



## "Closing the Gaps"

### Progress

- ["New River" Trail Construction Events a Success!](#)

### Donations & Grants

- [Special thanks to those who contributed](#)

### Support

- [Trail Adoptees - Thank you so much!](#)
- [We need more members-Pass it on! \(membership form\)](#)
- [New Members - See who joined in April through June!](#)

### News

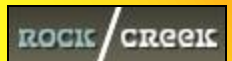
- [CTC's board member wins the race!](#)
- [Manager Keeps Commitment...read on](#)



### Special thanks to our Corporate, Business & Organization Supporters



The Anne Potter Wilson Foundation



KNOXVILLE TRACK CLUB

healthy living, healthy community - one step at a time



**Spotlight recipe!**  
**A Cool Wrap!**

### Upcoming Events & Activities

- [2011-2012 Events Calendar](#)
- [Overall CT Map](#)
- [Progress Chart](#)

[www.cumberlandtrail.org](http://www.cumberlandtrail.org)

## Progress - New River Trail Construction

In the months of April, May, and June, the Cumberland Trail Conference (CTC) hosted a 10-day trail construction event during each month. The purpose of these events was to continue the trail construction effort to complete the Cumberland Trail's New River segment. This segment is located in the North Cumberland Wildlife Management Area of Scott and Campbell counties with Frozen Head State Park being the segment's southern terminus and Cove Lake State Park being the northern terminus. More specifically, the trail construction effort focused on completing the trail from the confluence of Cave Branch and Smoky Creek south to the ridgeline of Arch Mountain at Grassy Gap. The trail route mainly follows Straight Fork Creek upstream to the ridge. The CTC was awarded a Recreational Trails Program grant to complete the New River segment. By contract, this segment must be completed by August of 2012.

Because of the remote location of the segment, all three events were primitive camping outings. The CTC established a static base camp and trail workers were shuttled each morning from the camp to within a short walking distance of the trail worksite. At the base camp, the CTC provided meals prepared in the kitchen tent and had potable water available. Participants were asked to bring their own personal camping gear. Hand tools were provided by the CTC and Tennessee State Parks made a Ditch Witch skid loader available for the May and June events. This piece of equipment is a small, walk behind bulldozer.

The spring 2011-trail construction events were a huge success. CTC personnel and volunteers contributed 3,740 trail construction hours for the three events and built 2.23 miles of trail. These miles were predominately constructed by hand due to the very steep terrain in which the skid loader did not function efficiently. However, at locations the equipment could be utilized, it was a big help. The steep terrain required numerous

switchbacks, rock steps, and rock cribbing walls to be constructed.

To date, 29.8 miles of continuous trail exists heading south from the Cove Lake State Park, CT's trailhead. This leaves approximately 5 miles of proposed trail to be constructed to reach the segment's southern terminus at Frozen Head State Park. Trail construction events are scheduled for the fall of 2011 and plans are to complete trail construction by the end of this year.



**This project is funded in part by a grant from the Recreational Trails Program (RTP) administered by the Recreation Educational Services Division, Tennessee Department of Environment and Conservation. (RTP grant GR-10-29161-00)**



## Progress - New River Trail Construction (continued)



## Progress - New River Trail Construction (continued)



A Special Thanks to Larry Ryan for letting the CTC use his extra large military tent for the back country outing. It kept us dry, and we really appreciate all that you do!



# Trail Built and Maintained During the April - June Events



## Progress - New River Trail Construction (continued)



Volunteers gather around as Mr. Bob Richards reads the State of Tennessee Proclamation by the Governor, Mr. Bill Haslam. This proclaims June 4, 2011 as Tennessee Trails Day; this coincides with American Hiking Society's National Trails Day.

To celebrate the trails day, several volunteers donated their time to help construct trail on the New River segment of the Cumberland Trail. Thank you all for you hard work!



## NEWS



CTC's Manager, Tony Hook leads these three lovely ladies on a hike and atop Brady Mountain and served a gourmet meal made by Tony himself. This was a commitment made by the CTC's Manager after he was auctioned off as a sherpa at the last annual TTA Auction. Proceeds will benefit the annual 2012 Break-Away program.



## NEWS

### **Oak Ridge's Susan Donnelly wins Nevada race**

Dave Alderman, [sports@knoxnews.com](mailto:sports@knoxnews.com)

Posted July 23, 2011 at 10:54 p.m.

Championship events held last week in Nevada and California gave athletes from the Knoxville area the opportunity to prove why this region is regarded as among the best in the nation for the sport of running. Susan Donnelly, a resident of Oak Ridge who has completed 139 ultramarathons, won the national masters championship at the Tahoe Rim Trail 100 Mile Endurance Run in Lake Tahoe, Nev. The event also featured a 50K and 50-mile run.

