



35th Anniversary Annual Meeting 2009

Table Rock State Park - Pinnacle Pavilion

November 6, 7 and 8, 2009

Come join us at Table Rock State Park for an adventure filled weekend of hiking, great food and family fun. Our 35th Anniversary Annual Meeting will be adventure central as we celebrate the 35th anniversary of the conference.

Schedule

Friday, November 6

6:00 -9:00 p.m. – Friday Night Social Hour. Light supper and great conversation. Featuring a presentation by Foothills Trail Conference Member, Cathy Reas Foster on Outcrop Ecology and the Nine Times Area.

Saturday, November 7

8:00 a.m. – Manna from Heaven will cater a hot breakfast to prepare you for a great day of hiking!

9:30 a.m. - Hikes Depart (See attached hike list)

5:00 p.m. – Saturday Evening Social Hour

6:00 p.m. – Huntin' Camp BBQ will cater a delicious southern style BBQ supper.

7:00 p.m. – Annual Meeting

Including a presentation from our guest speaker, Patrick McMillan

Annual Meeting, Robert Stephenson, Chair

Door Prizes

Photo Contest winners

Sunday, November 8

8:00 a.m. – Light Breakfast

9:30 a.m. – Hikes Depart (See attached hike list)

Foothills Trail Conference 2009 Annual Meeting Hikes

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

Please register for the individual hikes on your registration form.



Friday

#1—Table Rock. Take a Fabulous Friday Foray with Heyward Douglass, Foothills Trail Conference board member, on a strenuous hike of about 7.2 miles (out and back) to the top of Table Rock Mountain. 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.

#2—Sassafras Mountain to Laurel Valley. Start at the state's highest point at 3,560 feet, and it's all downhill from there! Join Foothills Trail Conference board member Jan Jackson on an easy to moderate hike of about 5 miles on the Foothills Trail from Sassafras Mountain. Bring lunch and water. Meet at Pinnacle Pavilion. Hikers will be driving to the hike site. 9:30 a.m. to 2 p.m.

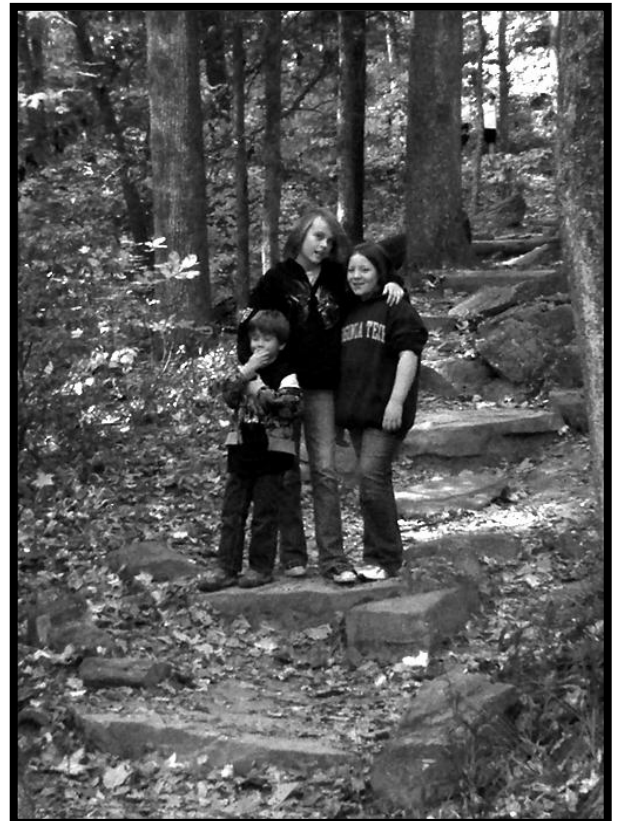
Saturday

#3—"Leave No Trace" Family Fun. Enjoy a short walk in the outdoors and learn how to minimize your impact! Families and friends will find seven outdoor scenes along the trail and write their own Leave No Trace (LNT) rules. The LNT principles will be posted (no peeking!) near Pinnacle Pavilion, and a prize will be given just for participating. Hike the first mile of the Palmetto Trail starting at Pinnacle Pavilion. Activity available from 9:30 a.m. to 4:00 p.m.

