

Asheville Amblers

Aug/Sept
2016



Volume 20, Issue 4

Something New—Something Different!

On July 13th, the Amblers held their first meeting under the leadership of recently elected President, Robert Cooper. Part of his new focus is to create a more social atmosphere for Amblers to enjoy fine dining and good friends during club meetings.. Vice President Terry Reiling is busy scoping out new epicurean delights.

Our July meeting was held at Ruffino's Italian Grill at 1636 Hendersonville Road. The ambiance was pleasant and unique, seating was convenient for easy conversation and the food was excellent. We shall return!

For something entirely different, our September meeting will be a pot-luck held in the clubhouse at the Cloisters Condos located at 2706 Vineyard Blvd, (off Fairway Drive) in East Asheville. Here's your chance to show off your favorite pot-luck dish. Please contact Robert at revrcooper@aol.com or Malory at mpresley72@hotmail.com and let us know what you'd like to bring. The club will provide drinks, plates and silverware.

We are looking for suggestions for fun and delicious places to meet. Do you have a favorite restaurant that could accommodate a group? So far we've had suggestions of Cheddars and O'Charley's. Let us know of others.

Plan on joining us for meetings. In addition to receiving the most up to date info on club activities, you'll have a good time meeting fellow Amblers and enjoying a good meal. Hope to see you in September!

Hendersonville Bears in Action!



President's Corner

It is with great humility I begin my term as president of the Asheville Amblers. Our Club has a heritage of extremely capable officers. I hope to live up to the standard they have set. In particular, I would like to applaud the tenures of Perry Rawson and Jim Walters. Thanks to the both of them for service well-rendered.

The Amblers have a great schedule of events coming up the rest of the year. I look forward to all the walks, but especially to the BBQ Picnic following the Brevard Estate walk, to my first-ever trip to Hilton Head for the walks down there, and to the FENCE Regular Event. Elsewhere in this newsletter, you will want to read about those three events, plus the August and September club walks.

In June, the new club officers met for a follow-up to the discussions on meetings and publicity from the May monthly meeting. We came to a few decisions which I announced at the July monthly meeting. In short, we will be doing a little experimenting with our monthly meetings in the coming year. Please make generous use of the "suggestion box" to help us evaluate what you think; you will help decide whether or not to try each idea again. Most of all, AVA walking clubs are about "Fun, Fitness, and Friendship." It is our hope you experience all three. Just a reminder: as is our tradition, there will not be an August monthly meeting. The September 13th monthly meeting will be a pot luck at the Cloisters Condominiums. We hope to have the 2017 calendar of club walks and Regular Events to distribute.

I look forward to talking with each of you at all of our upcoming events. Keep on walking!

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 Coope
828-627-9834

Vice-President

Terry Reiling
828-782-8433

Secretary

Malory Presley

Treasurer

Allen Michele

POC Coordinator

Suzie Whiteside

Traditional Events

Coordinator

Judy Michele

Membership

Jon Whiteside

Webmaster

Cathy Crosby

News/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!

A big Ambler Welcome goes to:

Gerri Gurbuz
Barbara Mueller
Deborah Darling

We're glad to have you with us!

Pictures by: Suzie Whiteside, Malory Presley, Jon Whiteside, Robert Cooper

Congrats!

Ambler Achievements

Suzie Whiteside 50 and 75 events
Jon Whiteside 75 events
Terry Reiling 950 events
JoAnn Doleman 1250 events
Holly Reiling 1500 events
Jon/Suzie Whiteside 500 KM
Allen Michele 4000 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**

Amble Asheville at 8am August 6—Oh My!

Join us on August 6th for the Asheville City Walk. Both the 5k and the 11k routes will take us through beautiful Riverside Cemetery and a good chunk of charming and historic Montford. The 11k includes the Botanical Garden at UNCA and then proceeds to the downtown attractions via the Reed Creek Greenway. The 5k also does a stretch of the greenway on it's way back to the start point at the Visitors Center.

Downtown attractions on the 11k include the Thomas Wolfe House, Vance Monument, Art Deco architecture, Grove Arcade, and the Basilica of St. Lawrence, to name a few.

