



The Tennessee Eastman Hiking and Paddling News

June 2013

tehcc.org

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From the Chair

Vic Hasler, Steering Committee Chair

With the heavy spring rains, the local waterfalls have been large cascades – and the paddling pushy. We hope that you have had a chance to get out to care for and enjoy the trails and streams.

By the time you read this column, the order for the TEHCC shirts will have been submitted. The response has been more than anticipated, thus wonderful to show your affiliation with this club. Good news is that the plans are to submit a reorder if another dozen shirts are requested.

Finally, please take a look at the proposed changes to the club constitution regarding how the Steering Committee is chosen. The goal is to benefit from whoever is willing to give suitable leadership to this organization. A separate e-mail will be sent to members requesting their approval to move forward to have a vote sometime during the summer. The process needs to be

defined before the 2014 election cycle.

Vehicle vandalism and theft reported at AT trailheads in Tennessee

Unfortunately, two incidents have been reported this past month. First, the Forest Service has reported that there have been a number of vehicle vandalisms along US Highway 421 at the AT Trailhead at the Sullivan/Johnson County border on Holston Mountain. At least one vehicle at the AT trailhead has had a window broken out during daylight hours. Recommendation is to not leave any vehicles here until this issue is resolved by local law enforcement. Second, hikers on Roan Mountain reported that a thief broke into their car by smashing a window and prying open the glove compartment. The thief stole purses, wallets, a cell phone and other items stored in the glove compartment from their vehicle parked at Carvers Gap on Tenn. Highway 143.

TEHCC Sponsors Roan Highlands Ridgerunner in 2013

Steve Perri reporting

TEHCC has partnered with ATC, SAHC, and the USFS to propose and hire a ridgerunner for the Roan Highlands this year. We proposed the need last year, but our timing was late and the funds were not available to hire qualified candidates. But this year, we worked diligently to engage all our partners to make it happen through the North Carolina license plate program. There were many qualified candidates that applied and the person selected for this position is **Katrya'na C. Keely**, AKA "Kat." Kat is a very qualified individual having vast experience in outdoor roles including: a technician for the Bureau of Land Management, backcountry ranger, a guide and wilderness instructor, environmental educator and interpretive ranger. Kat is also no stranger to the AT having been a thru-hiker and an Appalachian Mountain Club guide and instructor.

The objective of Kat's role as a ridgerunner (caretaker) is to provide education for trail users to minimize impacts in the Roans as well as provide Leave No Trace (LNT) awareness to visitors. The proposed area to be covered represents the area where the Appalachian Trail crosses through the Roan Highlands from Cloudland to Hump Mountain. So if you are in the area in June and July, please give Kat a warm welcome and introduce yourself to her. She'll be wearing an official uniform with ATC insignia so she should be recognizable in her role even though we don't have a picture of her yet.

TEHCC maintains an open areas management plan with ATC that consists of 21 areas. We have had several discussions over 2012 among the partnerships of ATC, the USFS and SAHC and we believe that the Roan Highlands represents an area where high visitor use has resulted in extensive user impacts at common gathering sites (shelters, camp sites, vistas, etc.) and in other cases non-ideal trails have been developing in plant sensitive areas. The area from Cloudland to Grassy Ridge has had a significant amount of impact from high use from a combination of AT thru-hikers, overnight hikers and day hikers. During 2012, John Odell from ATC conducted an inventory assessment of highly impacted areas including shelter areas, campsites and vistas. This information is a quantitative tool we can use to measure these impacts as a baseline for continued monitoring of high use and sensitive areas over time. However, in order to attempt to mitigate the continued impacts in the future, we believe that the presence of a ridgerunner will provide an effective means of education for visitors to this sensitive natural resource.

Leave No Trace Trainer Course



The Southeastern Foot Trails Coalition will be conducting a Leave No Trace Trainer Course August 2-4, 2013 in the Chattahoochee National Forest, Georgia for those seeking to learn the seven principles of outdoor ethics for personal enrichment or to teach others. The course features a backcountry experience with a short backpack with an overnight campout. The course fee includes food and educational materials. With outdoor activity increasing, people need training to be better stewards of the wilderness. The Trainer Course is a vital component of the nationwide Leave No Trace program and is designed to help recreationists minimize their impact while enjoying the outdoors.

The goals for this Trainer Course are to prepare the attendees so they will understand and be able to teach the value of minimal impact on the environment and the Leave No Trace Ethics.

Presenter: Jay M Dement, Leave No Trace Master Educator

More information: <http://southeastfoottrails.org/SEFTC-LNT-Workshop.htm>, jay@Dphotos.com, 404/731-1901

Trail Dames Summit Maryville, Tennessee - July 12-14, 2013

Come join women for the third annual Summit: A Hiking and Backpacking Conference for Women!

