

## Board of Directors

Nick Corley  
Mike Despeaux  
Cathy Reas Foster  
John Garton, Emeritus  
Jerry Harvey  
R. Glenn Hilliard, Chairman Emeritus  
Greg Lucas  
Rocky Nation, Maintenance Coordinator  
Steve Pagano, Chairman  
John Park, Treasurer  
Bill Ranson  
Mike Stafford, Emeritus  
Scott Stegenga  
Robert Stephenson  
Brooks Wade  
Dan Whitten, Vice Chairman  
Bobbie Wilhite, Secretary

## Staff

Heyward Douglass-Executive Director  
Sarah Shockley - Administrative Assistant

Foothills Trail Conference  
PO Box 3041  
Greenville, SC 29602  
[WWW.FOOTHILLSTRAIL.ORG](http://WWW.FOOTHILLSTRAIL.ORG)

Fall 2015



## Water Source Improvements by an Eagle Scout

Although water is generally plentiful along the Foothills Trail, there are places that the source itself leaves something to be desired, either in its accessibility or in the depth of the water, or both. Several members of the FTC took it upon themselves a few years ago to dig out the spring at the Cantrell homesite and line it with rock to make a pool of clean, clear water. This was well-received by those using the campsite.

Since this proved to be successful, FTC Executive Director, Heyward Douglass, kept his ear open for a suitable Boy Scout to come along and need a worthwhile project for his Eagle badge. A chance conversation with the former, and long-time scoutmaster of Troop 120 in Seneca, SC, Billy Boggs, put Mr. Douglass in touch with Mr. Boggs' grandson, Drew Boggs and an agreement was forged. After receiving the OK from the SC Department of Natural Resources and Duke Energy, which manage the sections where the project was to take place, Drew Boggs and Billy Boggs accompanied Mr. Douglass to look at the possible sites for these improved water sources. The necessary "before" pictures were made at each of the places that were being considered.

Drew came up with a design for a cistern that will likely be a model for any future improvements to trail water sources. Rather than a rock lining, which is subject to caving in and / or filling with debris, he chose to use a 12-inch diameter, black plastic pipe to which he added a concrete cover (with a handle!). Once the stream or spring is dug out to a suitable depth, the pipe (with holes in the sides) is inserted in the hole and the cover, which acts like a stopper, is placed on top. Very shortly the cistern fills with good, clear, clean water that any hiker would be glad to dip into – but should still filter or treat.

Drew also placed marker posts near the improved sites to direct hikers to the cisterns – in each case with a reflective material added for those that arrive after dark! How thoughtful is that! These improved water sources were put in at sites near Sassafras Mountain, Chimneytop Gap, Laurel Valley designated campsite, and the designated campsite near Bad Creek. If you are hiking near these sites stop and take a look or fill up your water bottle!!



## 'LIKE' THE FTC ON FACEBOOK



Be sure to check out the Conference's page on Facebook for the latest in activities, updates, notices, and plenty of photos of interesting and beautiful places on the Foothills Trail. There is a link to the page on the FTC website homepage. Just scroll down a little ways and the Facebook logo is on the left. Click on it and it will connect you to the page.

## SPECIAL THANKS

Special thanks to Rocky Nation, maintenance coordinator, and all our Trail Captains who worked extra hard this year to keep the trail in tip-top shape.



## Jennifer Pharr Davis

### FEATURED GUEST SPEAKER AT 2015 ANNUAL MEETING



Jennifer Pharr Davis is a hiker, author, adventure speaker, and 2012 National Geographic Adventurer of the Year. She has covered over 12,000 miles of long distance trails on six different continents and has hiked with her husband and two year old daughter in all fifty states.

In 2011, Jennifer covered the 2,181-mile Appalachian Trail in forty-six days, eleven hours, and twenty minutes, maintaining a remarkable average of forty-seven miles per day. By doing this, she claimed the overall (male or female) fastest known time on the “A.T.” and became the first woman to set that mark. Since that time, her A.T. record has held up against numerous male challengers.

Jennifer has written five books, including three North Carolina guidebooks and two hiking memoirs called *Becoming Odysa* and *Called Again*. She has also written articles for Blue Ridge Outdoors and Trail Runner magazines and has contributed to articles in Backpacker, Men’s Journal, and National Geographic Adventure. Her new book, *Called Again*, chronicles her record-breaking A.T. hike and has been called “an inspired exploration of the meaning of commitment” by *Kirkus Reviews*.

She is a professional speaker who has shared her trail adventures hundreds of times and in all fifty states, including presentations to corporations, colleges and universities, libraries, bookstores, and trade associations. She has been featured in the New York Times, NPR’s talk of the Nation, the Daily Beast, and the CBS Early Show.

