

Asheville Amblers

June/July
2018



Volume 22, Issue 3

Celebrate National Trails Day

Brevard Estate Walk – Saturday, June 2

Come join the Amblers for their annual walk along the Davidson River on National Trails Day, Saturday, June 2. 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 Estate 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 8:15am 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 9:00am. 6 and 10 Km. routes are offered. We expect a large number of guests, including families and young children. We hope that Amblers will give good support to this event and encourage the newcomers. 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 tables 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.

Perry Rawson



President's Corner



For my final article as club president, I want to congratulate Jon Whiteside on his election to take the presidency for a 2-year term starting July 1. Jon will bring a fresh excitement to the club.

I look forward to serving as club secretary under his leadership.

Thank you for allowing me to serve the past two years. We have done some different and interesting things. Many of you have continually encouraged me, and I am truly grateful. Blessings on you!

Thanks also to Terry Reiling for his 2-year service as vice-president. He found us several new and delicious places to meet. He provided leadership for two excellent Christmas lunches. And he made our 50-50 drawings fun at the monthly club meetings. Be sure to offer your thanks to him as well.

Last of all, thanks to Malory Presley for her continuing service as club treasurer. And thanks to all our many volunteers who continue to help our club in so many ways.

Amblers continue to need lots of volunteers, and I hope you all will plug in where you are able.

I look forward to seeing you on the trail.

#getupandwalk
Robert Cooper

PS: If you want to be on the email list to receive information about the President Walks in June, get your email address to me. I'd love for us to do some extra walks.

**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

Robert Cooper
828-627-9834

Vice-President

Terry Reiling

Treasurer

Malory Presley

POC Coordinator

Suzie Whiteside

Traditional Events

Coordinator

Judy Michele

Membership

Jon Whiteside

Webmaster

Cathy Crosby

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
129 Bleachery Blvd.
PMB176
Asheville, NC 28805
Like us on facebook
ashevilleamblers.com**

Welcome

***Chuck and Diane Tokarski
Joined the Amblers in March.***

***Give them a big Ambler "Hello"
when you see them!***

Pictures: Robert
Cooper, Perry Rawson

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

Put a Little Sunshine in Their Life

Know an Ambler who could use a little cheer? Contact Amy Ross at aross002@gmail.com or 828-595-9627

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**

A big Ambler THANKS goes to President Robert Cooper and Vice President Terry Reiling for giving their time and talents to benefit the club for the past two years!



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>
6/2/18	National Trails Day Brevard Estatoe Welcome Cardinal Walk Club/Girl Scouts	9:00AM	Perry Rawson
6/16/18	Hendersonville Carl Sandburg	9:00AM	Perry Rawson
6/30/18	Asheville City	8:00AM	Jon Whiteside
Seasonal Event July—Dec.	Dupont Falls Register by mail. (club walk August 25)		Dennis/Judy
7/14/18	Brevard City	8:00AM	Perry Rawson
7/28/18	Morganton Greenway	9:00AM	Delores Mlotkowski

Glossary of AVA Terms

Volkssporting, Volkswalk. “**Volk**”: is the German word for people. It is the origin of the English word “folk”, and in fact, the “V” in German is pronounced much like an “F” in English. The use of the prefix “volk or volks” is an homage to our German origin. Volkssporting is the more universal word, as not all our events are walks. A “*volkssporter*” is someone participating in volkssporting.

Traditional Event (TE): This is a planned one (or two) day walking event, that has been advertised with a specific window of start & ending time. It is manned by volunteers, who meet the walkers at a “*Start Point*”, and stamp their books at the Finish. Typically there are *Checkpoints* along the route that may be manned and may provide the walkers with water and a treat. These are both athletic events and social events.

Year Round Event (YRE): This is a self directed walk which individuals can come to any day they choose. Details are found under “Events” online at www.ava.org, in the publication “Starting Point” and often on an individual club’s website. Here walkers will find a “*Walkbox*” (or Start Box) where they register, obtain instructions and stamp their books. A newer development is the *On Line Start Box* which allows a virtual alternative for some designated walks. Not all climates allow YREs, but many walks, including State Capitol walks are available nearly every day of the year to accommodate traveling *volkssporters*.

Seasonal Event: Same as the Year Round Event, but available for only part of the year.

