



The Skier

Newsletter of the Winston-Salem Ski and Outing Club

June 2010

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Mt Mitchell Hike Saturday, June 5th

Contact: George Wunker 399-1225

We'll meet at **8:15** in the parking lot next to **Panera Bread in Clemmons** at 6281 Towncenter Dr (between I-40 and Peace Haven Rd) and try to leave by 8:30. We'll go to Marion exit 86, N226 to N221, left on US70 then north on NC80 to the Parkway. Mt Mitchell park is about 16 miles south on the Parkway.

The ride up to the Parkway and all the views from the Parkway in itself is worth the trip, but to top it off, we'll add a hike in the park. I did a dry run on Saturday May 22nd. I hiked from the park office on Old Mitchell Trail to the observation tower at the top. Just over 2 miles and it took me 55 minutes. With the group I estimate 1 1/2 hours plus. It's a good workout, up and down following along the ridge but mostly up. The spruce and evergreen trees smell wonderful through there. The trail is not real steep, but in places, it's like walking up stairs with rocks. We can hike down or walk the road if tired.

The other option would be to simply drive to the parking lot at the top and hike from there. There is a short, very easy, Balsam Trail just 3/4 of a mile loop and back to the observation tower. The other trail is Deep Gap Trail which runs along the northern ridge. This trail goes out 4.5 miles. Everyone could go as far as they would like and then return. I would guess between 2 to 3 miles out, then back depending on difficulty and site seeing. I talked to some people I met at the observation tower and that's what they recommended. They said there were some spots with wonderful views. If I hadn't of already hiked up and wasn't concerned whether it was going to rain, I would have checked it out. We can always do two different hikes, the easy Balsam Trail and those who want, can do the Deep Gap Trail and then we all meet at the observation tower.

Coming home I decided to take the parkway back to Ashville. Just before getting off the parkway there is the Folk Art Center which is well worth stopping at. They have all types of crafts from pottery, cloth, to wood furniture, all types of top craftsmanship items. A really neat place to visit, something for everyone. I suggest we take this route home and stop by the Folk Art Center. It added about 30 miles total to the trip, but you get to see some of the best views from the Parkway on this stretch of road. If you enjoy the mountains, crafts, the woods and hiking, this is the trip you don't want to miss. See you Saturday June 5th at 8:15 next to Panera Bread in Clemmons.



President's Point:

It was wonderful seeing so many folks out at the cookout at Tanglewood last week! In addition to enjoying great food and company, we had a chance to highlight our upcoming events. This includes a busy June calendar and room in July and August for folks to offer suggestions or offer to lead an outing. We also discussed the Club's 2011 ski vacation, with Lake Tahoe leading the list of possible destinations.

Check out all the details in this newsletter! We hope you can join us for some summertime fun.

-Sam



Upcoming Events with Fleet Feet

- Saturday, June 5th — Fitness First Run
- Sunday June 6th, — Tri4Fun Triathlon Series Race #2
- Sunday, June 20th — 36 North Sprint Triathlon at Tanglewood

For more detailed information and links to all events listed about, visit www.fleetfeetwinston-salem.com



Find Us on Facebook

As a club, we've fully entered the technological age. This is a new adventure, so bear with us as we figure everything out. Facebook may offer us additional opportunities to get information out to members on short notice. If you have a Facebook account, find us using the Groups search. Our official page has the club logo on the top.



CALENDAR

WSSOC Calendar

June

Date	Day	Time	Event	Meeting Place	Leader
2	Wed	7:00pm	Board Meeting	Big Shotz, Stratford Rd	Sam Pearce
5	Sat	8:15am	Mt Mitchell hike	The Oaks, Lewisville	George Wunker
17	Thurs	7:00pm	Club Meeting	Recycled Outdoor Gear, 480 West End Blvd, Winston-Salem	Sam Pearce
18-20	Fri-Sun		Bike & Hike		Kathy Smith
19	Sat	11:00am	Wingfest	Piedmont Triad Farmer's Mkt, Sandy Ridge Rd, off I-40	Mike Shipko
25	Fri	6:00pm	Last Friday Social	NoMa, Downtown Winston-Salem	Marc Pearce
26	Sat	11:00am	Kerr-Scott Lake Out- ing	Berry Mtn Park	John Davis