Jennifer is the founder and owner of Blue Ridge Hiking Company ([www.blueridgehikingco.com](http://www.blueridgehikingco.com)), a guiding service that strives “to make the wilderness accessible and enjoyable” for hikers of all ages, genders, and ability levels. She lives in Asheville, North Carolina, with her husband, Brew, and their two year-old daughter Charley.

### 2015 ANNUAL MEETING PICTURE SHOW

Do you have some great pictures of your fun along the Foothills Trail? OF COURSE YOU DO! In this day of digital pictures, everyone shoots up a storm. At the 2015 Annual Meeting we will have a slideshow of digital pictures taken along the Trail. They may be waterfalls, hikers, camping, wildflowers, sunsets, animals—anything you think others would enjoy. You may email pictures to [info@foothillstrail.org](mailto:info@foothillstrail.org) or bring the picture files on a standard USB thumb drive and we’ll load them onto a picture show computer. The digital slideshow will run at various times throughout the weekend.

## EAGLE SCOUT REBUILDS BRIDGE ALONG CHATTOOGA RIVER

Over twenty-seven years ago personnel with the U.S. Forest Service and members of the FTC, including Executive Director Heyward Douglass, constructed a bridge over a creek that flowed into the Chattooga River and often made for a wet crossing. Time and the elements took their toll and it was decided the structure needed to be replaced. Coincidentally, Garrett Powell, who was a member of Troop 335 in Clemson, SC, was looking for a suitable project to complete the requirements for his Eagle rank. A conversation between Mr. Douglass and the Troop’s Scoutmaster, Vic Shelburne, led to the bridge replacement being selected as his task.

After the USFS gave their approval, Garrett and his dad, Craig Powell, Vic Shelburne, and Mr. Douglass all visited the site to determine what it looked like, what would actually be required, and to take “before” pictures. Following that observation visit Garrett had to come up with a written plan, including drawings of the proposed bridge, that would outline how the bridge would be constructed, where the materials would come from, and how to organize his fellow Boy Scouts to actually construct the bridge.

Through the years quite a few bridges on the Foothills Trail have either been constructed or replaced as Eagle Scout projects, which has been beneficial not only to the Scout, but also to the FTC and whichever agency had jurisdiction over that section. It must be added that several years ago a bridge not far from Garrett’s was put in as part of a Girl Scout’s Gold Award, which is the equivalent of the Eagle rank in the BSA.

After several months of planning and much hard work, Garrett and the members of Troop 335 finished the bridge (even adding a handrail that was not on the original), and he will soon receive his Eagle Scout badge in a formal ceremony at Fort Hill Presbyterian Church in Clemson, the sponsor of the troop.





# Foothills Trail Conference 41st Annual Meeting

**Table Rock State Park Pavilion November 6, 7, and 8, 2015**

Deadline for Registration is November 3, 2015

## OUR BEAUTIFUL TABLE ROCK REFLECTED IN PINNACLE LAKE



Every year the Foothills Trail Conference holds an Annual Meeting weekend for our members that is filled with exciting hikes, great speakers, delicious meals, and fellowship with other FTC members. This year's Meeting is just around the corner, and we have an exciting weekend planned for all to enjoy! To reserve a campsite, please contact Table Rock State Park online. Make sure to register early to reserve your hikes and a place at the table for a great weekend of outdoor adventure and fellowship with the FTC!

### FTC Annual Meeting Schedule

#### Friday, November 6

- |                |   |
|----------------|---|
| 9:30 a.m.      | Hikes Depart (See enclosed hike list)   |
| 3:00 p.m.      | Volunteers gather to help set up  |
| 6:00-9:00 p.m. | Friday Night Social Hour. Light potluck supper and featuring music by a fiddle/guitar duo |

#### Saturday, November 7

- |           |   |
|-----------|---|
| 8:00 a.m. | Breakfast in the Barn (catered by Aunt Sue's)                               |
| 9:30 a.m. | Hikes Depart (see enclosed hike list)                                       |
|           | Lunch on your own   |
| 5:00 p.m. | Social Hour – BYO Special Beverages with Snacks and Drinks by FTC           |
| 6:00 p.m. | Hunting Camp BBQ will cater a delicious BBQ supper.                         |
| 7:00 p.m. | Annual Meeting  |
|           | Special Guest Speaker, Jennifer Pharr Davis<br>(AT record hiker and author) |
|           | Business Meeting, Steve Pagano, FTC Board Chairman                          |
|           | Door Prizes   |

#### Sunday, November 8

- |           |                                       |
|-----------|---------------------------------------|
| 8:00 a.m. | Breakfast in the Barn                 |
| 9:30 a.m. | Hikes Depart (see enclosed hike list) |
|           | Volunteers help with cleanup          |

