

Asheville Amblers

April/May
2019



Volume 23, Issue 2

3 Days in Chattanooga

A “biased” account by a Volks-walker who does not like to hike

Spring is here and Dennis and I do not have final directions for our Chattanooga Challenge walks in May. We saw a forecast of 3 days with nice weather and off we went. Stayed at the Event Comfort Inn so we could experience driving to each location. A GPS really helps get you anywhere from edge of town to Comfort Inn. But we found driving from Comfort Inn to walks and social was easy. Trip started on Tues pm. We tried the 'go to Franklin and then go on Hwy 64 route' this time and were pleased. It eliminates the Gorge and also I-75 past Knoxville. Longer but less stress. Eric had used this route on a prior trip, but was frustrated with the slow drivers in the 2 lane sections If you live in the Asheville area, you may want to consider these pros and cons.

Wednesday, as promised ,was a sunny comfortable day. Birds were chirping, trees and wild flowers making their appearance; even saw some Trillium budding. We decided to do the Lookout Mountain walk first and we opted for the Incline Railway rather than the curvy trip up/down. Good choice. It runs every 10 minutes and you leave your car at the lot for \$2. I said I would do the 10K with Dennis. And we started out with several K on the Bluff Trail as expected; some rock hopping and stream crossings but doable. Then the surprise. Dennis planned all 10K on the side of the mountain while I thought the second half was on top of the mtn. I had a choice. Go up to the top and worry or continue on. Down, down, down we went. Not a bad trail but that old saying kept ringing in my ears: what goes down must come up. I survived. (* This hike would be described as moderate by hikers - and there are metal grid stairs in the steep section which make it very safe). This is the reason for the word Challenge in the Event title and is definitely for hikers comfortable with elevation changes (Important note; the brochure rates this walk 2C; true for 5K. 10 K is rated 4C). But, if you are not a hiker, don't give up on this walk!!! - see Thurs pm. Supper this day at The Feed Table and Tavern. Farm to Table meets Tavern. I had a Beet Salad. Good food. We slept well.

Thursday, we opted for the Chickamauga Battlefield with it's gentle ups and downs. I am not very good with history. But the museum is great, the trail goes through the old Fort Oglethorpe before continuing on the Battlefield with its countless monuments and informational signs. Robert's directions and Dennis' memory made this one easy. Lunch at Park Place Restaurant just a short distance on Lafayette Rd hit the spot. And we had plenty of time to go back up Lookout Mountain to do the 5K route. I think it is actually 6K, walking on sidewalks or along residential neighborhood with gorgeous houses posed on the edge of the mountain and looking down on the Chattanooga Valley. Many are close to the edge. I enjoyed admiring them from the street; I would not sleep well on that edge. I think Dennis should change rating to 2B. A mild down and up. And blocks without sidewalks but no difficult footing. To top off our day, we had supper at Jenkin's -- the location of our event social Saturday night. This is as down home as it gets, the room is spacious and the cuisine pure southern.

Friday started with 2 Ibuprofen. 26K in 2 days is not my usual. But this day was the Tennessee River Trail, flat except for one not too big hill up to the Bluff View Arts District with a huge sculpture garden and the Hunter Museum. The river was quiet; we saw one crew boat, one fishing boat and 2 barges being pushed up the river. A very relaxing and scenic walk. We actually took time to go thru the Sculpture Garden. We were downhearted when the Bakery was not yet open - but we will leave that for May. Hwy 64 brought us home about 5pm. Always the best part of a trip.

Hope you will make your own 3 day trip Memorial Day Weekend. And enjoy it more because we took time to gather information. As always, questions welcome.
Judy Michele, jumianc@aol.com, 828-628-4343

President's Corner

If you haven't heard, last fall the AVA teamed up with the developers of a communications platform called Groupworks. Groupworks is designed specifically to help organizations with multiple clubs or chapters to communicate between clubs or between members in a club. It also fosters inter-club collaboration for special groups like webmasters, trail masters, publicity chairs etc, so they can exchange ideas and discuss common issues.

