

Asheville Amblers

June/July
2019



Volume 23, Issue 3

Come Join the Fun In Morganton

On July 27, 2019, the Asheville Amblers will walk in Morganton at 9:00 a.m. After the walk, the annual picnic will be held in the shelter at Judge's Riverside Restaurant, overlooking the Catawba River. This is a wonderful walk that follows the Morganton Greenway as it goes along the Catawba River and through parts of Freedom and Catawba Meadows Parks. It's also part of the NC Birder's Trail. This walk has 6 and 10 Km options and is rated 1A.

We will meet at the greenway trailhead next to Judge's (home of the finest BBQ in western NC) at 8:30 a.m. Judge's won't be open at that time, so we will have to stamp books at the end of the walk. From I-40, take exit 100; turn left at the stop sign. When you get to the traffic light where the Taco Bell/KFC is, turn right, then left just after 1st Citizen's Bank onto Greenlee Ford Rd. The trailhead (and Judge's) is at the end of the road. The address is 128 Greenlee Ford Rd., Morganton NC. Or follow the directions in the Mountains to Sea book.

The annual club picnic will be at Judge's picnic shed at 11:30 a.m. Cost (tip included) for club members will be \$11.50 and \$16.00 for non-members. Advance reservations and payment will be accepted by Don Colbath through July 15. E-mail Don at robodoncolbath@gmail.com or call 828-515-0227. The menu will include BBQ pork, pulled chicken, green beans, white slaw, buns, banana pudding, tea, and water. You can also contact Don about carpooling.

Our club is about Fun, Fitness, and Fellowship. Plan now to do all three on July 27 in Morganton.



President's Corner

Way back in the Oct/Nov newsletter last year I spoke in general about the importance of volunteering so we can have a strong and vibrant club. It doesn't matter whether you are a newcomer or a veteran, we need your help. Right now we have two really wonderful opportunities and need volunteers to make them happen.

First, next spring will be the Amblers 40th Anniversary. Forty years for a club is a long time and we should truly celebrate our longevity. And it seems like we should do it in some special way. Some special walks, 40 walks throughout the year, a blowout weekend, walks from the early days... Whatever we do the planning needs to start now so we can schedule, advertise and budget for whatever it is we decide to do. So we are forming a "40th Anniversary Celebration Committee" to brainstorm and plan for this club milestone.

Second, last Oct/Nov I mentioned how we were sadly unable to have a table at the Swain County Agricultural Fair due to the lack of enough volunteers. Well we have that opportunity again this year. On Aug 17th we can set up a table to educate people about the Amblers, the AVA and Volkssport in general. We would set up early in the morning and then man the table from 10 am to 5 pm. This is a terrific opportunity to spread the word about the healthy benefits of walking and participation in a club like the Amblers.

So "The time has come the Walrus said" to volunteer for things: like county fairs – and 40th anniversaries. Contact me or any of the officers to participate in one or both of these events. Thanks!

Jon Whiteside—President

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

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Trail Master

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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:**

**Leona Barbaro
of Greenville**

**Pate Hodges
of Weaverville**



**Ambler Gift Basket for silent auction at convention.
Thanks to Diane Lombardi and Suzie Whiteside.**

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**



Amblers Upcoming Events

	<u>EVENTS</u>	<u>TIME</u>	<u>WALK LEADERS</u>
6/8/19	Lake Lure	9:00am	Jim Walters
6/9-16/19	AVA Convention		
6/29/19	Brevard Estatoe	9:00am	Perry Rawson
7/13/19	Asheville City	8:00am	Jon Whiteside
7/27/19	Morganton Greenway and Picnic	9:00am	

Set Your Sights on Lake Lure

June 8—9am

The Amblers annual group walk in Lake Lure is scheduled for **9AM** on Saturday, 8 June, with step-off from the Registration Point at the 1927 Lake Lure Inn and Spa (2771 Memorial Highway, Lake Lure).

Registration will begin on the front veranda of the Inn at 8AM to facilitate a prompt start.