We'll get an early start at 8 AM in order to enjoy the morning coolness. Registration will start at 7:30 at the Visitors Center on Montford Ave.

The center will not be open at that time for use of the restrooms but will be open by the time the 5k walk finishes. For the 11k there will be other opportunities along the way to find a restroom.

Grab your morning coffee and come join us for a fun and interesting exploration of Asheville. Enjoy the city and check out the interesting shops and try out one of the many and varied lunch spots.

Amblers Upcoming Events

	<u>EVENTS</u>	<u>TIME</u>	<u>WALK LEADERS</u>
7/23/16	Brevard-Estatoe Trl BBQ Picnic	9:00AM	Perry Rawson/Jim Walters
8/6/16	Asheville City	8:00AM	Kathy Rice/Jon and Suzie Whiteside
8/20/16	Hendersonville Carl Sandburg Rte	8:00AM	Perry Rawson
9/3/16	Asheville Arboretum	9:00AM	Charlie Hess
9/17/16	Brevard City	9:00AM	Perry Rawson/Charlie Hess

TAKE A LONG WEEKEND AND VISIT LEXINGTON, VA

By Holly and Terry Reiling

Family reunion or HS reunion, graduation ceremony or birthday celebration, vacation or holiday outing, road trip or a day trip - no matter the reason nor the destination, there is sure to be a walk (year round event) laid out nearby, calling to you with its historical tidbits, interesting architecture, blooming gardens and landscapes, quaint shops, cafes and more!

Heading north, a scenic drive into Virginia along I-81 through the Shenandoah Valley leads to the charming town of Lexington, VA. Just a little more than 4 hours from Asheville, Lexington dates back to the 1780's. It is rich in Civil War history as well. The Union General David Hunter led a raid on Virginia Military Institute during the Civil War. Robert E. Lee and Stonewall Jackson are both buried here. In fact, Lexington has one of only 3 cemeteries existing in the US with fallen soldiers from every war. Lexington is the site of the only house Jackson ever owned; now open to the public as a museum. Cyrus McCormick invented the horse-drawn mechanical reaper at his family's farm in the area and a statue of McCormick is located on the Washington and Lee University campus, which sits alongside the Virginia Military Institute. The George C Marshall Museum is located here. Natural Bridge is nearby, just 15 miles away.

The walking trail covers the historic business and residential district of Lexington, Virginia Military Institute (VMI) and Washington and Lee University campuses. VMI continues the tradition of the first state military academy to educate the civilian soldier. George C Marshall, architect of the Marshall Plan that largely rebuilt Europe after the devastation of the second world war, and a Nobel Peace Prize recipient, graduated from VMI. Washington and Lee is the ninth oldest institution of higher learning in the United States and the second oldest in Virginia, founded in 1749. George Washington gifted a large endowment to the school; after the Civil War, Robert E. Lee served as its president until his death. The Lee family is buried on the grounds. Civil War signage along the entire route brought the significance of Lexington alive.

We passed churches established in the late 1700's and stately antebellum homes with manicured lawns. The route follows two miles of a natural surface trail along Woods Creek, meandering with numerous small cascades. This shaded forest was just steps away from downtown, leading us to an impressive VMI campus. Old cannons and parade grounds were ringed by iconic architecture and numerous outdoor fitness courses. Lexington has a charming & vibrant downtown with many enticing eateries, locally-owned shops and quaint B&B's, where we were delighted to find an artisanal ice cream shop with a wide selection of flavors.

The start for these engaging & informative 5/10K walks is at the Lexington Visitor Center, 102 E Washington. 540-463-3777. From I-81, take Exit 188 and follow Route 60 West to Lexington. Follow the signs to the Visitor Center. From I-64, Exit 55 and follow Route 11 South into Lexington. Follow signs to Visitor Center. Free public parking is available at the Visitor Center.



