



The Tennessee Eastman Hiking and Paddling News

January 2017

tehcc.org

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In this Issue

[Kayla Carter – Section Maintainer](#)

[New Members](#)

[Event Schedule – Next Two Months](#)

[Details of Upcoming Events](#)

[For the Record](#)

[A.T. Maintenance Reports](#)

Wishing everyone a wonderful new year !!

Hope 2017 brings even more hiking and outdoor fun for ya'll !!!

Happy trails!!

Kayla Carter – Section Maintainer

Vic Hasler reporting

Since her 2014 thru-hike, Kayla (aka trail name "Blossom") has grown significantly in her involvement with the Appalachian Trail. During the following year, she volunteered with Hardcore and ATC's S.W.E.A.T crews plus adopted the 2.8-mile section from Sugar Hollow Creek to Campbell Hollow Road for TEHCC. In 2016, Kayla joined the ATC's Next Generation Advisory Council and participated in the Volunteer Leadership Conference. Recently, she was recognized as an ATC Volunteer of the Month ([link](#)). However, for this article, we want to focus on her insights as a section maintainer in her own words:

Maintaining a section of the A.T. is how I continuously reconnect with my through-hike experience. Every time I go out to work, my body and mind come to life with the same feelings and thoughts I had while through-hiking. I'm reminded of all the wonderful people I met and how we all worked together to achieve our goal. Finishing the entire trail was my mission in 2014. After accomplishing that objective, my new mission has been to find ways to share trail maintenance with youth. I find myself often thinking, "I wish I had known I could do this kind of work in high school or college." Trail maintenance has given me a new perspective and skill set of which I never thought I was capable. It's empowering. Hiking has never been the same since I started maintaining the A.T. I enjoy having a task to accomplish while I'm out there. It mirrors the task of completing the whole A.T. Trail work is just as satisfying to me. This is how I give back to the trail that was the setting for the most rewarding adventure of my lifetime.

Otherwise, you can find her promoting Elizabethton and Carter County as the Tourism Coordinator for the Chamber of Commerce. Kayla is engaged to Noah Naseri (aka "Botany"), who also thru hiked with her – and proposed on Katahdin ([link](#)).



TEHCC Welcomes New Member

Philip Kosinski

Event Schedule – Next Two Months

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

For information on APE's/TEHCC paddling events, see <http://regions.worldkayak.com/tri-cities/category/regional-events/>.

Date	Description	Contact	Telephone
January ?	A.T.: Hike over Pond Mountain	Tim Schaefer	423-302-0846
February ?	A.T.: US321 to Wilbur Dam Rd	Tim Schaefer	423-302-0846

Standard Hike Information

Hikes leaving from “Colonial Heights” gather at the parking lot below McDonalds, 4317 Fort Henry Drive, which is NW of I-81 Exit 59. The “Johnson City” meeting location is behind Parkway Discount Wine & Liquor just off I-26 Exit 24 at the intersection of University Parkway and South Roan Street. The “Gate City” spot is up on the hill above US 23 at Kane Street intersection (traffic light) by Food Lion. All hikes will leave promptly to stay on schedule. Carpooling is encouraged with passengers providing a few dollars each towards gas.

Bring adequate water, snack/lunch, clothing appropriate for the weather, comfortable footwear, headgear/sun protection, bug spray, camera, and trekking poles as desired. At the discretion of the hike leader, the family dog can come, if friendly, and kept on leash. Walking speed is typically 2 mph including rest breaks. For more information, check the trail wiki (click on hike title if underlined for the link) or call the hike leader. It is appropriate to contact the hike leader to let them know that you are interested in coming and provide a cell phone number in case plans change for either party. An activity release form is signed by everyone going on the hike – and it helps capture the names and spelling for the trip report. Good digital photos from the hike are appreciated for the newsletter and trail wiki.

Details of Upcoming Events

Recurring Events

TEHCC Steering Committee Meeting - Usually every third Tuesday , 11:30 am – 1:00 pm

Contact: William Warner, chair@tehcc.org, 423-408-4469

Location: Eastman Chemical Company, Kingsport, TN; Bldg 280, Room L7

The Steering Committee guides the general program for the club. The Committee normally meets at lunchtime on the third Tuesday of each month. Meetings are open to all TEHCC members. Bring your lunch or grab a bite at the B-280 cafeteria. Members who are not current Eastman employees need to contact a member of the Steering Committee at least the day prior to arrange for a temporary visitor's pass.

