

THE CUMBERLAND TRAILHEAD

The Voice of the Friends of the Trails

Fall 2021

Cumberland County, TN

Hit the Trails Festival Planned for October 2

Submitted by Mary deWolf

Before there was a marathon, there was a FESTIVAL! This year FOTT will celebrate the 10th annual “Hit the Trails” Fall Festival on October 2, from 10 a.m. – 2 p.m. on The Square at the corner of Stonehenge Drive and Peavine Road in Fairfield Glade.

First offered in 2012 as a small celebration to introduce new trails to the community, this event has grown to be so much more. Approximately 30 local clubs and organizations will describe outdoor activities that all residents of Cumberland County can enjoy. Along with hiking, learn about opportunities in kayaking, beekeeping, gardening, fishing, and birding, to name a few. Learn about Plateau weather, so essential to any outdoor plans. This year’s festival will also feature pony rides and goats!

Nearly 2400 people (plus their dogs) registered to participate in September’s Cumberland County Hiking Marathon. A majority of them will be at the festival to pick up their awards. Both Cumberland County and Fairfield Glade continue to grow in population, so many new residents will come to see what outdoor activities are available in the area.

Enjoy a crisp fall day on the mountain. Bring your chairs, purchase fresh food, and relax to live music featuring Memory Road. Don’t forget to bring your friends and neighbors!

For more information check out the webpage at <https://hikingmarathon.com/trails-festival/>



Attendees collected their Hiking Marathon swag and browsed the booths of numerous clubs and organizations at the 2020 Hit the Trails Festival.

FESTIVAL GOERS ARE ASKED TO PRACTICE SOCIAL DISTANCING

UPCOMING CHANGES TO FAIRFIELD GLADE'S NORTH TRAILS JUNCTION

Submitted by Jerry Brown, Photos courtesy of Mark Richie

A few years ago, the Trails Committee and the volunteer trail crew rerouted the Canyon Trail in anticipation of the Chestnut Ridge development in Fairfield Glade North. This development eventually took out a good portion of the old Canyon Trail, but the new trail was completed months before that happened.

Construction of another new housing phase is about to necessitate even more changes. Road construction for the second phase of an additional 34 homes circling the south side of the water tower is planned to start on October 1st. This new project will require that a portion of the Good Samaritan, Canyon, and Rotherham Trails be abandoned. This also includes the kiosk at the junction of these three trails, the section of trail between the kiosk and the water tower, and the water tower parking area. For the last four months, the trail crew has been working on reroutes of all three trails and these reroutes will be ready before the bulldozers destroy the existing trails on October 1st.



Unfortunately, the volunteers have the tightest window possible to make the changeover. Since the Red and Yellow Loops are part of the Hiking Marathon, the old trails must remain in use until after September 30th. On October 1st, the affected portions of the existing trails must be closed, the kiosks need to be moved, and the new sections of each of the three trails must be opened before the road building machinery arrives.

One positive note is that Yoga Rock falls just outside of the new property lines and it will not be lost. However, you will find that it is no longer directly on the Canyon Trail. A separate, short, dead-end side trail off of the Canyon Trail will lead you to Yoga Rock.

When the Trails Committee and trail crew get permission to construct new trails on Wyndham or Fairfield Glade Homes property it is always with the understanding that future developments could disrupt what they have built. It is impossible to foresee every future event that could force modifications to the trails system we enjoy. But our dedicated volunteers have always been able to stay one step ahead of “progress” in the past and there’s no reason to believe that foresight won’t persist into the future.

Top right: New trail volunteers Janice and Dave Larson (black shirt) work with veteran trail crew members to remove duff on the Good Samaritan reroute.

Top left: Long-time trail builder, Darryl Wharton, makes final adjustments to the Overlook Trail reroute by hand. Detail work like this means that few of the Glade trails built in the past five years have needed repair.

Bottom left: Tom Buckley (left) and Vince Richardson work the Good Samaritan Trail reroute in August. Vince has worked continually on Glade trails since the beginning in 2012. Tom leads Tuesday hikes and runs the maintenance program for the trails.



Disc Golf Taking Flight in Crossville

Submitted by Ethan Hadley

Since forming in July of 2020, the Crossville Disc Golf Club (CDGC) has grown to 850 members. This is particularly noteworthy since there is not a single public disc golf course in Cumberland County. Not until now, that is. On October 9, 2021, we christen the Meadow Park Lake Disc Golf Course with the inaugural Crossroads Classic - an official tournament sanctioned by the Professional Disc Golf Association (PDGA). The new course is free for use by the general public and regular casual rounds will be organized by our club. For more information, join the club page on Facebook or just come out to Meadow Park (at the end of City Lake Road off of Lantana Road) and give it a try!



