

Asheville Amblers

October/November
2016



Volume 20, Issue 5

Why come to FENCE?

Foothills Equestrian Nature Center (FENCE) is a unique venue: a mix of nature conservation and horse country. Even as you approach the property you see neatly fenced rolling fields reminiscent of Kentucky. The Start Point is the summer home of Jack Kimberly (Kimberly-Clark Paper; think Kleenex). No Vanderbilt cottage; this is the kind of place where you sit on the porch with a glass of lemonade and wonder at the beauty of your surroundings. Stepping out on the trail, you are met with great diversity: scenic views, a wetland pond with a boardwalk for strolling and a gazebo for pondering: trail names like Mountain Laurel, Hardwoods and Pinewoods. The Steeplechase area evokes a different emotion. Elegantly dressed riders taking their horses through very structured routines. All this set against early fall colors.

Our FENCE walk is a Traditional Event; it is offered this weekend only and may never be repeated. Enjoying Brats and Potato Salad gives an opportunity to spend time with other Amblers and also to meet Volkssporters from other clubs. Working the Event (have you signed up yet?) is another way to get better acquainted with other walkers.

If you are concerned about time to walk plus time to work, you have several options. Come at 9AM and stay until 4:30PM. Come on Saturday and return on Sunday. FENCE is less than one hour drive from Asheville. Also look for Worker's Walks. These are guided walks of the trail offered to give you a chance to work the day of the event. Weather dependent, they will be announced with little notice. But, if you are flexible, you will enjoy this extra time and attention.

Download the brochure with lots of details at ashevilleamblers.com, traditional events, October 29-30. Still have questions. That's my job - giving info and answers; contact Judy at jumianc@aol.com or call 828-628-4343.

See you at FENCE.

Judy Michele—Traditional Events Coordinator

Ps:

Be sure to see the article in this newsletter about Cowpens, which is just down the road from FENCE.



President's Corner

In the last newsletter, we announced our September club meeting as a Pot Luck. A special Amblers thank you to Flo Byron for arranging for us to meet at The Cloisters. And a hearty thank you to everyone who brought dishes and helped in numerous other ways to produce a wonderfully successful event. We'll have to do this again.

Upcoming events include the 4 Hilton Head walks (actually, my first time to do those), a regular event at FENCE in Tryon, a seasonal event with our delightful walk at Cowpens, and an Adventure Weekend. Check elsewhere in this newsletter for further details on these and other events.

In my last column I mentioned some experimenting we would be doing. I hope you were at the September meeting to get the full report. Those experiments include purely social meetings to further our club friendships, publicity flyers, and getting word out about sanctioned walks club members are doing in addition to our Club Walks.

The October 11 meeting (at O'Charley's on Tunnel Road) will feature another experiment. We will have a guest speaker. Cassandra (Cassy) Scott is an Exercise Specialist at Mission Weight Management. She will be speaking on the topic of stretching before and after walks.

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

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Jon Whiteside

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Newsltr Editor

Malory Presley

Facebook Page

Cathy Crosby

Publicity

Mary Lou Joyce

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**

Welcome

A big Ambler Welcome goes to:

Amy Ross

We're glad to meet you!

Pictures by: Suzie Whiteside,
Malory Presley, Perry Rawson,
Robert Cooper, Mary June.

Congrats!

Ambler Achievements

Robert Cooper 100 Events
Delores Mlotkowski 4000K
Christine Gately 4500K

The AVA (our national parent organization) is promoting we use certain hashtags on social media. Some of these include #healthandwellness, #KeepAmericaWalking, and #motivationmonday.

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**

Don't forget Cowpens National Battlefield

In 2014, the Amblers had a very well-received Regular Event at Cowpens National Battlefield Park. Did you know that is right down the road from our FENCE event? We noticed; so we sanctioned the Cowpens walk as a Seasonal Event.

You can walk it any day between October 1 and December 31, 2016. And you can walk it anytime the Park is open. Just contact Judy at jumianc@aol.com or 828-628-4343. A little paperwork later and you will be all set to go. The battlefield loop is very informative for history lovers and newbies alike; who were the Over the Mountain men? How did the

militia figure into this Revolutionary War battle? Watch the movie first and learn what happened; then go out and see where it happened. The scenic nature loop is added for 10KM folks. Pack a picnic and enjoy another chance to enjoy fall colors and cooler temperatures.



