

Asheville Amblers

April/May
2020



Volume 24, Issue 2

Message From Our President

Wow! A little over a week ago I wrote my Presidents Corner article for the newsletter and as of yesterday it was totally obsolete, and I am now writing a second one. COVID-19 is upon us and things are changing daily, even hourly in some cases. As of yesterday, the AVA has directed that all Traditional Events between now and April 30th be postponed and recommended that club walks and meetings be cancelled or rescheduled (see separate article). On top of that NC has closed restaurants so there is no place to have our normal meeting even if we wanted to.

The immediate impact is 1) Charleston Weekend is cancelled. 2) Cardinals Walk at Clyde Elementary school was cancelled by the school which is now temporarily closed. 3) We have re-scheduled the Lake James/Catawba Traditional Event to Halloween weekend October 31—November 1. 4) It is likely that our April meeting will be cancelled. Beyond this everything is in a wait and see status.

The good news is that most of our YRE's will still be available and hopefully many of you will take advantage of them. Walking with a friend or two in the fresh air on a beautiful spring day is still a healthy thing to do. Most of our walks are not in crowded or close contact areas and suitable for keeping your "social separation". We will do our best to keep up on the status of Start Points, but please check in advance to be sure a given walk is available. For example, the Biltmore grounds are open but the Ticketing Center is closed, so you can not get to the walk box. Judges Restaurant, start point for the Morganton Greenway walk, is closed but the alternate start point may be available.

Since many of us are in the higher risk category, our first concern is everyone's health and safety. All we can do now is relax and go with the flow. If it is reasonably safe, we may have some ad hoc walks for those who are interested. We will try to get the word out on changes to our schedules as far in advance as we can. So be safe and we will get back together as soon as we can.



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.

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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

PO Box 18957

Asheville, NC 28814

Like us on facebook
ashevilleamblers.com

Welcome

A big Ambler Welcome goes to:

Carolyn Fialkow
Alice Hobbs
Pirkko Karjalainen
Mitch & Beverly Lubitz
We're glad you're here!

Achievements

Eric Michele – 200 Events
Teresa Buckner – 300 Events
Delores Mlotkowski – 350 Events
Dennis Michele – 2500 Events
Ralph Barnes – 19000 KM
Sandra Barnes – 19000 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 Don Colbath at robodoncolbath@gmail.com

CarPool Requests

Someday, when we get back to our normal, fun group walks, some of our group will want to carpool to our various walks and events. Carpooling is a fun way to get to know each other better, promotes friendship, and saves gas. But, carpooling only works when there are drivers willing to take riders. Yes, it can get a bit complicated if the drivers want to make stops while they are out, but our experience has been that riders are adaptable and are just glad to not have to drive themselves. Carpooling also provides the drivers with a little extra cash, as we ask riders to help pay for gas based on the number of round trip miles to a destination. Please consider being a driver and let your carpool coordinators know of your willingness to take a rider or two. And, riders, keep letting us know if you would like a ride, and we will do our best to get you one. We have a few spots around town where we have been able to get our drivers and riders together. If everyone can be a little flexible, we can have a successful carpool program.

The cost for riders is \$1.00 per 30 miles if the price of gas is below \$2.50 and \$1.00 per 25 miles if gas is higher than \$2.50.

Don and Sue Colbath

Amblers Upcoming Events

	<u>EVENTS</u>	<u>TIME</u>	<u>WALK LEADERS</u>
5/2/20	Asheville Arboretum	9:30a	Charlie Hess
5/16/20	Lake Lure	9:30a	Jim Walters

A Message From the AVA

Dear AVA Club Presidents and Officers,

The AVA Board of Directors unanimously agreed today to immediately suspend all AVA Traditional events through April 30th, 2020 and recommends all club related events to include group walks, meetings, social gatherings, etc. be postponed through April 30th, 2020. The Board of Directors will be monitoring this situation closely and updates will be given regularly as the situation develops.

The Board further recommends clubs listen and follow directions of State, Local and Federal authorities on local circumstances surrounding the COVID-19 virus.

See attachment for additional Guidelines or visit [coronavirus.gov](https://www.coronavirus.gov) for more information.