Walk Across Tennessee Cumberland County

Walk, run, hike or bike in this 6 week challenge. Compete as a team of 4 individuals, and try to walk across TN, approximately 537 miles, by going above and beyond normal activity! Challenge runs October 3, 2021 through November 13, 2021. Each team captain reports mileage online weekly to be eligible for incentives. To join, grab 3 friends and choose a team captain. Then the team captain will sign everyone up online through the following link:

<https://forms.gle/AZhxAZggj2qaXKsi8>

FOR MORE INFORMATION

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**You Could Be One Of Us !
Join The Glade Trail Crew !
Help Keep Our Trails First Class.**

Hike Glade Trails? Wonder how we build and maintain them? We provide tools and training. The Crew works every Saturday morning and periodically on Wednesday. Work when you can. No dues, no obligations. Come join your neighbors to maintain and expand one of the most popular features of Glade living. Curious? Contact Mark Richie at xmedia2@frontiernet.net to get on the list.

Newcomers Always Welcome on Trail Crew



Submitted by Mark Richie

Left: Long-time hiker and new resident Ron Waldron (in orange) works the Good Samaritan reroute with Adam Zaleski.

Right: Tom Pickel, another new resident, found an unexpected activity in retirement: trail building! Here he works with Dale Butson to join the Good Samaritan reroute with the Rotherham Trail near Yoga Rock.



New Hikers Can Get Experience on Glade Trails

Submitted by Mark Richie

Hiking offers many health benefits, including lowering blood pressure, calming chaotic or negative thoughts, and creating better quality sleep. It helps regulate diabetes and weight, improves bone density, and is a great cardio workout. Hiking burns 30 percent more calories over 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.

But what if you are new to hiking and not too sure about this walk in the woods stuff? The Tuesday hiking group in Fairfield Glade is a great place to start small and learn the ropes from friendly people with good experience to share. For the trails in the Glade, no special equipment is needed. Be sure you carry at least a half-liter of water for every hour you expect to be out. Wear sturdy shoes. Walking shoes are just fine to start. Eventually invest in a pair of shoes designed for hiking. They can be high-cut or low-cut. Be sure they are snug all over and tight nowhere. Make sure your toes can wiggle.

Beyond that—use bug spray, take some snacks, wear a hat for sun protection, and carry a bandana. Bandanas can be soaked in water and tied around the neck to help keep you cool; they are a compress to cover a scrape; they are good for swishing flies away and have a dozen other uses on the trail. Carry a bandana.

Start Easy

The easiest trail in the Glade is the Glastowbury Trail. It can be found next to the boat ramp for Lake Glastowbury off Hunterwood Lane. At just under a mile and featuring five benches, it is an ideal place to start. Also, a great place to take the grandkids!

Next Step

Seven Bridges and the Overlook Trail are both two miles and offer different visual experiences. Allow 60 to 90 minutes for each depending on how many times you stop to enjoy the scenery.

Color Loops

The five North Trails are interconnected, and can be hiked individually or joined in one of four color-coded loops which are clearly marked with post signs and dots on the tree blazes. Ranging from 2.5 to 6 miles, the loops offer lake views, mountain views, rock houses, monolith boulders, and creek crossings.

The Long Walk

A full information package about the Glade Trails is available from the Information Desk at The Center. A quick review of the map reveals that you can hike on paved and natural surface trails from Heatherhurst Golf Course all the way to the Lutheran Church on Lakeview Drive, about 3.5 miles. The adventurous can continue down Lakeview to Burlingham and connect with Seven Bridges and extend the walk to the Methodist Church for an additional half mile.

Alternatively, hike from the Lutheran Church, past Mirror Lake, over Village Drive and up Catoosa all the way to the Catoosa North Parking lot for a hike of 4.7 miles.

More information and all trail maps are available from the Glade Trails web site: <http://gladetrails.com>

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



Hikers navigate a stepover crossing on the Hemlock Trail. Trails have surface variations, requiring stride length and balance shifts, resulting in 30 percent more energy being expended.

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Thank you!

As of August 2021, Amazon has donated \$909.69 to Friends of the Trails because you started your Amazon order at <https://smile.amazon.com>