Donnelly traversed the double-loop course in 30 hours, 59 minutes, 5 seconds to win the female masters division in the Road Runners Club of America 2011 National Ultra Championship.

Her time was almost two hours faster than runner-up Emily Brackelsburg, who finished in 32:55:05. Complete results posted at [www.trtlive.com](http://www.trtlive.com).

Describing the course as "very smooth, sandy, dusty, and wide for the most part", Donnelly did have some difficulty with the altitude.

"I've never had problems with altitude, but had some here," said Donnelly. "I'm still not sure exactly why I had problems hill climbing, which I love to push, but I dealt with it and went on."

Joining Donnelly in the multi-distance event was Julia Connor, Liza Graves, Susan Musser, Tracy Rafferty, and Rob Apple.

"The idea of running Lake Tahoe came about from a conversation between Rafferty and Donnelly," said Musser.

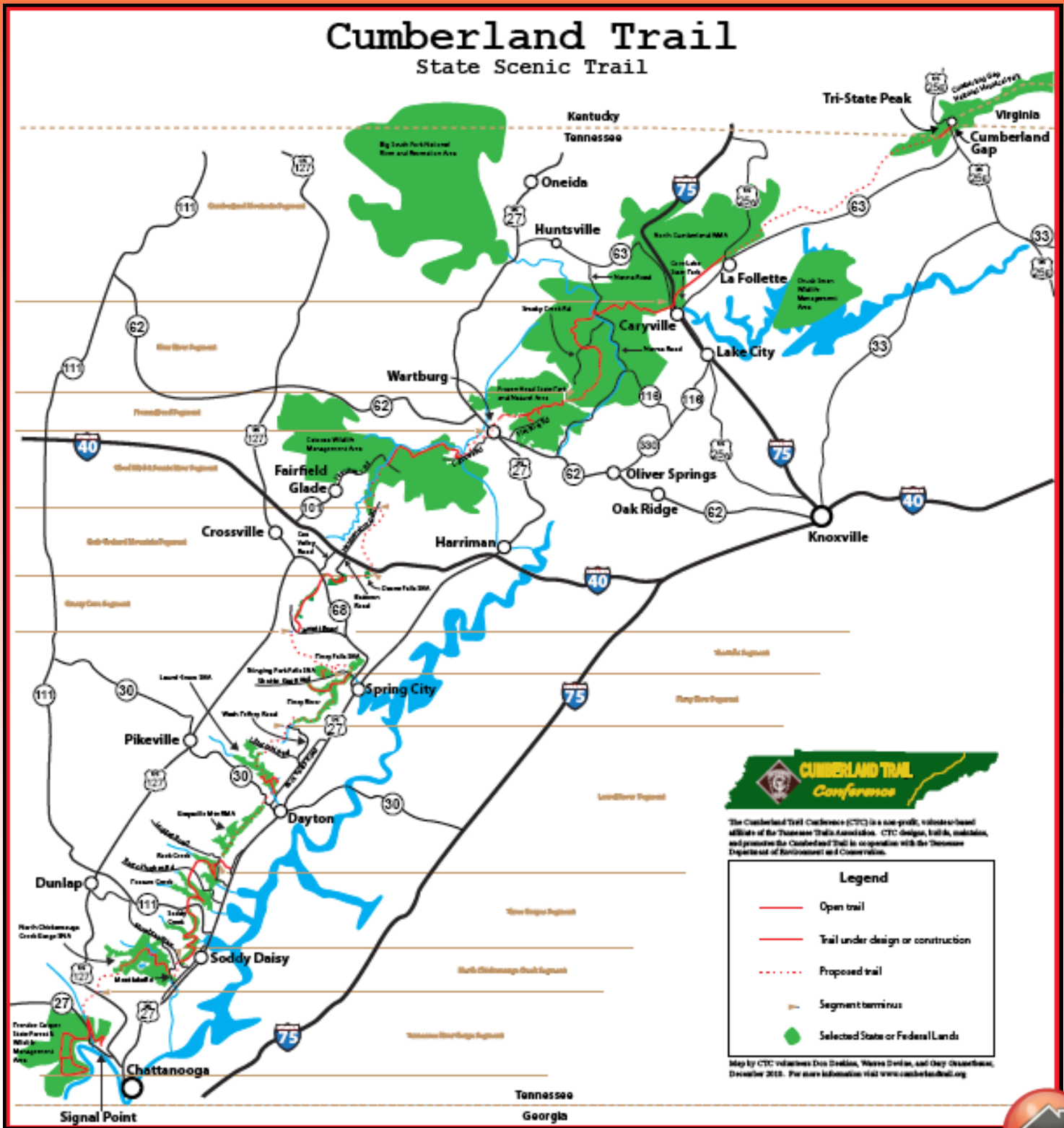
"The views of Lake Tahoe and the snow-topped Sierras had to be the most jaw-dropping feature on the course," she added. "I would be remiss if I didn't mention the elevation. We got up to a little over 9,000 feet. The coolest conditions had to be the snow. There were some slippery climbs and descents scattered throughout 8 miles or so, but it was really neat to be surrounded by snow while wearing shorts and a T-shirt." . . .

