



# Friends of the Trails

*Promoting the construction, maintenance and enjoyment of trails in Cumberland County, Tennessee*

*January 7<sup>th</sup>, 2025 V3*

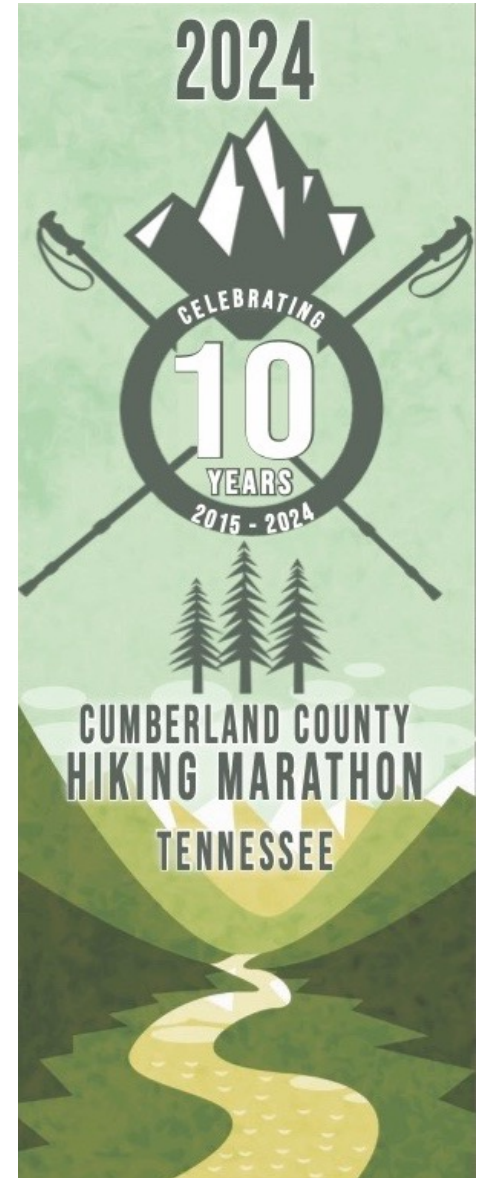
## FOTT Annual Meeting

*It's a very good time for building trails!*

*John Conrad –  
President, FOTT*



Salsa:  
the Wonder Doodle



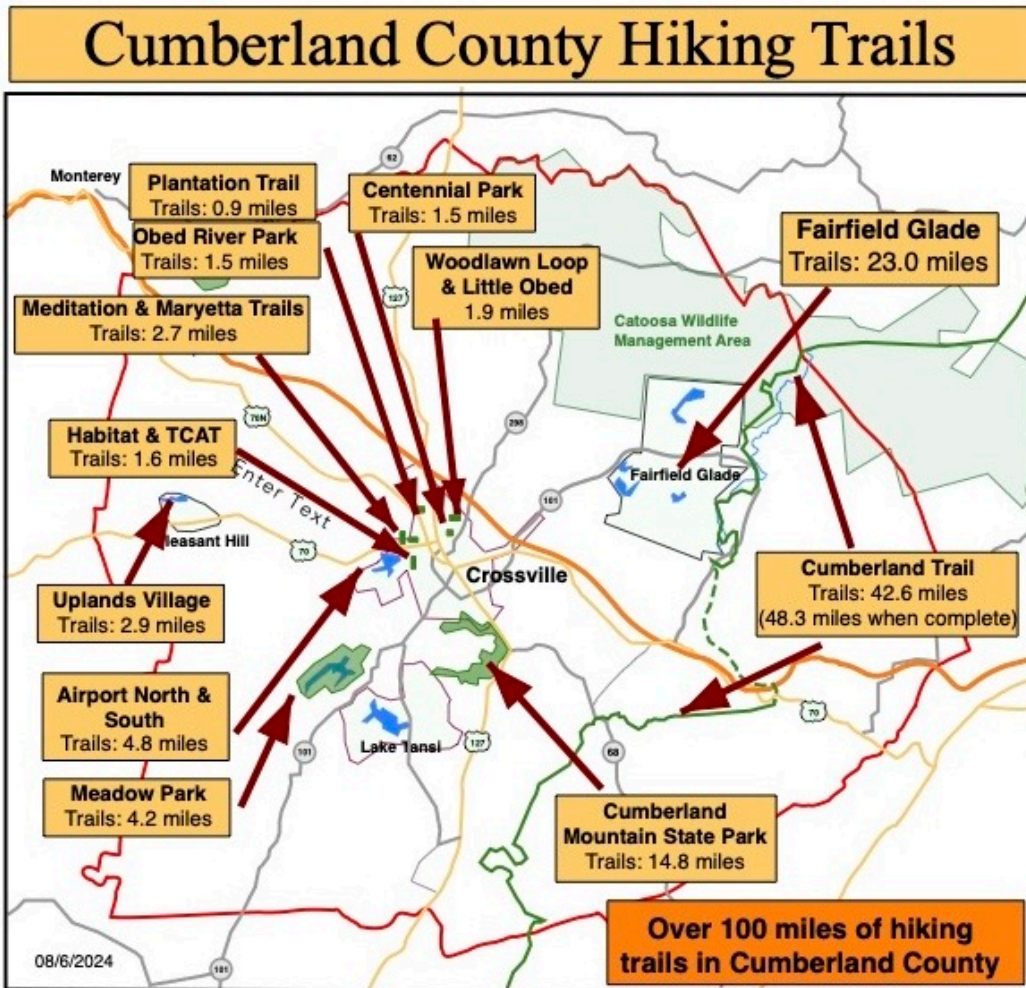
*How did doctors come to the conclusion that exercise prolongs life? The rabbit is always jumping up and down but it lives for only 2 years. The turtle that doesn't exercise at all, lives 400 years.*

