

**People:** Wayne Jones, Deanna Richardson, Lana Scott, Lynda Carter, Andrew Clelanc, Bob Armistead, Andy Deshkulkarna, Jim Robinson, Lou Haase, Sandra Perry, Patrick Wright, Dave McMillin, Bob Miller, John Parks, Charlotte Miller,

**Summary:** The leader, Bob Miller, led the group in a study of the proper methods for blazing the AT. Afterwards we got hands on experience by refreshing the trail from Beauty Spot to Indian Grave Gap. We picked up trash and clipped back bushes. All attendees are now able to assist in this element of trail maintenance.

**Reporting:** Jim Foster

**Date:** 8/16/2011

**Purpose:** Walk relo flag line with USFS biologist

**Location:** Section 11a, Dennis Cove Road to White Rocks

**People:** Ed Oliver, Jim Foster

**Summary:** Ed and I walked the proposed relo flag line with the USFS biologist to check trees for possible bat habitat. The trees that are affected were given a small spot of paint and cannot be removed during the building of the new trail.

**Reporting:** George Thorpe

**Date:** 8/22/2011

**Purpose:** Check on Curley Maple Shelter

**Location:** Section 19a, Curley Maple Gap Shelter

**People:** George Thorpe

**Summary:** I hiked in from Indian Grave Gap; the Trail is clear. At the shelter, I placed a new rake and took pictures and measurements for the Shelter Status Report. I dismantled the fire ring built too close to the shelter and replaced the shelter log book. I checked and cleaned the water source, picked up and carried out trash, and completed and sent out the Shelter Status Report.

**Reporting:** Steve Wilson

**Date:** 8/25/2011

**Purpose:** Cut weeds on AT

**Location:** Section 12c, Elk River section

**People:** Steve Perri, Steve Wilson

**Summary:** We cut weeds along the Elk River section of the AT. This flat section is mowed by the Forest Service in July and late September. Two club weed trimmers were used to cut the fast growing plants that grew in the summer sun. The weeds were mostly knee high, but some were chest high. We found and removed wasps at the Forest Service gate.

**Reporting:** Jim Foster

**Date:** 8/30/2011

**Purpose:** Do biological survey on the proposed relocation on Backbone Rock Trail

**Location:** Section 2, Backbone Rock Trail

**People:** Ed Oliver, Jim Foster

**Summary:** Ed and I walked the proposed relocation flag lines with the USFS biologist who was doing a plant survey. We didn't quite finish, so we'll do one more trip and complete the job.

**Reporting:** Carl Fritz

**Date:** 8/30/2011

**Purpose:** Dig relocation

**Location:** Section 15b, Below Cloudland

**People:** Paul Benfield, Ken Buchanan, Ray Douglas, Carl Fritz, Bob Peoples, Kim Peters, Tim Stewart, Roman Wall; from Wright State: Rebecca Coe, Trevor Hughes, Andrew Montgomery, Kody Lupori, Ryan Schilcowski, Kimberly Honious, Rebecca Hurley, Ann Mitchell, Stephanie Gorby, Matt Crawford, George Todd Jr., Dan Piaskowski, Kaitlin Shannon, Avery Mueller, Francisco Cronin, Marcelle Bonterre

**Summary:** Wright State University students made their annual trip to hike Roan Mountain as well as improve the trail. These 16 students accomplished both over five days. They completed and opened the relocation.

**Reporting:** Paul Benfield

**Date:** 8/31/2011

**Purpose:** Cut grass

**Location:** Section 4b, Osborne Farm

**People:** Paul Benfield

**Summary:** I mowed the grass across the Osborne Farm. I was alone, so did not clear the blowdown.