

Asheville Amblers

April/May
2016



Volume 20, Issue 2

Oh The Places You'll Go Part 2

By Holly and Terry Reiling—

So, where have the Reilings been in 2015? You can be sure that each road trip was developed with stops at YREs along the way or at the destination. Let's peek at some of our favorites,

January & February Off to Amelia Island & Clearwater, FL, via Beaufort, SC, - an Amblers YRE, we walk under centuries old, moss-draped live oak trees, with trunks that know no boundaries, easily stretching across roads and yards. Lavish historic homes attest to over 300 years of the area's rich heritage. Small plots of land acquired by the city afford stunning views across the intracoastal waterway.

On Amelia Island, early birds watch the sun rise over the Atlantic Ocean, then can choose from 4 YREs - American Beach, Fernandina Beach, Fort Clinch State Park, or The Light House. No matter the walk, strolling along the beach, watching a variety of birds diving for fish or strutting along the sand, and listening to steady rhythms of the waves are mesmerizing. We walk through local neighborhoods where folks are so friendly, they greet us with warm hellos. Catch a sunset along the river while on the Old Town walk, which incorporates historic neighborhoods and fishing piers. Egan's Creek Greenway gives an opportunity to explore yet another coastal habitat. Boardwalks lead out into the intracoastal waterway, with secluded islands harboring a variety of wildlife.

Next stops are Venice & Sarasota. We walk through old Venice and along Venice beach, popular with hunters of shark's teeth. More than a circus town, Sarasota abounds with beautiful bay front homes, art museums and other cultural gems. The walk at Lido Key showcases more sugar sand beaches, sparkling gulf waters, and lovely homes.

More YREs await in the Clearwater area. In Tarpon Springs, Sponge Capital of the world, we learn much about this still active trade, along with eating probably the best Greek food in the southeast region. The downtown area is on the National Register of Historic Places, which seems to be a common theme for many YREs. Dunedin, with Scottish roots, is one of the oldest towns on the west coast of FL. It has a quaint downtown, delicious homemade ice cream, and great views over the gulf. The Largo-Belleaire walk is along the Pinellas Trail, a paved rails to trails route, before we head into neighborhoods with beautiful views and views of the bay and barrier islands.



President's Corner

Welcome to Spring!

There is no denying that Spring is here. We have had early evidence on recent walks at lower elevations in both North and South Carolina, but there is plenty of beauty right here. Spring should be well along by our weekend walks in Charleston and at Magnolia Gardens in early April - be sure to bring a camera. It should also be beautiful for our Traditional Event later in the month in Tallulah Gorge in northern Georgia. May's schedule offers more beauty and variety, with an Arboretum walk, a Swamp Rabbit Trail bike ride, and a combined walk and group boat ride at Lake Lure. There will be lots to do, and we hope you will make plans to do all of these if you can.

Our walks have been reasonably well attended, but our meetings have not. As a Board, we are concerned, and hope to come up with ways of turning this around with your help. Be thinking of what you think needs changing, and we will try to give you an opportunity to be heard. We can continue to be a strong club if we do it together.

Incredible thanks go to Michelle O'Brien for the awesome job she's done as Secretary for the Amblers. She will be missed but promised to join us when she's in town.

Perry Rawson

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

Perry Rawson
828-698-6760

Vice-President

Jim Walters
828-625-9456

Secretary (interim)

Malory Presley

Treasurer

Allen Michele

POC Coordinator

Suzie Whiteside

Traditional Events

Coordinator

Judy Michele

Membership

Jon Whiteside

Webmaster

Diana Walton

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
ashevilleamblers.com

Welcome New Members

A big Ambler Welcome goes to
Marjorie Campbell
Pat Moeller
Judy Schuster

We're glad to have you with us!

Pictures by: Perry Rawson, Malory Presley, Mary June, Jon Whiteside

Congrats!

Ambler Achievements

Cyndie Estes 50 Events
Joretta Corpening 125 Events
Teresa Buckner 225 Events
Craig Beam 325 Events
Debbie Beam 350 Events
Terry Reiling 850/900 Events—12000 KM
Ralph and Sandra Barnes 1200 Events
Frank Sargent 1200 Events
Holly Reiling 1400/1450 Events—22000 KM
Dennis Michele 23000 KM

Car Pool Fees

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**

Charleston

We are scheduled to do club walks in Charleston, SC 8-10 April (Apr 8 travel, Apr 9 Charleston Historic and Ravenal Bridge Walks, Apr 10 Magnolia Plantation an back home). April is the beginning of "in season" rates so best be planning and getting reservations as soon as possible. Prices run the full gamut (mostly high) depending on what you want and where its located. Bob Crosby did a lot of looking and, from his choices, we chose the Best Western, 259 McGrath Darby Blvd, Mount Pleasant for \$133 per night plus taxes. Mount Pleasant is close to both our Charleston and Ravenal

Bridge walks. There are cheaper places in North Charleston but you have a fairly long commute. Whatever you choose, get your reservations in early.

The flowers should be in full bloom when we are there. More details on the activities will be coming out later.