1. **Beth Davis** (Dec 2025)
2. **Heather Mullinix** (Dec 2026)
3. **Ethan Medley** (Dec 2024)
4. **Levonn Hubbard** (Dec 2025)
5. **Nathan Clouse** (Dec 2024) – Vice-president
6. **Mary deWolf** (Dec 2025)- Secretary
7. **Ethan Hadley**( Dec 2026) – Treasurer
8. **John Conrad** (Dec 2024) – President

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# Trails in Cumberland County



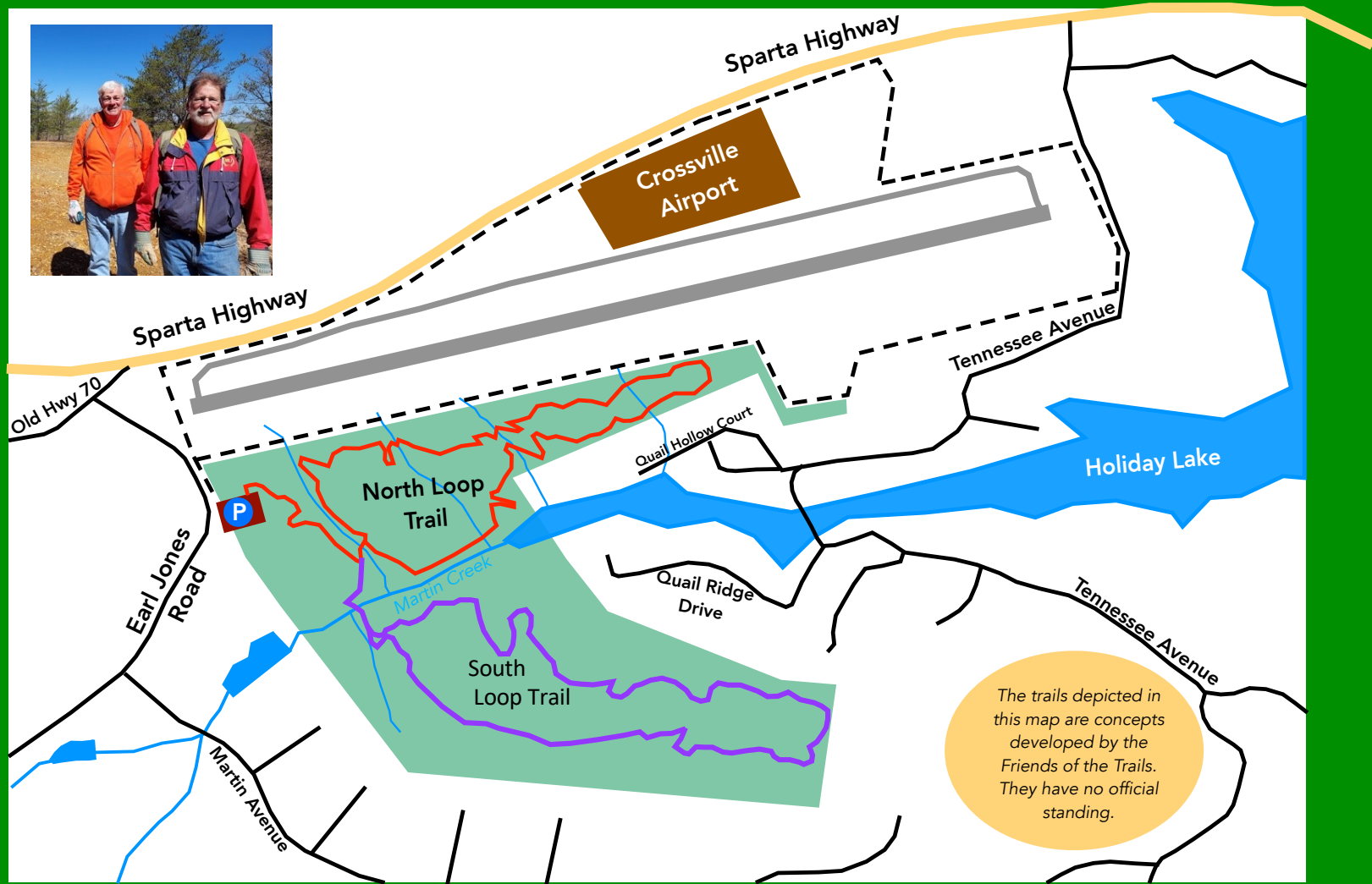
Area Description	Existing (miles)
The Crossville Greenway	15.10
Cumberland Mountain State Park	14.80
Fairfield Glade	24.00
Cumberland Trail	42.60
Uplands at Pleasant Hill	2.90
Meadow Park	4.20
	=====
	103.60



Every time a woman leaves off something she looks better, but every time a man leaves off something he looks worse.

