

	<p>2019 OLD TIMERS HIKING CLUB SCHEDULE—April-May-June</p> <p>Founded August of 1991 by CB Willis and Don Frederick and named by Jim Widener</p> <p>27- YEARS OF HIKING AND COUNTING</p>
Mon.-April,1	A 4-mile easy or a 6-mile moderate hike at Rocky Fork State Park---A walk up Flint Creek to see the wildflowers; in and out for about 4 easy miles. Those wanting a little more can do the Whitehouse Cliff Trail for another almost two miles. Breakfast at Clarence's. Leader: Dave Polon, Cell 423-302-8368.
Wed, April, 3	Elk River Falls to 19E. This will be a shuttle hike. We'll leave a drop car at 19E where the AT crosses the highway and then proceed to Elk River Falls. We'll hike to the AT and over to Jones Falls before proceeding back Southbound on the AT. This is a moderate to strenuous, 7-8-mile hike. There are some great views of the Roan Highlands from just above the Isaacs Cemetery just before we head down the mountain to 19E. Hike leader: Pat Kenney, patkenney28@hotmail.com or call (423) 282-4115.
Mon, April 8	6 -7-mile hike starting at the Crossroads, Hwy 91, hike to Low Gap. We will drop off the cars at Low Gap. This time of the year the wildflowers should be putting on a show as we take in this beauty. Form your carpools at the church and meet the leader at Food City in Elizabethton Leader: Janice Miller 423-543-5602
Wed, April,10	Bays Mountain Park to Laurel Run Park - A 7.5-mile moderate key swap hike from Bays Mountain Park to Laurel Run Park. There are two creek crossings which may require wading if the creeks are high, so come prepared. Form your carpools at the church and proceed to the breakfast stop at Hardees in Kingsport on Dennis Bypass just off I-26. Leader: Eric Middlemas (423) 282-6987; email: emiddlemas@live.com .
Mon, April,15	COON DEN FALLS / AT LOOP This 4 to 5-mile, moderate hike begins on a new USFS Trail designed to keep hikers off Dennis Cove Road. We will first drop a shuttle car at the parking area near Laurel Falls AT crossing on Dennis Cove Road. Then we will continue on toward Dennis Cove Campground and park in the area on the left before the campground entrance. We will have about 1000 feet climb, passing the waterfall, then undertaking a scramble on the old AT blue blaze to reach the AT where we head back down to Dennis Cove. Leader: Judy Middlemas, (423) 282-6987.
Wed, April 17	Spivey Gap to the No Business Knob Shelter: An in/out 9.8-mile strenuous hike north on the AT from Spivey Gap to No Business Knob Shelter. Leader: Dave Polon, Cell 423-302-8368, DPolon123@yahoo.com
Mon, April,22	If we hit this right, this portion will be covered in wildflowers, if not still a beautiful 8 1/2 -6-mile hike with scenic vistas. After leaving appropriate cars at Hampton Creek Road, we will start at Carver's Gap, hike to Round Bald, Jane Bald and take the AT down to the joint crossing of the At and Over Mountain Trail. We will continue on the trail that leads down to Hampton Creek Road. Form your carpools at the church and meet the leader at Food City in Elizabethton. Leader: Janice Miller 423-543-5602

Wed, April,24	An 11.4-mile strenuous, in and out hike south on the AT from Spivey Gap to the Bald Mt. Shelter. Leader: Wayne Jones 423-737-4852
Thursday, April 25	<p>Our Spring Pot Luck Dinner will be at Covenant Presbyterian Church. We have the church from 5 to 8 pm and will try to be ready to eat by 6:00 pm. The hiking club will provide the meat, rolls, plates, cups, napkins, forks, tea, water and sprite. Those attending should bring side dishes of any kind they wish and desserts. Also, if anyone wants coffee please bring a thermos, maybe large enough to share.</p> <p>Our new Treasurer, Rich Ritter, will be present if you wish to pay your dues at the dinner. He will have member cards to fill out for those paying dues. Be sure if any of your information on the member list has changed—phone? address? –put that down for Rich, Also I do not believe we have any one receiving the hiking schedule by mail now but if you do not have e-mail and want a mailed copy you have to let Rich know that. We want to thank Gil Derouen for the many years he served as club treasurer and I want to thank Rich for being willing to take over the job.</p> <p>We will have a program after the meal this year—Jack Lawson and David Polon will entertain you. Program 1: will be very talented sketch artist Jack Lawson showing us some of his beautiful sketches. Program 2: from David Polon: [David wrote this intro] As a boy he was struck on the head by a brick. The accident-prone lad also swallowed a needle, fell down a flight of stairs, toppled onto a burning stove, and accidentally drank some sulfuric acid. He almost died from tainted wine at age 23. Six years later, Adolph Sax invented and patented a musical contraption and thrust it upon an unsuspecting world. It was... the saxophone. And TONIGHT, 173 years later, Dave Polon (Mr. Sunshine) will present <i>Saxogomy</i>...the practice of playing only one saxophone at a time.</p> <p>Questions; Lana Scott: 423-929-9094 or Judy Middlemas 423-282-698 or Faye Guinn 423-753-4072</p>
Mon, April ,29	Well, you get at least one more chance to hike with a 100-year-old leader. As I propose it, it is going to be short but you can make it as long as you like. We will start at the Exchange Place end of the Green Belt and go (downhill) to the Reedy Creek crossing, a little over one mile but you can go further if you make arrangements for pick-up at your destination. That first mile should be great for wild flowers. I won't come to Johnson City but will meet you at Hardy's for a light breakfast about 8:30. Hardy's is on John B. Dennis bypass jut off of I-26, on the right. Bob Miller, 423/245-1465 or rwm1029@hotmail.com
Wed, May,1	Strenuous 9 mile in and out hike north on the AT from Hughes Gap. In April this should be a beautiful wildflower hike. There is a nice overlook at Beartown Mountain at 2.5 miles which can be a turnaround point for those wishing a short hike. At 3 miles we reach Ash Gap. After a climb of just over 2200' we reach Toll House Gap and the picnic area and restrooms; which will be our lunch stop \ turn around point. Breakfast at

