

Asheville Amblers

Dec/Jan
2019/2020



Volume 23, Issue 6

Holidays Are Near...Celebrate Good Cheer

The annual Amblers' Holiday lunch will be held on Saturday December 7, 2019 following the Lake Junaluska walk. The walk begins at 10:00 a.m. and lunch will follow at 1:00 at Angelo's Family Pizza and Pasta in Waynesville. Angelo's will provide an Italian buffet, which will include a variety of pastas, salad, dessert, and a non-alcoholic beverage. A vegetarian option will be available. Angelo's is located at 166

Walnut Street in Waynesville, a short distance from Lake Junaluska. Parking is in the lot behind the restaurant. As we have done previously, members of the Asheville Amblers will receive a discounted price for the meal. The cost for members will be

\$16.00, while non-members will pay \$22.00. Reservations are required, and the deadline for reservations is November 30. Please make your reservations by contacting Diane Lombardi at de lombardi@gmail.com or 828-707-2220. Checks should be made payable to the Asheville Amblers and mailed to Asheville Amblers, P.O. Box 18957, Asheville, NC 28814. Robert Cooper will also be taking reservations and payments at the Black Friday walk in Montreat on November 29. The walk at Lake Junaluska will help work up a good appetite. Plan to join your fellow Amblers after the walk to celebrate the Holiday Season

Join us December 7th for recreation trails, the Rose Walk, an excursion through a native garden, and mountain vistas.

Lake Junaluska provides an ideal place to connect with friends and non-competitive, family-friendly exercise. Whether you walk, jog, run, bring your dog, or just want to amble, this is an event for you.

December 7th, 2019, the Asheville Amblers will walk at Lake Junaluska at 10:00 a.m. Rated 3B (some significant hills or stair climbing, a significant part of the route is on somewhat difficult terrain), not suitable for strollers or wheelchairs, you will have 7k and 10k options.

We will meet at the Bethea Welcome Center at 9:30 a.m. Be sure to greet our guests from the "Cardinals Walk" Club.

From I-40, take exit 27 (Waynesville, Hwy 19-23-74). Then take exit 103 (Hwy 19).

Pass the lake, then quickly turn right at the stone Main Gate entrance to Lake Junaluska Conference and Retreat Center. Quickly turn left at the 2nd driveway to the Bethea Welcome Center.



President's
Corner
Jon
Whiteside

Wow! Another year is already coming to an end. And what a year it will have been. The Amblers will have hosted 27 club walks, two great traditional events (5 walks) and two separate busloads of visitors (4 walks) were welcomed to our NC mountains. Just writing about it has my feet aching.

And next year looks to be equally exciting. Our schedule is just as full.

Two great traditional events in the planning and Walking Adventures International coming back next fall with another busload of walkers. In addition, it is the 40th Birthday for the Asheville Amblers next April, although we plan to celebrate all year long. Great walks and fun social gatherings. So you better ask Santa for a new pair of sneakers.

Finally, as this is our transitional 2019/2020 newsletter, I want to send my heart-felt holiday wishes to each and every one of you.

Enjoy the season, family and friends and of course the cookies and eggnog. Then we'll all get together to work off those extra pounds starting on New Year's Day.

**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 Colbath

Secretary

Robert Cooper

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Sue Colbath

POC Coordinator

Suzie Whiteside

Traditional Events

Coordinator

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Membership

Jon Whiteside

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Newsltr 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**

**PO Box 18957
Asheville, NC 28814**

Like us on facebook

Amblers 40th Anniversary It's Time to CELEBRATE!

In April 2020, the Asheville Amblers will celebrate their 40th anniversary. What a milestone! We should all be proud! Whether you have been a member for one month, one year or many years (a big shout out to Dennis and Judy for more years than we can count!), we hope you will continue to enjoy our walks and to keep the Amblers going for another 40 years.

With that in mind, we decided that one celebration for 40 years is not enough. So we will be celebrating all year long. There will be treats and surprises during the year. But we aren't going to tell you when – you just have to attend the walks to find out. (Hint – New Years Day is our first walk of the year – might we be starting our celebrations then?)

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**

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



Amblers Upcoming Events

	<u>EVENTS</u>	<u>TIME</u>	<u>WALK LEADERS</u>
12/7	Lake Junaluska Holiday Party	10:00AM 1:00PM	Robert Cooper Don/Sue Colbath
01/01	Asheville City	1:00PM	Jon Whiteside
1/25	Biltmore Estate	1:30PM	Jon Whiteside

Celebrate the New Year in Asheville

On New Years Day (Wednesday) we will be doing our traditional beginning to 2020 with the Asheville City Walk. Make sure to join us and start your New Year with a healthy walking resolution.

Ramble through Riverside Cemetery, meander through Montford and dawdle in downtown Asheville. This walk is rated 2A.

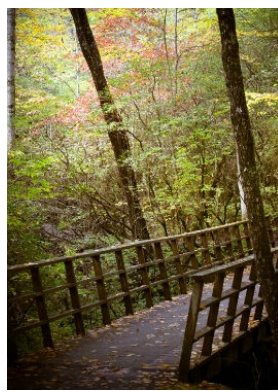
We will meet in the rear parking lot of the Asheville Visitors Center, 36 Montford Avenue, for sign in starting at 12:30 pm with the walk starting at 1:00 pm. Both 7 and 10K options will be available.