# FOOTHILLS TRAIL CONFERENCE

*Hikes meet at the designated place at 9:30 a.m.*

## Friday

#1— **Pinnacle – Table Rock Loop**: Take a Fabulous Friday Foray with **Cathy Foster**, FTC Board Member and Master Naturalist. This is the hallmark mountain trail of the South Carolina upstate, and a Friday tradition for FTC annual meetings at Table Rock State Park. Keep in mind that this loop hike to Bald Knob and the top of Table Rock Mountain is a VERY strenuous hike of about 9 miles . The Table Rock National Recreation Trail ascends 2,000 feet to the summit of the imposing granitic dome, Table Rock Mountain (3,157 feet). Meet at Carrick Creek Interpretive Center. Bring lunch, snacks and plenty of water. 9:30 a.m. to 3 p.m.

## Saturday

#2— **Virginia Hawkins Falls**: Join **Bobbie Wilhite**, FTC Board Member and Master Naturalist, on an easy hike to one of the area's real beauty spots. If you haven't seen this picturesque little waterfall , this is a hike that you won't want to miss! Bring a camera, lunch and water. Meet at Pinnacle Pavilion. Hikers will be carpooling to the hike site. 9:30 a.m. to 2 p.m.

#3—**Lake Jocassee / Foothills Trail**: A pontoon boat ride on Lake Jocassee from Devils Fork State Park will get hikers to the Rock Creek section of the Foothills Trail, which is just southeast of the Toxaway River bridge. After a moderate hike of 3.9 miles led by Board Member and Master Naturalist **Greg Lucas**, hikers will arrive at the Laurel Fork Creek access. After viewing Laurel Fork Falls, hikers will be picked up by boat for the return to Devils Fork. Captain Brooks Wade will narrate during the boat ride from and back to the park. Due to the necessity of the boat shuttle this hike is limited to 12 participants and there is a charge of \$ 30 for each hiker, ***to be paid at the meeting.*** Meet at Pinnacle Pavilion at 9:30 am to carpool to Devils Fork. Return to Table Rock by 4:30 pm.

#4—**Sassafras Mountain to Chimneytop Gap**: After viewing the changes going on at the top of Sassafras Mtn, the hike will proceed downhill through cove forest to the Gap. Join **Rocky Nation**, FTC Board member and SWU biology professor, on an easy, family-friendly hike of about 2.7 miles on the Foothills Trail from Sassafras Mountain to Chimneytop Gap. The hike will begin at the end of the parking lot with a breathtaking view from the overlook which was constructed by Clemson University architecture students. Bring lunch, water, camera and binoculars. Meet at Pinnacle Pavilion. Hikers will be carpooling to the hike site. 9:30 a.m. to 2 p.m.

# ANNUAL MEETING 2015 HIKES AND OUTINGS!!

## Saturday, continued

#5— **Pinnacle Lake Trail**.: Enjoy the fall colors and learn tree species and other natural history lessons along the Pinnacle Lake Trail with **Vic Shelburne**, retired Clemson University forestry professor. This moderate, family-friendly, 1.9-mile loop trail passes through a forest that includes oak-hickory, scattered pines, and mountain laurel with a striking view of Table Rock. Bring water and a hand lens and/or binoculars. Meet at the swimming area parking lot. 9:30 a.m. to noon.

#6—**Bald Knob & Drawbar Cliffs**: Trek along with **Scott Stegenga** up Pinnacle Mountain Trail to take in a stunning view from Bald Knob then around the corner to the top of Drawbar Cliffs. The landscape below should be gorgeous with its robe of fall colors. This route, which is the beginning of the Foothills Trail, is strenuous at the upper section and will be about 8.5 miles round trip. Meet at the Carrick Creek Nature Center deck near the trail head. Bring a camera and / or binoculars, plenty of water, and lunch. 9:30 a.m. to 3:00 p.m.

#7— **Pinnacle Falls Loop**: Join **Dan Whitten**, FTC Board Member and Master Naturalist, on a strenuous loop hike of about 10 miles. The hike will start at the Pavilion and go 5.5 miles on the Palmetto Trail spur then join the Long Ridge Connector trail. After lunch at the Petroglyphs, hikers will return on the Foothills Trail via the Pinnacle Trail and Carrick Creek Trail – ending at the Nature Center. There will be stops to see 100' Upper Pinnacle Falls and a small waterfall on the Palmetto Trail. A short shuttle will be required. Bring water, lunch, and a camera. 9:30 a.m. to 3:30 p.m.