The Summit is an opportunity for all women to come together and learn, dream and share the beauty of the outdoors. For three days, Maryville College will play home to seminars, demonstrations, classes and special guest speakers, all designed to celebrate women on the trails. The conference will feature guest speaker Sanne Larsen Bagby, aka 'Ready', a triple crowner with more than 10,000 miles of backpacking to her name. The conference will also include an extensive list of seminars, classes and workshops. A Hikers Fair with gear demonstrations will be open for the duration of the Summit, as well. "Meditation Hikes", "Lightweight Backpacking", "Outdoor Photography", "Hiking the El Camino" and "Women's Nutrition for Hiking" are some of the clinics that will be offered. For more information or to register for the Summit, go to www.traildamesummit.com

Mount LeConte Lodge, Smoky Mountains, Saturday-Sunday, July 13-14

For the past many years, the Hiking Club has organized a summer weekend trip to Mount LeConte Lodge in the Great Smoky Mountains National Park. This lodge (elevation 6593 ft) can only be reached by hiking trails. Supplies are brought in by llama train once a week. The hiking distance to the lodge is 5.5 to 7.8 miles one-way depending on the route. The package price this year is \$138.30 per person which includes supper on Saturday, lodging for the night, and breakfast on Sunday. We have four reservations in a five-person cabin (double bunk beds and a single). If you are interested in these reservations please contact Steve Falling, 423-239-5502, for availability. You must be a TEHCC member to participate in this outing. You can find out more about Mount LeConte Lodge at www.lecontelodge.com.

2013 Damascus Hard Core

Carl Fritz reporting

This 13th annual Damascus Hard Core event was Sunday, May 19th and Monday, May 20st. It was preceded by the tragic event at Damascus Trail Days during the parade on Saturday when 50 people were injured by a car. Everyone experienced more obstacles including rainy weather during the Hard Core event. But Monday ended spectacularly with everyone happy.

The key to the success was the about 50 hikers, 52 hiker alumni and 34 club members, affiliates and friends. It was an example of people working together to overcome obstacles, having an enjoyable time and creating a much better AT. By Monday we had collectively:

- Rehabbed 400 feet of trail just south of Dennis Cove with rock and log steps plus log cribbing
- Opened 2200 feet of new trail relocations on north side of White Rocks Mountain

The original trail on White Rocks Mountain went straight up the hill. It was very steep, rocky and full of roots. A series of eight switchbacks eliminated all this. It took two days to complete these because there were many sections requiring so much rock work for steps or cribbing. And a couple of sections required long runs of crush and fill to get through wet areas running off the boulders. "Camo" and his crew put in a series of 17 rock steps to just get through one switchback.

Weathermen were predicting 80% and 70% chance of thunderstorms for Sunday and Monday. Sunday afternoon just as we were leaving the work site, the rains came. Then it turned to a downpour for a couple of hours providing us with several inches of rain. Everyone got drenched but it finally cleared about 6 PM when dinner was served at Kincora.

Many hikers were thrilled with the opportunity to give back to the trail and they took advantage of that opportunity. One hiker remarked on last afternoon while painting blazes that he had always thought that the big rocks along the trail had been moved by dozers somehow. Now he knew it was dedicated people with hand tools.



AT License Plate grants generously provided funding for the dinners and some necessary items for trail like tarps and tool handles. All participants enjoyed those dinners after a hard day's work. If you live in a state with an AT license plate consider purchasing one for your vehicle to support trail work and demonstrate your commitment.

Patches or rockers were distributed. "One Pint" provided Hard Core mementos of a collapsible drink container labeled Hard Core 2013. She also provided food prepackaged for hiker lunches for Sunday.

ALDHA provided funds for hiker lunches on Monday plus water bottles for both days.

Sunday dinner was again coordinated by Ed Oliver and Monday dinner by "Baltimore Jack". There were so many special volunteer contributions. An example is Mike and Marsha Hupko cleaned all the hard hats and disinfected them between the two work days.

Special thanks go to Reuben Potter, Trail Technician for Watauga Ranger District. He made it possible for us to transport the tools within a half mile of the work site. Since we did not have to carry all those tools 2.5 miles and 1500 feet elevation and back, we probably were able to build an extra 800 feet of trail.

In total there were 102 hikers and 34 club members, affiliates and friends or 136 volunteers contributing 2258 hours to make this event a success!

These TEHCC members, program affiliates and local friends participated: Daryl Anderson, Curtis Baird, Dean Baird, Paul Benfield, Ken Buchanan, Pat Buchanan, John Beudet, Jennifer Berry, Rio Berry, Jim Chambers, Bruce Cunningham, Mary Cunningham, Donna Dean, Joe DeLoach, Carol Dunham, Dave Dunham, Jim Foster, Carl Fritz, Mary Jane Fritz, Marsha Hupko, Mike Hupko, Kat Johnson, Mitch Ketron, FS 2, Pat Loven, Joe Morris, Ted Mowery, Ed Oliver, Brian Paley, Bob Peoples, Steve Perri, Kim Peters, Reuben Potter, "Seiko", Priscilla Sperling, Tim Stewart.

