



## "Closing the Gaps" Your Exclusive CTC E-Insight

### Progress

The CTC executed and successfully completed the following volunteer trail building programs:

- [Winter Alternative Break, January 3-8, 2010](#)
- [BreakAway 2010, February 28-March 20](#)
- [New River section \(RTP grant GR-10-29161-00\), April/June 2010](#)

Click on a program for more details!



### Support

CTC has opened its membership - [Pass It On!](#)

Grants Received - [Click here to view the list](#)

New Members - [Click here to see who joined!](#)

**Thank You to all CTC Project Supporters!**

### Marketing & Outreach

Throughout the year, CTC staff and volunteers attend many events to market the CTC and the Cumberland Trail project. At these events, an information booth was set-up to inform the public about the project. At many of these events, CTC staff presented a power point presentation followed by a question and answer session.

[More Details](#)

[National Trails Day Event](#) : [click here for details](#)

### Upcoming Events & Activities

[Click here for the schedule](#)



**Spotlight recipe!** Delicious, quick & easy, printer friendly recipe just for you! [Click here](#)

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



**Also the Anne Potter Wilson Foundation, Atticus Trust, & Tennessee Parks & Greenways**

### Tell your friends how to [JOIN](#) !

They can easily join by visiting our website and completing a simple application to start enjoying membership benefits right away!



[Membership Form](#)



## Trail Construction and Maintenance

### Winter Alternative Break, January 3-8, 2010:

Ten students from Grand Valley State University and six students from Kansas State University travelled to Tennessee to help with trail maintenance in the North Chickamauga segment of the Cumberland Trail. Also lending a hand, several CTC/TTA volunteers worked with the students. Volunteers repaired areas of the trail tread, removed rotten wooden steps and constructed stone steps, and corrected trail erosion issues. A total of 480 hours were donated for this maintenance project.



**BreakAway 2010, February 28-March 20:** The Cumberland Trail Conference hosted its 14<sup>th</sup> annual *Alternative Spring Break* program. The CTC is a host organization for Break Away®: the Alternative Break Connection, Inc. a national 501(c)(3) nonprofit organization that supports the development of quality alternative break programs by providing training and information primarily to colleges, universities, and nonprofit organizations interested in creating lifelong active citizens through these intensive service-learning programs. The focus for the 2010 event was to complete trail construction between Caine and Cooper Creeks in the North Chickamauga Gorge segment.

During the program, 196 college and university students representing 18 schools from across the nation travelled to Tennessee to help construction sections of the Cumberland Trail. Students and numerous CTC volunteers donated 8078 volunteer hours and constructed an additional 3.89 miles of trail. CTC volunteers served as trail crew leaders, kitchen staff, and logistical support. Cumberland Trail State Park personnel also assisted with the 2010 *BreakAway*.

Unfortunately, the wet spring weather hampered the completion of the program's main goal, however, 66.6% of the goal was accomplished, and at an alternative worksite, the Audubon Acres connector trail was finished. From this connector trail, future trail will connect the Rock Creek segment with the newly acquired Graysville Recreational Management Area near Dayton, Tennessee. The CTC's *BreakAway 2010* was a very successful event and was only possible due to the support of so many students, volunteers, Cumberland Trail financial supporters, and CTSP personnel.