# Crossville Greenway Airport Loops Trails

Note: The only access to this trail is from the trial-head parking lot on Earl Jones Road



**Friends of the Trails**  
a 501(c)3 not-for-profit organization

For more trail maps go to  
[www.crossvilletrails.com](http://www.crossvilletrails.com)

09/29/2024



## Meadow Park Trails

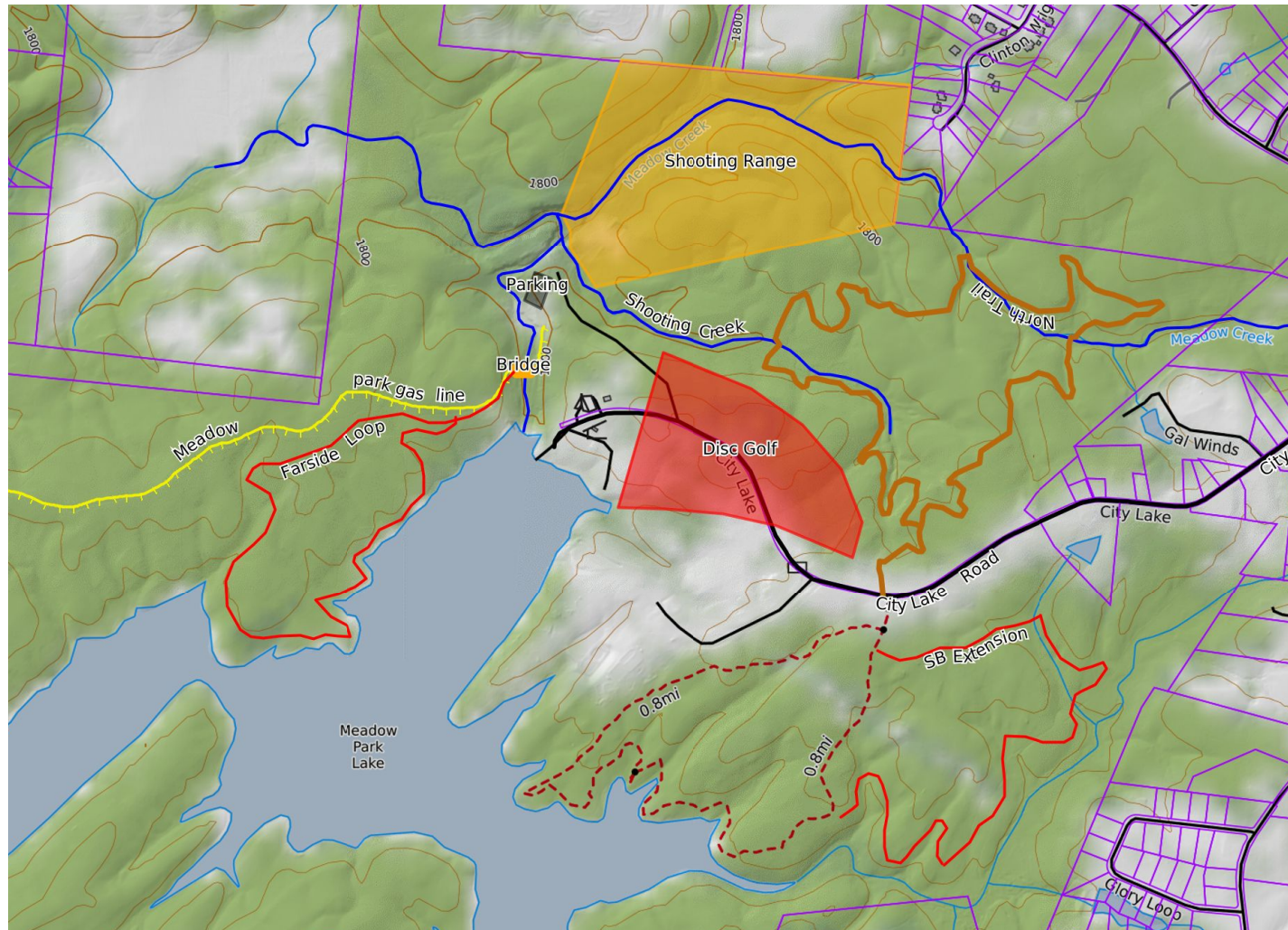


Experts often possess more data than judgment.

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# Possible Future Meadow Park Trails



You do not really understand something unless you can explain it to your grandmother.





# The Relentless Progress Continues

**2012 to 2015** Completed 20 Miles of trail in Fairfield Glade

**2015** Soldier's Beach Trail – 1.7 miles  
1<sup>st</sup> Annual Hiking Marathon

**2017**  
Woodlawn Loop Trail – 1.2 miles  
Meditation Trail – 1.0 miles

**2018**  
Plantation Trail – 0.9 miles  
Glastowbury Trail – 1.0 miles

**2020** Maryetta Trail – 1.7 miles

**2021** Little Obed River Trail – 0.8 miles

**2022** Habitat Trail – 1.0 miles

**2023** Airport North Trail – 2.3 miles

**2024**  
Airport South Trail – 2.5 miles  
Meadow Park North Trail – 2.5 miles



*Strive not to be a success, but rather to be of value.*

# All the Trails in Crossville

## Trails

• Centennial Park (Paved)	1.5 miles
• Woodlawn Loop	1.2 miles
• Little Obed Trail	0.7 miles
• Plantation Trail	0.9 miles
• Obed River Park (Paved)	1.7 miles
• Maryetta Trail	1.7 miles
• Meditation Trail	1.0 miles
• Habitat Trail	1.1 miles
• TCAT Trail	0.5 miles
• Airport North Trail	2.3 miles
• Airport South	2.5 miles
	=====
	15.1 miles



