

The Paper

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UNC-A 'Autumn Walk' To Be Saturday

Dr. Russ Reynolds of the Foreign Languages Department, a genuine "physical fitness nut" who believes in keeping healthy without killing yourself to do it, is the moving force behind the first annual "UNC-A Autumn Walk" set for Saturday, October 27.

The Autumn Walk is copied from a popular European custom that brings masses of people out this time of year to walk a predetermined course and collect a medal if they finish. Collecting medals for various walks year after year has become quite a passion in a number of countries.

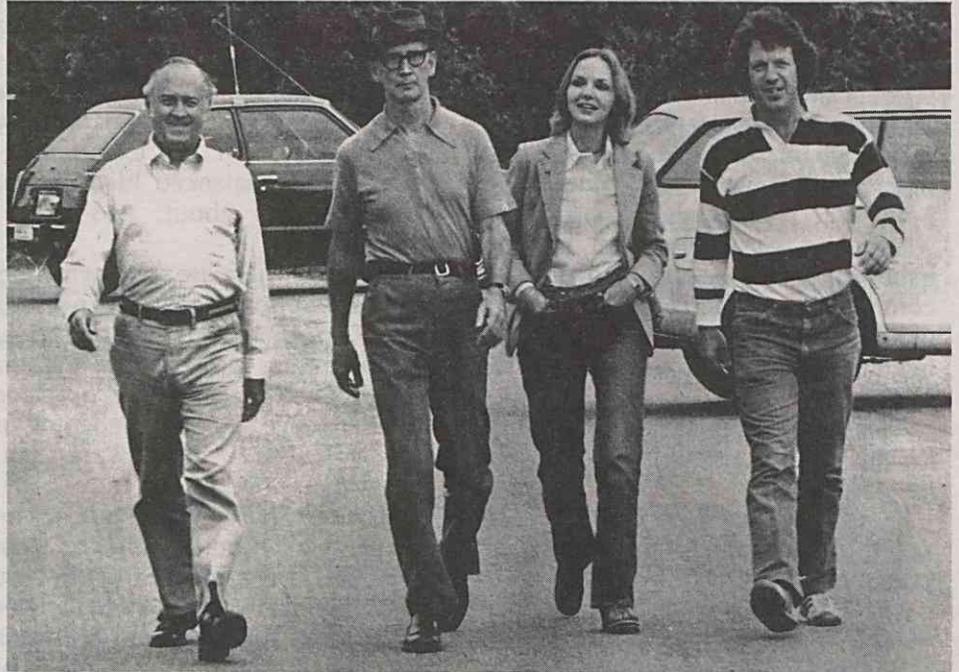
Dr. Reynolds was inspired to adopt the idea for the UNC-Asheville community by his friend Lt. Col. (ret.) Marcus Galyean, a former Air Force officer who took part in many such outings while he was stationed in Europe. Galyean is Reynolds' partner in promoting the event here, for which Chancellor Bill Highsmith is the official host.

Reynolds and Galyean, with some timely assistance from members of the Carolina Mountain Club, have laid out a course of 10 and 20 kilometers (6.2 or 12.4 miles, round trip) which begins at Justice Gym, goes east from the campus to Kimberly Avenue, turns north toward Beaverdam and follows Elk Mountain Scenic Highway off Beaverdam Road. Depending on the walker's determination and stamina, the participant may turn around and go back after walking slightly more than three miles or just over six.

There will be officials to mark each person's starting card at the beginning, the halfway point and the finish line. Those who walk 10 kilometers get a silver (colored) medal. The 20-kilometer hikers are entitled to a "gold" one. The cost of the specially-cast medals is paid by the \$4 entrance fee (or \$3 for those who registered before the 15th.)

Any money left is to go toward making a public walking-jogging trail on the campus.

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Walkers Warming Up
Reynolds (left), Galyean, UNC-A Students Valerie Metcalf and Will Simpson.

WHO'D LIKE TO PLAY IN THE CCC BAND?

Pat Garren, a prize-winning band director for the Asheville City School system, and Dr. Joyce Dorr, lecturer in music on the UNC-A faculty, are calling for players to join a new "Campus-Community Concert Band" now being organized.

Mrs. Garren will be the conductor, though guest conductors will fill in from time to time.

Rehearsals will be held from 7-9 p.m. every Monday evening at South French Broad Junior High School, 197 S. French Broad Ave.

Dr. Dorr, UNC-A campus coordinator for the project, said eligibility for membership will be determined by the player's musical ability.

Membership is being sought from students, faculty and staff of the university, among local residents and talented students in the city and county high schools, both public and private. People from other colleges

will also be welcome, said Dr. Dorr.

The first meeting will be Monday, October 29.

Those who want to play should bring their own instruments if they have them. For those who don't, oboes, bassoons, French horns, baritone horns, tubas, bass clarinets and percussion can be provided. Music and music stands will also be furnished.

If the response to this invitation is what the backers expect, the resulting band could soon be ready for concerts at the university and the surrounding area, Dorr said.

Those who would like to make something of this with a contribution of musical skill and enthusiasm may contact Dr. Joyce R. Dorr at 258-1206. Or they may write Pat Garren in care of South French Broad Junior High School.