

Asheville Amblers

June/July
2017



Volume 21, Issue 3

Hello To The High Country Labor Day Weekend

Come join the Asheville Amblers for 4 glorious days of walks in the High Country (northeast corner) of North Carolina. The four events will be available September 1-4, 2017 (Labor Day Weekend). The walks will feature the cool, pristine environment of this area as well as the beginning of colors and bountiful wild flowers.

The walks in no particular order are West Jefferson in Ashe County which features a quaint town complete with a cheese factory and the home of the best ham in NC where they only produce a limited number and you have to order ahead to get one, plus some outstanding local eateries. You will also be able to take a short drive to view the frescos by Ben Long.

Next is Newland in Avery County, the highest county seat in the eastern US, with a greenway along the Toe River and an historic Courthouse, Museum and Train Depot. Walk includes a stroll through a working Christmas tree farm and a spectacular waterfall. Finish up with a quaint downtown and great restaurants.

Then we have Caldwell County with its charming foothills communities, greenways and thriving downtowns.

Lastly, you'll walk along the Blue Ridge parkway on the mountains to sea trail in Alleghany County with its delightful wooded areas, authentic mountain homestead, and fantastic views. You may even get to chase wild turkeys which abound in the area.

This is the High Country so all walks will be a minimum rating of 2. Surfaces will vary with the walk taken. There will be 5 and 10 KM options for all walks.

Hotel accommodations for Hello to the High Country 4 events Sep 1-4 is the Fairfield Inn and Suites, 2060 Blowing Rock Road, Boone, NC, 828-268-0677. This centrally located motel will be where you register for all events, site of the Meet And Greet Friday evening and the nearby location of the Saturday night dinner.

Rate is \$99 per night, which is a fantastic rate for this area during this time and includes full hot breakfast and free parking. To get reservations, call the front desk and ask for "Asheville Ambler Rate".

We have a limited number of rooms reserved and reservations must be received by Aug 3, 2017.



President's Corner

We belong to a remarkable club! Lots of people are thinking up ways to attract new members and to keep the interest of long-time members. Why, I walked up to the start/finish table at our recent Regular Event to find a group tossing around ideas. Sure, we can't use every idea; but we need lots of ideas to find the ones that will work for us.

Something you may not know is that as many members as we gained in 2016, our net growth was very little. We must do things that will double and triple the number of new members we are getting. Of course, the most important thing all of us can do is to tell others about the club and invite them to participate. Thanks for all your continuing efforts to grow our non-competitive sport.

For our June 13 meeting, we will have a guest speaker who will help us to know what shoes to wear for various trail ratings. Sneakers or walking shoes might do for a 1A walk, but when should a walker switch to hiking boots? What would be recommended for a 4C walk, such as the 11k walk we recently held at Warren Wilson? Join us at Copper River on Hendersonville Road for this special program.

Coming up on July 22 is our annual picnic. We will do the Morganton City walk. Judges BBQ will cater the picnic. See the article elsewhere in this newsletter for details on cost, menu, and reservation deadline.

There are lots of other exciting events happening later in 2017. The officers will be meeting to plan 2018 and to brainstorm possibilities for the future. You won't want to miss what's coming! 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

Webmaster

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 New Amblers

A big Ambler Welcome goes to:

Shea Kemerer
Sheryle Augustine
George Dahl
Nancy Kaczor

We're glad to have you!

Pictures: Perry Rawson,
Robert Cooper, Susan Stewart, Malory
Presley

Congrats!

Ambler Achievements

Juretta Corpening 150 Events
Robert Cooper 175 Events
Debbie Beam 375 Events
Craig Beam 450 Events
Holly Reiling 1600 Events
Eric Michele 500K
Craig Beam 4500K
Terry Reiling 14,000K

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

See the Sights in Asheville on July 8th

On July 8th 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 3A.

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 5 and 11K options will be available.

This is a beautiful walk and one you won't want to miss. See you there!



Amblers Upcoming Events

	<u>EVENTS</u>	<u>TIME</u>	<u>Publicity and Regist. Volunteers</u>
Thru 12/31/17	Seasonal Events: Dupont Forest (2 Walks)		Dennis & Judy Michele
6/10/17	Hendersonville City	9:00AM	Perry Rawson
6/22/17	Brevard Estatoe	9:00AM	Perry Rawson
7/8/17	Asheville City	8:00AM	Jon Whiteside
7/22/17	Morganton City with Club BBQ Lunch	9:00AM	Delores Mlotkowski
8/21/17 (MON)	Eclipse Walk: Franklin	1:00PM	Dennis & Judy Michele

Warren Wilson and French Broad Walks Wrap Up

Another very successful weekend for the Amblers! On Saturday, fifty one walkers answered the challenge at Warren Wilson - the majority of them choosing the 11K rated 4C, trekking over hill and dale, along the river, through the campus and then up to Broyles Ridge. The 5K walkers enjoyed a separate walk, strolling along Bull Creek, viewing the remnants of the old power station, then continuing around the White Pine Loop. Several walkers did choose the 16K option, completing both trails.