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# CTC Overall Map



## CTC Overall Progress

No.	Segment Name	Southern Terminus	Northern Terminus	Miles Open		Additional Miles Needed		Total Miles at Completion	
				Main Trail	Other trails	Main Trail	Other trails	Main Trail	Other trails
1	Tennessee River Gorge	Signal Point	US-127	6.9	26.9	5	0	11.9	26.9
2	North Chickamauga Creek	US-127	Mowbray Pike	7.2	0.7	11	0	18.2	0.7
3	Three Gorges	Mowbray Pike	Leggett Rd.	31.0	4.6	0	0	31.0	4.6
4	Laurel-Snow	Leggett Rd.	Wash Pelfrey Rd.	2.8	6.9	23.2	0	26.0	6.9
5	Piney River	Wash Pelfrey Rd.	Shut-In Gap Rd.	4.0	5.9	10	0	14.0	5.9
6	The Falls	Shut-In Gap Rd.	Jewett Rd.	0	1.1	13.4	1.4	13.4	2.5
7	Grassy Cove	Jewett Rd.	Ozone Falls/US-70	10.2	1.1	6	0.1	16.2	1.2
8	Crab Orchard Mountain	Ozone Falls/US-70	Hebbertsburg Rd.	0	0	16.7	0	16.7	0
9	Obed Wild & Scenic River	Hebbertsburg Rd.	Wartburg	15.3	0	9.2	0	24.5	0
10	Frozen Head	Wartburg	NE corner FHSP	7.7	2.6	5	0	12.7	2.6
11	New River	NE corner FHSP	Cove Lake SP	30.1	0	8.4	0	38.5	0
12	Cumberland Mountain	Cove Lake SP	Tri-State Peak, TN/KY/VA	12.7	0.5	31	0	43.7	0.5
Total				127.9	50.3	138.9	1.5	266.8	51.8



## Donations & Grants

A big thank you to the CTC's second quarter donors;

Tennessee Federation of Garden Clubs, INC.  
Allison & Kincaid Mills, Inc.  
River Rocks/CFGCH  
Daisy Woman's Club  
Jennifer and Jay Mills  
The University of Michigan  
Rock Creek/Patagonia  
TDEC's Recreation Educational Services, RTP  
Sarah Fyneweaver  
Lionel Senseney  
Robert Laird  
Tony & Ann Hook  
Mary Lynn Dobson

Special thanks to CTC Board Members & TTA Chapters  
who gave their support!



< Tony Hook receives donation from Mark McKnight on behalf of Rock Creek & Patagonia which will benefit the CTC's 2012 Break-Away program



## Trail Adoptees

The CTC would like to thank all of the Trail Adoptees for their hard work and dedication to this project. Maintenance is very important and much appreciated! Again, Thank you all!

Name	Segment Adopted
T.C. & Judy Varner	Big Soddy - Board Camp
Troop 271 - Pam Griffin	Black Mountain to Windless Cave
Michael Anthony	Bruce Ridge #10 Coal Road to Montgomery Fork including campsite
Cub Scouts- Pack 328 -- Tim Carroll	Frozen Head Connector Trail - Volley Ball court to Ross Gap
George Bonneau	Hotwater Road to Deep Creek
Ed & Jane N. Ellett	Hotwater Road to Deep Creek
Bob McGavock	Hotwater Road to Deep Creek
Bob DeHart	Hotwater Road to Deep Creek
Mark & Teresa Jordan	Hotwater Road to Deep Creek
Earl Helmer	Hotwater Road to Deep Creek
Nance Jo Ogozalek	Hotwater Road to Deep Creek
Janice L. Agee	Hotwater Road to Deep Creek
Brandy M. Selman	Hotwater Road to Deep Creek
Nashville Meetup	Laurel Snow
Edward Swanner	Little Possum Creek to Imodium Falls - Soddy Daisy Chapter
Oak Ridge Unitarian Universalist Church Adventure Group - Hal Hoyt	New River - Smoky Creek to the ridge of Arch Mountain
Missy, Scott, Sarah, & Thomas McDonald	North Chick
Johnny Sullivan	North Chick
David Beckler	Piney River Segment
Clarence "Walker", Mary & Luke Myers	Piney River Segment
Caroline S. Woerner	Possum Gorge from Heiss Mtn. Road to Big Possum Creek Bridge - Soddy Daisy Chapter
Boodie Fox	Retro Hughes Road to the concrete Bridge in the Three Gorges
Gary Selcer	Retro Hughes Road to the concrete Bridge in the Three Gorges
Bobby G. Newsom	Retro Hughes Road to the concrete Bridge in the Three Gorges
Don & Carol L. Deakins	Sluder Lane trailhead down to the main trail and from there on down to Hotwater Road crossing