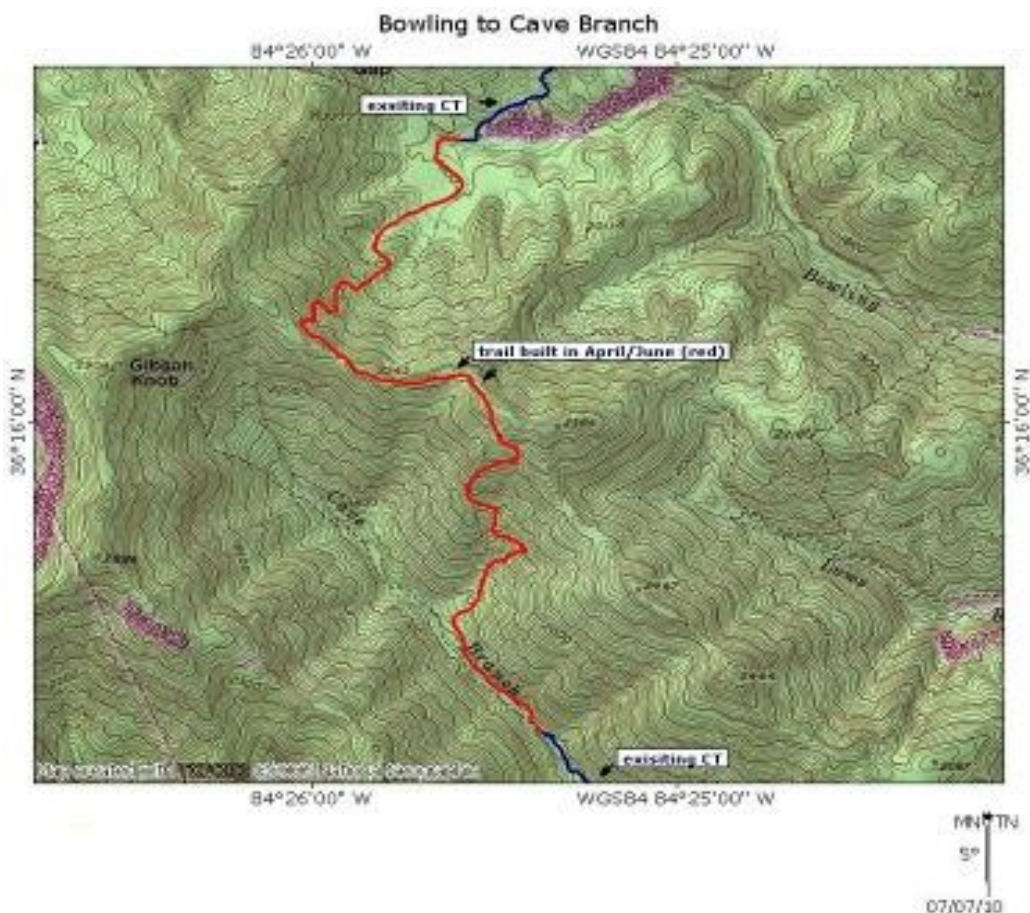
## Trail Construction and Maintenance (Cont'd)

**New River section (RTP grant GR-10-29161-00), April/June 2010:** In April and June, the CTC hosted two backcountry trail building events. The goal of these two events was to complete trail construction between Bowling and Cave Branch in the CT's New River section. A RTP grant was awarded to complete the trail construction in this section. Once completed, this section will connect Cove Lake and Frozen Head State Parks. This will add 35 miles to the over-all project.

The goal of the two events was met. The trail between Bowling and Cave Branch was completed. During the two events, a CTC seasonal trail crew and volunteers constructed 3.1 miles of trail in 22 days, closing another gap. This construction took place in a steep, mountainous area of the Cumberland Plateau. Volunteers donated 776 hours for the project. Presently, there are 38 miles of continuous trail between the Tank Springs Trailhead in LaFollette (part of the Cumberland Mountain segment) and the Cave Branch Trailhead in Scott County. To date, this is the longest continuous section of the Cumberland Trail project. Future trail construction events are scheduled to complete the trail in the New River section.

**Trail Maintenance:** This is an ongoing process. CTSP personnel help to maintain trailheads and other sections of the trail south of Interstate 40. Along with CTC staff, CTC trail adoptees also help maintain these open segments of the CT. North of I-40, CTC staff, other non-profits, and trail adopters work to keep the CT segments open. CTC trail maintenance events are scheduled throughout the year.

***Special thanks to TN State Parks for making trail building equipment available and to TWRA for assisting with access roads.***



**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.**



# CTC Membership Form

**Become a Member of the Cumberland Trail Conference (CTC)**  
***Together We Can Close the Gaps!***

**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, 20% off on CTC merchandise, and a hardcopy of CTC's Annual Review "Closing the Gaps".