These are the current year hikers and hiker alumni who participated: "Chef Paul", "One Pint", Abby Noble, Alexa McRoberts, Amithan Sebarajah, Amy Sternheim, Bill Bancroft, Bill O'Brien, Brenna McCree, Brian Sutherland, Brigid Hunt, Brielle Martinez, Britt Sutherland, Carl Doug Chenoweth, Charles Green, Charles Thoman, Christopher Hood, Dan Barry, Dan Houchins, Daniel Hintze, David Lowe, David Nightingale, Derick Lugo, Doug Corkhill, Drew Beeler, Eric Winter, Franklin LaFond, Garrett Hudson, Garrett Muno, George Joachim, Hannah Hobbs, Henry Moody, Hudson Hartson, Jack Gilbert, Jack Tarlin, Jacob Lewis, Jakobi Gerth, James Bolognani, Jim Sample, Jamie Stout, Janel Scharhag, JayDe Wilbur, Jeff Andersen, Jeff Dunstan, Jeremy Parker, Jill Byrd, Joanna Mast, Josh Isbell, Kahla McRoberts, Kayce Wilbur, Kelsey Costello, Kendall Abruzzese, Kit McCann, Krystal Magliuzzi, Krystal Miller, Kyle Castille, Kyler Cafro, Lamar Powell, Laura Volkening, Leah Lew, Lewis Moyers, Lindsey Scheider, Maggie Wallace, Marit Gay, Mark Santoski, Mark Thad, Melissa Keller, Michael Kundrat, Michael Wilson, Mike Laude, Mike Price, Nathan Voegele, Nick Amante, Nick Browne, Nicole Laeger, Page Barker, Phil Abruzzese, Rachel Evans, Ray Douglas, Richard Evans, Robert Dotson, Sam Byers, Sam Merrill, Samantha Loscalzo, Scott Benjamin, Smith Edwards, Spencer Swift, Stevie Uribe, Taru Soilikki, Trudy Hartson, Wayne Krevatski, Zack Adamson, "Easy", "Quinoa", "Coyote", "Rox", "Polly", "Mom of Little John", "Crispy Critter".

Proposed Amendments to the TEHCC Constitution

In recent years, the Steering Committee has been consistently unsuccessful in obtaining the six nominees for the election ballot as required by the club constitution. In this regard, the Hiking and Canoeing Club is different than the rest of the Eastman Recreation clubs by requiring two instead of one nominee for each open position. The current process can also be disheartening for some wishing to take a leadership role within the club – at a time we need the talents of everyone willing to step forward.

Four changes are therefore proposed to the club constitution and bylaws. The first update would drop the use of a Nominating Committee since the Steering Committee as a whole has been performing this task. The second would allow the Steering Committee to decide their size, being at least six members. The third change would switch from having two nominees per position to providing a slate of members for confirmation. The fourth revision would be in how that leadership slate is assembled.

Per Article VI of the club's constitution: "Amendments to Constitution and/or By-laws," the next step of the change process is to obtain endorsement by ten percent of the membership. The present membership is roughly 580, thus agreement by at least 58

members is required to continue. This newsletter article represents publication of the proposal, so this step will be done by e-mail similar to current elections with a single question (and comment box). Please reply "yes" if you are in agreement with moving the constitution changes regarding elections to a vote. Reply "no" with your concerns to be addressed in the comment box if the proposal needs more development.

Here are proposed changes related to how the steering committee is chosen. The current text is first given, and then the suggested revision. Differences between the two are highlighted in red. The entire text of the Club's [Constitution](#) and [Bylaws](#) can be found on the club web-site, tehcc.org.

Constitution - ARTICLE III - OFFICERS

Current: A six-member Steering Committee will be composed of officers which are to be elected by the Club members. All Steering Committee members will serve two years and are elected in alternate years (three members are elected annually.) The Steering Committee elects its own Chair and Chair-elect, who normally succeeds to the Chair in the following year. The Committee also appoints the Club Secretary and sub-committee Chairs. When the Steering Committee Chair is one of the retiring committee members, he/she shall stay on the committee one additional year (three years total). The management of Eastman Recreation Club (ERC) will appoint an ERC Advisor to the Club.

Proposed: A Steering Committee will be composed of at least six members, who are to be confirmed by the Club members. All Steering Committee members will serve two years with approximately half chosen in each year. The Steering Committee elects its own Chair and Chair-elect, who normally succeeds to the Chair in the following year. If desired, the Committee also can appoint a Club Secretary and sub-committee Chairs. When the Steering Committee Chair is one of the retiring committee members, he/she shall stay on the committee one additional year (three years total). The management of Eastman Recreation Club (ERC) will appoint an ERC Advisor to the Club.

Bylaws - ARTICLE II - DUTIES AND POWERS OF THE STEERING COMMITTEE

Current: Section 2 - There shall be a Nominating Committee consisting of the Steering Committee members. This committee shall nominate two club members for each Committee position in September. Two weeks after nominations have been announced, additional people may be nominated by endorsement of five members. Consent of the nominees shall be obtained before nominations are final. Balloting shall be conducted in November. The nominees receiving the most votes will be elected and shall assume the duties of their position on January 1.

Proposed: Section 2 – Strike the entire section. Renumber Article II, Section 3 to be Section 2. Details on the selection process will be included in Article V.

Bylaws - ARTICLE V – ELECTION OF STEERING COMMITTEE

Current: Refer to Article III of the [Constitution](#) and Article II of the [By-Laws](#).

Proposed:

Section 1 – The Steering Committee will decide its size, minimum six, based on its needs and available volunteers. Length of service is given in Article III of the Constitution.

Section 2 – Club members may be considered for the Steering Committee ballot by expressing their interest or being nominated by other members. Background information, in writing, is required to the Chair by October 1st.

Section 3 - By mid-October, the Steering Committee will assemble the slate of nominees. The consent of all nominees shall be obtained before the nominations are final.

Section 4 – Voting shall be conducted in November. The nominees confirmed on at least 50% of the votes cast shall be elected and shall assume the duties on January 1st.

