

Asheville Amblers

Feb/March
2017



Volume 21, Issue 1

Amble and Wander All On The Same Day!

March 25, the Asheville Amblers and Winston Wanderers combine forces to do two walks all on the same day. We will walk in Morganton at 10:00 a.m. and in Hickory at 2:00 p.m. Morganton has multiple options: 6/10/11/13/21/23 KM in the Historic Town and Greenway Walk. Hickory is a City Walk with 6 and 11 KM options.

The Morganton Walk is rated 2A (1A if you only do the greenway). There is a greenway with views of the Catawba River and a large park. The historic town options include old neighborhoods, a picturesque downtown, and the site where Frankie Silver was hung for killing her husband, Johnny.

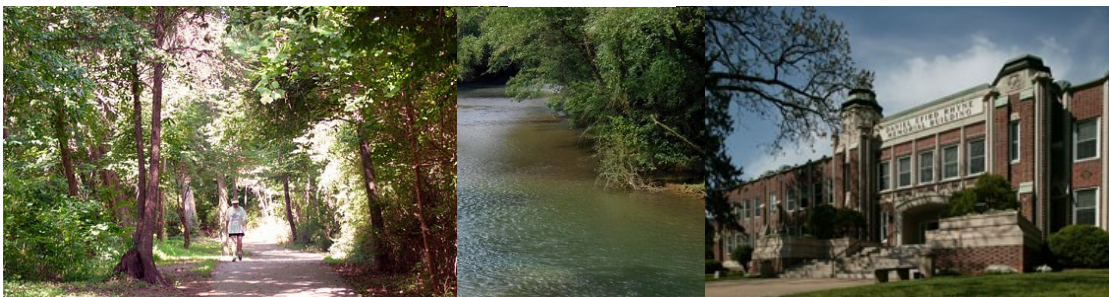
We will meet at the greenway trailhead next to Judge's (home of the finest BBQ in western NC) at 9:30 a.m. Judge's won't be open at that time, so we will have to stamp books at the end of the walk.

Directions: 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.

The Hickory Walk is rated 1B. Stroll through the town, residential areas, two parks, and Le noir Rhyne University.

We will meet at Union Square at 1:30 p.m. The Walk Box will have been previously picked up from the Start Point so registration can take place at Union Square. We will have directions at Morganton and will also include them in the e-mails that go out just before the event.

End March with Fun, Fitness, and Fellowship, not only with Amblers, but also with our Winston Wanderer friends. See you there!



President's Corner

The night of January 10 was cold. There was still plenty of snow and ice around. As Amblers began to gather at T.G.I. Friday's, we speculated we would have a lower than usual turnout for the meeting. Boy, were we wrong! Enthusiasm for Fun, Fitness, and Fellowship is flourishing!!!

The February meeting will be at Gondolier Italian Restaurant, 1360 Tunnel Road, Asheville. The date is February 14, so wear **red**!! The program will be Ambler recommendations of restaurants they loved while on walks, or while traveling to or from walks.

Last fall was my first time to do the Hilton Head weekend walks. This year the club is doing them on March 10 – 12. See elsewhere in the newsletter for details. I look forward to going again. I hope you will plan to go too.

The Amblers have a great relationship with our neighbor club, the Winston Wanderers. Each year we celebrate and renew our acquaintances by doing our Morganton walk and their Hickory walk on the same day. This year it is on March 25. I hope you will set aside this date on your calendar and do both events.

If you have photos you would like to submit for the contest at this summer's national convention, you can get details on how to do so at ava.org, or we can provide you with the direct links you need. Two years ago, our own Jan Weeks was a winner.

I look forward to seeing you on the trail.

Robert Cooper—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

Robert Cooper
828-627-9834

Vice-President

Terry Reiling

Secretary

Malory Presley

Treasurer

Allen Michele

POC Coordinator

Suzie Whiteside

Traditional Events

Coordinator

Judy Michele

Membership

Jon Whiteside

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Cathy Crosby

Publicity

Mary Lou Joyce

Newsltr Editor

Malory Presley

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**

**85 Tunnel Rd. Ste.
12A-262
Asheville, NC 28805**

Welcome

A big Ambler Welcome goes to:

Mary Lynch

Ed Shuster

We're glad to have you with us!

Pictures: Perry Rawson, Holly and Terry Reiling, Malory Presley, Robert Cooper

Congrats!

Ambler Achievements

Eric Michele 100 events

Sandra Barnes 1300 events

Ralph Barnes 1300 events

Robert Cooper 1000 KM

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 Malory at mpresley72@hotmail.com

Return to Spartanburg February 4th

Come enjoy this lovely city, known for its fountains, and see how many are operating in February. The walk includes an attractive, historic residential district, the campuses of Converse and Wofford Colleges, and Liberty Park.