Amblers Upcoming Events

| | <u>EVENTS</u> | <u>TIME</u> | <u>WALK LEADERS</u> |
|-------------|-----------------------------------|------------------|---|
| 9/30-10/2 | Hilton Head Weekend | Varies | See website for details |
| 10/15/16 | Waynesville | 10:00AM | Robert Cooper |
| 10/29/16 | Tryon (FENCE) Reg Event & Cowpens | Varies | Judy Michele See newsltr and website for details |
| 11/19-11/20 | Adventure Weekend | Info coming soon | Judy Michele |
| 12/3/16 | Lk. Junaluska/Christmas Lunch | Info coming soon | Robert Cooper/Terry Reiling |

THE THINGS YOU LEARN ABOUT CHARLOTTE, NC

By Holly and Terry Reiling

So, you think you know your hometown? Really? Let me tell you, even if born & raised there, I'll let you in on a little - well BIG - secret: you don't really know a place until you have been on a trail laid out by the local AVA walking club. Whether a traditional walk or a Year Round Event (YRE), the discoveries you make along the way will be simply amazing, as in - I never knew this was here or How did I miss this? or When did this happen?

Take a trip down the road to Charlotte. You will find much more than the airport, museums and NASCAR. Our adventure begins at the Childress-Klein YMCA at One Wachovia Center on College St. Directions from the Metrolina Walkers, Charlotte's local club, make it easy to find. I have to say that a YMCA in such an elegant bank building was just the start of our many discoveries.

At about the 2 km point we reach Thompson Park. Features of the park include a Vietnam veterans' memorial, a gazebo, and the historic St. Mary's Chapel. The Chapel was part of Thompson's Orphanage & is now a popular site for weddings. The Little Sugar Creek Greenway runs through Thompson Park. Next up is Central Piedmont Community College.

Heading Uptown, we pass the jail, old County Courthouse, and old City Hall. Charlotte has a Federal Reserve? Impressive! Across the street is the Carolina Hornets NBA arena. Did you know that for their very first game, played in Charlotte, the venue was packed with people in tuxedos and evening gowns? Yes, the arrival of pro sports in Charlotte was big.

Next discovery is the Square, the center of Uptown, with statues on each corner. We head toward the performing arts district. Must be with an outside concert at the Blumenthal Performing Arts Center. (Lucky us.) We look up at the Hearst Building - it is wider at the top than at the bottom. Next come the Mint Museum of Craft & Design, the Discovery Place Science Museum, the Main Library (a former Carnegie Museum) and Spirit Square (formerly a Baptist Church, now an arts center).

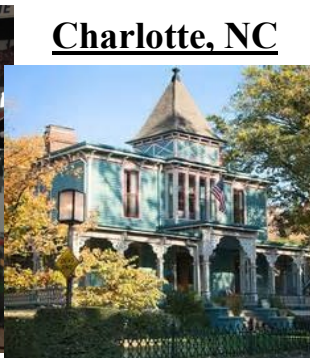
We wander into historic Fourth Ward, a Victorian neighborhood with tree lined streets, century old homes, and courtyard gardens. Settlers Cemetery is aptly named; it was the first municipal burial ground in Charlotte and contains the graves of many early settlers, with gravesites dating from 1776 through 1884. Fourth Ward Park provides a frame for the Uptown skyline.

We also stroll by Johnson & Wales University, where we must stop at the large "storefront" windows. Who knew JWU has a renowned baking & culinary institute? We watch as students whip up some pastry delights. But we are on the wrong side of the glass for samples.

Elmhurst Cemetery provides another peek into Charlotte's history. Opened in 1853, it also included a segregated African American section and Potter's Field (for paupers). The cemetery covers 100 acres, in the middle of an urban area. We then swing by the Convention Center before returning to the start.

Terry's favorite part of the walk? Walking past the NASCAR Hall of Fame Museum, with its many shiny race cars front & center along Glory Road, a 33 degree banked ramp.

So, you thought you knew Charlotte? Really? Head down the road and find out for yourself. The trails are mostly flat, on city sidewalks, trolley walkway and paved.

