

Inaugural CMC Group Trail Run!

By Paul Scalese

7 runners joined on Sunday, March 22nd for the inaugural CMC trail run on an unseasonably hot day near Hot Springs. After two weather cancellations for this event, the weather finally cooperated and gave us wonderful conditions on the Laurel River Trail! Led by Paul Scalese and John Ribes, this run was set at a very social pace, and there was great energy all around. A few non-members were introduced to the club through learning about this event, and they left enthusiastic to join and become more involved with the club.

We set out on our run just after 10am and returned back to the parking area just before noon to enjoy some iced coffee and camaraderie. Our halfway and turnaround spot was at the end of the trail, where there is a small beachy spot to take some photos, and enjoy snacks and views of the French Broad River. Successful day for the first ever CMC trail run!

If this type of group run sounds like your speed, keep an eye on our hike schedules as these events will continue to be offered on a quarterly basis, posted throughout the year. Next quarter we will be running a variation of the Coffee Pot Loop from the Trace Ridge Trailhead, with a distance of 7.7 miles and roughly 1,300' elevation gain. This will be hosted on Sunday, April 26th by Paul Scalese. Hope to see you out on the trails soon!