We will meet to register in the coffee room of the YMCA at 12:30 in order to start walking by 1:00 pm. This is reached through the left side (East) entrance of the building. The walks are 6 and 12 km., and the long route usually takes 3 hours. Plan your car pooling accordingly. Margaret Suits will take care of registration and help lead the walk. The start time is late to avoid

possible icy roads and cold early. You will need to find a lunch spot before the walk, and Wades at 1000 N. Pine St. on your left on the way in is a good place. We will still stop for an energy boost at Krispy Kreme during the walk.

Directions – From I-26 or I-85, turn onto Business I-85 to exit 5 and turn toward Spartanburg on I-585/US-176. This becomes Pine Street. Go approx. 4 miles on Pine, crossing Main, then right on Ribault, just past Wendy's. The YMCA is on the left. Use the parking lot on the left side of the building, and that side entrance.

Amblers Upcoming Events

	<u>EVENTS</u>	<u>TIME</u>	<u>WALK LEADERS</u>
2/4/17	Spartanburg	1:00PM	Perry Rawson/Margaret Suites
2/25/17	Biltmore	1:00PM	Jon Whiteside
3/4/17	Regular Event—Stanly County	See article	Metrolina Walkers
3/10-3/12/17	Hilton Head Weekend	See article	Debbie and Craig Beam
3/25/17	Morganton/Hickory	See article	Dolores Mlotkowski/Robert. Cooper

Travel Back in Time to Tubac, Arizona

By Holly and Terry Reiling

Time travel? Really?

Yes, not just for science fiction - America's Walking Club, otherwise known as our American Volkssport Association (AVA) - offers us opportunities to take a walk, and a step, back in time.

If you ever find yourself passing through southern AZ, it is worth the detour to visit Tubac, AZ, located about 50 miles south of Tucson, along the Santa Cruz River. The Tucson Volkssport Klub has a 10 km year round walk in Tubac. Tubac may have only 1000 residents, but it features over 100 eclectic shops and art galleries situated along meandering streets, with hidden courtyards and sparkling fountains. Tubac is known as the place "Where Art and History Meet". It is astounding to discover Tubac's creativity - represented by painting, sculpture, ceramics and photography, regional textiles, leather, crafts, antiques and jewelry.

The town of Tubac is best known today as an artists' colony. But let's travel back in time. Established in 1752 as a Spanish presidio, the first Spanish colonial garrison in what is now Arizona, Tubac was one of the stops on the Camino Real (the "Royal Road") from Mexico to the Spanish settlements in California. The Spanish military was stationed at the Presidio to protect the settlers from Native Americans and to further explore the Southwest. Thus, Tubac is considered the first European settlement in present day Arizona.

Tubac's most famous Spanish resident was Juan Bautista de Anza, the Presidio's second commander. The club's walking route takes you along parts of the Anza National Historic Trail, a route taken by Juan Bautista de Anza from Mexico City to California. In 1775-76, Anza led some 240 men, women, and children on a journey that resulted in the founding of the city of San Francisco (1776). Today, the 1,200-mile Juan Bautista de Anza National Historic Trail connects history, culture, and outdoor recreation from Nogales, Arizona, to the San Francisco Bay Area.

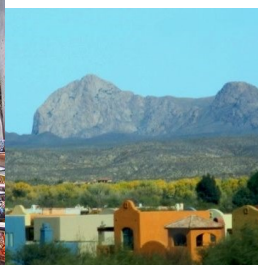
Six governments have existed at Tubac: New Spain, Mexico, the US (when the Gadsden Purchase acquired the southern part of what is now Arizona on December 30, 1853), New Mexico Territory, The Confederate States of America, and the Arizona Territory (State of Arizona).

Tubac's unique Southwest cemetery of brightly decorated graves fenced by metal and barbed wire make this a spot to spend some time. The earliest graves are rectangular piles of stone, which were used prior to cement to keep animals from digging up bodies. Individual plots are adorned with personal mementoes: laminated photos, a can of El Pato hot chile sauce, terracotta pots and artificial white roses depicting the Virgin Mary.

Clubs across the US have put together walks packed with historical & cultural tidbits. Open a copy of the Starting Point or visit the AVA website at www.ava.org. Pick a state - any state - your adventure awaits!