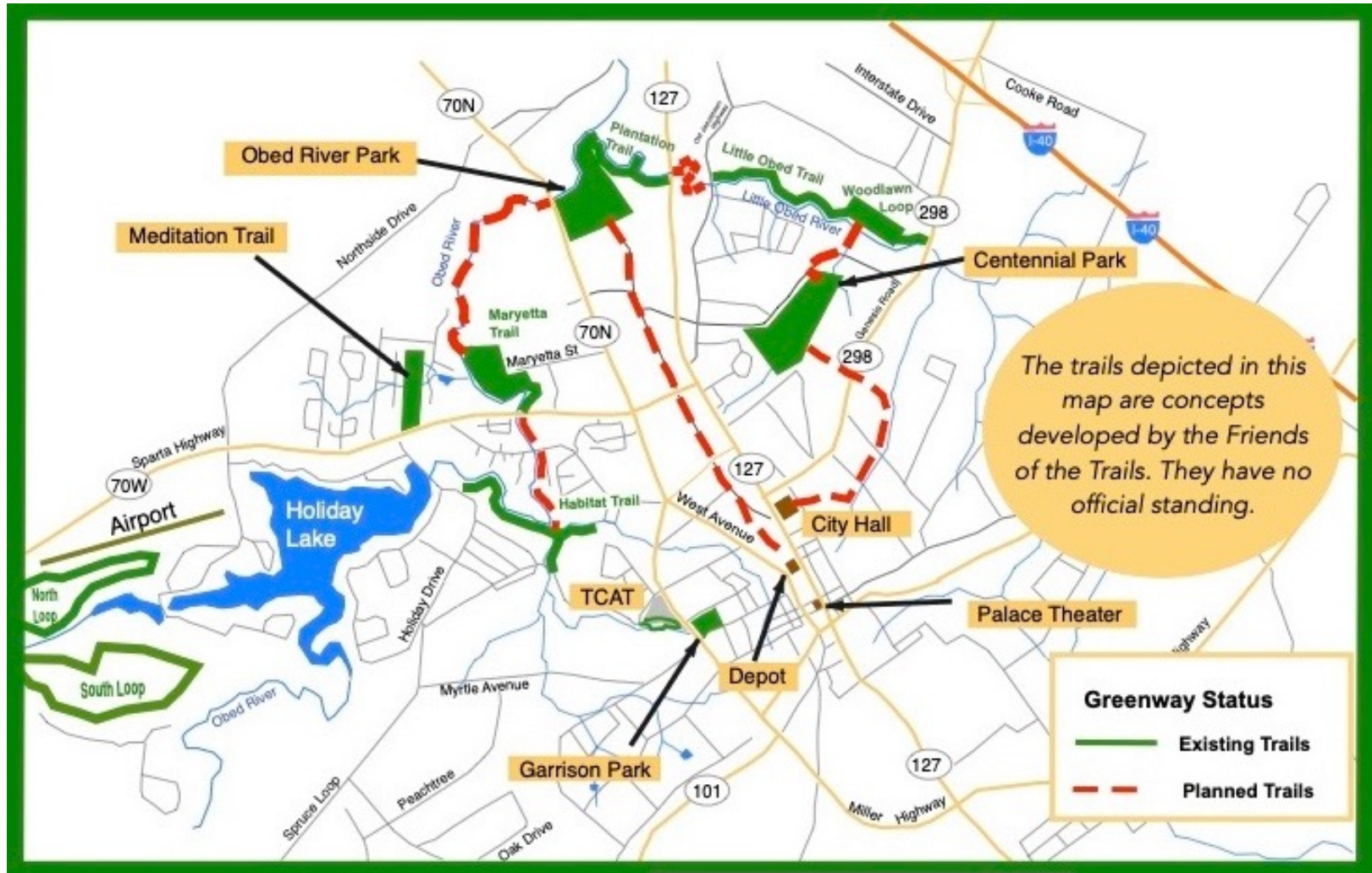
Borrow money from pessimists -- they don't expect it back.



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# Crossville Trails



All mushrooms are edible. Some mushrooms are only edible once.






# Crossville Greenway Little Obed River Segment

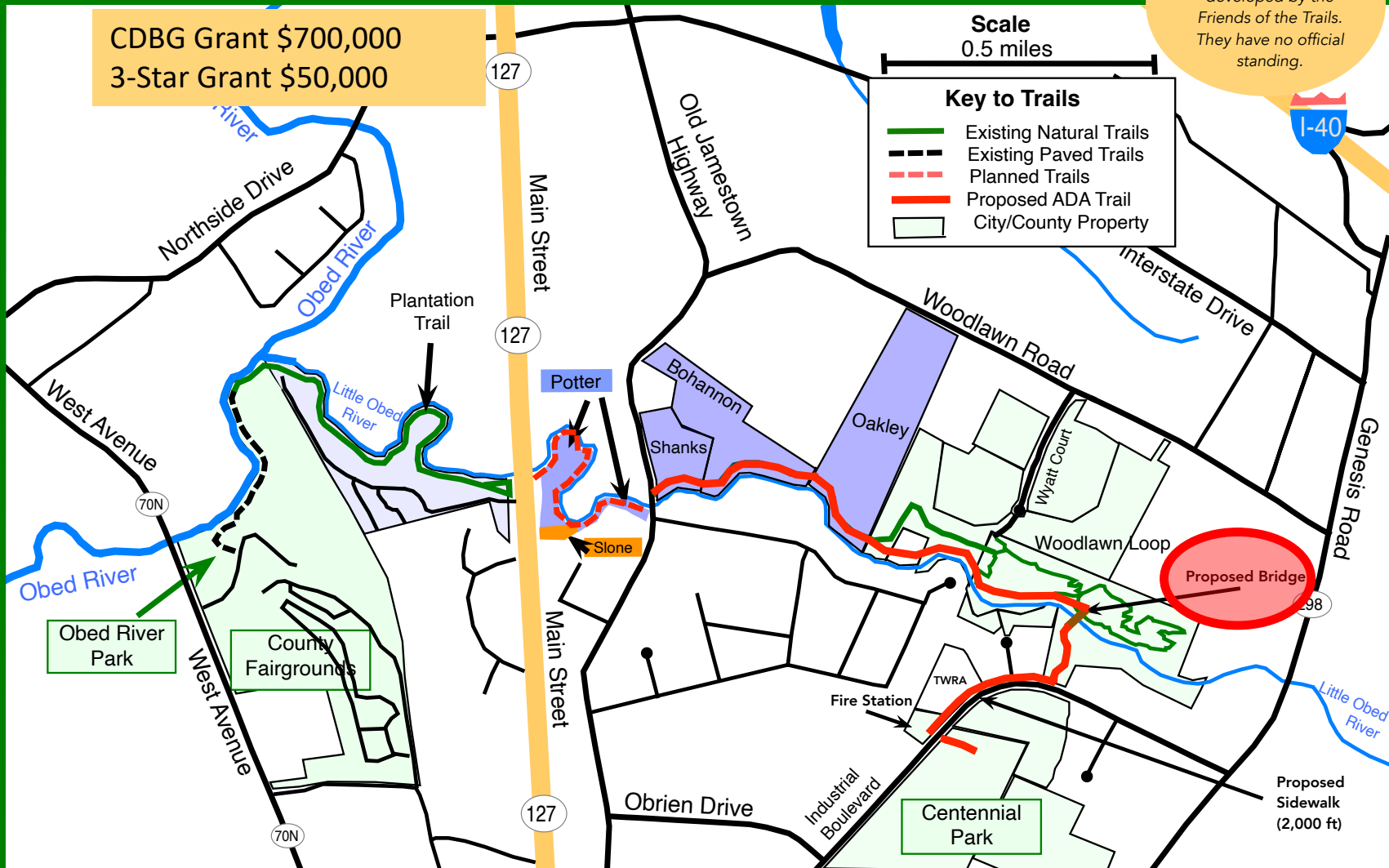
CDBG Grant \$700,000  
3-Star Grant \$50,000

