

# THE CUMBERLAND TRAILHEAD

The voice of the Friends of the Trails

Spring 2021

Cumberland County, TN

## *Fairfield Glade Expansion Means Trail Reroutes*

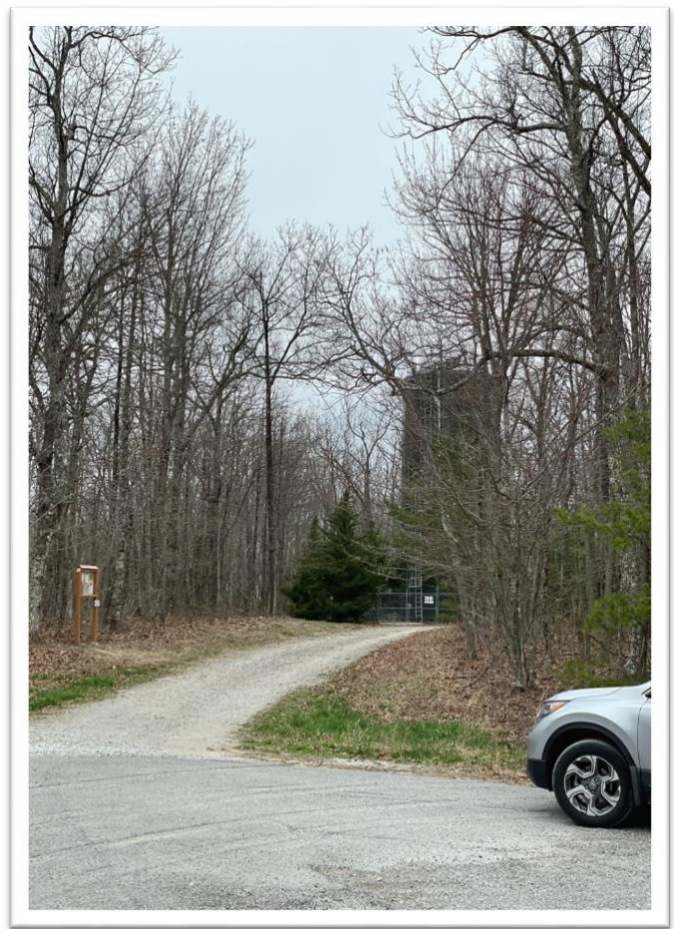
*Submitted by Jerry Brown*

The new development on Chestnut Ridge in Fairfield North required a reroute of the Canyon Trail. Because of advance notice, that reroute was accomplished by the FG Trails Committee and volunteer trail workers well before the bulldozers destroyed the old trail. Now, Phase 2 of the new housing development is in the planning stages, which will again require a preemptive effort to keep trails open once the construction begins.

The new development will be all around the water tower. It will necessitate the reroute of a portion of the Good Samaritan Trail, the Rotherham Trail, and the Canyon Trail. The junction where these three trails currently meet will be lost and the plan is to reroute the trails so that the new intersection will be at Yoga Rock.

Other casualties of the new development will be the water tower parking, the portion of the Yellow Loop along the road to the water tower, and the trail from the water tower down to the current junction. The plan is to reroute the Yellow Loop alongside Good Samaritan property just west of the back entrance road to Good Samaritan and connect to the Good Samaritan Trail south of the new development. The loss of the water tower parking will be resolved by expanding the Catoosa North parking area.

The reroutes have already been scouted and flagged and trail work will begin in June. The new trails will be open by the start of the annual hiking marathon and should be completed months before the new roads are put in.



*The parking area and trail access hikers now use at the water tower in Fairfield North will no longer be available once construction of Phase 2 of the new housing development begins. However, thanks to great communication and coordination between the developer and the FG Trails Committee, the trail crews should have ample time to reroute the affected trails, causing minimal disruption for hikers.*



Hit the trails in April to complete a virtual 5K!  
All the details on page 3!

