

# Asheville Amblers

Aug/Sept  
2018



Volume 22, Issue 4

## SUMMERTIME=PICNICTIME

### Hendersonville City Walk August 11

Come enjoy a Volksmarch with new routes, starting in Jackson Park in Hendersonville, and followed by our catered annual picnic. The 6 KM route will be on the Oklawaha Greenway to Patton Park and return. The Greenway is almost all flat, after starting with a short quiet walk through the woods. The 10 KM route will first go into downtown Hendersonville, past several Main St. bears, then go through an interesting, historic residential area to Patton Park, and return by the Greenway. These are delightful new routes laid out by Dennis and helpers. Because it is still summer, we will begin registration at 7:30 am in order to start walking by 8:00. Registration will be at picnic pavilion #2. Be sure to bring water for before, during and after the walk. Restrooms are available at the start and at Patton Park.

Directions: Take exit 49B from I-26 toward Hendersonville on US 64. Drive about 1 ½ miles on Four Seasons Blvd. At the light past Binion's and the highway split (Duncan Hill), it becomes Dr. MLK Blvd.. Continue to the next light, Ashe on the right and Harris on the left, and get in the left lane. You will pass a blue sign just before this light with an arrow toward Jackson Park. Turn left on Harris. Stop at 5th Ave., and proceed to 4th Ave. Turn left on 4th Ave. into Jackson Park. Stay on the main road, passing a parking lot on the hilltop, down the hill to a cluster of pavilions (1, 2 and 3) on the right at the bottom of the hill. We will be in Pavilion #2. Park in the lot by the pavilion or across the street in the large parking lot. We look forward to welcoming you to a very enjoyable walk with good food to follow.  
Perry Rawson

On Saturday, Aug 11 following the Hendersonville City Walk, we will meet at Shelter #2 in Jackson Park for the Amblers' Annual picnic. Harry and Piggy's of Hendersonville will provide the food for those walkers who have made picnic reservations. The menu will consist of pulled pork, pulled chicken, sauce, buns, beans, slaw, dessert, and sweet and unsweet tea. The cost is \$7.00 for members and \$11.00 for non-members. Vice President Don Colbath will take picnic reservations through July 28, 2018. Contact him at [robodoncolbath@gmail.com](mailto:robodoncolbath@gmail.com) or 828-515-0227. Reservations and payments can also be made at any of the July walks.



## President's Corner

For my inaugural newsletter note, I thought it would be a good idea to let you in on a couple of important things that you ought to know about me. First, for the one or two of you who haven't already figured it out, I am terrible at remembering names. I blame it on my early college freshmen days when remembering the names of all upper classmen you met was required. Or maybe it was just growing up in California in the 60's. For whatever reason, my brain is very slow at recalling the names of people I don't see on a very regular basis. Heck, I even forget Suzie's name once in a while, but perhaps that's subconsciously on purpose.

So, for my benefit and the benefit of all of our newcomer's, please remember to wear your nametags.

The second thing you should know is that I am not the most organized person in the world. To overcome that, I have set a goal for myself to respond to requests or emails within 24 hours (or maybe it was 24 days, darn that bad memory). Whether or not that is reasonable only time will tell. At the same time, it seems the older I get the worse my memory gets. So, if you are expecting something from me (especially in response to a verbal request) and you don't get a response after two or three days, please send me a reminder. I won't be insulted, I will appreciate it. In fact, if you ask me to do something verbally, it would be a great idea to follow up via email if you have that capability.