All segments are available for adoption, and one segment can be adopted by several adoptees. Please visit [www.cumberlandtrail.org](http://www.cumberlandtrail.org) to see a list of all open segments of the Cumberland Trail and the trail description.

If you would like to Adopt-A-Trail please contact our office at (931)456-6259 or email [marleyapendleton@frontiernet.net](mailto:marleyapendleton@frontiernet.net) for more information on how you can get involved.



## SPOTLIGHT RECIPE



### What You Need

3/4 cup frozen corn, thawed

1/4 cup chopped red onions

3 Tbsp. KRAFT SANDWICH SHOP Chipotle Flavored Reduced Fat Mayonnaise

4 whole wheat tortillas (8 inch)

4 lettuce leaves

4 KRAFT Singles, cut in half

16 slices OSCAR MAYER Deli Fresh Honey Ham

1/2 cup chopped tomatoes



### Make It

1. Combine first 3 ingredients.
2. Top tortillas with lettuce, Singles, ham, corn mixture and tomatoes. Fold up bottom edge of each tortilla, then roll up starting at 1 side.



## Welcome New Members of the CTC! For the Period of April - June, 2011

(listed by membership level)

### MEMBERS

Butler III, Clarence A.  
Carson, Joe  
Fincher, Henry D.  
Fried, Stuart R.  
Gorenflo, Louise  
Harris, Richard E.  
Higdon, Steve M.  
Leiper, Bill  
Myers, Raymond  
Newsom, Bobby G.  
Pollard, Sarah  
Ryan, James Larry  
Strother, Jerry T.

### SUPPORTING MEMBERS

Deakins, Don L.  
Deakins, Carol L.  
Decker, Arleen F.  
Ellett, Jane N.  
Howell, Benita J.  
May, Deborah W.  
McCommon, Jeff B.  
McGavock, Robertson C.  
Mertz, Keith  
Molloy, Johnny T.  
Park, Richard  
Schroeder, James  
Seeber, Michael  
Wesley, Anne  
Williams, Lee

### TTA/CTC MEMBERS

Bayless,	Joe
Beaty,	Willie L. Thomasine
Carrnright,	Ashley
Cooper,	Gary L. Karen
Evans,	J. Darrell
Fish,	Wendy
Gschwend,	Dave L. Laurie Lee
Klein,	David L. Melissa
Lausten,	Rick
Lesch,	Jim L. Dorothy
Marchese,	Larry J.
Patton,	Brian
Quattrociochi,	William L. Carol
Rost,	Greg
Sadler,	Jo Ann
Sutton,	Amy
Taber,	Bill L. Deborah
West,	Bryce
Wigington,	John T.

### BUSINESS MEMBERS

Knoxville Track Club, Inc.  
[www.ktc.org](http://www.ktc.org)

Linda Hixon, Attorney at Law  
[lhixion@bellsouth.net](mailto:lhixion@bellsouth.net)

The Trust for Public Land  
[www.tpl.org](http://www.tpl.org)

East TN White Water Club  
[www.etwcweb.com](http://www.etwcweb.com)

Grandview Mountain Cottages  
[www.grandviewmountaincottages.com](http://www.grandviewmountaincottages.com)

### LIFE MEMBERS

Crawford,	Robert L.
Cygan,	Walter
Darnell,	Gary
DeVan,	Bill L. Dorothy
Devine,	Warren L. Carol
Dobson,	Mary Lynn
Ezell, JR.,	F. Miles
Francis,	Libby
Garrett,	Ray L. Jo Ann
Glaysher,	James
Grametbauer,	Gary L. Carol
Haley,	Carol
Hardy,	Jim
Harmon,	Darrell
Hook,	Anthony L. Ann
Hubbard,	Levonn
Hubbard,	Ralph W.
Leininger,	William James
Manas,	Diane
Manning,	Russ
Matlock,	Joe
McCullough,	Martin
Miller,	Carolyn
Peacock,	Mark D.
Poteet,	Jim L. Marietta
Pounds,	Larry R.
Powell,	Sam L. Emilie
Prichard,	Mack
Redmon,	John R.
Reister,	David L. Wilma
Ritchie,	Mark
Rush,	Garnett
Senko,	Rita
Stullich,	Mr. Matt
Summers,	George L. Joyce
Taylor,	Donald C.
Varner,	T.C. L. Judy
Williamson,	Bob
Woerner,	Caroline S.
Young,	Bryan

# Welcome Aboard!



## Schedule of Upcoming Events & Activities

2011

Volunteers NEEDED!!!