LEXINGTON, VIRGINIA





Lake Junaluska

Groups at Play



Black Mountain



Hendersonville



Lake Junaluska 5K

Carl Sandburg Farm is the Place to Be August 20th

Come, enjoy a late summer Amblers club walk in the shade of the Carl Sandburg Farm on Saturday, August 20. 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. After the tour of the farm, you will walk through the Village of Flat Rock with interesting shops and very good restaurants before returning to your car.

We will meet to register at the Alternate Start Point, the Holiday Inn Express, **meeting in the parking lot behind the inn** starting at 7:30 in order to drive to the farm and start walking about 8:00. Due to logistics, this is not a group led walk but you can gather and carpool from the hotel to the site.

Our early walk time in August is in the hope of avoiding excessive heat. **BRING WATER!!** 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 Holiday Inn Express is immediately behind McDonald's. Turn left at stop light at Commercial to Holiday Inn Express. We will car pool as needed and drive to the starting point from there.

Amble the Arboretum on September 3



Join us at the NC Arboretum on September 3rd to reconnect with nature in a serene setting. Between 65 acres of gardens and 10 miles of trails, not to mention outstanding exhibits, there is plenty to see and do. There will be both 5 and 10K walks. Sign up starts at 9am at the Baker Exhibit Center (restrooms available). The walks will start precisely at 9:30am.

After the walk take time for lunch in the Savory Thyme Café or stroll the grounds for five different exhibits including *Nature Connects*, *Art with Lego Bricks* by Sean Kenney. Fourteen sculptures comprised of over 370,000 Lego bricks are scattered throughout the grounds.

Also available is the Rocky Cove Railroad, a G-scale model train exhibit that demonstrates the coming of the railroad to Western North Carolina. It's located below the Grand Promenade.

Other exhibits, too numerous to list here, abound and will make for a full day if you choose.

Admission to the Arboretum is \$12 per carload so we suggest you meet up and carpool in. Look for carpool information as the walk nears.

Directions: From I-26, take Exit 33. Follow NC 191 south approx. three miles. Turn right at light onto ramp to Blue Ridge Parkway. Entrance is a right turn off ramp. From Blue Ridge Parkway, take exit for NC-191 at Mile Marker 393 and turn left into Arboretum. Go to the Baker Exhibit Center.

Fun at the Brevard City Walk September 17

Welcome to our walk in the city of Brevard on Saturday, September 17. Early fall should be a lovely time to enjoy its 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 is always a good chance of seeing a white squirrel.

We will start registration in front of the Food Lion Supermarket in the College Square mini-mall at 8:30 in order to start the walk as close as possible to 9:00. Charlie Hess will be taking care of registration, and will be doing it either at a table in front of the store or at his car nearby. Look for him. 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 many good lunch spots available within a short drive 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 smiling face and happy feet.



News From Other Clubs

WINSTON WANDERERS: Boone and Blowing Rock

Boone, 8/6: We will start at 9am at the Holiday Inn Express, 1943 Blowing Rock Rd (Hwy 321), in Boone.

Directions: From I-77 Exit 73 or Wilkesboro, follow US-421 to US-221/321/105. Turn left on US-221/105 Extension to US-221/321 South (Blowing Rock Rd). Continue on Blowing Rock Rd to the Holiday Inn Express, located on the left at 1943 Blowing Rock Rd.

Blowing Rock, 8/6: We will start at 1:30pm at the Bass Lake parking area, Hwy 221 South, in Blowing Rock.

Directions: From Boone, continue south on US-221/321 and turn right on Main St. At next traffic light bear left on Main St/Bus 321 to the Blowing Rock Market on the right, at 990 Main St. From the south, follow US-321 North (I-85 Exit 17 in Gastonia; I-40 Exit 123 in Hickory) to Blowing Rock and follow Bus 321/Main St through town to the start point on the left just past Blowing Rock Park, Blowing Rock Market at 990 Main St..

Unless registered earlier at the Holiday Inn Express in Boone. See following note.
NOTE: IF YOU JOIN US FOR BOTH WALKS YOU CAN REGISTER FOR BOTH WALKS AT THE HOLIDAY INN EXPRESS IN BOONE. YOU WILL NOT NEED TO STOP AT THE BLOWING ROCK MARKET TO REGISTER. AFTER LUNCH, YOU CAN DRIVE DIRECTLY TO BASS LAKE PARKING AREA OFF HWY 221 .