Group Walk: Typically a locally organized planned walk of a seasonal or year round event, with an appointed start time. Less restrictive than a Traditional Event, this type of walk allows a club to make a social event out of a well established route with minimal administrative requirements.

Guided Walk: A simpler form of volkssporting, allowing a club to streamline an event with just the essentials of a group leader and a “*sweep*”. (A sweep is someone at the end of group, ensuring everyone who starts is accounted for.) Here trail marking and written instructions are not required. Ideal for small groups and flexibility. Can be done as a traditional without the frills, or as a group walk of a seasonal.

Volksmarch: We now call this a Traditional Event. This is a German word that translates to “people’s walk”. This term was used by the AVA in the 20th century, and is still used internationally.





Groups



FUN, FITNESS AND
FRIENDSHIP!



STROLL THE SANDBURG FARM

Come, enjoy an early summer Amblers club walk in the shade of the Carl Sandburg Farm on Saturday, June 16. You can take your time to enjoy the site, with the poet's home, the goat barn, and a climb up Big Glassy with its wonderful views of the Pisgah Range for the long route.

There were two sets of very cute baby goats when I walked the route in April, and two more are due in May. A lot of work has been put in to painting buildings and to improving the trails. After the tour of the farm, we will walk through the Village of Flat Rock with interesting shops and good restaurants before returning to our cars.

The Flat Rock Bakery is open, and if you are still in the area after 11 am, the Hubba Hubba Smokehouse is open.

We will meet to register at the Quality Inn & Suites, meeting in the parking lot behind the inn starting at 8:30 in order to drive to the farm and start walking about 9:00. Bring water in case of a hot day. Sturdy walking shoes are recommended for the climb, and a walking stick may be helpful.

Directions: Take exit 53 from I-26. From the north, turn right. From the south, turn left. The Quality Inn is immediately behind McDonald's. Turn left at the stop light at Commercial to Quality Inn & Suites. We will car pool as needed and drive to the starting point from there. **Perry Rawson**



FAMOUS ASHEVILLE CITY WALK RETURNS

On June 30th 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) for sign in starting at 7:30am and the walk will start at 8:00am. Both 7 and 10K options will be available.

If you missed the New Years Day walk you will find some new twists to this walk. A zig here, a zag there and even a new loop. This is a beautiful walk and one you won't want to miss. See you there!

PS: After the walk you will be tantalizingly close to the downtown farmers market, several chocolate shops and many fine restaurants. **Jon Whiteside**

BREEZE THRU BREVARD CITY

The Amblers will continue our early summer walks Saturday, July 14, in the city of Brevard. Come enjoy the residential and historic areas, parks, and a very interesting, attractive downtown, finishing with a college campus, that though small is three colleges in one. On or off campus, there may be a chance of seeing a white squirrel, a for real, not albino, specialty of this town.. I saw two on my last walk of this route

We will start registration in the parking lot of the Food Lion Supermarket in the College Square mini-mall at 7:30 in order to start the walk as close as possible to 8:00. The start is early in the hope of avoiding summer heat, but be sure to bring water. The store will be open, and restrooms are available inside, as well as along the way. 5 and 10 km. walk routes are offered. There are also many good lunch spots available within a short drive for after the walk.

Directions: From I-26, take exit 40 and go south on NC 280 (Airport Rd.) 16 miles to the intersection with US 64 and US 276. Continue straight on 64/276 approx. 3 miles toward downtown, taking a right on 64 (Caldwell St.), just after the large Ingles Center on your left, then almost immediately a right into College Station mini-mall parking lot. We look forward to your presence, and this chance to continue to a good walking year together. **Perry Rawson**



ENJOY A COOL MORGANTON GREENWAY WALK ON A JULY MORNING

July 28, the Asheville Amblers will walk in Morganton at 9:00 a.m. There are 6k and 10k options. The walk is rated 1A (very small hills, very little stair climbing, almost entirely on pavement). There are views of the Catawba River and a large park. For those who have done this walk before, our trainmaster has added a fresh wrinkle or two.

You may do this walk in tennis shoes and won't need poles. Please do bring a water bottle and a protein snack.

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. Turn left just after 1st Citizen's Bank onto Greenlee Ford Rd. The trailhead (and Judge's) is at the end of the road. OR follow the directions in the Mountains to Sea book.

