



# The Triangle Trailblazer

## Triangle Trailblazers Volkssport Club

5504 Bentgrass Drive, Raleigh, NC 27610

*An Affiliate of IVV, American Volkssport Association, Tarheel State Walkers*

Pat Morefield, Pres. ■ Debby Wapner, VP ■ Deb Lewis, Secretary ■ Sara Gosnell, Treasurer

[www.triangletrailblazers.org](http://www.triangletrailblazers.org)

### January-February 2010

Editor: *Nancy Wilbourn* [nhwilbourn@aol.com](mailto:nhwilbourn@aol.com)

### President's Message

*By Pat Morefield*

[LaMadre742@aol.com](mailto:LaMadre742@aol.com)

*Hello everyone –*

I hope everyone had a wonderful Christmas – as well as Valentine's Day! Hasn't the weather been a challenge lately? Hopefully, you're getting a chance to get out to walk because the days are finally growing longer.

In December, we did both the Wolfpack and Oakwood walks. Despite the cold, we had a good turnout for the Wolfpack Walk. We had more than one hundred Girl Scouts join us in the afternoon for the Oakwood walk. In January, quite a few walkers joined us in North Hills despite the extreme cold. We even had two new members who were brave enough to join us. The threat of bad weather kept most walkers from showing up for our Pittsboro walk in February, but the few of us who did show up had an invigorating walk.

For those doing the Tarheel 100, we now have two seasonal walks in Washington (Beaufort County) and Oriental (Pamlico County) this year. They run from January 1 through June 30. Registration is by mail. Contact Cara Hudson @ [CLiseH@aol.com](mailto:CLiseH@aol.com) for details.

We have an event coming up: Goose Creek State Park (Beaufort County) on March 27th. Pre-registration is required by **March 20**. Sections of the brochure has been included in this newsletter for your registration ease.

It's time to renew your membership. Fees are \$12 per individual or family. Your membership fees support the club by helping to pay for supplies and the various fees associated with events. Plus, you will get a copy of *the 2010 edition of Walking the Carolinas: From the Mountains to the Sea*.

If you haven't made it a habit to travel to the Regular Events as well as the group walks that our state clubs are hosting, do so this year. Look through the upcoming walks at the end of the newsletter and decide to join the fun now. These walks are carefully planned in interesting areas and will give you happy memories of our beautiful state. .

See you all on the trail!

*Pat*

### **AVA/IVV Awards** (let's hear a *wow!*)

Linda Spencer - 10 events, 30 events  
Vivien Harliss - 100 events, 125 events  
Kathy Cockrell - 200 events  
Virginia Leonard - 250 events  
Sara Gosnell - 575 events  
Debby Wapner - 575 events  
Virginia Leonard - 2500 km

### **Come to our next Group Walk**

**Saturday, March 13**

Wilson, NC 10 a.m. 10K

*Start point*

Recreation Park Community Center

500 Sunset Road

Wilson, NC

POC Pat Morefield, lamadre742@aol.com

Trail: Rated 1 Suitable for strollers and wheelchairs. The trail is mostly flat on sidewalks and quiet streets. The walk goes down tree-lined streets in lovely residential neighborhoods, through many of Wilson's historic districts, and downtown Wilson.

*How to get there*

From Raleigh, take 1-440 (Beltline) to US-64/264 East towards Rocky Mount/Wilson. When the highways split, continue on US 264 towards Wilson. Exit US 264 at East Alternate 264 for Wilson (Exit 36B-Raleigh Road). Continue on Raleigh Road into Wilson for approx. 5 miles. After passing junction NC42, go half mile and turn left on Sunset Crescent (look for BP station on the right). Proceed straight ahead to the Recreation Park Community Center. *Note:* restrooms are not available at the Recreation Park Community Center until 1:00 PM.

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### **Come to our Regular Event (Register by March 20!)**

**11K/6K Walk Event at**

Goose Creek State Park

Washington, NC

*Beaufort County*

Saturday, March 27, 2010

#### **START & FINISH POINT:**

The Start Point will be at the Flicker Field picnic shelter at Goose Creek State Park on Camp Leach Rd. in Washington, NC

DATE: Saturday, March 27, 2010

START: 8:30 - 11:00 AM

FINISH BY: 2:00 PM

**AWARD: Credit Only Event**

**IVV Credit Only - \$3.00**

Walkers not desiring IVV Credit may participate for free.