Tuesday Evenings: Johnson City Roll Practice, 7:30 – 9:00 pm

Contact: [Wesley R. Bradley](#), 423-647-1321

Come join the [J.A.W.](#) , [Mahoney's Outfitters](#), [APEs](#), and other paddlers from our region at Freedom Hall Pool for tips about basic kayaking skills. 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. 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.

Click [here](#) for more information.

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 are just starting out in the sport and do not have your own equipment, please post a message on the [APEs yahoo group site](#) or contact [Wesley R. Bradley](#). We will try our best to get you outfitted for the night! Also feel free to contact Wesley for any other questions or comments you may have.

Most Thursdays: Weekly A.T. Trail Maintenance

Contact: Carl Fritz, 423-477-4669, atvolunteer@tehcc.org

Join a group of maintainers who work somewhere on our 133.6-mile section each week, usually on Thursdays.

Thursday Evenings: Kayak Session, Kingsport Aquatic Center, 7 – 9 pm

Contact: Ryan Shealy, 423-963-6066

Interested in kayaking but don't know where to start? Basic kayak training and practice is now available in Kingsport on Thursdays at the Kingsport Aquatic Center! During the winter months (October-April), the indoor pool is sectioned off specifically for kayakers to practice basic paddling techniques. Admission is \$3 for 2 full hours of fun; Aquatic Center members may attend free! If you have equipment, you may drop it off outside the door closest to the pool, then enter the main door to pay at the front desk. The pool does not provide paddling equipment, but if you are just starting out and do not have your own gear, please contact Ryan Shealy

(423-963-6066). For additional event details, click [here](#).

Scheduled Events

A.T.: Hike over Pond Mountain, Saturday, January ?, 2017

Leader: Tim Schaefer, 423-302-0846

This will be the 6-mile portion over Pond Mountain in the Pond Mountain Wilderness Area. We'll hike from the Laurel Falls trail head, connect to the A.T., then continue back to US 321 on the A.T.. We should have enough attendees to handle shuttling, so this is your chance to hike it without doing it twice (out-and-back). All of our planning and post-trip documenting can be found at http://tehcc.org/wiki/Hike_Plans:2016_TEHCC_AT. To be involved with the planning, picking the date, and kept on a mailing list for discussions, contact Tim Schaefer, 423-302-0846 or tim@tehcc.org.

A.T.: US321 to Wilbur Dam Rd, Saturday, February ??, 2017

Leader: Tim Schaefer, 423-302-0846

This will be the 4-mile segment from US 321 to Wilbur Dam Road near the Watauga Dam. Given its relatively short length and driving distance to trailheads, we are planning on doing this section as an in-and-out which should simplify logistics for a change. All of our planning and post-trip documenting can be found at http://tehcc.org/wiki/Hike_Plans:2016_TEHCC_AT. To be involved with the planning, picking the date, and kept on a mailing list for discussions, contact Tim Schaefer, 423-302-0846 or tim@tehcc.org.

For the Record

A.T.: Laurel Falls Trailhead to Dennis Cove Rd plus Coon Den Falls, December 3, 2016

Leader: Tim Schaefer

A great cool morning to hike the beautiful Laurel Fork Gorge. After the usual logistics wrangling, we made our way to the trailhead. We group hiked from Laurel Fork Trail Head, to the A.T., then on to Dennis Cove Road. Everyone was energized, so we continued on to see Coon Den Falls, repeating a section of the A.T. we did in November. We made our way to our second falls, enjoyed the view, then returned back to our cars finishing the day at a comfortable early afternoon, compared to our prior, longer hikes that finished much later in the day. Joining us on this trip were Tim Schaefer and his two children, Jamie and Elliott (Bob), Jonathan Shumaker, Teni Butler, Charlie Outlaw, Tony Messina, Brian Dunkelberger, and a friend of Jonathan and Teni's.