#4—Carrick Creek Nature Trail. Enjoy the fall colors and learn some natural history lessons around Carrick Creek with Master Naturalist and retired Clemson University biology professor Ette Ruppert. Bring water and a magnifying glass and/or binoculars. Meet at the Nature Center at Carrick Creek. 9:30 a.m. to noon.

#5—Mountain Bridge Passage. Join geologist and Master Naturalist Cathy Reas Foster on this Mountain Bridge Wilderness Area hike and visit some rock outcrops. This strenuous round-trip (out and back) hike of about 8 miles on the Mountain Bridge Passage Trail passes through Ashmore Heritage Preserve with a loop around Wattacoo Lake. It will also include stops at Eva Chandler Heritage Preserve and Bald Rock on the drive back. Bring lunch, snacks and plenty of water. Meet at Pinnacle Pavilion. Hikers will be driving to the hike site. 9:30 a.m. to 3 p.m.

#6—Eastatoee Creek Heritage Preserve. Join Richard Cain of the S.C. Department of Natural Resources on the trail at Eastatoee Creek Heritage Preserve, a moderate round-trip walk of about 5



miles, to one of the area's real beauty spots. Bring lunch and water. Meet at [Pinnacle Pavilion](#). Hikers will be driving to the hike site. 9:30 a.m. to 2 p.m.

#7—Virginia Hawkins Falls. Join FTC board member Greg Lucas on an easy 2-mile round-trip hike to Virginia Hawkins Falls along the Foothills Trail on Laurel Fork Creek. Bring lunch and plenty to drink. If we've got time after the hike, we might ride up to the new overlook at Jumping Off Rock. Meet at [Pinnacle Pavilion](#). Hikers will be driving to the hike site. 9:30 a.m. to 2 p.m.

#8—Natural Bridge Trail and Jocassee Gorges Visitor Center. Join FTC board member emeritus John Garton on a strenuous 2-mile hike along the Natural Bridge Trail and part of the Raven Rock Trail at Keowee-Toxaway State Natural Area. Prior to the hike, visit the newly opened Jocassee Gorges Visitor Center located at the trail head. Bring lunch and water. Meet at [Pinnacle Pavilion](#). Hikers will be driving to the hike site. 9:30 a.m. to 2 p.m.

#9—Jocassee Gorges Passage of the Palmetto Trail. Table Rock State Park naturalist Scott Stegenga will lead a walk on the Mountains to the Sea Trail for a look at a mountain cove habitat and scenic Mill Creek Falls. This is a strenuous walk of about 3 miles round-trip. Meet at Table Rock State Park [Pinnacle Pavilion](#), at the Palmetto Trail kiosk. Bring water and lunch. 9:30 a.m. to 1 p.m.

#10—Maintenance Hikes. Help out with upkeep on the Foothills Trail with Foothills Trail Conference board members Les Storm and 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 p.m.

Sunday

#11—Hiking along the Appalachian Lumber Company Railroad Line. Join Osher Lifelong Learning Institute (OLLI) at Clemson University board member and Master Naturalist Bill Bridwell on an easy walk of about 3 miles on the new Jocassee Gorges hiking trail alongside Reedy Cove Creek that follows some of the old railroad bed and takes walkers to the top of Twin Falls. Bill will talk on the way about the history of the old logging railroad. Bring water and lunch. Meet at [Pinnacle Pavilion](#). Hikers will be driving to the hike site. 9:30 a.m. to 1 p.m.