July

Date	Day	Time	Event	Meeting Place	Leader
7	Wed	7:00pm	Board Meeting	Big Shotz, Stratford Rd	Sam Pearce
10	Sat	1:00pm	Lazy 5 Ranch	Midway Commons Center; exit 100, US 52 S (at the CVS)	Mike Shipko
15	Thurs	7:00pm	Club Meeting	Reynolda Farm Market, Reynolda rd, Winston- Salem	Sam Pearce
18	Sun	2:00pm	Dan Nicholas Park	Midway Commons Center; exit 100, US 52 S (at the CVS)	Mike Shipko
25	Sun	TBD	Canoe/Kayak trip down the New river		Tree Bright
30	Fri	6:00pm	Last Friday Social	Finnegan's Wake, 6th st Winston-Salem	Marc Pearce

August

Date	Day	Time	Event	Meeting Place	Leader
4	Wed	7:00pm	Board Meeting	Big Shotz, Stratford Rd	Sam Pearce
7	Sat	10:00am	Lost Cove Hike	the Oaks, Lewisville	Mike Shipko
19	Thurs	7:00pm	Club Meeting		Sam Pearce
21	Sat	10:00am	US National Whitewa- ter Center, Charlotte	Midway Commons Center; exit 100, US 52 S (at the CVS)	Mike Shipko
27	Fri	6:00pm	Last Friday Social	Mellow Mushroom, 4th st, Winston-Salem	Marc Pearce
28	Sat	1:00pm	Tanglewood Beer Fes- tival	Tanglewood Park	Mike Shipko

Biking Events



Two Weekly Rides for W-SSOC

Join WSSOC Every Wednesday Evening at 5:30 pm and Friday Morning at 9:30am from June 25 to August 13. We will meet at the Tennis courts at Central Park on Salem Ave and ride around Salem Lake.

For More information, Contact Karen Vohs at kvohs@bellsouth.net

Road Rides for W-SSOC Members & Tri101 Participants

As part of our effort to partner with Fleet Feet Sports, W-SSOC members will be offering a variety of road rides across the area. We hope to support the Tri101 training program that started in April. Brick workouts can be included if needed (which means “get off your bike and run!”). Check out the calendar for our scheduled rides, but also consider checking out W-SSOC on Facebook for other “last minute” offerings!

Attention!!!!

The Summer outing season is here and we need YOU to help us! If you have a good idea, or would like to help by leading an event, contact Mike Shipko at mike@wssoc.org

Here are some ideas from members:

Winery tours/tastings

Go-Kart Racing (Grand Prix of Greensboro)

Shooting range

Zoo outing

Midnight Bowling

Bounce-U

Indoor Rock Climbing

If you would be interested in leading any of these events, let me know

Upcoming Events

16th Annual Bike, Wine, Hike, Dine Weekend

(Formally known as Bike and Hike Weekend)

June 19 and 20, 2010

Bike the Virginia Creeper Trail
Wine at the Abingdon Winery
Hike at Grayson Highlands State Park
Dine @ Shatley Springs

Saturday: Meet at the little, red caboose in Damascus, VA and be ready to leave at **10:00 AM** to bike on the Virginia Creeper Trail. The trail is approximately 17 miles each way.

* Damascus to Whitetop (the steeper of the 2 routes): Ride up the hill and back. Or take the shuttle to the top and ride down the hill. Either way, Green Cove Station is a great place to stop and have lunch. For shuttle reservations (highly recommended) call Blue Blaze Shuttle at 800.475.5095.

* Damascus to Abingdon: (not as steep and less crowded): Ride up the hill and back. On the way back stop and check out the Abingdon Winery, just ½ mile from the Alvarado Station, 7 miles up the trail from Damascus. It's a great place for a picnic lunch. Sandwiches and snacks are available at the Alvarado Station.