Thanks (I think) for electing me President. I will strive to carry out the duties and responsibilities of president as best I can and hope that if we all work together the Amblers may survive my leadership. :-)

Jon Whiteside

**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**

**Vice-President**

**Don/Sue Colbath**

**Secretary**

**Robert Cooper**

**Treasurer**

**Malory Presley**

**POC Coordinator**

**Suzie Whiteside**

**Traditional Events**

**Coordinator**

**Judy Michele**

**Membership**

**Jon Whiteside**

**Webmaster**

**Cathy Crosby**

**Newsletter Editor**

**Malory Presley**

**Editor-At-Large**

**Gerri Gurbuz**

**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**

**Welcome**

**Kathryn MacVicker**

**Joyce Jacques**

**Dianne Bernier**

**John McGoldrick**

**Yvette Parrish**

**Give them a big Ambler "Hello"**

**Pictures: Robert  
Cooper, Perry Rawson, Dennis Michele,  
Malory Presley**

**Car Pooling makes it Social**  
Sue and Don Colbath encourage you to contact them if you are interested in driving or want a ride to any of our events. They will gladly coordinate.

Contact them at:

**[robodoncolbath@gmail.com](mailto:robodoncolbath@gmail.com)**

**Put a Little Sunshine in Their Life**

Know an Ambler who could use a little cheer? Contact Amy Ross at **[aross002@gmail.com](mailto:aross002@gmail.com)** or 828-595-9627

9627

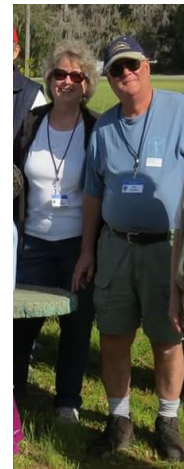
**Car Pool Information**

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**

\$2.51 - \$3.00 per gallon the cost **\$1.00 per 25 miles**

**Welcome to The  
Asheville Amblers  
new President  
Jon  
Whiteside  
and  
Vice President Sue  
and Don Colbath**



**NOTICE**

For liability reasons all walkers must register prior to walking with the Asheville Amblers. Please sign in at the Registration Table at each walk. Even if you are a Free Walker you must register.

**Amblers Upcoming Events**

	<u>EVENTS</u>	<u>TIME</u>	<u>WALK LEADERS</u>
8/11/18	Hendersonville City/Picnic	7:30AM	Perry Rawson
8/25/18	Montreat	8:30AM	Terry Reiling
9/8/18	DuPont	8:00AM	Dennis Michele
Seasonal Event July—Dec.	DuPont Falls Register by mail.		Dennis/Judy
9/21-23	Hilton Head Weekend	Various	Debbie Beam
9/29	Biltmore Chihuly	9:00AM	Dennis Michele
10/6-8	Hi To the West Country Pt 2	Various	Judy Michele

**NOTE:** Montreat and DuPont Walks have been switched from original schedule.

# Hilton Head Weekend Extravaganza

Join the Amblers for an active weekend in the Low Country from Friday, Sept. 21, 2018 to Sunday, Sept. 23, 2018. We changed our order of group walks this year to allow you to enjoy businesses and museums while visiting.

**Friday, September 21 at 2:00 PM** we will step off in Beaufort with a 6K or 10K walk. Beaufort is the perfect walking community. Revolutionary and Civil war history abounds with historic homes and a beautiful waterfront park. Near the end of the walk we pass a street of restaurants and shops you may want to stop in and browse. The Beaufort walk is rated 1A (very small hills, very little stair climbing, almost entirely on pavement). Tennis shoes are fine, and you will not necessarily need your walking sticks. Don't forget water and a protein snack.

**Saturday, September 22 at 8:00 AM** we will step off on Pinckney Island, a national wildlife preserve. We have both a 5K and 11K walk. Come for the migrating and year-round birds, an alligator or two, turtles and deer. Bring water, a protein snack, cameras, hats, closed shoes (red ants off trail), bug spray and your Audubon app. There are no rest rooms in the preserve and no dogs allowed. An early start is for birders and to beat the heat. The Pinkney Island walk is rated 1A (same as Beaufort). You won't need your walking sticks.

**Saturday, September 22 at 2:00 PM** we will step off for a 7K or 10K walk in Bluffton. Bluffton has a little history, lovely churches, art galleries, and small-time shops and restaurants. The walk is on shady streets and waterfront piers. At the end of the walk you will be at the promenade that has added a couple restaurants from last year. Bluffton is rated 1A (same as Beaufort and Pinckney Island). Tennis shoes are fine, with walking sticks optional. Bring water and a protein snack.