#12—Long Shoals Wayside. Join retired University of Georgia professor and trail design expert Dr. Walt Cook on an easy hike of about a mile (which Walt designed and built!) at Long Shoals Wayside Park along SC 11 in northern Pickens County. A beautiful area alongside Little Eastatoee Creek, Long Shoals Wayside offers hiking, fishing, swimming and picnicking. Bring water and lunch. Meet at [Pinnacle Pavilion](#). Hikers will be driving to the hike site. 9:30 a.m. to 1 p.m.

#13—The Stool. Join Master Naturalist and FTC member, Dan Whitten, on an adventurous hike to the top of The Stool. Great views of the face of Table Rock, Slicking Falls and Table Rock reservoir. This is a strenuous walk of about 4 miles and involves some steep off-trail walking. Meet at [Pinnacle Pavilion](#). Bring water and lunch and binoculars. 9:30 a.m. to 1:30 p.m.



PHOTO CONTEST

Foothills Trail Conference - 2009 Annual Meeting

The Photo Contest will be held on Saturday, November 7, 2009 at the Annual Meeting. This is the 10th year of sponsorship by Appalachian Outfitters of Greenville, SC. The contest rules, emphasizing the right of the FTC to use the winning photos in fund raising and publicity, are the same as last year. If you participate in the contest but do not attend the Annual Meeting, mail your photos and release form to the FTC postal address (form & address at bottom of page).

PHOTO CONTEST RULES

The 10th annual FTC Photo Contest will be held on Saturday, Nov 7, 2009 at Table Rock State Park State Park. Winning entries and publishing rights become the property of the FTC. Submission of entries grants the FTC all rights of use in promotional publications of the Conference. All entry photos become the property of the FTC and will not be returned. CD's with hi-resolution digital records of photos are requested accompanying the 8X10 photos. Black and white photos and color photos will be judged together. Entries are submitted and judged in one (1) of five (5) categories, the first four(4) of which must come from the area covered by the FTC map – bounded by Chattooga river, US 64, US 25, SC 11 and SC 28.

1. Camping Experience/Hiker Portrait
2. Flora & Fauna
3. Water Element
4. Vistas
5. Other trails – subjects similar to the above, but from outside the Foothills Trail area.

Any entry not specifically identified as a Foothills Trail area, will be placed in category #6 (other trails).

Due to the number of photos that have to be displayed in a short time, the directions for labeling, size and mounting must be followed carefully. All photos must be labeled on the back with:

Name	Category
Address	Title (optional)
Phone	Location

Photo submissions should be 8 X 10. Crop larger sheets to 8 X 10 for submission. Mount similar images on an 8 X 10 display sheet. Do not mount photos on anything thicker than heavy weight paper. Entries are limited to 5 per entrant, grouped in the categories in any fashion.

Three awards are given in each category and a Best of Show is selected from one of the 1st place awards.

FTC members and their families may enter the contest. A non-FTC member may submit a membership form and fee along with the photo entries.

Deliver entries and the signed release (below) at the FTC Annual Meeting by 11 am Saturday, November 7, 2009 or mail to the FTC Photo Contest, PO Box 3041, Greenville, SC 29602 by Oct 24, 2009.

FTC PHOTO CONTEST RELEASE FORM

I understand and agree that any and all photographs, prints, negatives, images or facsimiles without limitation that I enter in the FTC Photo Contest become the property for the Foothills Trail Conference, Inc., and may be used, displayed, published, reproduced or distributed by the FTC without further authorization, liability or recourse. I will supply the computer file (or negative) for any photo selected for first place in any category. I certify that I am, or my family is, a member of the Foothills Trail Conference, or I that I have enclosed my membership application and fee.

SIGNATURE _____
DATE _____

Deliver entries and signed release to the FTC Annual Meeting
by 11 am Sat, Nov 7, 2009 or mail to:
FTC Photo Contest, PO Box 3041, Greenville, SC 29602 by Oct 24, 2009.