Scale  
0.5 miles

The trails depicted in this map are concepts developed by the Friends of the Trails. They have no official standing.

### Key to Trails

-  Existing Natural Trails
-  Existing Paved Trails
-  Planned Trails
-  Proposed ADA Trail
-  City/County Property



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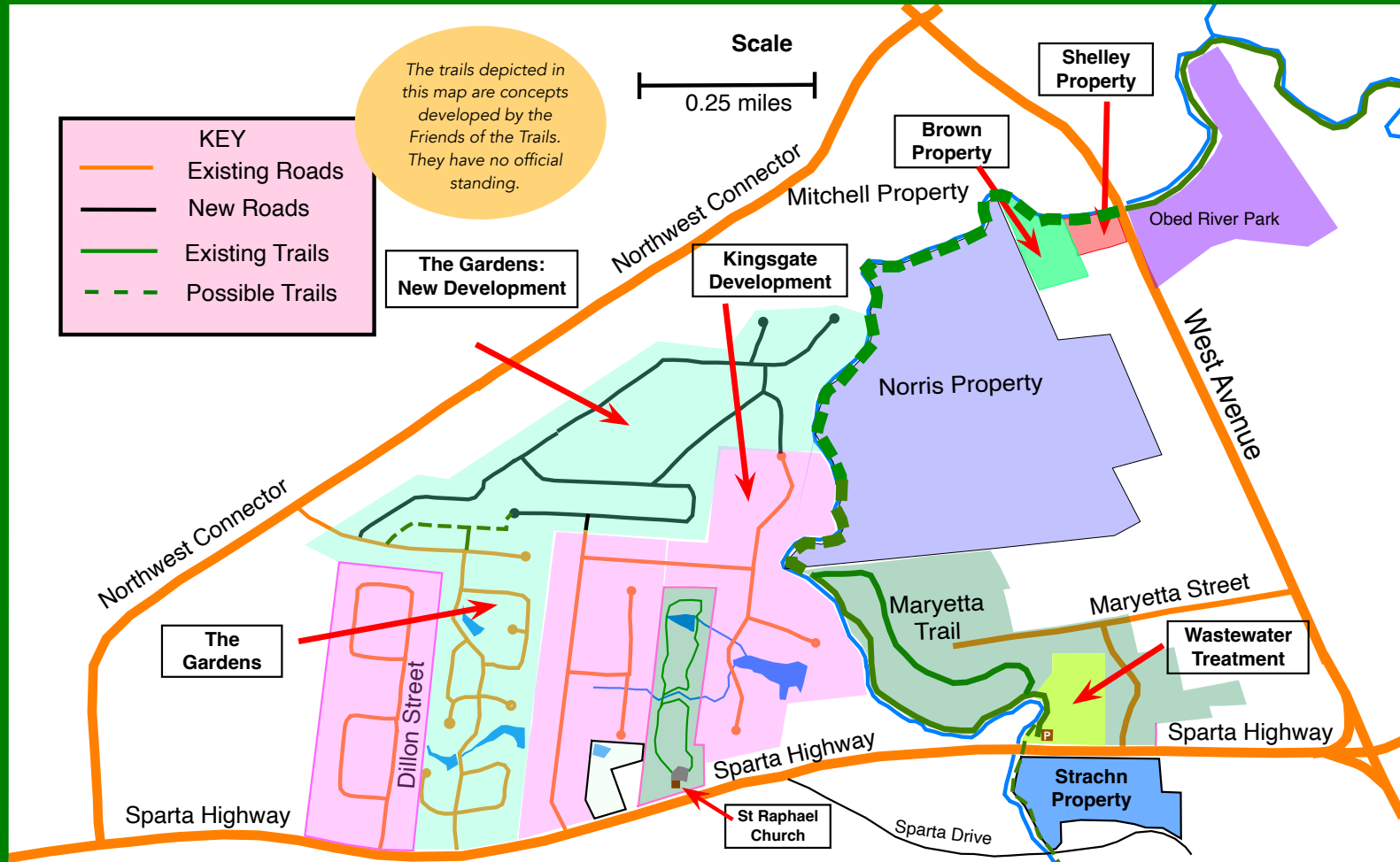
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8/23/22