**5K**

# Overlook Trail Expansion Planned

*Submitted by Mark Richie*

The original Fairfield Glade Overlook Trail, built by the developer in the 1970s, was a simple track down to Daddy's Creek and back. In 2012, when the formal trail-building program got underway, Overlook Trail was one of the first to be turned into a two-mile loop. In 2015, the original route was changed to eliminate 2,000 feet on a grass road and another 1,000 feet on an old logging road. That project yielded long, easy switchbacks, two nice bridges, and a two-mile loop totally in the woods.

Meanwhile, the trail crew rebuilt and repaired the original trail numerous times. Overlook is one of Fairfield Glade's most popular trails. With increased traffic came more wear on the trail and displacement of rocks. The bottom half in particular became more difficult to maintain because it wasn't built to modern sustainable trail standards.

To date, eighteen active crew members have completed the Master Trail Builder course. This critical mass of skilled builders with some design training has allowed multiple teams to scout new territory up Daddy's Creek on common property just under the Overlook. Trails Committee Chair Jerry Brown and Trail Crew Boss Mark Robinson organized several days of scouting to identify possible routes that would eliminate the bad sections of trail and at the same time expand the trail. Each team of three or four assessed its section for desirable features and obstacles to building a stable trail. On another day, teams traded areas and looked at a different route. As of this writing,

the process continues. Eventually, two or three of the most experienced designers will determine the final route.

The new territory is marked by steep slopes, outcrops, and thick tangles of mountain laurel. The general plan is to add about three thousand feet to the Overlook Trail - much of that along the creek - and create a "shortcut" utilizing the top half of the 1970s trail. Hikers would have the option of a 2-mile, 2.6-mile, or a short half-mile hike. And, like the shortcut on the Glastowbury trail, a figure-eight hike of nearly five miles would be an option. This is a work in progress and any number of variables will affect the final design. But keeping the running grade to a Glade standard of five percent or less will ensure the new section is accessible to hikers of all abilities.

In the short term, the lower portion of the original trail will be totally replaced with a much easier, less hazardous alignment. Work on that section may begin as early as May. So, if you see the Crew out there some Saturday morning, be sure to stop and say, "Hi." For new trail developments, to report maintenance issues, or to find Tuesday Hike information, check the Glade Trails website at [www.gladetrails.com](http://www.gladetrails.com).



*Trail reroute will give hikers a new view of the Overlook from below.*

*Photo by Jerry Brown*





**FOTT ANNOUNCES A NEW EVENT -**  
**THE CUMBERLAND COUNTY TENNESSEE VIRTUAL 5K**  
**(FOR A GOOD CAUSE)**

How can you participate?

1. Go to the 5k Challenge web page: <https://crossvilletrails.com/v5k/>
2. Register between March 21 and April 21, 2021. (Each individual needs to fill out a form.)
3. Pay the registration fee using the “donate” button - \$25.00. (Only \$5.00 for participants 16 and under)
  - a. \$5.00 for the production and postage for your medal.
  - b. \$10.00 for the Peavine Care Center Food Bank.
  - c. \$10.00 for the construction and maintenance of trails by FOTT.
4. Invite your family/friends to register and join you.
5. Walk, run, or bike 5K (3.1 miles.) This race is “virtual” so you can do it any day in April, 2021, on any trail or walking path of your choice in Cumberland County. Find trail choices and maps at: <https://crossvilletrails.com/trails/>
6. Optional : print out the race bib on the page to wear while you participate.
7. Optional : record your time on the link on the page when you finish.
8. Optional : post pictures of you and your fellow participants on the FOTT Facebook page: <https://www.facebook.com/groups/Gladetrails>
9. Medals will be mailed to all registrants in May, 2021.
10. Questions? Send an email to [crossvilletrails@gmail.com](mailto:crossvilletrails@gmail.com)

***Most of all, have fun, and know that you have made a difference.***



# NEW 911 MARKERS ON OVERNIGHT TRAIL

*Submitted by Don Hazel*



Twenty new 911 emergency markers were added to the CMSP Overnight Trail last month. Park rangers said that because this loop trail is six miles long, injured or lost hikers who call 911 often don't know where they are located on the trail. The new markers, mounted on 4x4 posts and located every 1/3 mile along the trail, have unique 3-digit numbers that identify to the 911 dispatch center and park rangers the exact GPS coordinates of a hiker in distress.