The AVA partnership with Groupworks makes this Club Management Platform available to all AVA clubs. As such, each club, regional, national and state association has a page (or "Group" as they call it) of their own. If you join the Asheville Ambler's Group you will find a calendar of our events along with descriptions of upcoming walks. Not only will you be able to see upcoming events but also let us know if you are going to attend that event or not. That information can be very useful in arranging car-pools or communicating last minute changes. As a member you can also post information on the page such as a terrific walk you did in a neighboring state or area that you want to let the rest of us know about.

Chattanooga Beckons



Asheville Amblers Walking Club

The Asheville Amblers Walking Club exists to provide people of average athletic ability opportunities for leisurely, non-competitive walks in scenic and historic areas.

President

Jon Whiteside

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Facebook Page

Cathy Crosby

Circulation

Flo Byron

Trail Master

Dennis Michele

828-628-4343

Dues are \$10/yr. for single and \$15 for couple or family. These dues are good until Jan 1 of the following year.

**The Asheville
Amblers
129 Bleachery Blvd.
PMB176
Asheville, NC 28805**

Like us on facebook
ashevilleamblers.com

Welcome

A big Ambler Welcome goes to:

Elisa Bates
Valerie Grogan
Jackie & Stuart Brown
Nicole Dollmann
Ray Pierce
Phoebe Ricciotti
Susan & Thomas Withrow

The Big Give

Thank you to all clubs and individuals who have already made a contribution to our Annual Individual Donor Campaign, the Big Give. If you would like to give you still can by mail through April 31st, or online March 21-28, 2019 at:

<https://www.thebiggivesa.org/organizations/american-volkssport-association-inc>
www.thebiggivesa.org

The AVA Fund Development Committee

[AVA: America's Walking Club](#)

1001 Pat Booker Rd. Suite 101

Universal City, TX 78148

Car Pool Information

When car pooling—the cost per person will depend on price of gas at the time of the trip. Please use the following guide lines:

\$2.01 -\$2.50 per gallon the cost **\$1.00 per 30 miles**

Interested in car pooling or driving a car pool?? Contact Don Colbath at robodoncolbath@gmail.com

President's Corner—Jon Whiteside

President's Corner Continued:

Also, if you are traveling or just interested you can see what another AVA club is doing by going to their page. Likewise, we can advertise our Traditional Events on our page, post the brochure and make it viewable to all AVA members.

I should mention that it is not limited to just the AVA. You may find other special interest groups such as hiking, sewing, genealogy, gardening and motorcycle groups among others. Of course, as with anything new it has its benefits and its drawbacks. One example of the benefits is that it sends out automatic reminders for events or meet-

ings. The drawback is that someone has to keep events and calendars up to date. It's all so new that I don't know yet how we as a club might exploit this tool or how well adopted it will be by the broader AVA community.

I asked the Groupworks representative to the AVA for a short training video (30 minute) which he created and we now have posted on our page. If you are interested in learning more about this, let me know and I will have an invitation sent to you to join our Group. Then you can try a test drive, kick the tires and maybe even watch the training video.

Amblers Upcoming Events

	<u>EVENTS</u>	<u>TIME</u>	<u>WALK LEADERS</u>
4/5-7/19	Low Country SC Weekend		Debbie and Craig Beam
4/27/19	Lake Junaluska	9:00am	Robert Cooper
5/11/19	Asheville Arboretum	9:30am	Charlie Hess
5/24-27/19	Chattanooga Challenge Weekend		Judy Michelle
6/8/19	Lake Lure	9:00am	Jim Walters
6/9-16/19	AVA Convention		

Mark your Calendar Feast at Judges Riverside

Picnic

The annual Ambler's picnic will follow the Morganton Greenway walk on July 27. We will be feasting at Judges Riverside Restaurant for a catered BBQ lunch. If you are unfamiliar with the area, Judges is next to the start point for the walk, and is Morganton's icon for good southern BBQ. Mark you calendars and plan to join the Amblers for a scenic walk, delicious food, and great company. Details will follow in future newsletters.