**Sunday, September 23 at 10:00 AM** we will step off on the beach of Hilton Head Island with a 5K or 10K walk. Low tide is 12:54 PM. We will have a wide smooth walk with pelicans and dolphins. The walk continues on paths and boardwalks to the Rose Compass Park honoring Charles Fraser, the developer of Sea Pines. We travel on past Coligny Plaza with interesting shops and finish up back on the beach. The Hilton Head walk is rated 1B (very small hills, very little stair climbing, a significant part of the route is on well-groomed trails with very few obstacles). Tennis shoes work on this walk. You may want your walking sticks for the beach portions of the walk. Don't forget water and a protein snack.

The Holiday Inn Express, 35 Bluffton Rd., Bluffton, SC, has given us reduced rates for Thursday, September 20th through Sunday, September 23rd. A king room is \$119.00 per night and a 2-queen room is \$125.00 per night. Call 877-424-2449 or 843-757-2002 and tell them the reservation code is "ASH". Make your reservation today. The rates will be held until August 24, 2018.

The box for Hilton Head, Bluffton, and Pinckney Island walks is kept at the Holiday Inn Express. Wish to keep a different schedule? You will have access to all directions and stamps. The Beaufort box is kept at the Quality Inn at Town Center, 2001 Boundary St., Beaufort, SC which is also the start point.

For those family members who aren't avid walkers we have the beach to lounge on, two Tanger Outlets, the Coastal Discovery Center (Hilton Head history, culture and wildlife, admission is free), a Cinemark Theater, dolphin cruises and kayaking leaving from Hilton Head, a Zip Line on Hilton Head, and never forget the abundant golf courses.

Plan your fall getaway weekend today. Don't forget Savannah, GA walk is only 40 minutes from the Bluffton Holiday Inn Express. You may want to tack that on before or after your weekend. Join us in the Low Country. Debbie Beam

## [Hi to the West Country Part 2](#) [Columbus Day Weekend Regular Events](#)

In May, Amblers went West from Asheville to walk in Jackson, Macon and Swain Counties. Now you are invited to walk even further west in Clay, Cherokee and Graham Counties. This October 6-8 Columbus day weekend will feature walks in three very different venues: Jackrabbit Trails (Hayesville; Clay County), John C. Campbell Folk School (Brasstown; Cherokee County), and Joyce Kilmer Memorial Forest (Robbinsville; Graham County).

Nestled on the shores of Lake Chatuge, the Jackrabbit Trails ([www.mtbikewnc.com/trailheads/jackrabbit-mountain/](http://www.mtbikewnc.com/trailheads/jackrabbit-mountain/)), opened in 2011, are hiking and biking friendly with well marked trails with lake views. Our central registration will be at the nearby Jackrabbit Campground. And picnic, swimming and fishing facilities are available.

Established in 1925 to provide educational experiences to the people of the Southern Appalachians, The Folk School continues this mission offering classes to all in craft, art, music, dance, cooking, gardening, nature studies, photography and writing: all noncompetitive and without prerequisites or grades ([www.folkschool.org](http://www.folkschool.org)). And on October 6 and 7 the School's Fall Festival will feature the craft of 240 craftspeople, live music and dancing, demonstrations, food and much more. In fact, we have been told, if you want to just walk, you might want to schedule this one for Monday Oct 8, when the classes resume. You can still drop in on any class and see what is happening.