## Norris Brothers Property

### Crossville Greenway Middle Obed Segment 2.3 miles





## Habitat Trail Extension

### Crossville Greenway

### Upper Obed Segment



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#### Key

- Existing Trails: Maryetta Trail and Habitat Trail.
- Possible future trails on three private properties requiring easements: St Alphonsus Church, Hughes and Spriggs
- Parking lots on Deerfield Road and Sparta Highway

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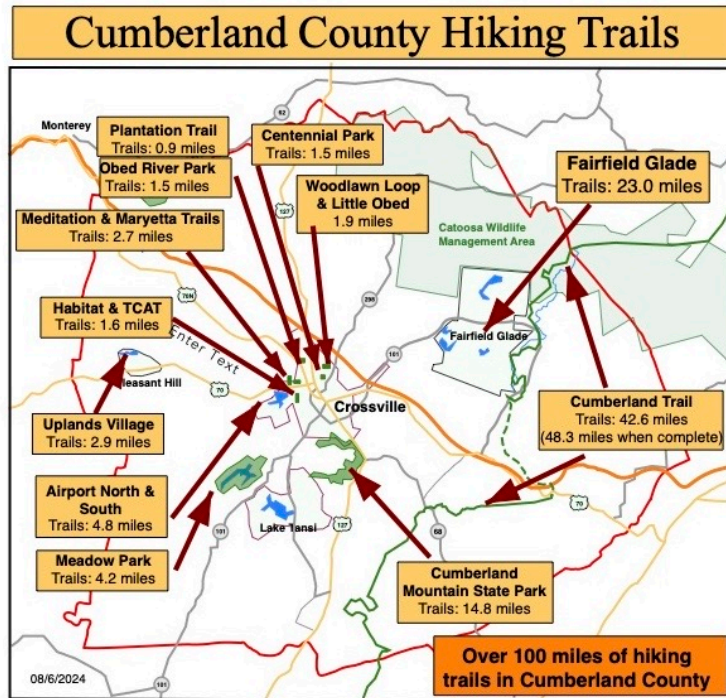
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1/9/2025

The real secret of success is enthusiasm.

## Cumberland County Trails



	Description	(Miles)
	Uplands at Pleasant Hill	2.90
1	Lake Alice Trail	1.50
2	Frey Branch Trail	1.00
3	Adshead Trail	0.30
4	Lake Laura ADA Trail (Paved)	0.10

	Description	(Miles)
	<b>Cumberland Mountain State Park</b>	14.80
1	Pioneer Trail Short	2.00
2	Pioneer Trail Long	3.00
3	Byrd Creek Trail	2.10
4	Byrd Lake Trail (Paved)	0.70
5	Plateau Trail	1.00
6	Overnight Trail	6.00

	Cumberland Trail	42.60
1	Devil's Breakfast Table to Peavine	7.60
2	Peavine to Keys Road (Road)	1.80
3	E Keyes Road to Yellow Gate	9.40
4	Yellow Gate Access Trail	0.20
5	Blue Gate Access Trail	0.50
6	Blue Gate to Power Lines	4.50
7	Powerline access Trail	0.50
8	Rte 68 to Ozone	10.60
9	Hwy 68 to Jewitt Rd (Brady Mt)	7.50

In those days he was wiser than he is now - he used frequently to take my advice.

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# Online Reporting of Trail Issues



	Description	Length (Miles)	Automatic Notifications
	Crossville Greenway	15.10	
1	Centennial Park Trail (Paved)	1.50	Brenda Gibbon, John Conrad, Felicia Keyes
2	Woodlawn Loop	1.20	
3	Little Obed River Trail	0.70	
4	Maryetta Trail	1.70	
5	Habitat Trail	1.10	
6	Airport North Trail	2.30	
7	Airport South Trail	2.50	Brenda Gibbon, John Conrad, Donnie Moody
8	Plantation Trail	0.90	
9	Obed River Park Trails (Paved)	1.70	
10	Meditation Trail	1.00	Jeff Mole, Brenda Gibbon, John Conad
11	TCAT Trail	0.50	John Conrad, Brenda Gibbon

It's nice to be important but it's more important to be nice.



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## Financial Position as of Dec 31, 2024

2024 Income		\$50,520
Donations	\$9,067	
Promotions	\$3,953	
Marathon Sponsorship	\$15,500	
City Grant	\$20,000	
FG Community Club	\$2,000	
2024 Expenses		\$52,787
Subcontractor Expenses	\$28,197	
Trail Expenses	\$3,276	
Marathon Expenses	\$14,313	
Promotions	\$3,871	
Website/Marathon Registration	\$2,864	
Administration Expenses	\$266	
2024 Net Income/Loss		(\$2,267)
Fund Assets		\$43,013
City Fund	\$33,192	
Marathon Fund	\$2,161	
Fairfield Glade Fund	\$1,146	
General Fund	\$6,514	

He is a modest little man who has a good deal to be modest about.