In Memory

Wayne Oak died Feb 16 at age 95. Wayne was avid Volkswalker. If an event was local he did 10k and went on his way. But if he had to travel any distance, he would 'have to' do a walk on the way and another on the way home for 30k, He explained it wasn't worth his time driving to get on-ly one event credit and 10K.

Steve Meltzer died March 1 at age 75. Steve and his wife Liz Coup frequently came to Ambler events with Bill and Lorraine Asman. If you attended an event where the brats and potato salad were available exactly when you wanted them -- and 4 Amblers seemed to be having a great time laughing while simultaneously keeping the food flowing smoothly -- that was Steve, Liz, Bill and Lorraine. Even his obit in Citizen Times March 3 will make you laugh, citing Steve's foibles as well as his caring spirit.

Amble the Arboretum May 11

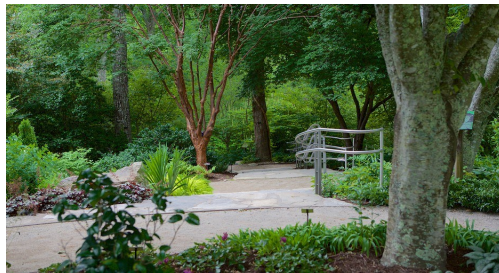
Hopefully we'll have a blooming native azalea walk. We will start sign ups at 9am at the Baker Center (it's when it opens). Rest room available at that location. The walk will start at 9:30. A 10k and 5k walk will be available. Both walks will feature the native azalea exhibit.

Remember the parking fee at the Arboretum is \$14 per car. Contact Don or Sue Colbath so they can arrange for a passholder to be assigned to each carpool vehicle. Contact them at skeith726@msn.com or 828-515-0227.

Walk credit is \$3 or the walk is free for those who do not want credit.

Directions: From I-26 take exit 33. Follow NC 191 South approximately three miles. Turn right at the light for the Blue Ridge Parkway and right into the Arboretum.

Additional information: Call Charlie Hess (828)891-9450



Recipe Corner - Recipe submitted by Gerri Gurbuz

Orange Rind Quick Oatmeal Cookies

Preheat oven to 350 degrees

1/2cup brown sugar firmly packed

1/2 cup butter

combine and beat until smooth

1 egg

1tsp vanilla

1 tbl regular milk

Sift together:

1 cup all purpose flour

1/2 tsp baking soda

1/2 tsp double acting baking powder

1/2 tsp salt

Add to other ingredients and beat until smooth.

Add:

1 cup uncooked quick rolled oats

1 tsp grated orange rind

Note: optional 3/4 cup chocolate chips

Beat the entire mixture well. Drop cookies on well greased cookie sheet 2 inches apart and bake till light brown



News From Other Clubs

Triangle Trailblazers

Please pencil in the Triangle Trailblazers' next group walk on Saturday, April 13, at 10 a.m. This walk, rated 1A with 5K and 10K options, takes you through the Ann and Jim Goodnight Museum Park, passing by many sculptures and other art installations. The walk continues on Reedy Creek Greenway, crossing a pedestrian bridge over I-440, to the entrance to Meredith College and then back to the park.

Special programs for the walk include Bridges - Spanning the USA, Points of Reference and State Capital.

Registration for the group walk will take place at the museum's parking lot.

Rowan Roamers Concord, 3/30: The walk will start at the shelter in Les Meyers Park at 10am. The box will be brought to the start point so you do not need to stop at the motel to register. Directions: From I-85 South take the Dale Earnhardt Blvd (Exit 60), toward Copperfield Blvd. TURN LEFT onto Dale Earnhardt Blvd. Stay straight to go onto Copperfield Blvd NE to Branchview Dr (1.6 miles). TURN LEFT onto Branchview Dr NE/NC-3 and follow Branchview Dr NE (4.0 mi). TURN RIGHT onto Lawndale Ave SE (0.3mi), PARK IS ON LEFT. From I-85 North take Exit 60, toward Copperfield Blvd. TURN RIGHT onto Copperfield Blvd NE (1.6 miles). TURN LEFT onto Branchview Dr NE/NC-3. Follow Branchview Dr NE (4.0mi). TURN RIGHT onto Lawndale Ave SE (0.3 mi), PARK IS ON LEFT.