Don Hazel and John Rife identified the GPS points and coordinated with the county 911 center, while the hard work of carrying in and installing the posts and signs was handled by Dale Butson, Tom Parker, Danny Terry, and Adam Zaleski.

With the completion of the Overnight Trail, there are now 24 trails in Cumberland County with 911 markers.

## ARE YOU (STILL) A MEMBER OF FRIENDS OF THE TRAILS?

About six years ago the Friends of the Trails began offering three-year memberships for people who donated \$25 or more. Many people became members. Their membership dues have helped support the building and maintaining of the trails. Members are welcomed to the annual FOTT meeting.

Many of those memberships have expired. If you were a member and want to know if your membership is still viable, you can check the current membership list at this link.

<https://tinyurl.com/sd4n9s3y>

If you would like to renew your membership, or become a member for the first time, you can fill out and submit the form at

<https://crossvilletrails.com/about/>.

Submit your payment through the donate button on the same page and you will receive an email confirmation and a membership card will be mailed to you.

Be a supporter of this very popular effort. See you on the trails!



*This is my favorite photo that I took on the Hiking Marathon. My husband, Brian, and I saw this on the Stonehenge Trail, and we thought the walking stick on the blaze just kind of perfectly summed up our first marathon. ~Lori Smith*

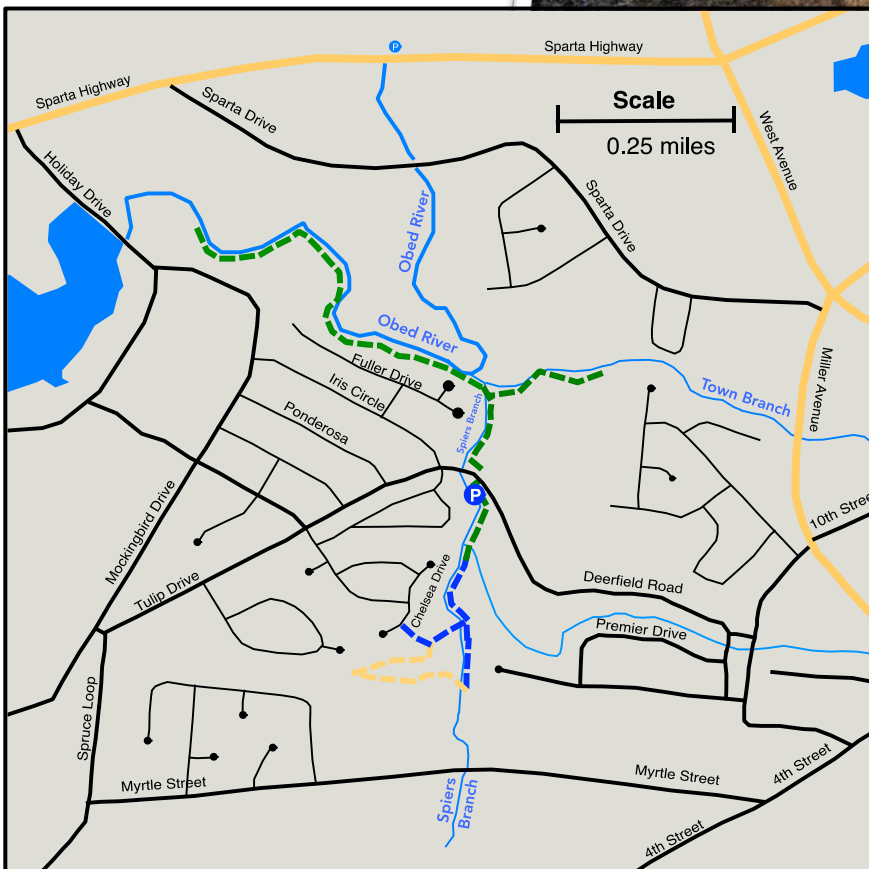
# Another New Trail in the Works for 2021