**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.

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

Member @ \$25   Supporting Member @ \$50   Life Member @ \$450



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

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

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

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

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

Phone: \_\_\_\_\_

**Please mail completed form w/payment to:**

Cumberland Trail Conference  
Attn: Membership Administrator  
19 East 4th Street  
Crossville, TN 38555



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



# New Members of the CTC!

## January - July 2010

(listed by membership level)

### TTA/CTC

Thomas,	,	Curt E.
Barber,	,	Dennis W.
Swanner	,	Edward
Kimbrell	,	Gary A.
McGavock, Sr.	,	Robertson C.
Allison	,	Todd A.
Beaty	,	Willie R.

### LIFE

Cygan	,	Walter
Darnell	,	Gary
DeVan	,	Bill & Dorothy
Devine	,	Warren & Carol
Dobson	,	Mary Lynn
Ezell, JR.	,	F. Miles
Francis	,	Libby
Garrett	,	Ray * Jo Ann
Grametbauer	,	Gary & Carol
Haley	,	Carol
Hook	,	Anthony & Ann
Leininger	,	William James
Manas	,	Diane
Manning	,	Russ
Matlock	,	Joe
Miller	,	Carolyn
Poteet	,	Jim & Marietta
Powell	,	Sam & Emilie
Reister	,	David
Ritchie	,	Mark
Rush	,	Garnett
Senko	,	Rita
Summers	,	George & Joyce
Varner	,	T.C. & Judy
Woerner	,	Caroline S.
Young	,	Bryan

### SUPPORTING

Eldridge	,	Bill & Sue
Selman	,	Brandy M.
Deakins	,	Carol L.
May	,	Deborah W.
Lackey	,	Diana G.
Deakins	,	Don L.
Box	,	Donald
Taylor	,	Donald C.
Dippold	,	Ed
Agee	,	Janice L.
Schroeder	,	Jim J.
Redmon	,	John R.
Molloy	,	Johnny T.
Mertz	,	Keith
Mazzeo	,	Patrick
Sarkela	,	Sandra
Park	,	Richard A.
Smith	,	Russell
Pollard	,	Sara B.
Anne E.	,	Wesley

### MEMBER

Leiper	,	Bill
Newsom	,	Bobby G.
Leamon	,	Casey A.
Summers	,	George
Baudet	,	Hank P.
Shatz	,	Harry
Ryan	,	James Larry
Ellett	,	Jane N.
Liberty	,	Jean C.
Grady	,	Jennifer K.
Strother	,	Jerry T.
Wyatt	,	Joe
Nye	,	John E.
Greene	,	Mary S.
Anthony	,	Michael
Wotowiec	,	Mr. & Mrs. Peter
Flynn	,	Olin
Berntsen	,	Peter E.
Harris	,	Richard E.
Higdon	,	Steve M.
Wigington	,	John T.
Vickstrom	,	Tom

### BUSINESS

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

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



# Welcome Aboard!



## Grantors

January - June 2010

Sam's Club
Lyndhurst Foundation
REI
TVA
Brown-Forman (Jack Daniels)
RTP -2008 (New River Segment)
The Atticus Trust
Middle TN Natural Gas
Anne Potter Wilson Foundation
AT&T Pioneers Service Grant (Don Taylor)
Lyndhurst Foundation
Evan Means
Tennessee Parks & Greenways Foundation
Lyndhurst Foundation
RTP -2010 ( Hamilton County)



Cumberland Trail Conference received a \$67,400 RTP grant for the Big Soddy Bridge Project at the Justin P. Wilson Cumberland Trail State Park. Pictured from left to right are: Gerald Parish, TDEC Recreation Education Services Director; Tony Hook, Cumberland Trail Conference Manager; and TDEC Commissioner Jim Fyke.



## Marketing & Outreach - Events Attended

January - June 2010

A special thanks to Warren and Carol Devine, Gary Darnell, and Ray Garrett for assisting at some of the events listed below.