#8—**Maintenance Hikes**: Help out with upkeep on the Foothills Trail with former FTC Board Member **Les Storm**, Trail Captain **Jack Hudish**, and others. There may be more than one maintenance hike, so plenty of strong backs are needed ! Bring gloves, a favorite tool, lunch and plenty to drink. Meet at Pinnacle Pavilion. 9:30 a.m. to 3:00 p.m.

## Sunday

#9— **Rainbow Falls at Jones Gap**: Join **Jerry Harvey**, Foothills Trail Conference Board Member and Master Naturalist, on a moderate-strenuous, 2.5-mile (1-way) hike into beautiful Rainbow Falls. This 80 – 100 ft, free-falling waterfall should be surrounded by fall color. The trail to the base of the falls gains 1,200 feet of elevation so hikers should be in good shape. Meet at the Pinnacle Pavilion to carpool to Jones Gap State Park off SC Hwy 11. Bring lunch, water, and camera. 9:00 a.m.-2:00 p.m.

**PULL-OUT PAGES FOR  
MEMBERSHIP AND 2015 ANNUAL MEETING**

**PULL-OUT PAGES FOR  
MEMBERSHIP AND 2015 ANNUAL MEETING**

# Membership Renewal

## Annual Foothills Trail Conference Membership

Your membership to the Foothills Trail Conference is vital to the Foothills Trail, the Southeast's best hiking trail. With the Trail traversing the property of EIGHT different landowners, for over 40 years the FTC has been a single voice committed to keeping this footpath well maintained. In addition, we promote the Trail to the hiking community and we publish the official trail map and guide. Your support gives us the resources and support necessary to continue these efforts. Thank you for your commitments in the past, and we look forward to your continued support.

**Membership Levels:**

- ☐ Oconee Individual \$20
- ☐ Oconee Family \$30
- ☐ Table Rock \$50
- ☐ Chattooga \$100
- ☐ Sassafras \$250
- ☐ Pinnacle \$500
- ☐ Additional Contribution \$ \_\_\_\_\_

Name: \_\_\_\_\_

(Please include any changes to the following below)

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

\_\_\_\_\_

\_\_\_\_\_

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

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

Approx. years of membership \_\_\_\_\_

Age group: 20-30 31-40 41-50 51-60 61-70 71-80 81-90 91-100

I am interested in volunteering. I have the following skills to offer:

\_\_\_\_\_

Thank you for renewing your membership to the FTC!

Please mail this form with your membership and/or contribution to:

**Foothills Trail Conference**  
**Membership Renewal**  
**PO Box 3041**  
**Greenville, SC 29602**

You may also renew online at [www.foothillstrail.org](http://www.foothillstrail.org) and click “Join Today”.

# Foothills Trail Conference 41st Annual Meeting

Registration Form

**Table Rock State Park Pavilion November 6, 7, and 8, 2015**

**Deadline for Registration is November 3, 2015**

Participants: \_\_\_\_\_

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

Telephone: \_\_\_\_\_

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

**Please indicate the number of people for each category below.**

\_\_\_ Register for the entire weekend.                      \_\_\_ I can only attend Saturday Evening  
(includes meal and activities)

___ Adults \$35 per person	___ Adults \$25 per person
___ Children (12 and under) \$10	___ Children (12 and under) \$5
___ Family \$80	___ Family \$50
___ College Student \$20	___ College Student \$12
___ Scouts \$10	___ Scouts \$7

Total Amount Enclosed \$ \_\_\_\_\_

**I/We plan to attend the following. Please indicate the number of people:**

Friday Night Social/Speaker _____	Saturday Breakfast _____	Saturday Evening Social _____
Saturday Supper _____	Saturday Meeting/Speaker _____	Sunday Breakfast _____

**I would like to register for the following hikes. Please indicate the number of people:**

Friday :    Hike 1 \_\_\_\_\_

Saturday:   Hike 2 \_\_\_\_\_    Hike 3 \_\_\_\_\_    Hike 4 \_\_\_\_\_    Hike 5 \_\_\_\_\_    Hike 6 \_\_\_\_\_    Hike 7 \_\_\_\_\_    Hike 8 \_\_\_\_\_

Sunday :    Hike 9 \_\_\_\_\_

**Volunteers are GREATLY appreciated!!**

**\*\*I can volunteer to help with:**

Setup on Friday:	3pm-5pm _____
Friday Night Social:	I can bring a dish to share _____
Saturday: Breakfast:	I can help with setup/cleanup Saturday morning _____
Sunday Breakfast:	I can help prepare breakfast _____                      I can bring a dish to share _____
Sunday Breakdown:	I can help with breakdown/cleanup (10-11am) _____

**Please mail your registration and payment to:**

Foothills Trail Conference - Annual Meeting  
PO Box 3041, Greenville SC 29602