Amblers Upcoming Events

	<u>EVENTS</u>	<u>TIME</u>	<u>WALK LEADERS</u>
4/9—10/16	Charleston, SC (2) and Magnolia Gardens	TBA	Bob Crosby/Dennis Michelle
4/23/16	Tallulah Gorge, GA	9AM-1PM	Judy Michelle and Friends
5/7/16	Asheville Arboretum	10AM	Charlie Hess
5/12/16	Swamp Rabbit Bike Trail	10AM	Charlie Hess/Perry Rawson
5/21/16	Lake Lure Walk and Boat Ride	9:30AM	Jim Walters

See You At Tallulah Gorge

Don't miss this walk. Just for us (and anybody else who is in the park) – on April 23, this Georgia State Park is having an 'aesthetic water release' – that means the water going over the dam will be increased five-fold or more. Our walk along the rim of the Gorge (5 and 10 Km) includes great views of the dam, the Tallulah River and multiple waterfalls on the floor. I can't wait to see it with all that water. The Terrors Beach loop (10 Km only) will be a quieter walk in the woods highlighting the local history of the Short Line Railroad connecting Atlanta and Athens, GA with western North Carolina as well as waterpower generation.

We have rented the pavilion, so treat yourself to an Ambler Brat/Hot Dog Platter and chat with other walkers with the oompah music in the background before or after the walk.

I do hope you have downloaded the Tallulah brochure with all the details. If not, go to www.ashevilleamblers.com and do it now. Then watch for the work list to come to your email. We still need help to make this a spectacular day of fun, fitness and friendship.

Have questions, concerns, need more info? Contact me at jumianc@aol.com or 828-628-4343.

Judy Michele, POC (Point of Contact), Tallulah Gorge State Park Traditional Event.



An Ambler Amble—A Walk in the N.C. Arboretum

Come join the Amblers for a fun day at the North Carolina Arboretum. This year we're walking in reverse...no..not backwards! We're switching the direction so you see things from a different perspective. We expect many flowers to be in bloom. This walk offers 5 and 10 km events with a rating of 3B. Restrooms are available on site and well behaved pets are welcome.

Remember there is a entrance fee of \$12 per carload so you'll want to make carpool arrangements if possible. Lunch and gift shops are available on the property.

Direstions to the Start Point: North Carolina Arboretum—Baker Exhibit Center—100 Frederick Law Olmsted Way, Asheville 28806. 828-665-2492.

From I-26 take exit 33. Follow NC-191 South approx 3 miles. Right at the light for the Blue Ridge Parkway. Turn right at Arboretum entrance gate.

From Blue Ridge Parkway, exit for NC 191 at Mile Marker 393. Turn left to Arboretum on exit ramp.

Groups at Play



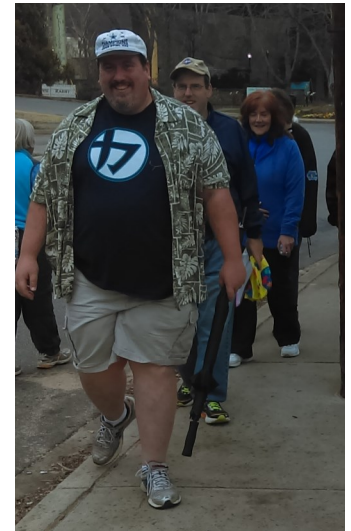
BILTMORE



BILTMORE 10K



GREENVILLE

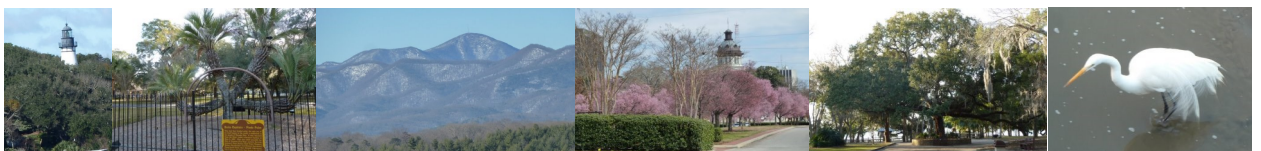


Swamp Rabbit Bike Trail

On Thursday, May 12, we have scheduled our annual Amblers Spring Bike Event on the Swamp Rabbit Trail from Travelers Rest to Greenville, SC. The ride is about 20 miles round trip and takes about 3 hours at a leisurely pace. It can be done more quickly, and there are turn around options without going the full distance. John Hammond can not lead the ride this year, but Charlie Hess has agreed to do that.

We will register in the field behind the Sunrift Adventures at 1 Center Street, starting at 9:30, and start the ride as soon as we can after 10:00 am. We can not start earlier, as the shop does not open until 10:00, and some of us need to rent bikes.

Please notify Perry Rawson at hchs59@gmail.com if you plan to ride and need to rent a bike. I want to be sure the shop has enough set aside for us. Hope to see you on the trail on May 7. Also be sure to bring water, as it may be a warm day. Perry Rawson



Lake Lure Walk and Boat Ride

Saturday, 21 May promises to be a special, memorable day for Amblers who are able to venture to Lake Lure for the Annual Group Walk, which will "step-off" from the Start Point at The 1927 Lake Lure Inn and Spa at 9:30AM.