January 13-17, Wilderness Wildlife Week, Pigeon Forge, TN

January 23, CTC Volunteer Appreciation Day and dinner, Crossville, TN

February 6, University of Scouting Chattanooga, TN

February 11, Plateau TTA Chapter, Crossville, TN

March 30, Fair Field Glade Rotary Club luncheon, Crossville, TN

April 10, Chattanooga Outdoor Expo, Chattanooga, TN

April 17, Discovery Fest, Wartburg, TN

April 24, Oak Ridge Earth Day event, Oak Ridge, TN

April 29, Mayor's Sustainability Fair, Crossville, TN

May 20-23, South Eastern Foot Trails Coalition Conference, Monteagle, TN

June 5, National Trails Day event, Soddy Daisy, TN



Attendees of the 2010 Volunteer Appreciation Day hike



# Marketing & Outreach - Events Attended

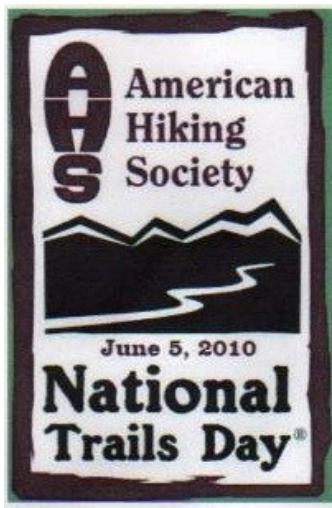
## National Trails Day



American Hiking Society's 18th annual National Trails Day® (NTD) 2010, the national kick-off event for Great Outdoors Month in June, was a huge success. NTD 2010 exhibited the overwhelming commitment by Americans to protect our trails and highlighted the shared interest in outdoor recreation. President Obama called on all of us- young and old, from every background, all across this country- to celebrate America's Great Outdoors. On Saturday, June 5, tens of thousands of volunteers and trail enthusiasts in all 50 states celebrated trails by hiking, paddling, running, walking, horseback riding, and maintaining trails.

"The volunteer participation and energy surrounding American Hiking Society's National Trails Day® celebrations were immeasurable!" notes Gregory Miller, President of American Hiking Society. "Thousands of trail enthusiasts came out to hike, bike, paddle and provide volunteer service across all fifty states and Puerto Rico, demonstrating that Americans really do care about our Great Outdoors."

The CTC along with the Soddy Daisy TTA Chapter hosted this year's National Trails Day (NTD) event on June 5, 2010.



← 2010 National Trails Day Patch

**Save the date for National Trails Day 2011 - Saturday, June 4!**



## Schedule of Upcoming Events & Activities

### Fall 2010- Spring 2011

**September 25-26:** National Public Lands Day event (NPLD), volunteers needed to help with bridge and trail repair in the Tennessee River Gorge segment of the Cumberland Trail. Volunteers will meet at 8:00am ET at the Signal Mountain parking lot. 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.

**September 27-September 30:** Trail maintenance Tennessee River Gorge segment, volunteers needed to help with trail maintenance in preparation for the 2010 *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 1-10:** Chattanooga's *River Rock* festival, please visit: [www.riverrockschattanooga.com/index.html](http://www.riverrockschattanooga.com/index.html) for more details.

**October 2:** 2010 *Stump Jump* trail race, please visit [www.rockcreek.com/stumpjump](http://www.rockcreek.com/stumpjump) for more details.

**October 13-15:** 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) or 931-456-6259.

**October 16:** 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 17-23:** American Hiking Society's Volunteer Vacation, volunteers can give back. Please visit <http://www.americanhiking.org/ProjectRegistrationDetail.aspx?projectId=479> for more details.

**November 2-9:** New River section trail construction phase 3, volunteers needed to help construct trail along Straight Fork 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, [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com) , [www.cumberlandtrail.org](http://www.cumberlandtrail.org) or 931-456-6259.

**November 12-14:** 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 13:** 2010 Upchuck 50K trail race, Soddy Daisy, TN, for more information, please visit <http://www.rockcreek.com/upchuck/> for more details.

**November 14-17:** The American Trails National Symposium, Chattanooga, TN, a national event celebrating trails, please visit [www.americantrails.org/2010/index.html](http://www.americantrails.org/2010/index.html) for more details.