Early June in Lake Lure is one of most agreeable times of the year for a leisurely stroll along the beach, across The Lake Lure Flowering Bridge, into Chimney Rock Village with its access to The River Walk beside the Rocky Broad River, and a return crossing The Flowering Bridge and a walk around lovely Morse Park.

June 8 is going to be a busy day at the Lake Lure Waterfront since the "Lure of the Lake Carolina Swim Series" long distance swimming races are scheduled from 10AM to 5PM that day. These should have no direct impact on our enjoyment of the walk route, but parking may be more limited than usual, lodging may be more difficult to reserve at the last minute for Amblers who would like to plan a weekend around the walk, restaurants and shops may be a little busier, and the scheduled tour boats may have restrictions on their ability to run as frequently as they usually do. Additionally, Janet Walters is a regular kayak spotter for swim events in Lake Lure, and she is committed to the races; leaving Jim to manage the registration for the walk and leading one of groups through this glorious "Hickory Nut Gorge" environment!

Jim will do his best to accommodate a tour boat reservation for Amblers who would like to enjoy a ride after the walk - at least twenty people will be necessary to secure a dedicated "Amblers Ride," so those interested in an excursion please contact Jim Walters by phone ((828) 625-9456) or e-mail (jandjwalters@gmail.com) to indicate that you would like to see the town "from the lake,"

Escape to the Brevard Estatoe Trail

June 29 - 9am

Come join the Amblers for their annual walk along the Davidson River on Saturday, June 29. This walk is one of our most beautiful and peaceful events, and should be well shaded and lovely. The walk includes a part of the Estatoe Trail, an old Cherokee trading route, and goes past an interesting stone chapel built in 1860 by the Rev. A. F. English, a Methodist Circuit Rider, for the local community, and still in use. There is a short side trip to an amphitheater in the woods.

We will start registration at 8:15 am outside the Pisgah Forest Bi-Lo, gather for a group picture, then drive to the Lowe's parking lot to begin the walk as close as possible to 9:00. 5 and 10 Km. routes are offered.

Parts of the trails are a bit rough, but sneakers should be adequate footwear. Lunch spots are nearby, and Dolly's Ice Cream is just around the corner on US 276.

Directions: From I-26, take exit 40 and go south on NC 280 16.2 miles to the light into the Bi-Lo/WalMart shopping center, just before the intersection with US 64 and US 276. Turn right at the light, and left into the Bi-Lo portion of the center. Please park far enough away from the store to not interfere with their customers. Registration will be at a table outside the right front of the store. Restrooms are available inside the store and, on the long route, in several places in the Davidson River Campground.



A Walk On The Wild Side

Terri Reiling Takes on the Appalachian Trail

AVL Ambler member, Terry Reiling, has taken on the challenge of the Appalachian Trail (AT) special program sponsored by AVA, our parent walking association, by not just walking at least 4 kms in each state the trail passes through, but by walking the entire AT! How long could Terry's walk be? Why, this year the AT measures 2192 miles, or 3528 kms. As Dennis Michele has commented, Terry will need several distance books to record all his efforts.

Terry started his walk on Sunday, 28 Apr, stepping off from Harper's Ferry, WV, considered the midway point of the AT. Why Harper's Ferry? Numbers. Terry left in a group of 14 hikers, rather than the group of 215 hikers that departed from Springer Mountain, the southern terminus of the AT, that very same day.

Terry checks in periodically with Holly, when he picks up his resupply boxes mailed to post offices in communities near the AT. By Tuesday, 14 May, Terry had reached Port Clinton, PA. He had walked 200 miles, with a total elevation gain of 28, 240 ft and an elevation drop of 28, 740 ft.

He says that he finds the boulders most challenging. He is not just rock scrambling in PA; he has to climb up, over and around boulders. Well, Terry had been warned previously that PA is known as "Rockslyvania." Gives new meaning to the Keystone State.

Terry is headed to Mt Katahdin in Baxter Mountain, Maine, the northern terminus of the AT. Once he completes the northern section of the trail, he'll head back to Harper's Ferry, heading south to GA. As he approaches the AVL area, he invites Amblers to join him on the trail, whether for an overnite, a day hike, or even a few hours. The AT passes right through Hot Springs, a charming small town not far from Asheville. Meet him for lunch, walk a section of the trail along the town's main street, and claim a bit of the AT for yourself!