	Clarence's. Leader: Lana Scott 423-929-9094 or cell 423-741-7058.
Mon, May,6	Tanawha Trail on the Blue Ridge Parkway: 5.7-miles moderate. After pre-positioning the vehicles between the two parking lots, we begin this hike at the Beacon Heights Parking Area (Milepost 305.5) on the Blue Ridge Parkway. First, we hike a 0.6-mile in/out on the Beacon Heights Trail to the overlooks on Beacon Heights. Afterwards, we start our hike north on the Tanawha Trail. After 1.5-miles, we reach the Linn Cove Viaduct Visitor Center where we will regroup. Gift shop and restrooms are available. We then hike under the parkway viaduct, and eventually climb to the exceptional views from the lofty, jagged crags at Rough Ridge and the Rough Ridge Boardwalk. We continue hiking north to the Raven Rocks Overlook Parking Area (Milepost 302.7). Driving distance/time one-way is about 50 miles/1:15 hrs. We will form the carpools and leave the church at 8 am. Hike Leader: Dave Polon, 423-302-8368, DPolon123@yahoo.com .
Wed, May,8	Devil's Fork Gap to Rice Gap --We will hike north on the AT from Devil's Fork Gap to Rice Gap. This is a long hike, about 8 miles round trip, a bit steep, but pretty and with good views. However, since it is an in-out, you can easily shorten your hike. Just let the hike leader know in advance. . Leader Jeannine Edwards. Home 423-202-7207 ; cell 901-351-1779 ; email jeannine21@bellsouth.net
Mon, May,13	Spivey Gap to Whistling Gap and on. About 6 miles. We will hike to Whistling Gap, where we pick up a forest road to the main road. Those who want a shorter hike may choose to go to High Rocks and return, for about 4 miles. This time of the year, the forest is filled with wildflowers, including jack-in-the-pulpit, trillium, wood betony, and many others. Jeannine Edwards. Home 423-202-7207; cell 901-351-1779; email jeannine21@bellsouth.net
Wed, May,15	A 7 to 8-mile hike at Bays Mountain using the nature trail at Eastman Recreation area as our starting point. We will climb to the Bay's Mt Park area and take various trails to complete our 7 to 8-mile hike. Breakfast at Hardee's. Leader: Lana Scott 423-929-9094 or cell 423-741-7058.
Mon.May,20	Open Date
Wed, May,22	Clark's Creek Loop - A strenuous to moderate 10-mile loop hike from Clark's Creek via the Sills Branch Trail and Forest Service Road 5066 to Bearwallow Gap, and then back down to Clark's Creek on the Long Arm Branch Trail. Come prepared for creek crossings and possibly wet feet. Leader: Eric Middlemas (423) 282-6987; emiddlemas@live.com
Mon, May,27 Memorial Day	Tweetsie Trail. Memorial Day. An easy, 6-mile "flatlander's dream." We will meet at the church, then start at the Johnson City trailhead, hike 3 miles in (just past the quarry) and back. A good way to keep your hiking boots dusty and still be ready for your Memorial Day observations. Leader Jeannine Edwards. Home 423-202-7207; cell 901-351-1779; email jeannine21@bellsouth.net
Wed, May 29	A 7.5 mile in and out moderate to strenuous hike on the Overmountain Victory Trail. We climb the historic trail from Hampton Creek Road to