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# Hiking Marathon 10<sup>th</sup> Anniversary



100 Mile  
Ultra  
Challenge

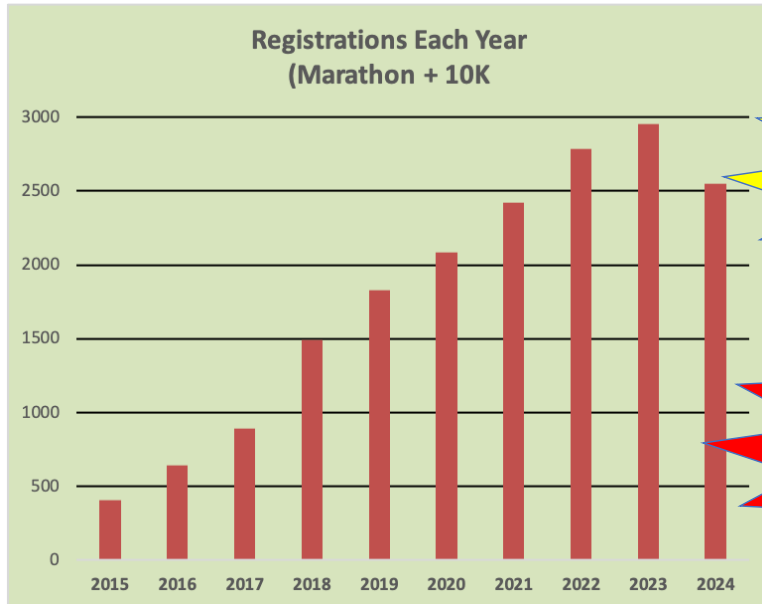


Salsa The  
Wonder  
Doodle



3,000  
Hikers

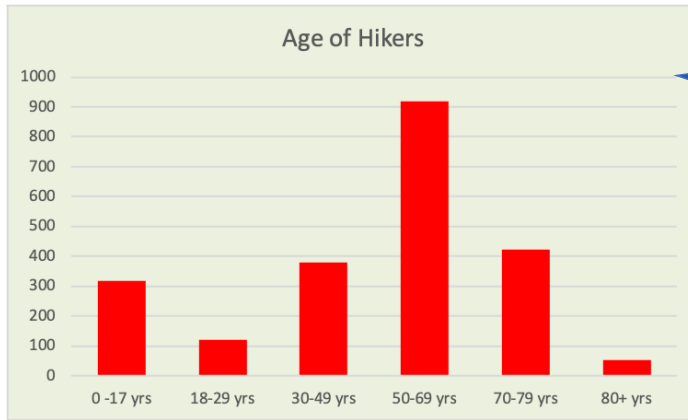
Regretfully, he has missed yet another opportunity to say silent on this issue.



**2,551 Registrations**

**866 Completions**

**494 Dogs**



City/Zip	Registrations
Fairfield Glade	38.4%
Crossville	47.1%
Sparta	2.1%
Monterey	2.0%
Crab Orchard	1.5%
Cookeville	0.9%
Clarkrange	0.6%
Wartburg	0.5%
Harriman	0.5%
Baxter	0.5%
Grandview	0.4%
Pikeville	0.4%
Jamestown	0.4%
Pleasant Hill	0.3%
Rockwood	0.3%
Livingston	0.3%
Knoxville	0.3%
Oakdale	0.2%
Oak Ridge	0.2%
Grimsley	0.2%

Never interrupt your enemy when he is making a mistake.



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# 100 mile Ultra Marathon



**2025**  
Spring 100 Mile Challenge

**458**  
Registrations

**175**  
Completions

- An event created for our 10th Anniversary
- Gave hikers the opportunity to hike 100 miles of trails included in the last nine marathons.
- Actually they hiked 74 miles of trails in July and August
- Rounded out the 100 miles by completing the regular 26-mile marathon in September.

Nothing is as frustrating as arguing with someone who knows what he's talking about.

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# Salsa The Wonder Doodle

I HIKED  
WITH  
SALSA!

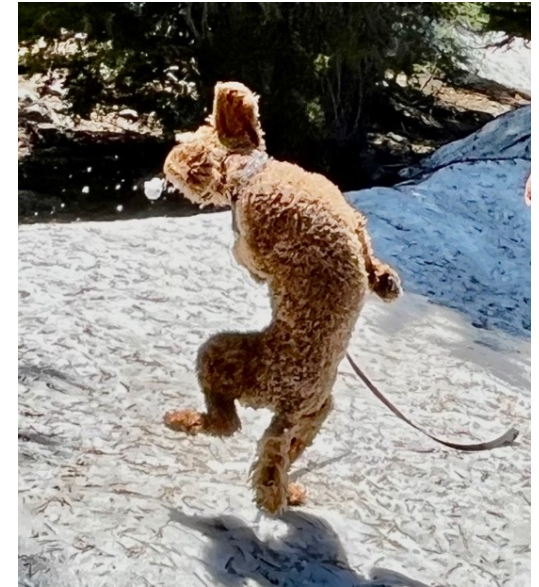


## Ten Year Anniversary of the Cumberland County Hiking Marathon

Where did the trails come from?  
How did the marathon begin?