During this suspension period we recommend clubs postpone and not cancel events so they can be reactivated in the ESR at a later date should the club decide to reschedule them. For more information on how to do this see the attachment or contact your Regional Director. There will be no additional sanctioning fees for events rescheduled as a result of this suspension so long as they are rescheduled during the 2020 calendar year. The AVA is still discussing what action to take in the case where an event cannot be rescheduled.

More information will be forthcoming as we begin to realize the impact this may have on our clubs and the AVA.

In the meantime, the Board encourages everyone to keep exercising at home by participating in the Appalachian Trail virtual online program!

As an added incentive for a limited time, you can join for only \$25.00 and start counting your steps today! (T-shirt not included.)

This was not an easy decision for your Board. However, it is important that we take action to help slow the spread of COVID-19. Your club members are the most valuable part of AVA: America's Walking Club, and it is critical that we do what we can to keep everyone healthy.

Stay Safe So You Can Keep Walking.

Happy trails!

AMBLERS KEEP CELEBRATING

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The Amblers keep on celebrating their 40th anniversary. We have enjoyed several more 'treat walks' in the past few months.

On February 29 (Leap Day), despite the snowy beginning, 13 walkers met in Brevard. We enjoyed brownies and coffee cake squares. Both were delicious. A nice way to start our walk, Thanks Amy and Geri!

On March 14 – Pi Day – we celebrated with pies of course!

18 walkers in Spartanburg enjoyed a variety of pies – Moon Pies, fried pies and a couple of mini pies (key lime & dutch apple). Thanks Perry for the mini pies. A fun way to start our walk.

Who knows when the next treat walk will be? Keep coming to walks to find out!

Air is Fresh at the Arboretum

Meet Charlie Hess of the Amblers at 9:00AM at the Baker Center for a refreshing walk around the Asheville Arboretum. Step off is at 9:30AM with 5k and 10k options. Bring your walking sticks and closed toe shoes. There should be plenty in bloom in the gardens and perhaps the azaleas will be putting on a show. While there, visit the new Bonsai Exhibition inside the Baker Exhibit Center Greenhouse.

Directions: 100 Frederick Law Olmsted Way, Asheville, NC 28806. 828-665-2492. From I-26 take Exit 33. Follow NC191 south approx. three miles. Turn right at light for the Blue Ridge Parkway. Turn right towards the Arboretum gate. From the Blue Ridge Parkway, take the exit for NC-191 at Mile Marker 393. Arboretum is on the left.

NOTE: Parking has been raised to \$14 per car. If you'd like to meet outside and carpool in please contact Don and Sue Colbath at robodoncolbath@gmail.com

Lake Lure Shines in the Spring

Whether you choose to put a "Spring in your Steps," or "Steps in your Spring" the Amblers Lake Lure Group Walk on May 16th promises to be a festive event to celebrate warmer weather; gorgeous blooming flowers and flowering trees; and the camaraderie of gathering to explore the Town of Lake Lure, the shores of Lake Lure, Chimney Rock Village, the "Rocky" Broad River and the magnificent Hickory Nut Gorge. Spring is considered by many residents of this engaging community to be the "finest season of the year." Birds are active and chirping, the lake is refilled to its full pond, people are enthusiastic and cheerful, restaurants and merchants are open and inviting, and the beautiful Lake Lure Flowering Bridge is coming to life from its Winter slumber.

The walk is scheduled to commence at the normal starting point, the historic 1927 Lake Lure Inn and Spa at 2771 Memorial Highway at 9AM. Registration will commence at 8:15, and depending on the early morning temperature and breeze, we hope to register at a table near the front door of the Inn, or we will move inside if it is uncomfortable outdoors. The walk options will include both the five and ten kilometer routes, both of which cross the Flowering Bridge twice and circumnavigate Morse Park in Lake Lure .

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Interested in joining the Asheville Amblers?

Just go to the home page at our website:

<https://www.ashevilleamblers.com>

There you will find a link to our membership form.

Print it out and mail it in with your check or bring it to one of our meetings or walks and turn it in.

That's all there is to it. See you soon!



ASHEVILLE AMBLERS

Editor - Malory Presley

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Asheville, NC 28814