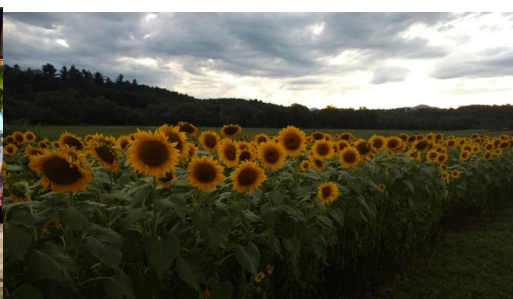


Groups at Play



Amblers at Antler Hill—Social Event

Join us at Antler Hill in Biltmore Estate on September 24th from 6pm—8:45pm with Flashback, and again on October 22nd, same time for the Bruce Lang Band. Bring your lawn chairs or blankets and spend an evening with other Amblers listening (and dancing if you wish) to great music. After 5pm, only one pass holder per car gets in a carload of people. Food and drinks available onsite. Come join the FUN! Don't have a pass...no problem. Give Malory a call at 828-335.6706 and we'll run a shuttle to pick you up at the Visitor's Center. Events are weather dependent.



Wandering Waynesville in the Fall

Our annual walk to take in the Fall **leaf** colors is once again in Waynesville on October 15. Other features of the walk this year are:

- an Apple Festival,
- a 1-time only modification in the walk to see new metal sculptures and (on the 10K route) a new historical marker,
- a brief stop in a coffee shop in Frog Level to see something on the deck apparently everybody missed last year, and
- a visit to an ice cream parlor (because Robert is still embarrassed the one at Lake Junaluska wasn't open).

Meet in front of Mast General Store, 63 N. Main Street, at 9:30 a.m. for registration and a 10:00 a.m. step-off. Both 5K and 10K groups will walk together for awhile, but before we get to the library we will let the 10Kers pull ahead.

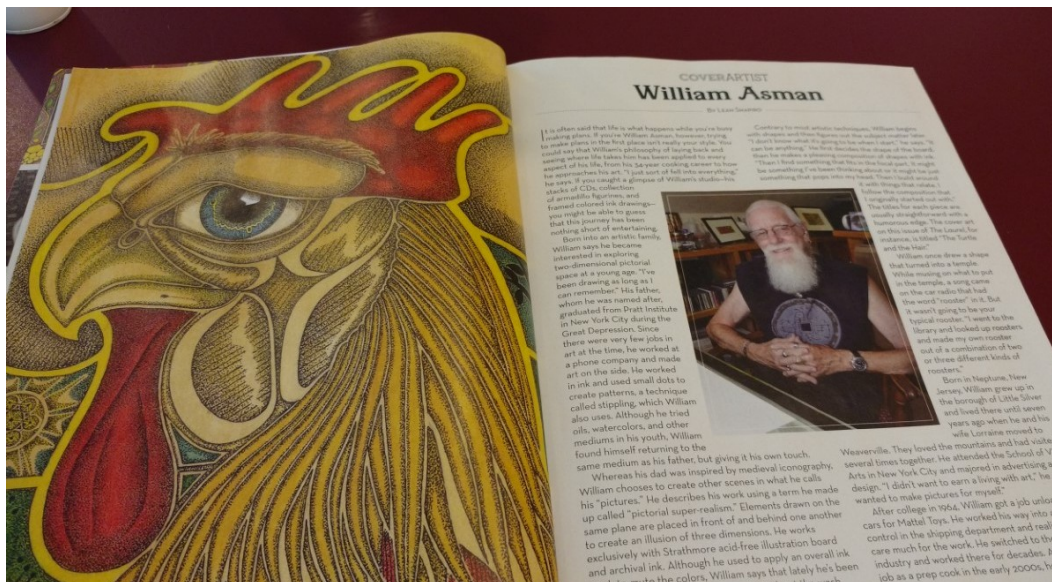
There are lots of places to eat following the walk, including the Apple Festival vendors and Malory's recommendation, Sweet Onion. You will also surely want to purchase some unique varieties of apples to take home with you, as well as delicious apple pastries and cakes.

Take I-40 West. Right on Exit 27 (Waynesville, Hwy 19, 23, 74) to Exit 102. Turn right on Hwy 276 (South) (Russ Ave. becomes Walnut St.). Continue to "T". Right on Main St. (still 276) to Mast General Store on right.