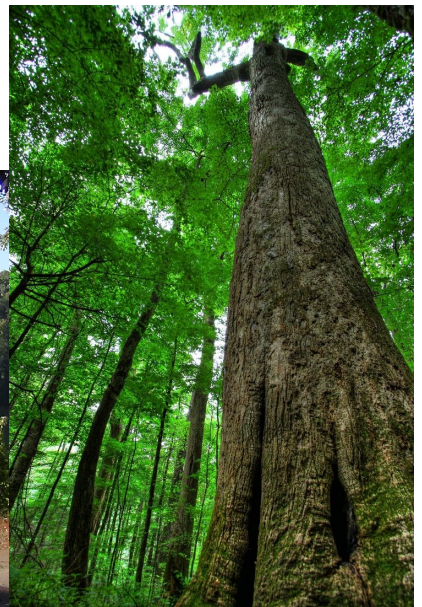
Very different is the Joyce Kilmer Memorial Forest ([www.romanticasheville.com/joyce\\_kilmer\\_forest.htm](http://www.romanticasheville.com/joyce_kilmer_forest.htm)), appropriately named for the poet of 'Trees', this old growth forest which features trees over 100 ft tall and hundreds of years old offers moderate challenges to the walker -- but the experience is worth it.

All three walks are 10 KM with a 5 KM option. Jackrabbit is rated 2B, Folk School 2B and Kilmer 3B or 3D, depending on trail you select.

Watch for more information on possible social event(s) and accommodations.  
Judy Michele, [jumianc@aol.com](mailto:jumianc@aol.com), 828-628-4343



### Mark Your Calendar



## Strolling the Hills of Montreat

Meet the Amblers at Montreat the morning of August 25 at 8:30 for a 9am step off. Montreat offers a gorgeous setting with the Presbyterian Church Conference Center, the campus of Montreat College and an amazing residential area. 5k and 10k options meander up and down hilly roads and around Lake Susan.

Afterwards enjoy some R & R on the lake or peruse some interesting onsite stores. While on the college grounds you can stop at the chapel to view a fresco, "The Prodigal Son", by famed artist Ben Long.

Directions: Take I-40 to SR 9 exit at Black Mountain. Head north through the town of Black Mountain onto Montreat Road and make a right at the fork in the road. Start point is at the stone gate. Parking is located either there or across the street.

## Drink in Dupont Falls

September 8th, the Amblers will do the Dupont Falls Walk. We'll meet in the parking lot at 8:30am to register and step off. There are both 6 and 12KM options, both rated 2C.

Walk by three magnificent waterfalls, a covered bridge, cemetery, cool shaded mountain trails, a mountain lake and the constantly changing Little River. You'll see where the movies, "The Last of the Mohicans" and "Hunger Games" were filmed.

Directions: From I-26, take Exit 40 (NC280 W) toward Brevard. At junction with US 64, turn left and go 3.7 miles to gas station/light. Right on Crab Creek rd 4.3 miles. Right on Dupont Road (becomes Staton Rd) 4.2



## Annual Pot Luck Supper Meeting

The September monthly meeting of the Asheville Amblers will take place on Tuesday September 11, 2018 in the lower level of the clubhouse (2706 Vineyard Blvd, Asheville 28805) at The Cloisters, where we will have our annual potluck dinner prior to the meeting. Sign-up sheets will be available at the July and Aug walks prior to the meeting. You may also sign up by contacting Don Colbath. Plan to join us for this annual event and share your culinary skills with your fellow walkers. (It is also perfectly acceptable to purchase prepared food). Contact Don Colbath at [robodocolbath@gmail.com](mailto:robodocolbath@gmail.com) or 828-515-0227 for information or questions.

# Special Viewing of Chihuly at Biltmore

Come enjoy the fantastic art work exhibit of Chihuly sculptures on the grounds of the Biltmore estate in Asheville, North Carolina. 14 of the 16 glass sculptures of Dale Chihuly, renowned artist using glass as an art medium, will be on special Biltmore Estate routes so you can enjoy them as well as the splendor of the Biltmore House and Estate.

Join the Asheville Amblers on September 29 as we enjoy these sculptures. We will have a 2KM option which just covers the sculptures, a 5KM option which combines the sculptures with a walk on the estate and gardens and a 10KM option which covers even more of the estate plus the sculptures. If that's not enough, you can do the house with any option for an extra three KM.