The walk showcases the beautiful Montford area as well as one of the "typical Asheville" coffee shops and Yoga/Cycling centers. A zig here, a zag there and even a loop. This is a beautiful walk and one you won't want to miss.

Remember the Amblers turn 40 this year this is the first walk of our year long celebration.

Come along and kick off 2020 and our 40th birthday in one swell foop.

Join the party - see you there!



Cradle Wrap-up

The numbers were not big (30 participants) but the joy of discovery and the beauty of the venues was great.

Who knew how much the non-profit Cradle had increased their exhibits, their trails and even a good movie. Who knew you could put so many kinds of bridges and go-arounds to get through the Pink Beds. Who realized the challenge of the GraveYard Fields trails. Who knew we could see some of the best fall leaves of 2019. I hope you did not miss this weekend as it is doubtful that it will be repeated in the near future.

A big shoutout - THANK YOU to Eric Michele, Gerri Gurbuz, Sue and Doug Agor, John and Sherry Boyer, Wendy Feinberg, Flo Byron, Jon and Suzie Whiteside and Dennis Michele. They made the walks at Cradle of Forestry/Pink Beds and Graveyard Fields happen.

Traditional Events require a lot of work from laying out the trail to figuring out the Start Point and writing good instructions to deciding about socials like Brat lunch we had in the Pink Beds - then making all the arrangements, publicizing the event and having all the necessary people and food and materials on site. For 2020 we will be celebrating the Amblers' 40th anniversary with favorite events from the past. A lot of fun, fitness and fellowship if we have enough people working to make it all go smoothly. The 2020 Ambler Schedule is ready. Please get a copy and mark your calendars. Put 3 stars on the Traditional Events. Plan now to work them and to walk them.

Fun, Fitness, Fellowship,
Judy Michele

Winter at Biltmore...Enjoy the Quiet

On Saturday Jan 25, 2020 we will be doing the Biltmore Estate walk. Both 5 and 10 Km distances will be offered. Add 2 Km more if you tour the house.

We will do an afternoon walk and will be meeting at the Visitor Reception and Ticketing Center at 12:45 PM to sign in. The walk itself will began at 1:30 PM in front of the house.

For planning, the 10K takes about 2 1/2 to 3 hours and is rated 3C. Biltmore currently is having an event "Downton Abbey: The Exhibition" but there is an additional cost to view this.

You must have an annual pass or purchase a ticket to participate.

Let's hope mother nature provides for a pleasant day and please join us for a great walk in this most beautiful setting.

Membership Renewal for 2020

Please remember, your Ambler dues are due on January 1st. You can mail your dues in with the form below or give them to one of the officers at any event.

The club is turning 40 this year and keeping an active membership is critical so that we can continue to offer our great year round and traditional events.

Membership is still \$15 for a family and \$10 for an individual and it would be a bargain at twice that cost.

Include this form when you pay so we can make sure we have your most current information in our database.

Join us in making this a special year.

MEMBERSHIP RENEWAL DUES ARE DUE JAN. 1

[If there are no changes just enter your name\(s\) and check here](#)

MEMBER NAME (S) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ E-MAIL _____

CELL PHONE _____

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

LIST WINTER ADDRESS IF DIFFERENT FROM SUMMER

ADDRESS _____

SEND FORM AND CHECK TO: **Asheville Amblers, Membership, PO Box 18957 , Asheville, NC 28814**

News From Other Clubs

Kernersville - Triad Park, 11/29 Winston

Wanderers: The group walk will start at 1pm 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.

Mount Airy, 12/7 Winston Wanderers: The group walk will start at 10am at the Visitor Center located at 200 N Main St, Mount Airy. Directions: From US-52, follow US-52 Bypass and EXIT RIGHT on NC-89 (Mt Airy/Galax). At traffic light continue straight on NC-89 East (Independence Blvd) through 5 more traffic lights to Renfro St. TURN RIGHT onto Renfro St, drive to Moore St and TURN RIGHT, then into parking lot. The Visitor Center is at the corner of Main and Moore Sts. (At the clock, 1½ blocks up Moore.)

Kannapolis, 12/21 Rowan Roamers: The group walk will start at 10am at the On the Run Exxon Express located at 921 Dale Earnhardt Blvd. Directions: From I-85, take Exit 60 (Dale Earnhardt Blvd). Turn west towards downtown Kannapolis. Drive 2.9 miles to START POINT ON RIGHT at the corner of Main and Dale Earnhardt Blvd.



Charlotte Southend, 12/28 Metrolina Walkers:

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 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

Other Events in the Carolinas & Tennessee

12/7 Mt. Airy 10AM WW

12/14 Raleigh Oakwood 10AM/
Wolfpack 2PM TT

12/21 Kannapolis RR

12/28 Charlotte Uptown 10AM
MW

1/1 Old Salem 10AM WW

1/4 Salisbury 10AM RR

1/18 Greensboro City 10AM
WW

1/18 Chapel Hill 10AM TT

1/25 Kernersville—Triad PK
10AM WW

For More Information:

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

Triangle Trailblazers
919-610-1710
tkhui@rushpost.com

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

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

Warmest of Wishes and Happiest of
Holidays from the Asheville Amblers.



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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Asheville, NC 28814

