

# THE CUMBERLAND TRAILHEAD

**The voice of the Friends of the Trails**

Summer 2021

Cumberland County, TN

## Some Glade Trails Take a New Turn

*Submitted by Mark Robinson*

In March 2021, the Trail Crew began scouting a possible reroute of the lower half of the original Overlook Trail. After deciding on a route, they used chain saws, loppers, and mattocks to clear a path through the deadfall and mountain laurel. Trail building commenced in April. Despite a field of rocks and the deeper than usual duff which needed to be removed to reach compactable mineral soil, the Trail Crew made good progress. Working three days a week, Monday, Wednesday, and Saturday, the Trail Crew completed the 800-foot reroute in only seven weeks. The reroute officially became the Overlook Trail at the end of the work session Saturday, May 22.

While the Overlook Trail reroute was driven by the Trail Crew's desire to continue improving the trails in Fairfield Glade, the reroute of the northern trails is being driven by plans for a new housing development. Last winter the Trails Committee was informed that a new housing development was planned around the water tower just north of Good Samaritan, impacting the intersection and paths of the Yellow Loop, Good Samaritan, Rotherham, and Canyon Trails. The Trail Crew used information provided by the developer to plot the new property lines and scout reroutes of the affected trail sections.

On June 14, expert machine trail builder Valerie Naylor arrived here to begin work on the north trails.

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*Photo and caption by Mark Richie*

*Part of the Glade Trail crew celebrates the opening of the 800-foot reroute on the Overlook Trail by removing the "Under Construction" sign. The crew invested more than 320 hours over six weeks to hand-build a replacement path for a fifty-year-old section of trail that had become unsafe and a maintenance headache. The new section, built to current sustainable trail standards, eliminates five switchbacks and several sets of rock steps. Twenty individuals worked at least one day on the project.*



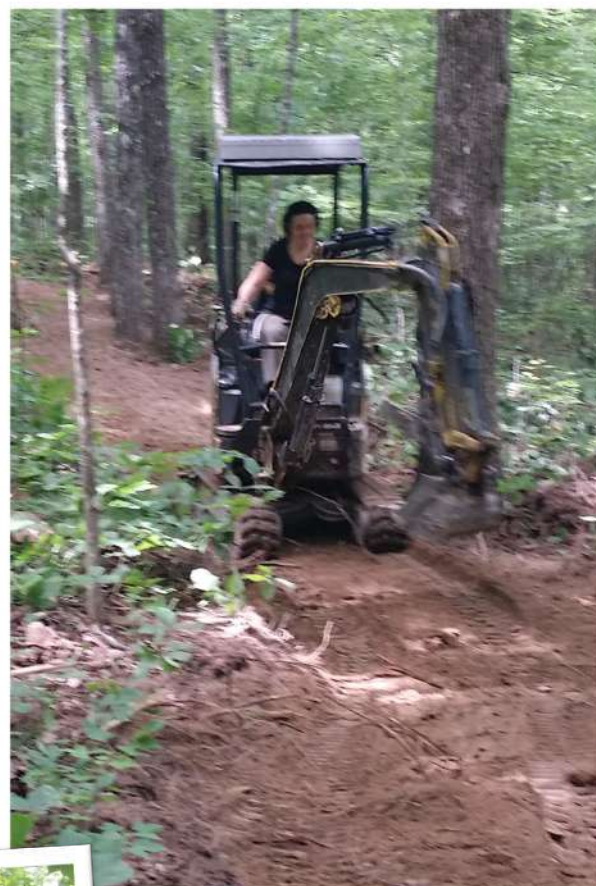
## New Direction for Glade Trails

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Using a backhoe rented in Knoxville and transported to the Glade by members of our maintenance crew, she has completed machine work on the Canyon Trail reroute and has begun work on the Yellow Loop reroute. The Trail Crew followed behind Valerie, polishing the trail, clipping roots, and grooming the tread. The Canyon Trail reroute was opened to hikers on June 26.