Out and About on the Asheville City Walk - July 13

On July 13th we will be doing the Asheville City Walk. Walking through the historic Riverside Cemetery, the beautiful Montford area and downtown Asheville. This walk is rated 2A.

We will meet in the rear parking lot of the Asheville Visitors Center (36 Montford Avenue) to register starting at 7:30 am and the walk will start at 8:00 am. Both 7 and 10K options will be available. This is a beautiful walk and one you won't want to miss. See you there!

After the walk you will be tantalizingly close to the downtown farmers market, several chocolate shops and a zillion fine restaurants. Or grab an Ambler Buddy or two and walk on up to Tod's Tasties on Montford for a drink and a snack. If you stay for lunch, other nearby restaurants outside of downtown include Nine Mile on Montford (walkable), Five Points on Broadway and Home Grown on Merrimon Ave.



News From Other Clubs

Kernersville – Triad Park, 6/1:

(Winston Wanderers) The group walk will start at 8am at Triad Park located at 9652 W Market St in Kenersville. 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.

High Point – PEC - Gibson Park, 6/15:

(Winston Wanderers) The walk will start in Gibson Park at 8am at the parking area by the picnic shelters (at end of road). The registration material will be brought to the park. There is no need to go to the PEC Building. Directions: To Gibson Park from I-40, take

Exit 214, Wendover Ave southbound toward High Point, cross Tarrant Road (traffic light), TURN LEFT at next cross-over in the median. There is a Gibson Park sign on the side of the entrance road. Charlotte Uptown, 6/22: We will be starting at the alternative start point which has free parking. The Little Sugar Creek Greenway parking lot is near the corner of Kings Dr and Elizabeth Ave across from Central Piedmont Community College. Enter the parking lot from Elizabeth Ave. We will meet at 8:30am for a walk start time of 9am. There are no facilities here. We will then walk the route, registering when we get to the YMCA.

Directions: From I-77 Southbound, Exit 10B – Trade St EAST. I-77 Northbound, Exit 10 – Trade St. Go appx. 1.7 miles. After passing under a freeway bridge (2 yellow “High Voltage” signs), immediately turn right into parking lot (small sign: “Little Sugar Creek Greenway”). There is no building at this location, but approximate address is 1104 Elizabeth Ave, Charlotte.

New Seasonal Walk offered by the Triangle Trailblazers

The Triangle Trailblazers invites you to walk beautiful Kerr Lake in Vance County for a new seasonal walk that runs from April through September 2019.

The 2B rated trail goes along a sandy section of Kerr Lake's shore line, on paved roads through campgrounds and natural trails through a forested area. There are beautiful lake views throughout the walk. The trail is mostly flat, except for the forest trails, which have some hills. Boots would be helpful due to roots and some uneven terrain, especially if it has been raining. There's both a 5K and 10K option.

The registration location is the Kerr Lake State Recreation Area Park Office at 6254 Satterwhite Point Road, Henderson, NC 27537. Ask for the box in the visitor's center office, which will likely be located behind the counter.

HOW TO GET THERE: Take I-85 to Henderson, NC, then exit at 217 for Satterwhite Point (from I-85N, turn left off the exit; from I-85S, turn right off the exit.) Follow Satterwhite Point Road for approximately 6 miles to the park entrance. Turn right at park office/visitor center to register for the walk.

Other Events in the Carolinas & Tennessee

6/1 Kernersville Triad Pk
8am WW

6/8 Raleigh Lk Johnson
8am TT

6/15 PEC Gibson Pk
8am WW

6/22 Charlotte Uptown
9am MW
(contact for Parking)

7/6 Greensboro City
8am WW

7/20 Davidson 9am MW

7/27 Winston Salem
8am WW

For More Information:

Metrolina Walkers
704-564-1013
Mail@metwalk.freesevers.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
readysetwalk10@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.



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!



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