Tubac, Arizona





Lake Junaluska

Groups at Play



Lake Junaluska



Brevard



Lake Junaluska

Bundle Up for an Afternoon at Biltmore

On Saturday Feb 25th, 2017 we will be doing the Biltmore Estate walk. Both 5 and 10 Km distances will be offered. We will do an afternoon walk and will be meeting at the Visitor Reception and Ticketing Center at 12:15 PM to sign in. The walk itself will began at 1:00 PM in front of the house. For planning purposes the 10K takes about 2 1/2 to 3 hours and is rated 3C. You must have an annual pass or a ticket to participate. If you need a guest pass and haven't already made some arrangements, please let Jon Whiteside (tjwhites@hotmail.com) know and he'll try to arrange for one. We should have several free passes available. So please join us for a great walk in a most beautiful setting.

Arrive early or stay late for dining at the Stable Café, located in the old stables attached to Biltmore House. The Café opens at 11am and service is fast and the food is good. Restaurants are also available at Antler Hill. See the Biltmore website for more details. <http://www.biltmore.com/visit/things-to-do/dining>

COME SEE THE REVIVAL OF HILTON HEAD ISLAND AND INCLUDE BLUFFTON, PINCKNEY ISLAND AND BEAUFORT ALONG THE WAY

The last time the Amblers visited the Low Country for a walking weekend was 1 week before Hurricane Matthew struck Hilton Head Island with 75-80 MPH winds. As of Jan 4th, 1,521,481 cubic yards of tree debris have been removed from Hilton Head Island alone. They estimate we will have to remove 3,000,000 cubic yards from the area and it will take 12 months total.

The good news is we are back in business with safe trails and a somewhat altered landscape to enjoy. The beach renourishment project is complete and we have a lovely, flat, hard surface to walk on. March brings azaleas and whippoorwills to our area with temperatures of 50 degrees in the morning and 65-70 degrees in the afternoon.

Friday, March 10th at 2:00 PM 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, cameras, closed shoes (red ants off trail), bug spray and your Audubon app. There are no rest rooms in the preserve and no dogs allowed.

Saturday, March 11th at 9:30 AM we will step off on the beach of Hilton Head Island with a 5K or 10K walk. Low tide is 1:20 PM so we will have a wide smooth walk with pelicans and dolphins. The walk continues on wide paths and boardwalks to the Rose Compass Park honoring Charles Fraser, the developer of Sea Pines and the tone for the island. We travel on past Coligny Plaza with interesting shops and finish up back on the beach.

Saturday, March 11th at 2:30 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.

Sunday, March 12th at 10:00 AM 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 prior to traveling home.

The Holiday Inn Express, 35 Bluffton Rd., Bluffton, SC, has given us reduced rates for Friday, March 10th through Sunday, March 12th. A king room is \$94.00 per night and a 2 queen room is \$99.00 per night. Call 843-757-2002 and tell them you are with "AVA walking tours" and make your reservation today. The rates will be held until February 17, 2017.

On Friday night at 6:00 PM we can get together at Katie O'Donald's for a casual dinner. Katie's is basically next door to the Holiday Inn Express and a good place to relax with friends. Here is the link to their website for a menu. <http://www.katieodonalds.com/>

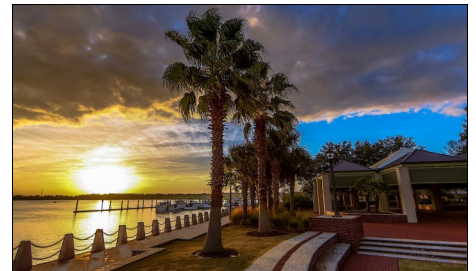
On Saturday for lunch after the walk we are suggesting Flatbread Grill and Bar. It is to your right as you come off the beach at the end of the walk. They have pizza, sandwiches, and salads with the beverage of your choice to wash the sand from your throat. Here is the link to their website for a menu. <http://flatbreadgrillhhi.com/>

On Saturday night at 6:00 PM we are suggesting the Bluffton Seafood House. It has been a hit in the past because it is locally owned establishment and serves many low country dishes. Here is the link to their website for a menu. <http://blufftonoyster.com/our-restaurant/>

The box for Hilton Head, Bluffton, and Pinckney Island walks is kept at the Holiday Inn Express and we drive to the start points. The box will be kept there at all times so if you 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.

Plan your spring getaway weekend today. You may want to continue with a walk in Savannah as they will be getting ready for their St. Patrick's Day celebration and the fountains will be "greened". **Join us in The Low Country!**



News From Other Clubs

UPSTATE PATHFINDERS

864-505-5051 or 704-359-7015

www.upstatepathfinders.com

Date: Feb. 5th

Event: Paris Mountain State Park 5/10K

Registration Time: 10:00am

Start Time: 10:30am

Additional Notes: Start Point: Piedmont Park Fire Department, 2119 State Park Road, Greenville, SC 29609

Date: Feb. 19th

Event: Clemson University 5/10K

Registration Time: 10:00am

Start Time: 10:30am

Additional Notes: Start Point: Clemson fire Department, 1521 Perimeter Rd, Clemson SC 29634