Now that the crew has finished the Canyon Trail reroute, they will proceed to finish the Yellow Loop, then begin hand building the Good Samaritan reroute, all in anticipation of keeping these trails intact before the bulldozers descend on us.

While the list of trails to be included in the 2021 Hiking Marathon has yet to be finalized, the list will undoubtedly include trails the Fairfield Glade Trail Crew has worked overtime this spring and summer to ensure you have a pleasurable hiking experience.



**Above:** Valerie Naylor, an independent trail contractor from North Carolina, uses a mini-excavator to create a new section of the Canyon Trail near Yoga Rocks. The planned addition of 48 new homes in the area requires realignment of more than 2,000 feet of trail. The volunteer trail crew follows later to clip roots, cut backslope, groom the trail, and ensure proper drainage. In all, Valerie will spend 21 workdays on Glade projects, including a major realignment of the water tower access trail.



**Left:** Tuesday hikers got a treat on June 22 when they took a short side trip off the Yellow Loop to meet Valerie Naylor, the contractor helping to realign several trails in the Glade. This is the sixth year Valerie has worked in the Glade. Hikers asked many questions and Valerie explained the equipment, how she tailors trail for each client's needs, and how she became a full-time trail builder. Valerie will be in the Glade until July 2, working in the area of the water tower and Good Samaritan Trail.

*Photos and captions by Mark Richie*

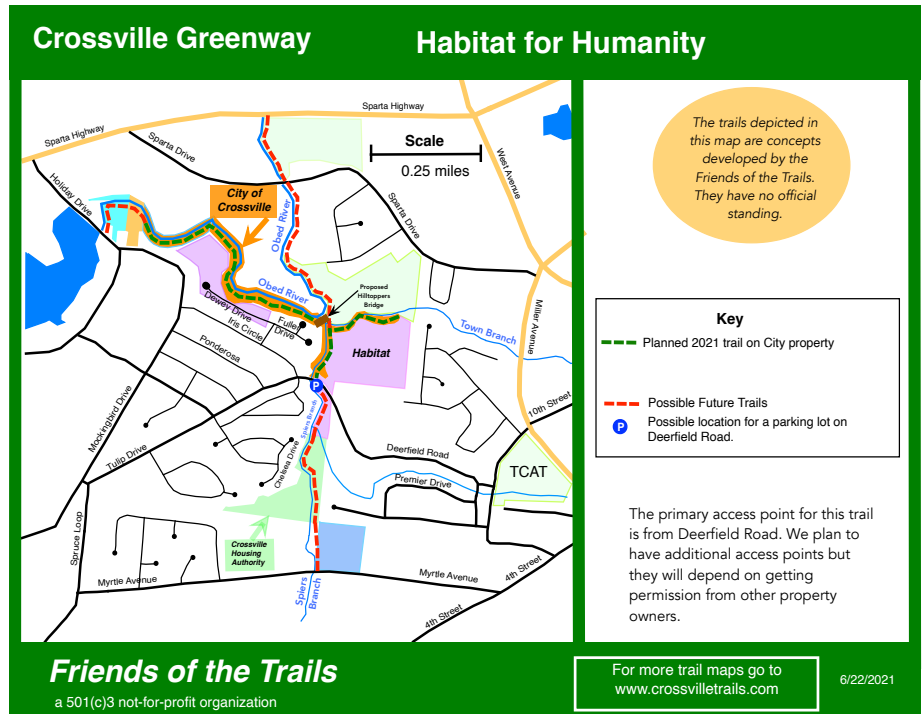


# Building and Maintaining Crossville Trails

Submitted by John Conrad

## NEW HABITAT TRAIL

Habitat for Humanity builds homes in Crossville and FOTT plans to build a trail in their neighborhood as part of the ever-growing Crossville Greenway. The trail will be in the southwest part of the city. A trailhead parking lot is planned on Deerfield Road with a short connector trail to the Obed River. The river essentially starts as the spillway from the Holiday Hills Lake and heads east before turning north to where many of us are familiar with it as it passes the Maryetta Trail. The Habitat Trail will eventually add about 1.5 miles to the Crossville Greenway, but it will probably be another year before it is open to the public.