**September 23-29, 2011:** Trail maintenance Tennessee River Gorge segment, volunteers needed to help with trail maintenance in preparation for the 2011 Stump Jump trail race. Please register with the CTC for this event, [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com), [www.cumberlandtrail.org](http://www.cumberlandtrail.org) or 931-456-6259.

**October 1, 2011:** 2011 Stump Jump trail race, please visit [www.rockcreek.com/stumpjump](http://www.rockcreek.com/stumpjump) for more details.

**October 7-14, 2011:** Trail maintenance in the CT's New River segment, volunteers needed to help with trail maintenance between Cove Lake and Norma Road. Please contact the CTC to register for this event, [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com), [www.cumberlandtrail.org](http://www.cumberlandtrail.org), 931-456-6259.

**October 15, 2011:** 50k trail running event in the CT's New River section. Please visit: [www.cumberlandtrailraces.com/CumberlandTrail50k/HOME.html](http://www.cumberlandtrailraces.com/CumberlandTrail50k/HOME.html) for more details.

**October 28-30, 2011:** Statewide Tennessee Trails Association annual meeting, join other TTA members for a good time, please visit [www.tennesseetrails.org](http://www.tennesseetrails.org) for more details.

**November 11-20, 2011:** New River section trail construction, volunteers needed to help construct trail along the east side of Arch Mountain in Scott County. This will be a camping outing with camp meals/ water provided by the CTC. Volunteers will need to bring their own tent, sleeping gear, and personal items. The base camp will have a kitchen tent equipped with cook stoves. Please contact the CTC to register for this event and further details, [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com), [www.cumberlandtrail.org](http://www.cumberlandtrail.org) or 931-456-6259.

**December, 2011 - January, 2012** - Winter Break-Away - Constructing trail on the western slope of Black Mountain. Details TBA

**February 26 - March 24, 2012** - CTC will host its annual Spring Break-Away, maintenance & construction will be in Hamilton County, staying at the Dogwood Lodge in Soddy Daisy, TN.

**2012 - Big Soddy Bridge Project** - Details TBA

**2012 - Trail Construction on the western slope of Black Mountain** - Details TBA



# CTC Membership Form

**Member \$25 (1 year)** - Benefits: New member packet which includes a CTC membership Patch, Member Card, and Information about the Cumberland Trail. New members will also receive a quarterly CTC E-Newsletter, and a copy of the "Cumberland Odyssey" a coffee table book.

**TTA Member \$5 (1 year)** - Will receive "Member" benefits

**Student (full-time) \$10 (1 year)** - Will receive "Member" benefits

**Supporting Member \$50 (1 year)** - Benefits include Member Benefits + Complementary copies of CT Map and CT Guidebook.

**Business Member \$100 (1 year)** - Benefits include Supporting Member Benefits + Announcement of business support in E-Newsletter, Annual Review, and CTC website.

**Life Member \$450** - Benefits include Supporting Member Benefits + complimentary copy of "Cumberland Odyssey" by author David Brill and photographer Bill Campbell. A "Life Member" patch will also be included.



Is this a Gift Membership? \_\_\_\_\_ If yes, what level (please check one)?

Member @ \$25

Supporting Member @ \$50

Life Member @ \$450

This Gift is From: \_\_\_\_\_ Note : ( please include only Member's information below)

Full Name (First, M.I., and Last) \_\_\_\_\_

Address: \_\_\_\_\_



City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

**Please mail completed form with payment to:**  
**Cumberland Trail Conference**  
**Attn: Membership Administrator**  
**409 Thurman Avenue, Suite 102**  
**Crossville, TN 38555**

**For more information please visit:**  
**[www.cumberlandtrail.org](http://www.cumberlandtrail.org) or call (931)456-6259**

Check or Money Order payable to "Cumberland Trail Conference"	
<input type="checkbox"/> MasterCard	<input type="checkbox"/> Visa
Expiration date ___/___	 
Card number _____	
Signature _____	