Every effort will be made to continue the streak of "picture perfect" days for our Lake Lure walks. Both the five and ten kilometer walk options will be available.

As an added incentive to visit Lake Lure on that picture perfect Saturday, a Boat Tour of the Lake has been reserved for Amblers who wish to take the opportunity to enjoy the lake from a different and beautiful perspective. The price for the tour is still being negotiated, but will be no more than \$15 or \$13 for seniors older than 62. This promises to be another exciting adventure in Western North Carolina for Active Am-

blers.

The boat tour - depending on the number of people who register for it - will leave as close to 12noon as possible, and takes about one hour of embarking, touring and debarking time.

Amblers will then be able to enjoy lunch at their leisure at any of the many Lake Lure or Chimney Rock restaurants or grills which are open.

Please indicate your desire to participate in the Boat Tour by contacting Jim Walters via e-mail at jandjwalters@gmail.com or by telephone at (828) 625-9456."



News From Other Clubs

Sponsor: Virginia Volkssport Association (AVA-VA)
Start Point: Days Inn, 921 West Atlantic Street, Emporia VA. Registration will be at the hotel for all four walks. You will have to drive from 2 to 62 miles to the starting point for each walk. After you finish the walk(s), you will need to drive back to the registration point to get your books stamped and to turn in your start card.

Start Time: Start time is from 8 am to 4 pm Saturday and Sunday. Finish will close at 4 pm on Saturday and Sunday. You must finish no later than 3 pm on Monday, May 30.

Distances: 5/10 kilometers for all events.

Eligibility: All are welcome. Everyone must register and sign the insurance waiver at the start, fill out and carry a start card and turn it in upon completing the walk. Children under 12 must be accompanied by an adult.

Fees: There is no charge to participate. The fee for IVV credit is \$3.00 per event. There is no pre-registration for the events. There will be no refund of any monies paid.

Conditions: These events will be held regardless of most weather conditions, except in the event of a local, state or national emergency. Restrooms will be available at the starting point for each walk, but not along all the trails. Carry water regardless of weather conditions. IVV Books and New Walker packets will be available for sale at all events. Except for Mecklenburg County, the trails are suitable for wheelchairs and strollers. Pets are welcome on the trail, but not in the start points.

Refreshments: Water and candy will be available at the start/finish. There will be no water available on the trails. There are restaurants available along the city trails.

Point of Contact: Annette Tollett, 3 Delmont Court, Hampton VA. Email: ahtollett3@gmail.com. Telephone: (757) 814-1417. More information about volksmarching and location of events is available at www2.ava.org.

Special Room Rates: The Days Inn is offering a special room rate. A single or a double room will be \$58.09, including tax. This includes a continental breakfast. You can call for reservations at (434)634-9481.

Emporia, VA

You will be walking along sidewalks and shoulders of roads in the City of Emporia, Virginia. You will drive approximately two miles to the start of the walk. Trail rating: 1A.

Qualifies for AVA Special Programs: Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking with the Trees, United States Post Offices, Walk the USA - Street by Street (DE, FL, MA, MD, ME, MS, NC, NH, NY, OH, TN, TX, VA, VT, WI), Water Towers, You'll Never Walk Alone. Also, qualifies for Virginia Cities program.

Greensville County, VA

This walk will be on shoulders of road in Greensville County. You will have to drive approximately 2-1/4 miles to the start of the walk. Trail rating: 1A.

Qualifies for AVA Special Programs: National Register of Historic Places, Points of Reference, Walk the USA - Street by Street (VA, VT), You'll Never Walk Alone. Also, qualifies for Virginia Counties program.

Brunswick County (Tobacco Heritage Trail)

The walk will be on sidewalks and shoulders of road in Lawrenceville. It will also include a portion of the Tobacco Heritage Trail. Trail rating: 1B.

Qualifies for AVA Special Programs: Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, United States Post Offices, Walk the USA - Street by Street (MD, VA, WI). Also, qualifies for the Virginia Counties program.

Other Events in the Carolinas & Tennessee

4/2 Chapel Hill 9am TT
4/9 Wilmington 10am RR
4/9 Southport 2pm RR
4/9 Charlotte 10am MW
4/10 Myrtle Beach 10am RR
4/16 Salem Lake 10am WW
4/30 High Point City 9am WW

5/7 Kannapolis 9am RR
5/7 Wilson 9am TT
5/14 Greensboro Park 9am WW
5/28 Memorial Day Weekend
5/28 Davidson 9am MW

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
readyssetwalk10@gmail.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 Renewal for 2016

MEMBERSHIP RENEWAL DUES ARE now past due!

If there are no changes to address, email or phone
just enter your name(s) and check here _____

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

ASHEVILLE AMBLERS

Editor - Malory Presley
85 Tunnel Road, Ste. 12A-262
Asheville, NC 28805