TEHCC Welcomes New Members

Paula Cahill
Mason Ewers

Jason Clark
Gordon Rowland
Aaron Carlton

Denise Spears
Cynthia Lewis

Event Schedule – Next Two Months

For the latest, up-to-date information, see tehcc.org/schedule

Date	Description	Leader	Contact
June 1	Lower Watauga, Class I and II	Debbie Briscoe	423-534-3636
June 1-2	APE's & TEHCC Beginner Whitewater Kayak Course	Scott Fisher	276-698-4644
June 8	AT: Cloudland to Hughes Gap	Vic Hasler	423-239-0388
June 15	3rd Saturday Maintenance – Hiking with Tools	Kim Peters	423-366-0128
June 16	The Channels Natural Area Preserve	Vic Hasler	423-239-0388
June 21	Spring/Summer Wildflower Hike - Round Bald Sunset Hike	Joe DeLoach	423-753-7263
June 22	Nolichucky River Cleanup	Debbie Briscoe	423-534-3636
June 27-July 1	Konnarock Crew - A. T. Relocation near Clyde Smith Shelter	Joe DeLoach	423-753-7263
June 28-30	APE's & TEHCC Basic Swiftwater Rescue Course	Scott Fisher	276-698-4644
June 30	Steele Creek Park, Bristol, TN – Trinkle Hollow Trails	Barry Griggs	423-239-5676 423-384-6642
July 11-15	Konnarock Crew - A. T. Relocation near Clyde Smith Shelter	Joe DeLoach	423-753-7263
July 13-14	Mt. LeConte Lodge	Steve Falling	423-239-5502

Details of Upcoming Events

Recurring Events

Most Tuesdays: Weekly A.T. 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) 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 7:30 to 9:00 pm every Tuesday for tips and tricks about basic kayaking and to learn 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 email asking other members to bring extra equipment. We will try our best to get you outfitted for the night!

Thursday Evenings During the Summer: Paddle to the Grill

Bring your recreation or touring kayak/canoe to meet with The Appalachian Paddling Enthusiasts & TN Eastman Hiking & Canoeing Club. We will launch at 6:30 pm from “Davis Dock” located in Blountville & paddle to “Boone Docks Restaurant” located at Boone Lake Marina in Piney Flats for dinner & a social hour then paddle back.

As we may be paddling back during low or no light, please have a stern light for your boat & PFD's are mandatory.

Contact [Debbie Briscoe](#) , 423-534-3636 for more information.

3rd Saturday Maintenance – Hiking with Tools!

Leaders: [Kim Peters](#), 423-366-0128; [Joe DeLoach](#), joedelo@eastman.com

Come out for a day hike somewhere on our beautiful section of trail on the 3rd Saturday of each month and help out on some routine maintenance needs, such as cutting annual growth, cleaning out water bars and painting blazes. All tools will be furnished and no prior experience required! Contact [Kim](#) or [Joe](#) for details and meeting time and place.

Bi-Weekly on Saturdays, Lower Watauga, Class I and II

We will launch from Riverside Park in Elizabethton behind the Ballpark at 3PM unless there is water elsewhere. Call first to check and see if it's on! Also, we stop for a break about half way down, so don't forget your snacks! We are usually off the water by 7:00 or so and then we can go for Mexican Food in town.

Please be prepared for cold water and wear appropriate gear.

Contact: [Debbie Briscoe](#), 423-534-3636.

Scheduled Events

AT: Cloudland to Hughes Gap – Saturday, June 8, 2013

Leader: [Vic Hasler](#), 423-239-0388

Want to know how those distances in the AT guidebook are determined? TEHCC has opened several relocations in the Beartown Mountain area that need to be officially measured. After staging a vehicle at Hughes Gap, the intent of this hike is to enjoy the views while confirming the new distances using the club measuring wheel along a roughly four mile section from Cloudland. We're leaving Colonial Heights at 8:00AM. Bring a sack lunch, water, clothing appropriate for the weather, camera, and trekking poles as desired. Call the hike leader if interested.

The Channels Natural Area Preserve, Sunday June 16, 2013

Contact: [Vic Hasler](#), 423-239-0388

The Great Channels are an unusual geological maze of large sandstone boulders and eroded crevices. Bonus is that the formation is up on a ridgeline, thus also great views. The time required for this outing (both driving and hiking) is longer than what the club has defined for beginners and families. Departure time is 1PM from the parking lot below the "McDonalds" construction in Colonial Heights. The 56 mile drive to Hayters Gap will take 75-90 minutes north on I-81 and then winding up the mountain. The three mile path is now officially part of the Brumley Mountain Trail starting out as wide forest service road and then narrowing to a hiking trail with 1,100' elevation gain. We'll enjoy exploring the channels and a snack before returning to the cars. Expected time back in Kingsport is 7-8PM (which is still before sunset), so some may stop for fast food. For further information, check the [trail wiki](#) or call/e-mail the hike leader.