## WHO IS WINNING THE BATTLE FOR THE PLANTATION TRAIL?



Ever since the Plantation Trail was completed in July 2018, vigorous vegetation growth on and around the trail has been problematic. It has consumed a lot of volunteer hours and it is a little demoralizing as the situation never seems to improve. Volunteers have tried cutting back the vegetation and digging it up by the roots, but nothing seems to work for very long as the trail was built on a very fertile flood plain. Recently Danny Terry, Joe Lucas, and Tom Parker rented a walk-behind bush-hog and spent a hot and sweaty day cutting back the 8-foot-tall weeds. The trail is now open for use, but for how long? Hopefully we will find a way to pave the trail before too much longer and that should provide a permanent solution to the problem.

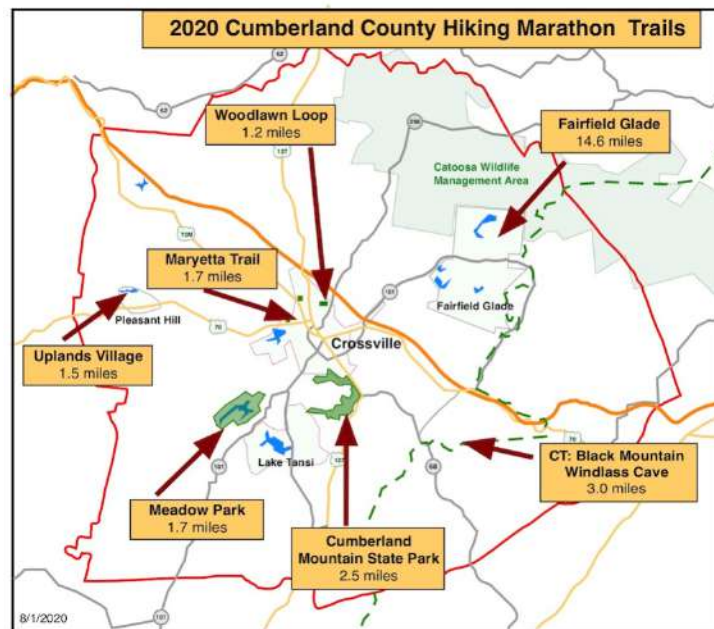
# HOW TO MAKE A MARATHON

*Submitted by Mary deWolf*

This September the Friends of the Trails will host the 7<sup>th</sup> annual Cumberland County Hiking Marathon. The marathon was first offered in 2015. 400 people entered. In 2020 there were over 2000 participants in what has become a much-anticipated event. But what does it take to make this marathon?

Planning for the next marathon begins before the current event ends. The 13 members of the Marathon Committee continually review comments and feedback from participants throughout September. The first planning meeting occurs in October, 11 months before the next event. Committee members discuss and reflect on the previous month's event, offering suggestions and making changes and additions to improve the next year's event. Subsequent meetings occur in the spring and summer before that year's marathon. There are 9 sub-committees within the Marathon Committee:

The **EXECUTIVE COMMITTEE** defines the purpose, values, rules, etc. for the Marathon organization. It assigns roles and responsibilities and resolves any issues not addressed by other committees. It also publishes a marathon schedule and reports to the Friends of the Trails Board of Directors which has oversight over the Marathon Committee.



the marathon by arranging any required maintenance. This committee is responsible for the installation and subsequent removal of all trail signs and arrows.

The **FINANCE COMMITTEE** prepares the budget (about \$10,000 in 2020) all of which is donated. It handles all finances through the Friends of the Trails. It also maintains sponsorship criteria and recruits sponsors.

The **PUBLICITY COMMITTEE** is responsible for increasing the number of marathon registrations, communicating with the public via newspaper articles, Facebook, and other avenues. It reaches out to the greater community through schools, churches, Rotary Clubs, and other organizations. Members of this sub-committee design banners, logos, T-shirts, signs, etc. They choose survey questions and also work to increase the number of festival attendees.