HEADING TO FLORIDA?

20-Aug Walk Lake Mary, FL (Annual meeting, RSVP lunch & walk) 6/10K - 1A Mid-Florida Milers Mike Lanpher (407) 695-9181

10-Sep Walk West Jacksonville Beach - Jacksonville Beach, FL 5/10K - 1A First Coast Trail Forgers Kristin Raasch (904) 563-6953

17-Sep Walk Minneola, FL 6/10K - 1A Mid-Florida Milers Mike Lanpher (407) 695-9181

17-Sep G Bike Minneola, FL 25K Mid-Florida Milers Walking Club Mike Lanpher (407) 695-9181

1-Oct 2-Oct Walk HW 25th Anniversary - Port Orange, FL 5/10K - 1A Happy Wanderers John McClellan (386) 256-2160

1-Oct 2-Oct G Bike HW 25th Anniversary - Port Orange, FL 13/26 K Happy Wanderers John McClellan (386) 256-2160

TRIANGLE TRAILBLAZERS: Seasonal Walks

From July 1 to Dec 31, you can take the 10KM, 1A city walk in the Edgecombe County town of Tarboro. Special programs for the walk include Food For Thought, Honoring Our Flag, Make a Wish in a Water Fountain, National Register of Historic Places, Points of Reference, U.S. Post Offices and Walk the USA Street By Street. If you see any more that you think should be added, let me know.

Tarboro is also in close proximity to two other eastern North Carolina walks: Rocky Mount and Wilson. Rocky Mount is a seasonal walk that runs to Sept. 30. Wilson is a year-round event. This is the first year that Rocky Mount and Tarboro have had walks since 2007 so this is a great opportunity to get caught up on the Tarheel 100 program.

To do Tarboro and/or Rocky Mount, you need to first contact Heather Majernik at 919-853-2345 or hmajernik@gmail.com. She will provide directions for the walk



Other Events in the Carolinas & Tennessee

8/6 Raleigh-Umstead Park
8AM TT

8/6 Boone 9AM/Blowing Rk
1:30PM WW

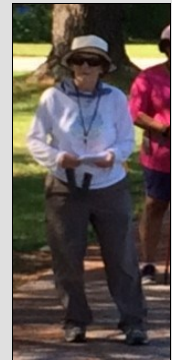
8/13 Mocksville 8AM RR

8/20 Burlington 8AM WW

9/3 Salisbury City 9AM RR

9/10 Rocky Mount 9AM TT

9/24 RE Lincolnton RR



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

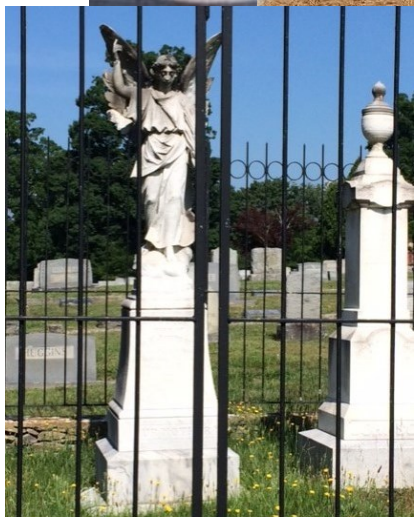
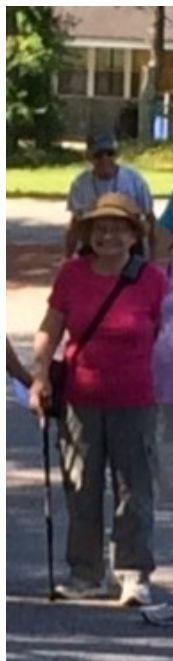
Editor's Note:

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.

WANDEROUS TIMES WITH WONDERFUL PEOPLE!

A M B L E R S



**ASHEVILLE AMBLERS MEMBERSHIP
APPLICATION**

Membership Application for 2016

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:

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