Spring/Summer Wildflower Hike - Round Bald Sunset Hike, Friday, June 21, 2013

Leader: [Joe DeLoach](#), 423-753-7263

Rating: *Easy and beautiful!*

Heavy rains and muddy conditions caused us to postpone our originally scheduled May 11 spring wildflower hike. This was already towards the end of the spring wildflower season, so we're moving it to the first day of summer and will make it a Friday evening trip to the Roan Highlands. The cool spring has made the flowers later than in the last couple of years, and we're hoping that on June 21 we'll nail the flame azalea and rhododendron bloom on Round Bald. We'll depart from Kingsport at 4:30 PM Friday June 21, can meet others in Johnson City or Elizabethton if needed, and get up to Carvers Gap around 6:00 PM. We'll hike at least as far as the azaleas on the back side of Round Bald, about a mile from Carvers Gap, and plan to picnic in that vicinity. This is the second longest day of the year, one second shorter than June 20. Sunset is at 8:56 PM and we'll head back to the flatlands around then, probably arriving back in Kingsport between 10:30-11:00 PM. Bring dinner, beverages, warm clothes and maybe a blanket, and a camera! Please contact Joe for more information or if you'd like to go.

Nolichucky River Cleanup, June 22, 11am – 9pm

Contact: [Debbie Briscoe](#), 423-534-3636

Where: USA Raft, 2 Jones Branch Rd, Erwin, TN 37650

Hosted By: Appalachian Paddling Enthusiast's (www.riverapes.org)

Registration starts at 11:00 AM at the APE's Banner

Participants will be assigned into Clean Teams and provided maps of clean-up locations and given trash bags and gloves.

There are plenty of clean-up opportunities of key areas for non-boaters as well as areas designated for individuals with their own boats or rafts.

FREE FOOD AND ENTERTAINMENT!!!! For cleanup participants after the clean-up, Hickory Smoked Bar-B-Q and all the fixins will be served-up by the A.P.E.'s while you enjoy an up & rising band from the The Down Home...The Whiskey Sticks!

Bring a lawn chair, kick back with a hot plate of BBQ, and know that you did something good for the river we all enjoy so much!

WIN PRIZES FROM OUR SPONSORS!!!! During the entertainment we will be drawing tickets for fantastic prizes. Prizes are being supplied by the following generous sponsors: Landmark Learning, Patagonia, Cherokee Adventures, Mahoney's Outfitters, MTI, Mountain Sports Ltd., Astral, Black Dome Mountain Sports, NRS, Nolichucky Hostel and Jackson Kayak.

Supporting Sponsors: USA Raft, TVA, USDA, Columbia Sportswear, Washington Co. Tire Recycling Cent., Food Lion and Walmart.
Helpful information: Showers and restrooms are on premises. Be prepared with appropriate footwear, sunscreen, bug repellent, etc. Rafts, pickup trucks, and trailers will be helpful and appreciated. Consider bringing a packed lunch, boating equipment, rain gear, chairs, family, and friends.

Konnarock Crew - June 27 - July 1 and July 11 - 15, 2013

Contact: [Joe DeLoach](#), 423-753-7263

A. T. Relocation near Clyde Smith Shelter

For over 30 years the Konnarock Crew has been working with southern Appalachian Trail clubs to accomplish major projects along their sections. They have worked on most of our relocations during that period. This summer with two weeks of Crew time we'll tackle a new one, near the Clyde Smith Shelter between Iron Mt. Gap and Hughes Gap. The existing Trail follows a steep "fall line" which is prone to erode and traverses a summit with no views (known in Trail parlance as a Pointless Up and Down or PUD). The relocation, one of a series in this area, will get closer to the shelter and go through a nice rich woods. The Crew arrives on Thursday June 27 and departs around lunchtime on Monday July 1. Volunteers who work at least 40 hours with the Crew are eligible for a Konnarock T-shirt. Volunteers are welcome to work with them anytime they're here, but we concentrate on the full days of Friday-Sunday June 28-30. On those days we'll meet at Parkway Discount Wine and Liquor on South Roan Street in Johnson City at 8:30 AM. The walk in to the work site is very remote and meeting there is not an option, but a meeting point in or near Elizabethton can be arranged in addition to Johnson City. Bring lunch, work gloves, a hardhat if you have one, and plenty of water. Please contact [Joe](#) ahead of time so we'll know to look for you and have tools ready.

Steele Creek Park, Bristol, TN – Trinkle Hollow Trails, Sunday, June 30, 2012

Leader: [Barry Griggs](#), 423-239-5676 or 423-384-6642

Let's combine several park trails in the Trinkle Hollow area to enjoy a total distance of 4-5 miles. These trails are on the south side of the lake and are rated intermediate with lots of shade. We'll meet between McDonald's (being rebuilt) and State of Franklin Bank in Colonial Heights at 1:00 – expecting to finish up by 4:00. Please call the hike leader to let him know you are coming or to arrange an alternate meeting location, such as at the park at a later time.

APE's & TEHCC Basic Swiftwater Rescue Course, June 28-30, 2013

Contact: [Scott Fisher](#), tfisher1@its.jnj.com

The Basic SWR Course, sponsored by Appalachian Paddling Enthusiasts (APEs) and Tennessee Eastman Hiking and Canoe Club (TEHCC), is one in a series of swiftwater rescue courses offered through the American Canoe Association. The course is led by ACA certified swiftwater rescue and kayak instructor Scott Fisher and is designed to teach the recreational paddler basic swiftwater rescue techniques where limited personnel and/or safety gear is available. Scott has provided instruction to hundreds of individuals, paddling clubs, firefighters, rescue personnel, staff of church youth camps, and local outfitter guides. The clinic will include classroom instruction, river skills and realistic scenarios. Successful completion of this course will prepare you to self-rescue and aid in the rescue of others in whitewater environments.