*Submitted by John Conrad*

This year we are hoping to design and build a new trail we are calling the Habitat Trail. It is mainly located along the upper reaches of the Obed River between Deerfield Road and Sparta Drive. It will be constructed on city property next to property owned by Habitat for Humanity – hence the trail name. We expect to build a trail-head parking lot on Deerfield Road and construct the T-shaped trail shown in green dashes on the map. It should be a little over a mile long giving an in-and-out hike of over two miles. We are in discussions with the property owner to the south to add another half-mile



*Above: Tim Lynch, Mark Richie, and Joe Lucas scout the potential route of the Habitat Trail.*



or so to the trail and possibly provide a connection to Chelsea Drive - the blue dashes. Eventually we hope to make a connection to Sparta Highway and the Maryetta Trail in the north and to Myrtle Avenue to the south.

We are only just starting the process. We are talking to property owners. We are scouting out the route. Next, we will design the trail, defining exactly where it will go, how close to the river, avoiding wet spots, etc. We will then be ready to employ a trail specialist contractor to excavate the trail-bed. After all that we will be able to enjoy a relaxing walk along Spiera Branch and the Obed River...hopefully!



# Mountain Bike Activity Explodes in Crossville

*Submitted by Andrew Ingram, Hurricane Cycles*

Crossville has seen an explosion of mountain bike activity in recent years and it is only getting better! Cumberland Mountain State Park is currently undergoing its 3rd phase of trail expansion. We will be adding another half-mile of single-track trail, as well as greatly improving the Alley Cat and Peter Rabbit trails. Trail construction has already begun, so please be aware that certain trails are closed. We will announce through the Hurricane Cycles Bike Shop social media accounts when each trail is completed and re-opened. These improvements will make our great mountain bike trail system even more sustainable and fun. 2021 is going to be the best year yet for mountain bikers in all of Cumberland County!



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*Thank you!*

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Amazon has donated **\$837.36**  
to Friends of the Trails because you started your  
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*We want to hear from you!*

If you have something to share  
with FOTT members  
in a future issue of  
**THE CUMBERLAND TRAILHEAD**,  
please email your submission to  
Michelle Bayless, editor, at  
[dreaminofobx@gmail.com](mailto:dreaminofobx@gmail.com)



# Where Are You Going to Hike Today?

Submitted by John Conrad

As we have been working on updating our two web sites for the trails in Fairfield Glade and Crossville, I have been struck by how many local hiking opportunities we all have to choose from.

**Tuesday Hikes** – These weekly year-round hikes in Fairfield Glade started in May 2014 and very few have been canceled because of bad weather. If you want to join a group to hike two or three miles on one of the trails in Fairfield Glade, then just show up at 8:45am on a Tuesday at the pavilion at the corner of Peavine Road and Stonehenge Drive. These hikes are led by Tom Buckley and no reservations are needed. More information is available at <https://gladetrails.com/hiking/>

**Thursday Walks** – These walks have grown out of the “Walk the Brae” activity that takes place when the Heatherhurst golf course is closed for the winter. Two to three mile walks on paved trails and sidewalks are now offered every Thursday morning year-round. Just show up at 8:45am in the Wellness Center parking lot on Stonehenge Drive. These walks are led by Janice Noll and no reservation is needed. More information is available at <https://gladetrails.com/hiking/>



**Friday Hikes** – These hikes are organized by the Fairfield Glade Hiking Group. They only hike in the spring and fall, avoiding the cold of the winter and the heat of the summer. They have planned 12 hikes starting March 12 through May 28. Anyone interested in hiking in the beautiful mountains of Tennessee is welcome. Hikers meet at the pavilion at the corner of Peavine Road and Stonehenge Drive. Plan on being there between 7:30 a.m. and 7:45 a.m. to receive information about the hike. Departure is usually at 8:00 a.m., carpooling to destinations throughout East Tennessee, for hikes that are typically 5 to 10 miles in length. More information is available at <https://gladetrails.com/hiking/>