A.T. Maintenance Reports

Reporting: Craig Haire

Date: 9/25/2016

Purpose: Clear trailside overgrowth

Location: Section 20a, Nolichucky River to Temple Hill Gap, middle of section

People: Craig Haire

Summary: Weed whacking along the ridge, I ran into several dayhikers and one southbound thru-hiker.

Reporting: Jim Chambers

Date: 11/27/2016

Purpose: Clear blowdowns and rehab Trail

Location: Section 9a, Pond Flats

People: Jim Chambers, Connie Squires

Summary: We returned to Pond Flats with the proper tools to rehab trail after removing large tangle of blowdowns.

Reporting: Carl Fritz

Date: 11/29/2016

Purpose: Rehab Trail

Location: Section 14b, Overmountain Shelter

People: Jim Chambers, Carl Fritz, Bob Peoples, Tim Stewart

Summary: With a break in the rain, we finished the trail at the privy by adding some steps and finishing the cribbing. We also installed a new toilet seat. We recorded some measurements on the barn.

Reporting: Carl Fritz

Date: 12/1/2016

Purpose: Rehab Trail and bridge

Location: Section 10, Northern trail end of Laurel Fork Gorge

People: Dean Baird, Paul Benfield, Ken Buchanan, Richard Carter, Jim Chambers, Dan Firth, Jim Fischer, Carl Fritz, Joe Morris, Ted Mowery, Bob Peoples, George Thorpe

Summary: We replaced some of decaying timbers on trail northern-most bridge. We also did some trail rehab by adding steps and cribbing on A.T. below Laurel Fork Shelter. Work on both projects will be continued.

Reporting: Gayle Riddervold

Date: 12/1/2016

Purpose: Routine Maintenance

Location: Section 13, US 19E to Doll Flats

People: Gayle Riddervold, Becky Kinder

Summary: We walked halfway up to Doll Flats dismantling three fire pits and picking up small branches and limbs that had fallen on the trail due to the recent wind and rain storm. Twenty-nine waterbars were also cleared of debris.

Reporting: Faye Guinn

Date: 12/3/2016

Purpose: Check trail, clear blowdowns

Location: Section 16b, Iron Mountain Gap to the Rock

People: Howard Guinn, Faye Guinn

Summary: Howard had hiked the Pinnacle Trail and found several blowdowns from the "big wind" we had; so we decided to check the trail. We found four 4-inch blowdowns that we were able to pull from the trail and also tons of small stuff that we removed. The wind had blown the leaves onto the trail in places, ankle deep and higher. Trail story---As we neared Weedy Gap, we saw a huge backpack hung up in a tree.--Why would someone do that? But we assumed just a bathroom break and we would see if it was still there on the way back. The pack was gone when we returned and a few minutes later we saw it on a hiker at the orchard. We asked if they were thru-hikers, because one had no pack. They said yes, but they were taking a day off and staying at the hostel. They had been asked by a section hiker to walk in and get his pack. It seems on Friday, the section hiker had arranged with the hostel to be picked up at 5 pm at Iron Mountain Gap and could only get there in time by leaving his pack behind. Had that pack not been gone when we came back through, we would have been looking for its hiker and wondering where he was! One of the two hikers wanted to know if we thought he might be able to help with trail work near the fires. (?) After they left, we checked the water flow at the spring and it was running, just a very small stream from the pipe, but at least some water.

Reporting: Carl Fritz

Date: 12/7/2016

Purpose: Rehab Trail and bridge

Location: Section 10, Northern trail end of Laurel Fork Gorge

People: Paul Benfield, Ken Buchanan, Richard Carter, Jim Chambers, Dan Firth, Carl Fritz, Joe Morris, Ted Mowery, Bob Peoples, George Thorpe, Tim Stewart, Randy Madigan "Solo"

Summary: We finished replacing decaying timbers on northern-most bridge. We also finished the trail rehab below Laurel Fork Shelter with addition of more rock and log cribbing, plus rock and log steps. Beautiful day to be out. We had two local hikers express interest in maintenance. Also, we removed an abandoned tent on blue-blaze trail.