Many of us will eat at Judge's after the walk; you are invited! End July with Fun, Fitness, and Friendship. See you there! **Robert Cooper**

News From Other Clubs

Winston-Salem – Salem Lake, 6/9 (Winston Wanderers) The group walk will start at 8am at the lower parking lot, so enter the park and go straight. The registration material will be brought to the start point so you do not need to stop at the YWCA to register. Directions: From Bus-40, take Exit 6C (ML King Jr. Dr / Winston-Salem State University). TURN LEFT at the light (South). At the 5 th light (Reynolds Park Rd), TURN LEFT. Drive 1.7 miles and TURN LEFT onto Salem Lake Rd. Salem Lake and the parking lot where we'll meet are straight ahead. [The Amblers will be taking this walk during our Adventure Weekend in December.](#)

High Point - Gibson Park - Piedmont Environmental Center, 6/23 (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 crossover in the median. There is a Gibson Park sign on the side of the entrance road.

Charlotte Uptown, 6/30 (Metrolina Walkers) The group walk will start at 9am at the Childress-Klein YMCA, One Wells Fargo Center located at 301 S College St, Suite 200, Charlotte. Directions: From I-77, Exit 9 to 9(B) onto I-277 (John Belk Freeway), take exit onto College St. One Wells Fargo Center is on corner of Martin Luther King Blvd and College St. YMCA on 2nd level (Level A) of building. Parking: To enter building parking garage, turn right on Martin Luther King Blvd and left into the garage at the sign saying PARK. Fee for parking. On-street metered parking available on Martin Luther King Blvd. No charge for on-street parking on weekends (except for special events).

Raleigh's Lake Johnson Park 6/9 (Triangle Trailblazers). Our next event is a lake walk (12km, rated 2C) in on Saturday, June 9 at 8 a.m. The trail loops the entire lake on paved and natural surfaces through forested areas. Some of the terrain is hilly with rough areas. Much of the trail hugs the shoreline with beautiful views of the lake. Special programs for the walk include Animal Safari, Bridges - Spanning the USA, Points of Reference, State Capital, Take a Walk In a City Park and Treasure Hunt - A way to walk our precious trails.

Parking can be a challenge so please arrive at least 15 minutes early to register. We'll be registering at one of the tables by the boat house. If you're running into any issues finding us that day, call me on my cell at 919-610-1710.

The start point is Lake Johnson Park, 4601 Avent Ferry Rd, Raleigh, 919-233-2121. Directions: From I-40/440, take Exit 295 (Gorman St.). Go north on Gorman St. towards Raleigh. At the 2nd light, turn left on Avent Ferry Rd. Follow Avent Ferry Rd. to park entrance on the left (1.5 miles)

If you haven't yet done so, please follow and like the Triangle Trailblazers on Facebook at <https://www.facebook.com/triangletrailblazers/>

UpState Pathfinders (All UP walks are on Sunday)

Jun 3rd Sun UP Clemson Botanical Gardens 5/10k 8:00 am 8:30 am Start Point: Bob Campbell Geology Museum, 140 Discovery Lane, Clemson, SC 29631. Bring food for picnic after walk.

Jun 17th Sun UP Travelers Rest 5/10 8:00 am 8:30 am Start Point: Hampton Inn, 593 Roe Center Ct., Travelers Rest, SC 29690

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

Jul 29th Sun AA/UP Spartanburg, SC Carolina Panthers Training Camp 5/10k 9:00 am 9:30 am Start Point: YMCA of Greater Spartanburg, 151 Ribault, Spartanburg, SC 29302

Other Events in the Carolinas

6.3 Clemson Bot. Gar. 8:30AM UP (Sunday)

6.9 Raleigh 8AM TT
6.9 Salem Lake 8AM WW

6.17 Traveler's Rest 8:30AM UP

6.23 PEC Gibson Pk 8AM WW

6.30 Charlotte Uptown 9AM MW

7.8 Hist. Greenville 8:30AM UP

7.14 Greensboro City 8AM WW

7.21 Davidson 9AM MW

7.28 High Point 8AM WW

7.29 Carolina Panthers Training Camp 9:30AM UP

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.

Starting Points available directly from Dennis Michele for \$25. Lists all walks across the USA. Contact: DMich-BLUE@aol.com

**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** ____

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

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