**Wednesday & Saturday Hikes** – The Plateau Chapter of the Tennessee Trails Association offers a short 5 mile or less and a longer 8+/- mile hike every Wednesday and two Saturdays a month. They carpool to hikes all over East Tennessee. For additional information, contact the hike coordinator at [plateauhikes@tennesseetrails.org](mailto:plateauhikes@tennesseetrails.org) or check the webpage at <https://tennesseetrails.org/chapters/plateau-chapter/>

**Monday Hikes** – Hike for Health is a weekly one-mile hiking series that can help you achieve a half marathon in just 13 weeks! The hikes start on Monday April 5<sup>th</sup> and continue to June 28<sup>th</sup>. There is a different hike each week either in Crossville or Fairfield Glade. From the beginner to the avid hiker, everyone is welcome to attend. Hike for Health encourages you to take steps towards a healthier you with group hiking opportunities. These short hikes are organized by Cumberland Medical Center/Covenant Health in partnership with Friends of the Trails and Tennessee Trails Plateau Chapter. More information about where to meet each week can be found at <https://crossvilletrails.com/health-walks/>

# Local Hiker Is Up to the Challenge

*Submitted by John Martin*

The Sheltowee Trace Trail is a 354-mile stretch through Kentucky and into Tennessee that will challenge the most ardent backpacker as well as day hikers. The trail, sometimes referred to as “The Trace,” follows the Daniel Boone National Forest’s northern boundary in Rowan County, Kentucky. It meanders through some rugged territory along the southern boundary of the Big South Fork NRR in Scott County, Tennessee. The trail was established in 1979 by a Forest Service employee, to create backpacking adventures over the entire length of the Daniel Boone National Forest.

The Sheltowee Trace Association (STA) was founded in 2009 as a non-profit association focused on building and maintaining a cross-state multi-use recreation trail. The trail supports use by hikers, bikers, and horseback riders.

In 2012, the STA began an annual event titled the Hiker Challenge. The idea was for people to hike a section of the Trace each month to complete the entire 354-mile length in a calendar year. To date, more than 400 people have completed the Hiker Challenge. As the event grew in popularity, the STA developed support programs and formal registration procedures. Considering the number of people wanting to participate in the challenge, a cutoff time to enter was established as a way of limiting participants. Doing this allowed the STA to manage the overall event more efficiently for the betterment of all registered hikers.

The Hiker Challenge is considerably different from Friends of the Trail’s annual Cumberland County Hiking Marathon, in terms of miles to cover and degree of difficulty. However, the objectives of each event serve to promote healthy use of our great natural resources and offer people a chance to enjoy themselves in the great outdoors.

Curt Thomas, a Crossville resident and member of the TTA, Plateau Chapter (also located in



*A little snow isn't going to stop Curt Thomas from completing his miles for the Sheltowee Trace's annual Hiker Challenge. Curt currently holds the record for most completions of the challenge.*

Crossville) is currently engaged in the Hiker Challenge. “We hike a 25–35-mile section of the trail every month of the year come rain or shine or snow! Each month there will be 15 to 30 participants backpacking on a weekend with an overnight primitive camp out somewhere in the woods. Some weekends in the summer the mileages get up to 38-40 miles since we have more daylight.”

As if undertaking the Hiker Challenge once were not enough, Curt has done it eight times since the inaugural event in 2012. He is the record holder for completing the most Hiker Challenges. Curt has high praise for the awards banquet the STA hosts each December for those who completed the Challenge that year, where participants receive a certificate of completion from the STA.

For more information about the Sheltowee Trace and the adventures it offers, check out the STA’s webpage at <https://www.sheltoweetrace.org/>. You will find a wealth of information about the history, mission, and objectives of the organization, as well as information relative to the annual Hiker Challenge.