Course Overview: The Swiftwater Rescue Course teaches recognition and avoidance of common river hazards, execution of self-rescue techniques, and rescue techniques for paddlers in distress. Emphasis is placed both on personal safety and on simple, commonly used skills. Techniques for dealing with hazards that carry greater risks for both victim and rescuer, such as strainers, rescue vest applications, entrapments, and pins, also are practiced. Scenarios will provide an opportunity for participants to practice their skills both individually and within a team/group context.

More info: <http://regions.worldkayak.com/tri-cities/2013/03/19/ape-basic-swift-water-rescue-course/>

Registration Deadline: 6/21/2013



For the Record

Laurel Run Trail, Saturday, May 4, 2013

Garry Luttrell reporting



This hike was rescheduled from the complete washout of the original date, April 28th. All that needs to be said: Wildflowers and Waterfalls, a bunch of both. Thanks goes to the LR Park Managers for digging drainage ditches and waterbars up to the rock-hop creek crossing, to convert from a muddy mess from a few weeks ago to a almost, dry as a bone trail. Back to the hike: Gerald Scott and the Hike Leader, were treated to great day of wildflower looking and, as advertised, lots of stops for pictures. The top flower, Gerald was the first to see, was a patch of Fire Pink, with beautiful deep red color. See photos. The water flow was great, and we managed to scramble down thru the brush to see the upper free-fall waterfall. Brings back memories of SB6K scrambles, but minus the briars.



Fire Pink



Blue Phlox and False Solomon's Seal



May Apple

Kingsport Greenbelt from Exchange Place, Sunday, May 19, 2013

Barry Griggs reporting

Forecasts of rain showers may have kept some hikers at home, but rain never materialized and we wound up with a beautiful, warm day to hike the Greenbelt. As we started down the hill from the parking lot on the gravel road we knew we should save some energy for the walk back up that same hill at the end of our hike. We covered the out-and-back 5-mile hike in two hours including a stop to rest and snack. The shade along most of the route provided welcome relief from the sun. On the way back, Ellie jumped in the water to grab a cool drink from one of the small waterfalls running down the hillside. Others were tempted to jump in but decided not to. We shared the trail with several other walkers and bikers as well as a few ducks and big, white geese. A snakeskin lying in our path proved to be a sign of things to come. As we made our way back up the gravel road, glancing over in the woods to the left, we saw what at first appeared to be a straight black stick laid across some branches on the ground. To our surprise it turned out to be a 6' black snake (Beverly's estimate) that may have lost its skin earlier on the trail. Fortunately, we made it back with all our skin. Hikers were Gerald Scott, Beverly Griggs, Barry Griggs and Ellie Griggs (schnauzer)



A.T. Maintenance Reports

Reporting: Bill Hodge

Date: 3/30/2013

Purpose: Logging Out

Location: Section 6, Big Laurel Wilderness Study Area

People: Bill Hodge, Aaron Sanford, Brenna Irrer, Scotty Bowman, James Lautzenheiser, Melissa Braswell, James Wheeler, Patricia Welty, Susan Gleason

Summary: One group worked two days with an overnight, another group worked straight through in one day, and some worked one day. We logged out several trees and did some winter brushing.

Reporting: Joe DeLoach

Date: 4/27/2013

Purpose: Check Konnarock Crew Project

Location: Section 16a, From about 1 mile north of Greasy Creek Gap to north of Clyde Smith Shelter

People: Jim Foster, Joe DeLoach

Summary: Jim and Joe met Morgan Sommerville from ATC, the two Konnarock Crew leaders, and their two assistants to review our relocation near the Clyde Smith Shelter. The approximately ¾-mile walk from where the Crew will park to the A.T. shouldn't be too bad; but if the road is open, Club volunteers will not have much room to park. We briefly looked at the southernmost flagline. Morgan felt that the depth of the gullies along the upper end justified a relocation, though maybe not at the lower end. A sharp turn, which is not desirable, was reflagged after the Pisgah NF archaeologist wanted to move the flagline away from some ruins. The flagline of the relocation where we want Konnarock to work looked good; only some minor tweaks to the route were made. Not all of this flagline has been cut out. We should have time to do so this summer as the Crew works in the area that has been cut out, south of the shelter trail. If the Crew finishes this project, the next relocation starts only about 200 yards farther north. The Crew leaders prefer to camp beyond an interior gate along the road past the access route. Joe will try to gain approval and access to this area from the Cherokee National Forest.

Reporting: Bob Peoples

Date: 4/28/2013

Purpose: Prepare sign-up board and clear road

Location: Section 11a, Near Dennis Cove

People: Bob Peoples

Summary: Bob prepared sign-up boards for Hard Core. He also brushed a Forest Service road to be used during Hard Core.

Reporting: Tim Stewart

Date: 5/1/2013

Purpose: Rehab trail

Location: Section 11a, About 3/4 mile south of Dennis Cove

People: Ken Buchanan, Richard Carter, Ray Douglas, Pat Loven, Joe Morris, Brian Paley, Bob Peoples, Tim Stewart

Summary: The first task of the day was to drag a 20-foot locust log several hundred yards down to the rock ledge. Bob, Joe, Richard, Brian and I managed to do that without smashing any toes or fingers. Pat joined the group at the rock ledge and they began installing it as a side log. While everyone else worked on the upper ledge, Ken and I began working on the lower rock ledge. We used the wedges and feathers to split pieces of the ledge off with the sledgehammer. We made slow progress trying to find splits and cracks on the sandstone rock. After lunch and the successful installation of the side log, everyone joined the destruction of the lower rock ledge. We took turns beating the rock with the sledgehammer while still trying to find cracks to exploit. Once again we managed to loosen a sledgehammer head.