The club will meet at the Ticket/Reception Center to log in at 8:30 and then proceed to the front of the house to start off on the options. Great eating available on the estate or in nearby restaurants. A ticket or annual pass is required to get on the estate. Can't make on the 29th. Contact the Amblers at [dmichblu@aol.com](mailto:dmichblu@aol.com) to find out how you can get the special instructions and map. The exhibit closes October 7.



## Ride the Virginia Creeper Bike Trail

Want to enjoy a nice easy ride down a mountain on an old railroad bed that crosses a stream on bridges 20+ times? Want to enjoy great views plus leaves changing color? Want to enjoy having lunch at an old train depot now a museum? And the piece de resistance, want to enjoy the finest chocolate cake you've ever had? If so, then join the Amblers as we join the White Roses Wanderers on the Virginia Creeper Trail, a premier biking trail in Virginia, starting from Whitetop Mtn downhill 27KM to Damascus Thursday, Sep 26. This is a credit event.

The start location is the Blue Blazes Bike and Shuttle Service, 226 W. Laurel Ave, Damacus, where you can rent a bike and reserve a shuttle to the top of Whitetop. Bike rental and shuttle is \$27. If you have a bike, their shuttle is only \$16. To make reservation, call Blue Blazes 1-800-475-5095 NLT Sep 23. Make reservation for 10:30 shuttle.

We'll meet at the Weaverville Publix, 165 Weaver Blvd at 7:30 to form carpools and leave NLT 7:45. Publix is just off I-26 exit 19. On the way, we'll stop at the Subway to pick up desired lunch-eons. We have to be in Damascus by 10 AM. Expect to be home by 5pm.

For more information and to let us know if you're going, contact Dennis a [dmichblue@aol.com](mailto:dmichblue@aol.com)

## News From Other Clubs

### Triangle Trailblazers Umstead St Park Raleigh

Join the Triangle Trailblazers for a woods walk (12 km, rated 3C) in Umstead State Park in Raleigh on Saturday, Aug. 4 @ 8 a.m. The scenic park walk is on Umstead's Sycamore Trail. It's a natural surface through forested area with some hills. Please come 15 minutes early to allow time for registration.

The special programs for the walk include Alternative Capitals, Animal Safari, Bridges – Spanning the USA, Points of Reference and Treasure Hunt- A way to walk to our precious trails.

The Start Point is at the parking area for Oak Rock Trail. We'll register and start there, then pick up Sycamore Trail to continue the walk. The parking area is located about 1/4 mile beyond the Visitor Center on the left. You'd normally register at the Visitor Center if you were doing the walk on your own.

**HOW TO GET THERE:** From I-440 (Beltline) take the Crabtree Valley/US-70W exit 7; go six miles to the park entrance (Crabtree Creek entrance) on left. From I-40 (between Raleigh & Durham), take I-540 (Exit 283) to US-70E (Exit 4-A); go straight at the bottom of the ramp to US-70; park entrance is one mile on the right. VC is ½ mile from the entrance. Note: The southern entrance to the park off I-40 (Exit 287) does not connect to the Starting Point.

### Other Clubs August Walks

Boone, 8/11: We will start at 9am at the Holiday Inn Express, 1943 Blowing Rock Rd (Hwy 321), in Boone. (Winston Wanderers) Directions: From I-77 Exit 73 or Wilkesboro, follow US-421 to US-221/321/105. Turn left on US-221/105 Extension to US221/321 South (Blowing Rock Rd). Continue on Blowing Rock Rd to the Holiday Inn Express, located on the left at 1943 Blowing Rock Rd. Blowing Rock, 8/11: We will start at 1:30pm at the Bass Lake parking area, Hwy 221 South, in Blowing Rock. (Winston Wanderers) Directions: From Boone, continue south on US-221/321 and turn right on Main St. At next traffic light bear left on Main St/Bus 321 to the Blowing Rock Market on the right, at 990 Main St. From the south, follow US-321 North (I-85 Exit 17 in Gastonia; I-40 Exit 123 in Hickory) to Blowing Rock and follow Bus 321/Main St through town to the start point on the left just past Blowing Rock Park, Blowing Rock Market at 990 Main St..