Sunday found sixty two walkers on the French Broad River Greenway. This series of parks provided easy trails with river views, a Dog Park and a velodrome whether 5K or 10K. Once again, we had walkers who selected the longer 15K option and continued along the river to the New Belgian Brewery.

A huge thank you to our workers who made these walks run smoothly: Dennis Michele, Holly and Terry Reiling, Jon and Suzie Whiteside, Malory Presley, Mary June, Pat Morell, Susan Stewart, Charlie Hess, Dolores Mlotkowski, Robert Cooper, Mary Lou Joyce, Nicole Shumate, Perry Rawson, Wendy Feinberg, Flo Byron, Pat Limeri, Doug and Sue Agor.

Judy Michelle



If your name is not on the worker list, We hope you will find another opportunity to assist the Amblers. We want and need all of you to be involved with our club.



See the New Batch of Bears in Hendersonville Saturday June 10!

Come, enjoy the city of Hendersonville on Saturday, June 10. Our attractive Main Street will sport a new crop of bears, and on Main St. and side streets are new banners featuring the work of local artists. On the walk, you will see a beautifully refurbished "Look Homeward Angel" statue in Oakdale Cemetery, and the route through Hyman Heights has been revised to be more attractive, passing the historic Killarney House. We will meet in front of the Visitors Center at 201 S. Main St. at 8:30 to start registration, and will start the walk as close to 9:00 as we can. The Visitors Center is not open until 10 am, so no restrooms are available at the start of the walk. If you need to make a stop, there are quite a few fast food restaurants along the way into town on US 64. You can enjoy the Visitors Center, use its restrooms, and read about interesting opportunities in town and the area after walking. The restrooms at the city pool in Patton Park on the long route are also open. There is a wide choice of places available for lunch after the walk within walking distance of the start/finish point, without needing to move your car. 5 and 10 km. walk routes are offered.

You don't need to wait until June 10 to enjoy the town, however. The large, annual Garden Jubilee will be held over Memorial Day weekend, and weekday evening musical events will be held on Main St. from late May through August. Read about them in the Visitors Center.

Directions: From I-26, take exit 49B onto US 64W. Travel approx. 2 miles into downtown, turn left onto Main St., then go 8 slow blocks, just past Allen, to the Visitors Center on the right. Park on the street, or in a large lot on the right just beyond the Visitors Center. Come, enjoy our walk!

Groups at Play



Montreat



Swamp Rabbit Trail



Women's Walk



Arboretum

Quest for Discovery on the Brevard Estate Trail

Come join the Amblers for their annual walk along the Davidson River, Saturday, June 24. This early summer 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 to turn around at a "swimming hole". If you think you may want to take time to swim, bring a suit and towel. There are restrooms nearby for changing. There is a short side trip to an amphitheater in the woods. We will start registration at 8:30 am outside the Pisgah Forest Bi-Lo, then drive to the Lowe's parking lot to begin the walk as close as possible to 9:00. 6 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. Registration will be at a table outside the right front of the store.

Take a Walk on the South Side—Furman University

By Holly Reiling

Looking for a change of pace, literally and geographically? Then our South Carolina walking club, The Upstate Pathfinders, have just the trail for you!

The Furman University Campus walk combines a section of the Swamp Rabbit Trail with Furman University. This year round route offers both 5 and 10 km options. The walk is in Traveler's Rest, the starting point for the Swamp Rabbit Trail & our year round bike route.

The walk begins on the Swamp Rabbit Trail at a historic train car. A bit of history: The Carolina, Knoxville & Western Railway was built from Greenville, SC to Marietta, GA in 1888. The line was extended to River Falls for a total of 23 miles, and then was abandoned in 1899 (one of the earlier abandonments on record!). The Greenville & Knoxville Railroad was formed to revive the line in 1907 and ran it until 1914. The company was reorganized as the Greenville & Western, and was then renamed the Greenville & Northern Railway in 1920. The line was cut back to Travelers Rest in the mid-1950s, but the section between Traveler's Rest and Cleveland was not officially abandoned until 1970. The old Greenville and Northern Railway has found new life as the Swamp Rabbit Trail.

After following a section of the Swamp Rabbit Trail, the walking route enters the woods of Furman University on the Furman University Walking Trail. According to its web site, Furman University is one of the nation's premier undergraduate liberal arts colleges. The campus is internationally recognized for its beauty and provides an inspiring haven for academic study and social life. This private university was founded in 1826. The 750-acre campus features an Asian garden, a rose garden, a replica of Henry David Thoreau's cabin, a Florentine bell tower, a spring-fed lake, 13 miles of paved trails through the woodlands for hiking and biking and an 18-hole golf course. The 10 km route also passes many of academic buildings, the student center, sports facilities and fields, an antebellum mansion, dormitories and student apartments.