Anticipate that Main Street. will be blocked for the festival. Plan to park on one of the parallel streets to either side of Main Street or in the parking garage adjacent to the court house. (5th floor is Main Street level).

Ambler Kudos

Congratulations to Ambler William Asman who was featured both on the cover and with a great article in a recent edition of The Laurel of Asheville. William's article can be read in it's entirety here:
<http://thelaurelofasheville.com/arts/visual-arts/artist-william-asman/>



News From Other Clubs

WINSTON WANDERERS: Join the Winston Wanderers on **October 8th** for our Regular Event and walk in **Taylorsville, NC.** If you are walking the TARHEEL 100, this is a chance to walk **Alexander County.**

The **start point is the Matheson Park Shelter #6 located at 100 Matheson Park Rd, Taylorsville, NC.** The trail is rated 2+. It is on streets and sidewalks of the Brushy Mountains foothills town of Taylorsville, the county seat of Alexander County, in west-central NC.

Both 10K and 5K options will be available. Although this is a relatively easy walk it may be difficult for strollers and is not recommended for wheel chairs. We will start from 8am to 10am and finish by 12 noon. Restrooms/water will be available at Start/Finish point and at check points. The walk qualifies for Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Water Towers and United States Post Office. Credit walkers are \$3.00, everyone else is free. Donations are welcomed. Walkers may enjoy a post-walk visit to the nearby gem mining town of Hiddenite.

Directions to the start point at Matheson Park Shelter #6 in Taylorsville: From

Winston-Salem and points east and south:

Take I-40 W to Exit 148 (US-64/NC-90 Taylorsville/W. Statesville). At end of ramp, turn RIGHT to follow US-64 for 16.6 miles. Take Exit 254 (NC-16 Taylorsville) and turn RIGHT at the end of the ramp. After you pass Bojangles on the left, take the first street to the RIGHT (Matheson Park Ave) and follow for 0.2 miles. Look for signs.

From Hickory and points west: Take I-40 E to Exit 132 (NC-16 Taylorsville) and turn LEFT at end of ramp towards Taylorsville. Drive for 15 miles. After you pass Bojangles on the left take the first street to the RIGHT (Matheson Park Ave) and follow for 0.2 miles. Look for signs.

Note: Matheson Park Ave is noted on some maps and GPS units as 4th Ave SW and the "100" street number is not universally recognized. GPS coordinates at start point are N 35° 54.99', W 81° 10.440'.

Any questions contact Lloyd Tolbert at (276) 4038 or treb03@gmail.com.

POT LUCK RECIPE CORNER

Corn Pudding By Suzie Whiteside

1 can (regular size) kernel corn, well drained
1 can (regular size) creamed corn
1/2 cup butter, melted
2 eggs
1 cup sour cream
1 TB sugar, optional
1 box Jiffy Corn Muffin mix

Directions

In a 1 1/2 - 2 qrt baking dish (sprayed with cooking spray), mix both cans of corn. Add the melted butter and mix well.

In a separate bowl, beat eggs (with sugar if using). Add sour cream and mix well. Add muffin mix and incorporate well with egg mixture.

Then add egg/corn muffin mix to the corn in the baking dish. Mix until completely combined.

Bake in 350 oven 45 - 60 minutes. Check to make sure it is completely cooked by inserting knife in center.

Other Events in the Carolinas & Tennessee

10/1 Tarboro 10AM TT

10/8 Taylorsville RE See Article 8-10AM WW

10/22 Salisbury 10AM RR

11/5 Concord 10AM RR

11/5 Cary 10AM/
Prestonwood 1PM TT

11/6 SUN Salem Lake 2PM WW

11/12 Davidson 10AM MW

11/25 FRI Turkey Trot-Triad
Park Kernersville 1PM WW



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
readysetwalk10@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.



A special thank you goes out to Cathy Crosby of Charleston, SC, a member of the Amblers who has done a fabulous job to increase the public presentation of the Asheville Amblers by creating our Facebook page and doing a complete makeover of the Ambler website. The pages present the Amblers in a very professional and high caliber light. We wish you lived closer so we'd see you at more walks! You are incredibly dedicated to this organization and we appreciate you greatly!

SO GLAD WE'RE FRIENDS!

ASHEVILLE AMBLERS



**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)

Starting October 1, we will begin taking memberships for 2017. At that point, new members will have their membership extended through 2017.

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**

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