**Salsa's whimsical  
narrative will delight  
and inspire you.**



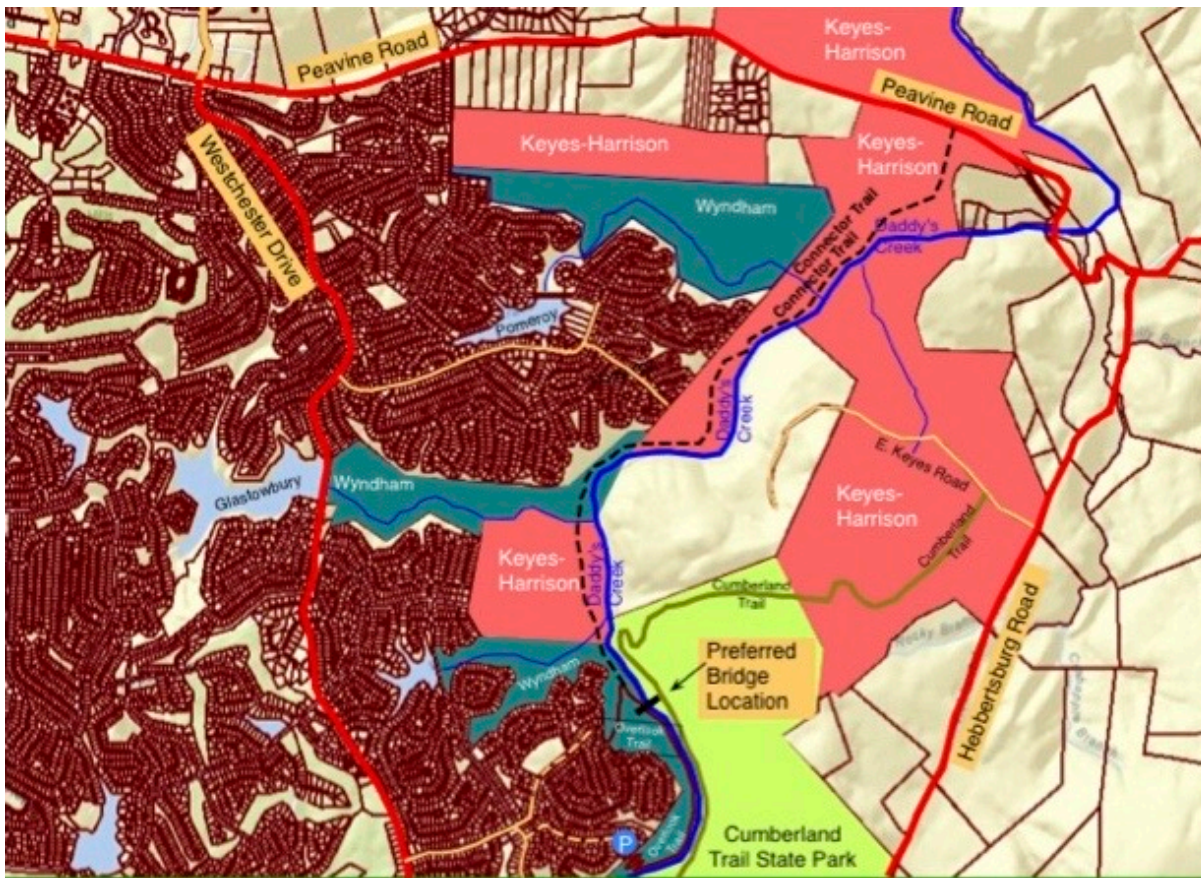
Of all the paths you take in life, make sure a few of them are dirt.



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# Daddy's Creek Bridge



The healthiest competition occurs when average people win by putting in above average effort.





# A Few More Volunteers



**Kristin**



**Tim**



**Ron**



**Dan**



**Tim**



**Pat**



**Danny**



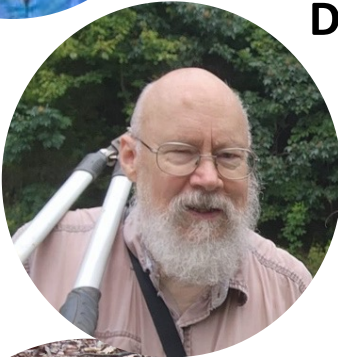
**Jerry**



**Mary**



**Shari**



**John**



**Mike**



**Joe**



**Gary**



**Michelle**

Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity.



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## Brenda & Steve Gibbon



- Trail Bosses
- Lead volunteer sessions
- Hike everyday
- Do trail work constantly
- Always ready to help
- Great assets to FOTT
- Just a little “scrawny”

You do not need a parachute to skydive. You only need a parachute to skydive twice.

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## Shari Hahn



**Shari Hahn** has done a fantastic job organizing the distribution of T-shirts for the last six years and catering for the annual picnic for the last three years



Don't let those who take advantage of your generosity stop you from being generous.



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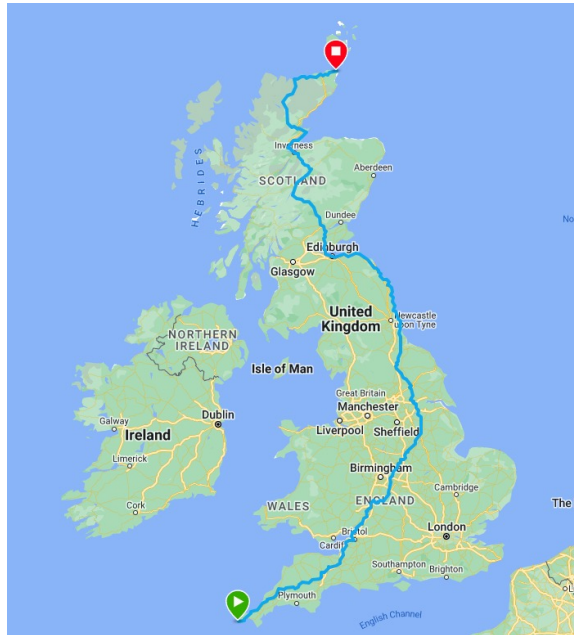
# The End

Thank you for listening

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# Land's End to John O'Groats



Almost 1,000 miles



1991

## My Nephew, Conrad Evans

- Born with Cerebral Palsy
- Little use of his right arm & leg
- Could not compete in sports
- Could compete at cycling on a tricycle
- At 18 years old decided to cycle from Land's End to John O'Groats
- His father cycled with him
- His mother supported with a minivan



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# Cycling Across America



1999



- At 26 years old he decided to cycle across the USA
- Flew to San Francisco
- Started in Portland Oregon
- 3 months later.....
- Finished in Virginia Beach



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## Cycling Around Australia

2002



- 29 years old
- 10,000 miles
- 10 months