**** For anyone wanting to end their ride at the winery, arrangements have been made for a shuttle to pick up the group and bring them back to Damascus for a small fee (the amount charged will depend on the number of people). Please let Kathy know if you will be part of this group.

Lodging: You have many choices.

Camping: Bear Creek Campground. Obtain your own campsites, available on line at www.reserveusa.com
There are many hotels in Abingdon – check the internet

B&B's in Damascus: go to www.damascus.org/lodging

Sunday: Meet at the little, red caboose again and be ready to leave at **10:00 AM** headed to Grayson Highland State Park. If the weather is nice, there will be spectacular views and we will see the wild ponies.

RAIN JACKET REQUIRED FOR THIS HIKE. The weather at Grayson Highlands can and does change dramatically and quickly.

Sunday Dinner: Shatley Springs in Jefferson, NC. All you can eat, home style, country cooking. What a great way to end a great weekend. Head count is needed prior to arrival. Please let Kathy know if you will be part of this group. The price is around \$19.99 – they accept cash or check only – **NO CREDIT CARDS.**

Contact Kathy Smith at 336.970.1164 with questions or for additional information.

Featured Events

W-S Dash Ballgame

Twenty-six WSSOCers enjoyed the Dash game on Friday, May 7th at 7pm. The weather was perfect and the game enjoyable, a good time was had by all! Everyone attending received a DASH hat. The evenings entertainment ended with a fireworks display. They DASH may not have won, but the evening was a hit! Thanks to Leanne for organizing this event. Shall we do it again? Let Leanne know: Leanne@WSSOC.org.



Big Turnout for Annual Picnic

New and long time members turned out for hamburgers, hotdogs and homemade deserts. The evening was pleasant and the food great. Thanks to George and Tammy for being the Grill Meisters.



SUBARU VIP PROGRAM FOR LEASE OR PURCHASE OPEN TO W-SSOC MEMBERS

Subaru is a proud sponsor of the Crescent Ski Council (CSC) Racing program and includes the VIP Discount Program for all CSC members (you don't need to be a member of your club's racing team to participate). Qualifying members of a CSC club can purchase or lease a new Subaru at 2% below dealer cost and receive credit for any incentives which are currently being offered. To qualify, you must have been a member of the Winston-Salem Ski & Outing Club (or other Authorized club of CSC) for at least six (6) months.

If interested, please notify Ken Lumsden (W-SSOC Racing Team Director) at ken@wssoc.org of your desire to participate and provide your contact information (full name, phone number, mailing address, email address) and the name of the Subaru dealership from which you will make your purchase. Ken will forward your contact information and Subaru will mail the VIP information to you. Upon receipt of the VIP packet, you can go to the selected dealer to pick out the Subaru that you want. The dealer will pull the invoice and let the purchaser know if there are any current incentives. Please take advantage of this wonderful benefit the Crescent Racing has secured for all CSC clubs.



The gang at Foster Fall on the New River Trail



Tammy holds up the caboose!



Scenes from the Stone Mountain hike on May 10th.





The Winston-Salem Ski & Outing Club
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www.wssoc.org

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WHO TO CONTACT

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	George Wunker	
	Robert Berry	
	Tree Bright	

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	Karen Vohs	Karen@wssoc.org

www.WSSOC.org

Change of Address Info

Submit changes of address to Leanne Marshall (Membership@wssoc.org) or mail them to the address below. That way you keep your monthly *Skier* coming and won't miss a thing!

Suggestions, Ideas & Comments

Please feel free to send an email to any of the Board members or send by mail to:
 WSSOC
 PO Box 24304
 Winston-Salem, NC 27114-4303

Editor's Note

The WSSOC policy is to provide factual articles concerning upcoming and past outings of interest to the general membership. Due to the time necessary to publish the newsletter, it is requested that all copies be typed, neatly printed, and/or emailed (skier@wssoc.org) by the 15th of each month for publication in the next months issue. Articles WILL NOT be accepted after the 15th. The editor(s) reserve the right to refuse, edit or cut submissions as necessary to ensure quality.

WSSOC Bylaws

Copies of the Bylaws of the Winston-Salem Ski and Outing Club are available to members by contacting the Membership VP.