The **COMMUNICATIONS COMMITTEE** maintains the website and sets up the on-line registration system. It also creates documentation including trail maps & descriptions, log-sheets, etc. This committee maintains the bulk email list, publishes the survey, and analyzes the responses.



The **TRAILS COMMITTEE** decides which marathons will be included: Full marathon, half marathon, 10K challenge, or any other challenges. It also defines the rules for each challenge. This committee selects the trails to be included in each challenge and arranges for guided hikes.

The **TRAIL PREPARATION COMMITTEE** ensures all marathon trails are ready for

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# HOW TO MAKE A MARATHON

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The **AWARDS COMMITTEE** determines what awards should be given for the different challenges. Members of this committee choose T-shirt material and colors, and find vendors for patches, dog tags, bandanas, backpacks, etc.

The **REGISTRATION AND AWARDS DISTRIBUTION COMMITTEE** handles registration questions and problems. It collects the log-sheets and is responsible for distributing awards before and after the festival.

Finally, the **HIT THE TRAILS FESTIVAL COMMITTEE** recruits participant organizations and organizes all aspects of the festival, in partnership with the FG Community Club. It also is responsible for the Kids' Program introduced in 2020.

The Marathon committee establishes a strict timeline for completion of tasks leading up to the marathon. For 2021 the schedule is:

- Jun 1 Start collecting sponsor commitments.
- Jul 1 Sponsor funds received.
- Aug 1 Sign design finished & signs ordered; Trail selection finalized.
- Aug 15 Registration opens. Trail maps, descriptions, and updated website published. Final trail maintenance in progress.
- Sep 1 Marathon begins.
- Sep 9 Awards and sponsor banner ordered.
- Oct 2 Hit the Trails Festival.

Along with the hard work of the official committee members, a host of dedicated volunteers help in many ways. Trail crew volunteers continue to work throughout the year to maintain the trails and build new ones. Others assist with putting up signs, distributing t-shirts, etc.

The marathon is truly a community effort. We appreciate our generous sponsors who willingly fund this special event. And, of course, we are grateful for the increasing number of hikers (people and dogs,) who enjoy the trails, post pictures, and provide feedback so that we can continue to make a marathon.



*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)

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You shop. Amazon gives.

*Thank you!*

As of May 2021, Amazon has donated **\$873.35** to Friends of the Trails because you made us your charity of choice. Don't forget to start your next Amazon order at <https://smile.amazon.com>

# Uplands Village ADA-Compliant Trail Funded

*Submitted by Norm Brinsley*

The long-awaited construction of Upland Village's (UV) proposed ADA-compliant trail is one step closer to becoming reality as of Monday, June 21, 2021. As part of a groundbreaking ceremony at Uplands Village, Libby Francis, president of the Tennessee Trails Association (TTA), presented a \$2,000 check from the Plateau Chapter to Cheryl Heckler, UV's Trail Coordinator. That money was previously awarded from the Evan Means Grant (EMG) Program to the Plateau Chapter, the grant requester, in support of Upland Village's project. The funds will be used to buy materials essential to the trail's ADA compliance certification. Labor will be provided by UV's personnel and volunteers from the Plateau Chapter.

As part of the groundbreaking ceremony, Joan Hartvigsen, chairperson of the Evan Means Grant review committee, made opening remarks. She summarized the history and overall purpose of the EMG Program and its importance in promoting the TTA's mission of developing and maintaining hiking trails throughout the state. Libby Francis spoke next, recognizing the work of the Plateau Chapter in putting the grant request together and shepherding it through the approval process. She commended Cheryl for the initiative shown in recognizing the need for the trail, and the added value that it will provide to the local community.