Reporting: Carl Fritz

Date: 12/13/2016

Purpose: Bridge design and materials

Location: Sections 8 and 13

People: Ken Buchanan, Carl Fritz, Ed Oliver

Summary: Ken and Carl picked up some bridge materials, especially deck boards, from a contractor in Erwin and delivered them to Watauga Work Center in a drizzle and sometimes a downpour. The previous two months, Ed and Carl determined the materials necessary to build the Shook Branch and Wildermine Bridges.

Reporting: Carl Fritz

Date: 12/14/2016

Purpose: Rehab trail



Location: Section 10, Trail north of Laurel Fork Shelter

People: Paul Benfield, Ron Boynton, Richard Carter, Ben Firth, Dan Firth, Carl Fritz, Bill Murdoch, Kim Peters, Kevin Sedgwick, Tim Stewart, George Thorpe

Summary: We log cribbed and back-filled a very rooty and steep area below Laurel Fork Shelter, on the north side. We made significant progress, but another day will be required.

Reporting: Carl Fritz

Date: 12/14/2016

Purpose: Rehab trail

Kevin Sedgwick, really getting into his work

Location: Section 9b, South Side of Pond Mountain

People: John Beaudet, Jim Chambers, Joe Morris, Bob Peoples

Summary: Some of the switchbacks on the south side of Pond Mountain required new rock cribbing and steps. Most of the trail is in pretty good shape.

Reporting: Ken Murray

Date: 12/17/2016

Purpose: Routine Winter Maintenance

Location: Section 20b, Spivey Gap to No Business Knob Shelter

People: Ken Murray, Lotta Murray

Summary: We cleared numerous small blowdowns, clipped rhododendrons, and raked leaves from steps and waterbars. We saw two day hikers.

Reporting: Bill Hodge

Date: 12/17/2016

Purpose: Clear downed trees in corridor

Location: Section 7, Vandeventer Shelter to Wilbur Dam Rd First mile north of Wilbur Dam Rd

People: Bill Hodge, Lauren D'Amato

Summary: We had planned to hike to the spring and remove a couple reported trees from across the trail. But we found several places with trees across the trail in and before the switchbacks (some new, some from the July 8th storm that had now settled to a position to be cut) and dealt with those instead. We cut out six trees with a cross-cut saw, hand saw and an axe.

Reporting: Jim Chambers

Date: 12/17/2016

Purpose: Work Prep

Location: Roan Mountain

People: Jim Chambers

Summary: I harvested and prepped locust logs for upcoming trail maintenance.

Reporting: Carl Fritz

Date: 12/20/2016

Purpose: Scout Trail relocation

Location: Section 9a, US 321 to Pond Flats

People: Jim Chambers, Carl Fritz, Bob Peoples

Summary: We scouted several possible trail routes from Pond Mountain Wilderness boundary to US 321. Hoar frost on the mountains was beautiful as long as we were not in it.

Reporting: Carl Fritz

Date: 12/21/2016

Purpose: Build Trail relocation

Location: Section 11a, Coon Den Falls Trail

People: John Beaudet, Paul Benfield, Richard Carter, Jim Chambers, Ben Firth, Dan Firth, Carl Fritz, Ted Mowery, Bob Peoples, Kim Peters, Tim Stewart, Reuben Potter

Summary: We helped Reuben finish a trail relocation of Coon Den Falls Trail. This will allow much nicer access to a large parking lot.

Reporting: Jim Chambers

Date: 12/23/2016

Purpose: Remove blowdowns

Location: Section 13, North of Doll Flats

People: Connie Squires, Jim Chambers

Summary: We removed blowdowns north of Doll Flats.

Reporting: Dean Baird

Date: 12/26/2016

Purpose: Routine trail maintenance

Location: Section 10, Hampton Blue-Blaze Trail

People: Adam Baird, Dean Baird, Jennifer Baird

Summary: We examined the trail for damage and removed trash. It was a really nice day and there were 18 vehicles at the parking lot.

Reporting: Jim Chambers

Date: 12/26/2016

Purpose: Remove blowdowns

Location: Section 8, Wilbur Dam Road to US 321, Watauga Lake

People: Bob Peoples, Jim Chambers

Summary: We removed all recently reported blowdowns from around Watauga Lake.