Metrolina Walkers Charlotte, 4/20: The group walk will meet around 9:30am for a 10am start of the Southend/Freedom Park walk. For easier parking, we will meet in Freedom Park located at 1900 East Blvd, Charlotte. Park at the train (near the restrooms) located at the end of the parking lot. () Directions: From north, take I-85 to Charlotte. Take Exit 38 to I-77 South. Take Exit 10A to W Morehead St. TURN RIGHT on S

Please gather at the blue light/Emergency Notification post at the north end of the lot near the parking lot's main entrance. Please arrive at least 15 minutes early to allow time for registration.

If you have any questions on the walk day, you can call me on my cell at 919-610-1710.

How to get to there: Take I-40 to the Wade Avenue exit (Exit 289). Continue on Wade Avenue until you take the Blue Ridge Road exit. After exiting, turn left onto Blue Ridge Road. Look for signs to turn right into the museum parking lot.

Kings St. TURN RIGHT on East Blvd. Cross a small bridge and TURN LEFT INTO THE PARK. Follow parking lot straight past sports fields (on right) until you see the train and playground equipment. From west, take I-85 to Exit 34 at Freedom Drive. Take Freedom Dr to I-277 North. From I-277, take Exit 2A to Kenilworth Ave, TURN RIGHT onto Kenilworth. TURN LEFT on East Blvd. Go about 1 ½ miles to entrance to PARK ON RIGHT. Follow parking lot straight past sports fields (on right) until you see the train and playground equipment.

Winston Wanderers Kernersville - Triad Park, 4/27: The group walk will start at 10am at Triad Park located at 9652 W Market St in Kernersville. Enter the park and drive a short distance to Shelter #1 parking lot. The registration material will be brought to the park, so there is no need to go to the 421 Market & Grill. (Directions: From I-40, take Exit 208 (Sandy Ridge Rd). Turn RIGHT IF COMING FROM EAST and LEFT IF COMING FROM WEST. Follow Sandy Ridge Rd for 0.6 of a mile. At "T" intersection (W Market St), TURN LEFT and follow for 2.2 miles. Entrance to park on right.

Other Events in the Carolinas & Tennessee

4.6 Wilmington 9AM/Southport 2PM RR

4.7 Myrtle Beach 2PM RR

4.13 Raleigh NC Museum of Art 10AM TT

4.20 Charlotte 10AM MW

4.27 Triad Park 10AM WW

5.4 Kernersville—
Triad Pk 8AM WW

5.11 Wilson 9AM TT

5.18 Cornelius 10AM MW

For More Information:
Metrolina Walkers
704-564-1013
Mail@metwalk.freeservers.com

Triangle Trailblazers
919-876-3714 or
farawaytravel@hotmail.com

Winston Wanderers
276-403-0608 or
treb03@gmail.com

Rowan Roamers
704-857-9657
larrybrown@hotmail.com

Ready, Set, Walk!
252-747-5683
readyssetwalk10@gmail.com

Upstate Pathfinders
864-505-5051
www.upstatepathfinders.com

Editor's Note:
Club/Group Walks are usually held at YRE locations and are open to all.

For directions call or e-mail the club contact person or see your *From The Mountains To The Sea* guide.



Interested in joining the Asheville Amblers?

Just go to the home page at our website:

<https://www.ashevilleamblers.com>

There you will find a link to our membership form.

Print it out and mail it in with your check or bring it to one of our meetings or walks and turn it in.

That's all there is to it. See you soon!



ASHEVILLE AMBLERS

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