Upland Village's Executive Director, Herschel Murner, UV's Trail Committee Chairperson, Cheryl Heckler, and Plateau Chapter Chairman, Norm Brinsley, each put a foot on a shovel as a symbolic gesture for the start of the project. Norm thanked Libby and Joan for their joint recommendations to approve the project. Several residents and staff from UV attended the ceremony alongside UV's Director of Marketing, Trena Wyatt, as well as a correspondent and photographer from the Crossville *Chronicle*. Evelyne and Elliot Kornreich weathered the unrelenting sunshine to represent the chapter.



*Top left: Norm Brinsley, Cheryl Heckler, and Herschel Murner participate in the official ground-breaking.*



*Top right: Joan Hartvigsen, Trena Wyatt, Cheryl Heckler, Libby Francis, and Norm Brinsley participate in the check presentation*



*Bottom left: Uplands Village residents join Evelyn & Elliot Kornreich for the ceremony.*



*Bottom right: Several Plateau Chapter members are on hand for the ceremony.*



# A Glade Cyclist's Peavine Perspective

*Submitted by Andy LaCombe*

The State Route 101 (Peavine Road) project is nearing completion. As I compose this piece in early June, from the perspective of a Glade bicyclist, the landscape has dramatically changed, and a final picture is becoming clearer. The road project covers 5.7 miles between Firetower Road and Westchester/Catoosa Boulevard. It was designed to improve safety and mobility. It features five lanes (including a turn lane), sidewalks, gutters, curbs, and 10-foot shoulders.

Sidewalks and shoulders could be very appealing to resident and visiting cyclists. I'm sure that over the past few months most of us have noticed more bicyclists navigating their way up and down Peavine. It shouldn't be too long before we also see more Fairfield Glade dog owners and others getting in some exercise walking along the new sidewalks. Even skateboard traffic seems to be increasing. Though they are over four feet wide, the sidewalks are lumpy and bumpy in places, and adding bicyclists to the other groups already sharing them is a recipe for angst, tension, and

possibly a serious accident. As leader of the Glade Cycling group, I will urge all cyclists to avoid riding on the new sidewalks whenever possible.

Bicyclists who ride paved roads are usually more than grateful for dedicated cycling lanes or standard-width (eight-foot) shoulders. Shoulders are advantageous because they provide space for bicyclists to ride at their own pace, safely distanced from the faster vehicle traffic. On the Peavine Road project, the 10-foot shoulders are very inviting to cyclists indeed.

As a result of the Peavine Road expansion, drivers, cyclists, and walkers alike are faced with new conditions. We have three new sets of lights. There will be crosswalk stations. Intuitively, we all know that accidents occur at intersections. Every driveway or side road is an intersection and sidewalks and bike lanes enormously complicate those intersections in ways that impact safety. These more complex intersections will demand that drivers, bicyclists, and walkers proceed very gingerly, at slow speed, watching for intersecting traffic from unconventional sources and directions.

At this time, I see the new Peavine Road section as divided into two risky sections. The riskier section begins at Westchester Drive and proceeds out to Food



City. The less risky section begins west of Food City and ends at Firetower Road.

In the future, I expect to design a trail where the bike group will ride from the Dollar Tree area out to Firetower Road. I would recommend this to any cyclist as a safer and thus more enjoyable alternative. If one is so inclined, he/she can ride an additional 3.5 miles up Firetower Road to the Deer Run RV Park, take a break, and return. I also expect that we will eventually see bicycle road signs and/or street markings along Peavine. Efforts are now underway to make this happen.

Until these additional safety measures can be implemented, I urge all users of Peavine Road to exercise caution and share the road.

Please address comments to Andy at [andrerrx@comcast.net](mailto:andrerrx@comcast.net).



# Trails Over Treadmills: Hiking Is Healthy

Submitted by Mark Richie

In a recent survey of new Fairfield Glade residents, use of our natural surface and paved trails ranked second and third behind outdoor events as an activity they intended to use most—meaning our hiking trails edged out paved paths as an activity preference. When the Glade was designed fifty years ago, this affinity for hiking and walking was not anticipated, but thanks to the hard work of a dedicated band of volunteers, nearly 20 miles of natural surface trails have been built since 2012.