The Furman University Campus walk is well laid out with easy to follow instructions and descriptions. Registration is a few miles from the start point at The Leopard Forest Coffeehouse Cafe. Directions to the start of the walk are provided with the walking instructions. The cafe is located at 27 South Main St in Travelers Rest, also on the Swamp Rabbit Trail, about a block away from the start of our bike route. The start box is located in a small lounge area near the restrooms. The staff at the coffeehouse are very friendly and helpful. You may want to sample their coffee, or even buy a bag to take home. The Leopard Forest Coffee Company began roasting coffee in Travelers Rest, SC in 2004. Beginning with fresh coffee from their farm in Zimbabwe, they have since expanded to include origins from all over the world, specifically Nicaragua, Brazil, Guatemala, Tanzania, and Colombia. They serve breakfast and lunch (hours are 7 AM-6 PM), with a tantalizing pastry case.

If you have not yet tried walks outside of our Ambler routes, may I suggest this lovely setting & stroll? Dip your toe in the water at Furman University & its lake!



Other Club News to Note!

UPSTATE PATHFINDERS

864-505-5051 or 704-359-7015

www.upstatepathfinders.com

Upstate walks are on Sundays!

Date: June 11th

Event: Camden, GA 5/10K

Registration Time: 8:00 am

Start Time: 8:30 am

Additional Notes: Start Point: Not listed. Contact Club for details.

Date: June 25th

Event: Greenville City Parks 5/10K

Registration Time: 8:00 am

Start Time: 8:30 am

Additional Notes: Start Point: Green Parking lot w/Green Caboose, 1653 Duncan Chapel Road, Greenville, SC 29609

Date: July 23rd

Event: Georgetown 5/10K

Registration Time: 8:00 am

Start Time: 8:30 am

Additional Notes: Start Point: Visitors' Center 531 Georgetown, SC 29440

Winston Wanderers:

High Point - Gibson Park - Piedmont Environmental Center, 6/3: 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.

Kernersville - Triad Park, 6/10: The group walk will start at 8am at Triad Park located at 9652 W Market St in Kernersville. 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 prior to the walk. **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 mile. At "T" intersection (W Market St), TURN LEFT and follow for 2.2 miles. Entrance to PARK ON RIGHT.

Winston-Salem - Salem Lake, 6/17: 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 5th 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.

Triangle Trailblazers—Lake Johnson

Please join the Triangle Trailblazers for a lake walk (12km, rated 2C) in Raleigh's Lake Johnson Park on Saturday, June 3 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 Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Lakes and Reservoirs, Points of Reference, State Capital, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees and You'll Never Walk Alone

Please arrive 15 minutes early to register. We'll be registering at one of the tables by the boat house.

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.

Other Events in the Carolinas

6/3-8 AVA Convention

6/3 Raleigh Lk Johnson 8AM TT

6/3 High Pt/Gibson Pk 8AM WW

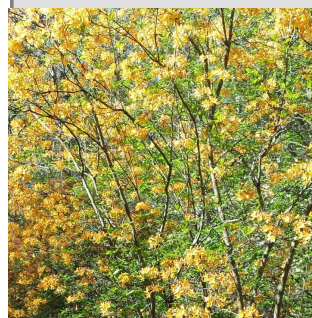
6/10 Kernersville/Triad Pk 8AM WW

6/17 Winston Salem/Salem Lk 8AM WW

6/24 Charlotte Uptown 9AM MW

7/15 Greensboro/Jaycee Pk 8AM WW

7/22 High Point Gibson Pk 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
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.

AVA In ACTION!



July 22—Discover Morganton and Nosh with the Club at Judges BBQ

Walk historic Morganton and feast your eyes on its magnificent backdrop of majestic mountains. You'll see many well-maintained homes and buildings listed on the national register of historic places built between 1840 and 1936. Architecture includes examples of Colonial Revival, American Craftsman/Bungalow and late Victorian. You can also glimpse a view of the tree used to hang Frankie Silver for the murder of her husband on July 12th, 1883.

July 22nd, 2017, the Asheville Amblers will walk in Morganton at 9:00 a.m. Rated 2A, you will have 11k and 13k options.

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.

The annual club picnic will be at Judge's picnic shed at 11:30 a.m. Cost (tip included) for club members will be \$10 and for non-members \$15. Club president Robert Cooper will accept your reservations through July 18. The menu will be BBQ pork, chicken quarters, green beans, white slaw, buns, hush puppies, banana pudding, tea, and water.

Our club is about Fun, Fitness, and Fellowship. Plan now to do all three on July 22 in Morganton.

**ASHEVILLE AMBLERS MEMBERSHIP
APPLICATION**

Membership Application for 2017

MEMBER NAME (S)

ADDRESS

TELEPHONE _____

E-MAIL _____

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

How did you find out about us?

Website ____ **Facebook** ____

Flier ____

Publication ____

Word of Mouth ____ **Other** ____

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