#### **REGISTRATION:**

Goose Creek State Park will not allow us to collect any fees or sell merchandise in the park.

**Participants requiring IVV Credit or wishing to purchase specialties must pre-register.**

#### **TRAIL DESCRIPTION:**

11K distance, Rated a 1+. A shorter 6K distance will be offered. Not recommended for wheelchairs and strollers.

Giant, old oaks draped in Spanish moss welcome you to this special world where broad, lazy Goose Creek joins the Pamlico River. Walk on boardwalks through a freshwater marsh and through black gum and cypress swamps. See red-winged blackbirds, herons and egrets.

**SPECIAL PROGRAMS:**

State Parks, Native American Culture, Cemetery Stroll

**ELIGIBILITY:**

This event is open to the public. Everyone is welcome. Family participation is encouraged. Children under 12 must be accompanied by an adult.

**FACILITIES:**

Water and restrooms will be available at the Start Point. Water will be provided at the Check Point.

**STIPULATIONS:**

**Every participant must complete a Start Card which will be carried on the walk and checked at the Check Point. All Start Cards remain the property of the Triangle Trailblazers and must be turned in at the Finish Point when the walk is completed.**

**This event will be held rain or shine. There will be no refunds of registration fees. Pets must be leashed.**

**CONTACT:**

Pat Morefield, 919-212-3380, lamadre742@aol.com

**DISCLAIMER:**

**The sponsors are not responsible for accidents, thefts, and/or material damage. Every effort has been made to make this a safe, enjoyable and memorable event.**

**DIRECTIONS**

Goose Creek State Park is located in Beaufort County on the north side of the Pamlico River. From I-95, take US 264 east. After driving through Washington, follow US 264 east for 10 miles. Then turn right onto Camp Leach Road and travel 2.3 miles to the park entrance. The Start Point will be at the Flicker Field picnic shelter.

*Keep reading and get your scissors out!  
(and two envelopes and stamps)*

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**Goose Creek REGISTRATION FORM**  
**Must be received by March 20**

Name	Credit \$3.00	Free	Specialties (See list)	Total

Specialties:

Record Books	\$5.00	_____	Club Shirts	\$12.00	_____
New Walker Kit	\$5.00	_____	Club Pins	\$3.00	_____
Book Covers	\$3.00	_____			

⊙ Mail to: Triangle Trailblazers, 5504 Bentgrass Drive., Raleigh, NC 27610

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**Triangle Trailblazers**  
**Membership Application/Renewal for 2010**

Date \_\_\_\_\_

Name \_\_\_\_\_ Spouse \_\_\_\_\_

Children \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

**Membership is \$12.00 (Individual or Family) Checks only, Payable to Triangle Trailblazers**

↳ Triangle Trailblazers  
**103 Brannigan Place**

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Cary, NC 27511

Winston Wanderers	winstonwanderers.com	Asheville Amblers	amblers.homestead.com
Metrolina Walkers	metwalk.freesevers.com	RR - Rowan Roamers	rowanroamers.org
Triangle Trailblazers	triangletrailblazers.org	AVA.org	for more details