**NOTE: IF YOU JOIN US FOR BOTH WALKS YOU CAN REGISTER FOR BOTH WALKS AT THE HOLIDAY INN EXPRESS IN BOONE. YOU WILL NOT NEED TO STOP AT THE BLOWING ROCK MARKET TO REGISTER. AFTER LUNCH, YOU CAN DRIVE DIRECTLY TO BASS LAKE PARKING AREA OFF HWY 221.**

Mocksville, 8/18: The group walk will start at 8am. We will meet at the Davie Family YMCA, 215 Cemetery St. (Rowan Roamers) Directions: From Winston-Salem take I-40 West to Exit 174. LEFT OFF RAMP to Hwy 158 and TURN RIGHT onto Cemetery St. YMCA IS ON RIGHT. From Statesville take I-40 East to Exit 169. TURN RIGHT on Hwy 64. At 3rd light TURN LEFT onto Gaither for 1 block, then TURN LEFT on Main St. to Cemetery St. LEFT TO YMCA.

Burlington, 8/25: The group walk will start at 8am at the Burlington YMCA, 1346 S Main St, Burlington. (Winston Wanderers) Directions: From I-85/I-40 take Exit 143, NC62/Alamance Rd. Go north 1.5 miles and TURN RIGHT on US-70 (being careful not to turn too far right onto NC-54). Pass through 2 traffic lights, (Burlington City Park is on right), then TURN RIGHT on Main St. to YMCA on right.

### **UpState Pathfinders (All UP walks are on Sunday)**

Aug 12th Sun UP Greenville City Parks 5/10k 8:00 am 8:30 am Start Point: Starbucks, 550 S. Main St., Greenville SC 29601

Aug 26th Sun UP Pickens, SC 5/10k 8:00 am 8:30 am Start Point: Trail head parking lot off Railroad St., 302 Johnson Street, Pickens, SC 29671

Sept 9th Sun UP "NFL/College Pride" Paris Mountain State Park 5/10k 8:00 am 8:30 am Start Point: Piedmont Fire Dept., Parking lot, 2119 State Park Rd., Greenville SC 29609

Sept 23rd Sun UP "Furman University 8:00 am 8:30 am Start Point: Parking lot w/ green train car on Duncan Chapel Rd near softball fields

## Other Events in the Carolinas

### **For More Information:**

8/4 Raleigh Umstead 8AM TT

8/11 Boone/Blowing Rock 1:30PM WW

8/12 Greenville City Parks 8:30AM UP

8/18 Mocksville 8AM RR

8/25 Burlington 8AM WW

8/26 Pickens 8:30AM UP

9/8 Hillsborough 9AM TT

9/9 NFL/College Pride Paris Mnt State Pk 8:30AM UP

9/15 Germanfest Olde Stone House Reg Event Salisbury RR

9/22 Southend/Fest in the Pk 9AM MW

9/23 Furman Univ. 8:30AM UP

9/29 Greensboro Pks 9AM WM

Metrolina Walkers  
704-564-1013  
Mail@metwalk.freesevers.com

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

Winston Wanderers  
276-403-0608  
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.

**ASHEVILLE AMBLERS MEMBERSHIP  
APPLICATION**

**Membership Application for 2018**

MEMBER NAME (S)

\_\_\_\_\_  
\_\_\_\_\_

ADDRESS

\_\_\_\_\_  
\_\_\_\_\_

TELEPHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

**ANNUAL DUES (\$15 per yr. family or \$10 for singles )**

**How did you find out about us?**

**Website** \_\_\_\_ **Facebook** \_\_\_\_

**Flier** \_\_\_\_

**Publication** \_\_\_\_

**Word of Mouth** \_\_\_\_ **Other** \_\_\_\_

Please make check payable to:  
Asheville Amblers  
129 Bleachery Blvd PMB 176  
Asheville, NC 28805

ASHEVILLE AMBLERS

Editor - Malory Presley  
129 Bleachery Blvd PMB 176  
Asheville, NC 28805