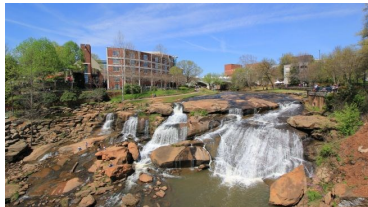
Date: Mar. 19th

Event: Greenville City Parks 5/10K

Registration Time: 10:00am

Start Time: 10:30am

Additional Notes: Start Point: Starbucks, 550 S. Main St., Greenville SC29601



THE METROLINA WALKERS invite you to walk beautiful downtown Albemarle on Saturday, March 4, 2017

The walk is in Stanly County. Registration will start at 9:00am and end at noon. Start point is in the Charles Cannon Memorial YMCA Park, across the street from the Stanley County YMCA. The route is still under construction so stay tuned for more information. Hope you can join us, rain or shine....hopefully shine!

Contact: Joan Melville 704-564-1013
melville@bellsouth.net

Directions:

From the West: Take NC-27 E toward Albemarle. Take the US 52 Business N exit toward Second St. and turn left. When Second St veers to the right, stay to the left. You are now on South First St. Stay on this road until you come to the Charles Cannon Memorial YMCA Park on the right. Parking is across Glenn St at the (soon-to-be) Adult Day Care Center.

TRIANGLE TRAILBLAZERS Saturday, Feb. 18, at 10 a.m. Raleigh North Hills walk. This is an 11k walk, rated 2B for some hilly areas, through an attractive, wooded residential area. Walkers will see a mix of building periods, well-maintained ranches built in the 1960s and 4000+ square-foot homes now being built. Also includes popular sections of greenway trail along Crabtree Creek. The walk qualifies for a variety of special programs.

Start point: REI, 4291 The Circle at North Hills, Raleigh. Please come 15 minutes early for registration.

FLORIDA REGULAR EVENT	Presidents' Day Weekend
When	February 17-20, 2017
Where	Panama City Beach FL
Start/Finish Location	Hampton Inn, 13505 East Panama City Beach Parkway
Host Clubs	Emerald Coast Volkssport Club and Pensacola Volkssport Club
Point of Contact	DJ Moore @ dj.tyc1949@gmail.com , 850-628-4016, or Annette Baisden @ annette.baisden@hotmail.com
Schedule	Friday afternoon, 1st walk at St Andrews State Park, Friday evening social at host hotel, Saturday a.m. Walk Watercolor, Saturday p.m. Walk Rosemary Beach, Sunday a.m. Walk Conservation Park, Sunday p.m. Walk Pier Park, Monday a.m. Walk Grayton Beach State Park YRE.

Other Events in the Carolinas & Tennessee

2/4 Cornelius (new) 10AM MW

2/5 Paris Mnt State Pk 10:30 UP

2/11 Mocksville 10AM RR

2/18 Raleigh North 10AM TT
See article

2/18 Greensboro 10AM WW

2/19 Clemson Univ. 10:30 UP

2/25 Dan Nicholas Pk 10AM RR

3/4 Stanly Co. Albemarle MW
See article

3/11 Concord 10AM RR

3/11 Historic Durham 9AM TT
3/11 Duke University 1AM TT

3/19 Greenville City Pk 10:30 UP

3/25 Hickory 2PM 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

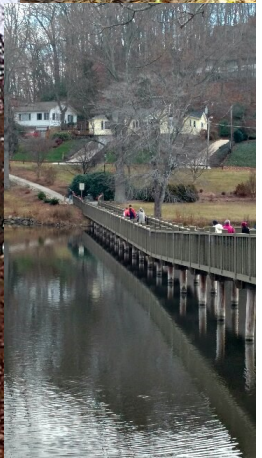
Upstate Pathfinders
864-505-5051
www.upstatepathfinders.com

Editor's Note:

Club/Group Walks are usually held at YRE locations and are open to all.

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

AMBLERS IN ACTION near and far!



**ASHEVILLE AMBLERS MEMBERSHIP
APPLICATION**

Membership Renewal for 2017

MEMBER NAME (S)

ADDRESS

TELEPHONE

E-MAIL

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

Your active participation is important to the Amblers.

Please circle at least one area of interest:

Checkpoints

Publicity

Service Food

Registration

Mailings

Telephoning

Trailblazing

Awards

Newsletter/Website/Facebook

Please make check payable to:

**Asheville Amblers
85 Tunnel Road, Ste 12A—262
Asheville, NC 28805**

IS THIS YOUR LAST NEWSLETTER?

**Renew your membership today to assure you
keep up to date with Ambler News!**

ASHEVILLE AMBLERS

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Asheville, NC 28805