**December 4-5:** Cumberland Trail Backpack, New River section, this 9-mile hike will be from Norma Road to Smoky Creek Road. For more details, contact Tony Hook at [tony.hook@frontiernet.net](mailto:tony.hook@frontiernet.net) .

**January 9-15, 2011:** Winter Alternative Break, Soddy Daisy, TN, students from the University of Kansas will be working to construct the Cumberland Trail. For more details, contact the CTC office at [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com) or 931-456-6259.

**January 22, 2011:** CTC's annual membership meeting, join other Conference members for a day hike followed by a dinner and awards ceremony. This event will take place at Cumberland Mountain State Park in Crossville, TN. To register for this event, please contact the CTC at [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com) , [www.cumberlandtrail.org](http://www.cumberlandtrail.org) or 931-456-6259.

**February 20- March 26, 2011:** The CTC's 15<sup>th</sup> annual *BreakAway* program, this event will be held in Hamilton County with trail work being performed in various sections of the CT. For more details about this event, please contact the CTC at [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com) or 931-456-6259.





## SPOTLIGHT RECIPE

### **7-Layer Dip**

All of the flavors that have made Mexican food so popular with American families are included in this simple and attractive dip

**Serves 8**



#### **INGREDIENTS**

1 can (16 oz.) refried beans  
2 tbsp. Tone's® taco seasoning  
1 cup sour cream  
8 oz. cream cheese, room temperature  
1/2 cup green onions, sliced  
1 cup chunky salsa  
1 cup prepared guacamole dip  
1 head iceberg lettuce, shredded  
1/2 cup cheddar cheese, shredded  
1/2 cup jack or cotija cheese (hard, crumble cheese made from cow's milk), shredded  
1/4 cup black olives, sliced

#### **COOKING DIRECTIONS**

Directions:

Mix the taco seasoning into the refried beans. Spread this in the bottom of a casserole dish or glass serving bowl.

Mix the sour cream, cream cheese and green onions. Spread this over the beans. Next layer on the guacamole, then a layer of shredded lettuce. Top with salsa to cover (to the edges of the dish), sprinkle on cheeses and decorate with black olives.

Serve immediately with tortilla chips or refrigerate up to 6 hours until serving



[printer friendly version](#)



## 7-LAYER DIP

ALL OF THE FLAVORS THAT HAVE MADE MEXICAN FOOD SO POPULAR WITH AMERICAN FAMILIES ARE INCLUDED IN THIS SIMPLE AND ATTRACTIVE DIP

SERVES 8 --

### **INGREDIENTS**

- 1 CAN (16 OZ.) REFRIED BEANS
- 2 TBSP. TONE'S® TACO SEASONING
- 1 CUP SOUR CREAM
- 8 OZ. CREAM CHEESE, ROOM TEMPERATURE
- 1/2 CUP GREEN ONIONS, SLICED
- 1 CUP CHUNKY SALSA
- 1 CUP PREPARED GUACAMOLE DIP
- 1 HEAD ICEBERG LETTUCE, SHREDDED
- 1/2 CUP CHEDDAR CHEESE, SHREDDED
- 1/2 CUP JACK OR COTIJA CHEESE (HARD, CRUMBLE CHEESE MADE FROM COW'S MILK), SHREDDED
- 1/4 CUP BLACK OLIVES, SLICED

### **COOKING DIRECTIONS**

DIRECTIONS:

MIX THE TACO SEASONING INTO THE REFRIED BEANS. SPREAD THIS IN THE BOTTOM OF A CASSE-ROLE DISH OR GLASS SERVING BOWL.

MIX THE SOUR CREAM, CREAM CHEESE AND GREEN ONIONS. SPREAD THIS OVER THE BEANS. NEXT, LAYER ON THE GUACAMOLE, THEN A LAYER OF SHREDDED LETTUCE. TOP WITH SALSA TO COVER (TO THE EDGES OF THE DISH), SPRINKLE ON CHEESES AND DECORATE WITH BLACK OLIVES.

SERVE IMMEDIATELY WITH TORTILLA CHIPS OR REFRIGERATE UP TO 6 HOURS UNTIL SERVING