Reporting: Carl Fritz

Date: 5/1/2013

Purpose: Prepare relocation

Location: Section 16a, Little Rock Knob

People: Carl Fritz, Becky Kinder, Kim Peters, Gayle Riddervolt

Summary: The Little Rock Knob relocation is over 1600 feet long; it looks possible but will take significant effort. We cut out winter damage and made some adjustments to the relocation. Five sections of 150 feet cover upper leg.

Reporting: Bob Peoples

Date: 5/3/2013

Purpose: Prepare for Hard Core

Location: Section 11a, White Rocks

People: Jim Chambers, Bob Peoples, "Bear Paw", "Moose", "Lumpy"

Summary: Part of our Hard Core crew brushed a road and prepared some side logs for the relocations.

Reporting: Steve Perri

Date: 5/4/2013

Purpose: Trail Maintenance

Location: Section 12d, Campbell Hollow Road to US19E

People: Kevin Cooper, Kelmara Kelly, Steve Perri, Steve Wilson

Summary: We conducted annual trail maintenance from Campbell Hollow Rd to 19E. One of the local Campbell family members inquired about some damage to the fence at Isaacs Cemetary, but we were unaware of who may have been involved. We lopped rhodos and significant amounts of the multifloral rose. The open-area work in upper Bishop Hollow was a much smaller area than I was anticipating with the dozer work only covering maybe 250' by 50'. Since cattle haven't been grazing, the pasture is really growing up. One 14" blowdown remains, just about 0.5 mile south of Bishop Hollow. It is easy to step over and is somewhat embedded in the ground. We blazed both directions and picked up 3 bags of trash at Bear Branch Road.

Reporting: Joe DeLoach

Date: 5/4/2013

Purpose: A.T. Biennial Planning Meeting

Location: Asheville, NC

People: Joe DeLoach

Summary: The Appalachian Trail Biennial Conference will be held from July 19-26 at Western Carolina University. TEHCC is responsible for workshops and along with the other four clubs participates in the Biennial Planning Committee. Though there are many details left to complete, including workshop details, the major activities are moving along well. A final planning meeting will be held on June 22 at Western Carolina.

Reporting: Carl Fritz

Date: 5/7/2013

Purpose: Sharpen tools and prepare patches

Location: Carl's house

People: Dave Dunham, Carl Fritz, Ed Oliver

Summary: We sharpened the heavy tools with angle grinders. Ed also prepared the rockers for patches.

Reporting: Carl Fritz

Date: 5/8/2013

Purpose: Rehab trail and prepare for Hard Core

Location: Section 11a, Dennis Cove to White Rocks

People: John Beaudet, Chase Belcher, Ken Buchanan, Dave Dunham, Brendan Fitzpatrick, Carl Fritz, Becky Kinder, Joe Morris, Ted Mowery, Bob Peoples, Kim Peters, Reuben Potter, Gayle Riddervold, Tim Stewart, Jack Tarlin

Summary: We painted blazes trail-south to at least the boulders. We rehabbed significant quantities of sloughing and rooty trail just north of the boulders and busted more boulders. In the process we busted three sledge hammer handles. About the only thing left is to improve two more steps. We also checked out access and location for tool cache.

Reporting: Bob Peoples

Date: 5/9/2013

Purpose: Create alternative to flooded trail

Location: Section 8, Watauga Lake Shelter to US321

People: Brendan Fitzpatrick, Chris Gilbert, Jack Gilbert, Mike Laude, Don Norton, Bob Peoples, Eric Petri, Jack Tarlin

Summary: When Watauga Lake rises high, it often covers the two foot bridges near US321. We've installed signs telling hikers to walk US 321 and Oliver Road to bypass that problem. This week the level quickly rose several feet higher than ever. Unfortunately, some of the trail from 321 to almost the shelter was under water. In some cases the blazes were only several inches above water. Bob recruited 7 hikers. Using hand saws and loppers they opened up some alternate paths. They also opened the old trail to bypass many of the problems. They tied flagging to block ends of flooded sections and to direct hikers onto the correct paths. The tape will need to be removed when the water recedes.

Reporting: Gayle Riddervold

Date: 5/9/2013

Purpose: Check and paint Trail blazes

Location: Section 13a, US19E to Dolls Flats

People: Gayle Riddervold, Becky Kinder

Summary: Becky and I walked about a mile and a half up the trail. Becky rechecked water bars while I trimmed back a few rhododendrons. We also checked and repainted blazes. Everything was so lush and green compared to a month ago. We saw a dozen thru hikers. One young man was hiking while juggling 3 tennis balls. I advised him to watch out for the numerous roots that were in the trail.

Reporting: Lynn DiFiore

Date: 5/10/2013

Purpose: Brushing and routine maintenance

Location: Section 14a, Overmountain Shelter to Little Hump

People: Lynn DiFiore, Brian Schloff

Summary: We took the brushcutter up to clear annual growth and briars. We cleaned a few waterbars; the pop-up storms provided a good check of drainage and a few water bars were silted in again. We cleared a few small blowdowns, mostly limbs, before hail convinced us to call it a day. Trash is becoming a problem; three large bags of trash were removed from the barn. The shelter was completely full.