Not including the new Peavine sidewalks, the Glade currently has over 27 miles of paved and natural surface trails. Glade trails are open all year. Many days in the winter are suitable for a nice walk in the woods, but when spring approaches hiking season is truly upon us.

Hiking offers many health benefits. Simply getting into the wilderness lowers blood pressure and has a calming effect on many people. Hiking helps reduce negative thoughts and creates better quality sleep. Hiking helps regulate diabetes and weight, improves bone density, and is a great cardio workout.

Walking a few miles on a treadmill or around the neighborhood has its advantages, but a hike in the woods brings even greater benefits. Hiking burns 30 percent more calories than walking on pavement simply because trails are uneven and have lots of ups and downs. Hiking improves balance because hikers need to navigate roots, rocks, and the occasional stone stairs.

Perhaps you'd enjoy a forest bath? A forest bath is simply a way to become immersed in the solitude of the woods. Find a good place to stop, perhaps on a bench. Simply look around. Breathe. Smell the forest air. Close your eyes and listen to the wilderness. Even though you may be a few hundred feet from a house, Glade trails offer an opportunity to become momentarily "lost" in the beauty, serenity, and power of the woods.



***Ups and Downs.** Constantly changing trail grades add to the health benefits of hiking over a treadmill or paving. Natural trails are softer underfoot than pavement. Hiking helps maintain mental health from immersion in the woods. Hiking also requires attention to footing and where the next step will go; that helps maintain mental awareness.*

Summer is a good time to skip the treadmill and plan a hike instead. If you want to hike with a group, try the Glade Tuesday Guided Hikes that start at 9:00 a.m. every Tuesday from the pavilion across from the Wyndham building. Hikes are only on Glade trails and are generally less than two hours. The Tuesday group is open to all, and particularly good for those new to hiking—you can start small and learn the ropes from friendly people with good experience to share.

If you are used to just walking your neighborhood, be prepared that your first hike may be a bit more tiring. Remember, you are going to burn about a third more energy on a one-mile hike versus a mile on the streets. But chances are high that the overall experience will be more rewarding, both physically and mentally.

More information and all trail maps are available from the Glade trails website: <https://gladetrails.com>

*Mark Richie teaches **Trails Over Treadmills: Intro to Healthy Hiking** for the Center for Lifelong Learning in Cumberland County.*



## *Friends of the Trails Announces Updated Crossville Trails Website*

<https://crossvilletrails.com>

Have you taken a look at our website lately? We have updated it in recent months so that it now identifies all trails and hiking opportunities in Cumberland County. It also includes information on the Crossville Greenway Master plan which explains in some detail what our future plans are for building trails in Crossville.



The Crossville Trails site also links to <https://gladetrails.com>, a separate website for all the trails in Fairfield Glade. This site is now maintained by Dale Butson with oversight from the Community Club's Trails Committee.

## National Trails Day 2021

The first Saturday in June is designated as National Trails Day by the American Hiking Society. It has become a tradition over the last few years for Friends of the Trails to host a hike and a cookout at Meadow Park for everyone who has worked on or hiked our trails during the past year. This year's event on June 5 was well attended with nearly 100 people doing the hike, enjoying the cook-out, or both. Marlene Potter, the park director, along with her team, did an excellent job preparing and cooking the food which seems to get better each year. This year we were able to enjoy a beautiful sunny day, shaded by the new larger pavilion with its magnificent wooden roof.



### THURSDAY WALKS IN FAIRFIELD GLADE

**Thursday Walks**  
meet at  
**Wellness Center Parking Lot**  
(Located at: 130 Stonehenge Drive)  
**7:45am**

Meet at the far end of parking lot- furthest from The Center for prompt departure time of 8:00am.

A guide will be there to welcome you and lead the walk.

Walk a variety of routes, mainly on paved surfaces, and between two and three miles in length.

This is a free event open to everyone. Bring your friends.

This is a great opportunity to meet people and stay in shape!

**No Reservations Required**