



# CHESSIE TRAIL TRACKS

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FALL 2018

## Hot off the presses ... the Friends 2019 Calendar!



"Photos by Lad Sessions"

These are just a few of the great photos you'll find in our first-ever calendar, which also shows important dates, Chessie Trail information, and a year's worth of quick reference info for 2020. Calendars will be on sale at our ANNUAL PICNIC on SEPT. 17 ... for just \$12, they are a great gift, a great bargain, and a great way of supporting your FOCT's important work on and for the Trail!

More about the picnic: That's Monday, Sept. 17, starting at 5 p.m. with a walk to the Gauge Dock area, led by Philip DeVos of the Virginia Canals and Navigation Society. As potential changes arise for the Jordan's Point Park area, Philip will talk about why the Gauge Dock is important and what can and should be done to preserve it.

POTLUCK DINNER FOLLOWS ... bring a dish to share. Beverages and table settings provided. An opportunity to chat with other Friends, hear about Trail doings including the kiosk and the Buena Vista Challenge, and ask Phil questions.

NOTE CHANGE OF TIME: We moved the start time up to 5 p.m. to allow for the walk BEFORE dinner. The Miller's House Transportation Museum will also be open during the Potluck ... and if you haven't yet checked out the additional Transportation Museum signage in the Park, take a look – it's a great addition.

SEE YOU THERE!

## And the Race is ON ...



... AND THIS YEAR it's the FOCT MARATHON as well as Half-Marathon and 5K! The races will step off starting at 8 a.m. on Saturday, Oct. 27, and we need VOLUNTEERS to help make our fourth seasonal race event as successful and smooth-running as the first three.

Are you an early bird? Come help us show runners where to park and register, starting at 5 a.m. Drop in before 8 a.m. to staff the bag drop-off table or hand out water and fruit one of our aid stations ... folks are needed to lead the runners by bicycle, staff the food table, hand out medals, take photos ... you name it, we need you. To volunteer, contact Becky McKenzie, volunteer coordinator, at [chessietrail@gmail.com](mailto:chessietrail@gmail.com). A GREAT way to spend a gorgeous fall day!

# The Buena Vista Challenge



Buena Vista challengers, from left: Becky McKenzie, Margaret Haberman, Brian Richardson, Betty Besal, Lisa Tracy, Steve Riethmiller, Peggy Riethmiller, Frances Richardson, and Monika Eaton.

So a few months ago, we got an interesting challenge from a group of walkers/runners/hikers in Buena Vista, Colorado: We'd set a date, call for participants, and see which Buena Vista –area community could walk or run the most miles in a month. We called for a team of five – and got FOUR teams! Our intrepid hoofers assembled on Aug. 18 and the challenge was on. We'll report via Facebook and email as it continues ... and may the steppin'est team win!



BV challengers Becky McKenzie, Brian Richardson, Chris Howison and Lisa Tracy take a break at the kiosk.

## Looking back



the KIOSK



Peggy Dyson-Cobb (rear center) explains what's needed to successfully tackle invasive alien plants.



FOCT Board member Betty Besal pauses after setup at the community festival.



Elise Sheffield (center) leads the solstice/full moon walk.

- We're very proud of the kiosk in the Mill Creek meadow, which now features a map of the Trail, some rules and tips for walkers, runners, bikers and other Trail users, plus a bulletin board for community use. We're hoping for a picnic table soon – check it out!
- Our FOCT booth at the annual Rockbridge Community Festival (seen here with Betty Besal at the table) was a huge success this year. We got lots of questions about when VMI will be starting work on a NEW BRIDGE over the South River (they've told us they plan to start by year's end), and about when the fence on Robert Clark's property might come down (unknown, but a working detour is in place).
- In late July, Peggy Dyson-Cobb of the Upper James Chapter of the Virginia Native Plants Society led a group of about a dozen volunteers on a serious invasives-pulling-and-cutting trip down the wildflower segment of the Trail. It was seriously hot but very rewarding. We made a substantial dent in privet, multiflora rose, garlic mustard and some other alien invaders.
- And our annual June solstice/full moon walk this year revisited the stretch off Old Sheppards Road, where we met that irresistible snapper you saw in our Calendar photos ... we're calling him George ... and Elise Sheffield once again helped us identify the sights and sounds of a summer night.

## 2018 Fall/ 2019 Winter Calendar

Monday, Sept. 17 – Our annual Potluck Picnic starts with the Gauge Dock walk at 5 p.m. – drop off your potluck dish and join the tour – dinner starts around 5:45 or 6 p.m.

Saturday, Oct. 27 – The fall race, now officially the FOCT Marathon/ Half-Marathon/ 5K, starts stepping off at 8 a.m. Volunteers needed from 5 a.m. to early afternoon. Come when you can, stay as long as you like. Help is much appreciated.

January 2019 – Our annual coffee house at the Piovano Room of the Rockbridge library. Stay tuned for date and details, and mark them on your new 2019 FOCT CALENDAR!

## Contact Information

You can always reach us via our contacts at the top of this newsletter. For other websites:

Our race information is at <https://www.active.com/lexington-va/running/distance-running-races/chessie-trail-marathon-half-marathon-and-5k-2018?int=>

Virginia Military Institute's Trail information can be found at <https://www.vmi.edu/about/for-visitors/chessie-trail/about-the-trail/>

And for the Miller's House Transportation Museum hours and other information, visit their website at <https://www.millershousemuseum.org/>