Reporting: Paul Benfield

Date: 5/10/2013

Purpose: Mow A.T. on Osborne Farm

Location: Section 4b, Osborne Farm and Dennis Cove

People: Paul Benfield, Ted Mowery

Summary: We mowed and trimmed at the A.T. and Accessible Trail across the Osborne Farm. We also mowed the lot in Dennis Cove for the Hard Core, Sunday-night meal.

Reporting: Bill Hodge

Date: 5/11/2013

Purpose: Brush out and scout re-route project

Location: Section 6, Iron Mountain Shelter to Vandeventer Shelter

People: Bill Hodge, Jeff Hunter, Caara Fritz-Stoney, Aaron Sanford, Brenna Irrer, James Lautzenheiser, Melissa Braswell, Jamie Williams

Summary: It was a stormy Friday and damp/wet Saturday, but we managed to brush the full seven miles, plus we met Carl Fritz to discuss the Turkey Pen re-route. Trail is in good shape; we met lots of thru-hikers.

Reporting: Carl Fritz

Date: 5/11/2013

Purpose: Check relocation

Location: Section 6, Turkey Pen Gap

People: Carl Fritz

Summary: I met with several of SAWS crew to review the planned relocation at Turkey Pen Gap. They are planning to have a couple of crews there during June. Because of the constant wet weather the last two days, part of the crew left the trail with me.

Reporting: Lynn DiFiore

Date: 5/12/2013

Purpose: Brushing and routine maintenance

Location: Section 14a, Overmountain Shelter to Big Hump

People: Lynn DiFiore, Lyndsey Smith

Summary: We cut back annual growth and briars from Little Hump to Big Hump. The Trail is very wet between Little Hump and Bradley Gap; and it was very windy on the balds! We removed one large bag of trash from the shelter.

Reporting: Joe DeLoach

Date: 5/12/2013

Purpose: Clear blowdowns and brush

Location: Section 13b, Hump Mountain to Doll Flats

People: Lynn DiFiore, Lyndsey Smith, Joe DeLoach

Summary: Joe parked below Doll Flats and cut and removed blowdowns and brush with hand tools from Doll Flats to the edge of the bald. Lynn and Lyndsey continued from their section across Hump and cut briars down the bald until we met at the edge. We cut more briars and used a chainsaw to cut four blowdowns on the way back to Doll Flats, two of which were fairly difficult. The lack of maintenance along this section in recent years was evident with some briars stretching across the Trail. As noted by others, portions between Doll Flats and Hump could really use some rehab. We met numerous hikers, many of whom reported very muddy conditions between Hughes Gap and Cloudland. Three unauthorized signs have been placed at Doll Flats, one pointing out the spring with a sign also pointing out "NC," and another heading north saying "leaving NC". They are bolted into trees and will be removed at some point.

Reporting: Carl Fritz

Date: 5/12/2013

Purpose: Lop and pin flag relocations

Location: Section 15b, Ash Gap north

People: John Beaudet, Carl Fritz, Bob Peoples, Tim Stewart

Summary: This area took a lot of rain including the previous night. We were in the clouds with 15 mph winds and cooling temperatures. Bob did not like his frozen Snicker bar for lunch at 35 degrees. Things started off badly because someone, who will remain nameless, forgot the key to the gate. We cut out and flagged two more relocations for Hard Core; and we inspected all six possible relocations for Hard Core. A milestone of completing this entire area may be in reach this year. Only two more relocations remain to be cut out.

Reporting: Carl Fritz

Date: 5/14/2013

Purpose: Haul tools and rehab Trail

Location: Section 11a, North of White Rocks Mountain

People: Ken Buchanan, Jim Chambers, Tyler Edwards, Carl Fritz, Mitch Ketron, Michael Kundrat, Pat Loven, Ted Mowery, Krystal Magliozzi, Brian Paley, Bob Peoples, Reuben Potter, Tim Stewart, Neal Studdard, George Thorpe

Summary: We quickly and efficiently transported two truck loads of tools, and put cut locusts near the relocations and removed their bark. We also rehabbed 160 feet of sloughing trail up the existing switchbacks.

Reporting: David Dunham

Date: 5/14/2013

Purpose: Routine maintenance and repair table

Location: Section 8, Wilbur Dam Road to Watauga Shelter

People: David Dunham, Carol Dunham

Summary: We lopped the trail from Wilbur Dam Road to the shelter, and painted out the "hike" word that had been painted on the road crossing the dam. We repaired the picnic table at Watauga Lake shelter. Two of the legs had come off along with the angle brace, which we reattached with 3-inch deck screws. We moved the table to a better location and leveled it.

Reporting: Anna Hackler

Date: 5/15/2013

Purpose: Pick up trash and cut weeds

Location: Section 10, Hampton trailhead to Dennis Cove Road

People: Anna Hackler, Shane Hackler

Summary: We picked up trash, cleared weeds, and cleared low hanging branches. We came across several mud pits. A few locals we passed were complaining; they wanted the trail up higher because of so much water run off. We passed several thru hikers heading towards Hampton. We need to go back to repaint some blazes.