	Yellow Mt. Gap, then go to the Overmountain AT shelter for lunch before hiking back to our cars. Leader Wayne Jones 737-4852
Mon, June,3	Moderate 5.5-mile hike near Lebanon VA. Hidden Valley Lake is a unique geological feature which sits in a small valley atop Brumley Mountain. A gentle rolling trail, elevation gain 400Ft. Trail is in the woods for shade and cool temps. We reach a rock out cropping providing great views of the valley below. Wear pants... trail is not heavily used. Leader: Jamie Aiello 423-579-0467
Wed, June,5	Warrior's Path SP, Devil's Backbone and Fall Creek Loop; Riverside Trails. A moderate, in-out hike. Devil's Backbone is somewhat rocky and steep, but there are some good views. Then on the loop, the trail is gentler, with a rippling creek and a grassy meadow where wildlife can sometimes be seen. Upon return, we will follow a few trails near the lake. Leader: Jeannine Edwards: Phone: 423-202-7207 or 901-351-1779 email jeannine21@bellsouth.net
Mon, June,10	A strenuous 6 plus mile loop on the Paint Mountain and Chimney Rock trails in the Houston Valley area south of Greeneville. Beautiful views of the French Broad at Weavers Bend. The travel time is approximately 1 hour one way (45 miles). Leader: Joy Cook 423-913-2220
Wed, June,12	Carvers Gap to Roan High Bluff, 7-ish miles. Moderate to strenuous. Should be some good views from Sunset Rock and at Roan High Bluff. We can stop by the Rhododendrons Gardens on the way back to see the blooms. Hike leader Pat Kenney, patkenney28@hotmail.com or (423) 282-4115.
Mon, June,17	Chestoa to Temple Hill Gap; This 8-mile moderate in/out hike south on the AT has some steep climbs. However, it has exquisite views of the Nolichucky River and the mountains. And in late spring and early summer, the mountain laurel and rosebay rhododendron are prolific. Leader: Jeannine Edwards. Home 423-202-7207 ; cell 901-351-1779 email jeannine21@bellsouth.net
Wed, June,19	A 9.2 mile strenuous in and out hike on the Appalachian Trail from Watauga Dam Road to the Vandeventer Shelter. This trail follows the spine of the Iron Mt ending at the VS where there are great views of Watuaga Lake. Leader: Lana Scott: 929-9094 or cell 423-741-7058 .
Mon., June,24	Our summer work day on the OTHC section of the AT. Our work will focus on mowing, clearing the trail of debris and blow downs, and painting blazes. Form your carpools at the church and meet at Clarence's in Unicoi for a hearty breakfast and work assignments before getting to work. Leader: Eric Middlemas 423-282-6987; emiddlemas@live.com
Wed., June,26	Lamar Alexander Rocky Fork State Park to Shelton Grave Site: An in/out 10.2 miles strenuous (or 5.5 miles easy-to-moderate). From the Lamar Alexander Rocky Fork State Park parking lot, we hike 3.1 miles up the Rocky Fork Trail, Flint Creek Trail, and the AT Access Trail to Flint Mountain Gap and the intersection with the AT where we will rest/regroup. Leaving the gap, we hike south on the AT 2 more miles until we reach the grave site, where we'll have lunch before returning. For those that prefer a shorter, easy-to-moderate 5.5-mile hike, you can turn

	around before you reach the AT Access Trail. Leader: Dave Polon, 423-302-8368, DPolon123@yahoo.com
Mon., June,30	A 5.8 mile easy to moderate hike from Hwy 91 to Double Springs Shelter. Great views of Shady Valley as we cross the open fields of The Old Osborne Farm. Leader Lana Scott 423-929-9094 or cell 423-741-7058 .
<p>We leave Covenant Presbyterian Church, 603 Sunset Drive, Johnson City, Tenn. each Monday and Wednesday at 8am. Come join us; bring lunch, PLENTY of water, gas money, a snack, each person should carry a small first aid kit, you should also carry a little extra food just in case, raingear [it may rain where the hike is even if the weather here does not say rain], and most important bring yourself and a smile and come enjoy our hikes. Everyone is welcome, member or not. We are an alcohol-free activity. Participation in club activities carries with it the obligation to hold the club and its representatives free of liability for individual safety.</p> <p>President and founder of Old-Timers Hiking Club—CB Willis 423-282-3325. cbwillis@charter.net Treasurer and person to give your membership dues [per year/per family\$10.00] Rich Ritter ,1125 Biltmore Dr, Piney Flats, TN 37686 Richieritch1.0@gmail.com Phone 765-414-4253</p> <p>Website---http://oldtimershikingclub.weebly.com Webmaster Joel Zabel ---joyjoelz@yahoo.com; Trail Work Coordinator—Eric Middlemas 423-282-6987 Hike schedule—Faye Guinn-423-753-4072 wegonehiking@embarqmail.com [SEND ME YOUR HIKES written up exactly as you wish them to appear in the schedule]</p>	