## TSWVA COMPOSITE WALK SCHEDULE FOR 2010

<u>DATE</u>	<u>CLUB</u>	<u>WALK LOCATION &amp; TIME</u>
Feb 20	Winston	High Point City 10:00 AM
Feb 27	Winston	Greensboro City 10 AM & Parks 2 PM
Feb 26-28	Asheville	Charleston & Magnolia Gardens
Mar 6	Rowan	Dan Nicholas Park 10:00 AM
Mar 13	Asheville	Rutherfordton 9:30 AM
Mar 13	Triangle	Wilson 10:00 AM
Mar 20	Winston	Danville, VA 10:00 AM
Mar 20	Asheville	Biltmore 9:30 AM at Visitors Center
<u>Mar 27</u>	<u>Triangle</u>	<u>EVENT Goose Creek SP, Beaufort Co 9 -12</u>
Apr 3	Winston	Mount Airy 10 AM & Elkin 2 PM
Apr 10	Asheville	Dupont Forest 10:00 AM
<u>Apr 10</u>	<u>Triangle</u>	<u>Chapel Hill 9:00 AM</u>
Apr 10	Rowan	Wilmington 9 AM & Southport 2 PM
Apr 11 (Sun)	Rowan	Myrtle Beach, SC 10:00 AM
Apr 17	Winston	<b>EVENT</b> Taylorsville, Alexander County 9-12
Apr 24	Asheville	<b>EVENT</b> Holmes Forest, Henderson Co
May 1	Asheville	Arboretum (Azaleas) 9:00 AM
May 1	Rowan	Kannapolis 10:00 AM
<u>May 1</u>	<u>Triangle</u>	<u>Smithfield 8:00 AM</u>
May 8	Winston	Asheboro (Zoo) 9:00 AM
May 15	Metrolina	Cornelius/Davidson 10:00 AM
May 22	Asheville	Knoxville, TN 10:00 AM
May 22	Winston	Bethabara Park 9:00 AM
May 29	Metrolina	Charlotte Southend 10:00 AM
June 5	Metrolina	Rock Hill, SC 10:00 AM
June 12	Asheville	Lake Junaluska 9:00 AM
June 12	Winston	High Point PEC 9:00 AM
<u>June 19</u>	<u>Triangle</u>	<u>Hillsborough 8:00 AM</u>
June 26	Asheville	Hendersonville 3:00 PM
June 26	Winston	Salem Lake 6:00 PM Picnic
July 10	Asheville	Asheville 8:30 AM
July 10	Winston	Greensboro City 8:00 AM
July 17	Asheville	<b>EVENT</b> Ashe County

July 24	Winston	Burlington 8:00 AM
July 31	Metrolina	Cornelius/Davidson 10:00 AM
<u>July 31</u>	<u>Triangle</u>	<u>Lake Johnson 7:00 AM</u>
Aug 7	Asheville	Arboretum, Lake Powhatan 8:30 AM
Aug 14	Rowan	Mocksville 8:00 AM Walk & Swim
<u>Aug 14</u>	<u>Triangle</u>	<u>Umstead State Park 8:00 AM</u>
Aug 14	Winston	Boone 9 AM & Blowing Rock 1 PM
Aug 21	Asheville	Maggie Valley 9:30 AM
Aug 28	Winston	Greensboro Parks 8:00 AM
Sep 4	Rowan	Salisbury 9:00 AM
Sep 11	Asheville	Black Mountain 9:00 AM
<u>Sep 11</u>	<u>Triangle</u>	<u>Cary, Bond Park 8:00 AM</u>
Sep 11	Winston	High Point City 8:00 AM
Sep 18	Metrolina	<b>EVENT</b> Union County Boll Weevil Festival
Sep 18	Rowan	<b>EVENT</b> Wadesboro Anson County
Sep 25	Asheville	Walk with another club
Sep 25	Winston	Hickory 9:00 AM
Oct 2	Asheville	Greenville, SC 10:00 AM
Oct 2	Rowan	Dan Nicholas 9:00 AM
<u>Oct 16</u>	<u>Triangle</u>	<u><b>EVENT</b> Kerr Lake, Vance County</u>
Oct 23	Asheville	Waynesville 10:00 AM
Oct 22-24	Winston	AMTRAK 8 DC, Freedom Festival
Oct 30	Winston	<b>EVENT</b> Duplin County 9 AM - Noon
Nov 6	Metrolina	<b>EVENT</b> Statesville, Iredell County
Nov 7 (Sun)	Asheville	Morganton 2:00 PM
<u>Nov 13</u>	<u>Triangle</u>	<u>Duke 9 AM &amp; Historic Durham 1PM</u>
Nov 14 (Sun)	Winston	Salem Lake 2:00 PM
Nov 20	Asheville	Spartanburg, SC 10:00 AM
Nov 20	Metrolina	Pineville 10:00 AM
Nov 20	Rowan	Wilmington 9AM & Southport 2 PM
Nov 21	Rowan	Myrtle Beach 10:00 AM
Nov 26 (Fri)	Winston	Bethabara Park. 1:00 PM
Nov 27	Metrolina	Rock Hill 10:00 AM
Dec 4	Asheville	<b>EVENT</b> Gatlinburg, TN
Dec 11	Rowan	Kannapolis 10:00 AM
<u>Dec 11</u>	<u>Triangle</u>	<u>Wolfpack 10 AM &amp; Oakwood 3 PM</u>
Dec 18	Metrolina	Charlotte Southend 10:00 AM
Jan 1, 2011	Winston	Winston-Salem/Old Salem 10:00 AM