



THE ROAMER NEWSLETTER June 2013

CALENDAR

- August 25 Southeast Sunday Parkways
Start at Providence Hospital
- September 3 (Potluck Picnic) Club Meeting
Starts at 6:00 In Cafeteria's Patio
at Adventist Health
- Sept 14 Guided Walk at Timberline Lodge
- November 5 Election Meeting

Portland Sunday Parkways

Our next hosted walk will be with the Portland Sunday Parkways event on August 26th. September 3 is our next club meeting and will be a potluck picnic held outdoors (weather permitting). At November's club meeting the election of new officers for the 2014 year will be held. Come out and support your club and invite your friends to find out more about us.

Celebrate Milwaukie Walk by Judy DeBenedetti

Congratulations to the Rose City Roamers for another successful walk - July 27th and July 28th - All those who helped in many ways can take credit for the many compliments we received for our two day walk. I would like to point out that we are one of the few clubs that have held two day events in the past few years. That meant a few more workers but insures a larger turnout number, packing up on Saturday and set up on Sunday, but it worked out OK. Thanks to the following for their help: Lena Davis and Ed Hainline who helped me to wheel it and made excellent suggestions to improve the walk. Joe and Karen Kelly, Ed Hainline (yes him again), Annette St. Pierre marking trail on Friday morning - we received many compliments on the excellent trail markings. Our Weekend workers were: Starr McKee, Daryl Pulley, Walt and Carol Ottoson, Phyllis Markee, Jim and Jeanette Wolf, Cheri Stone, Debbie and Denise Esmond, Lena Davis, Joan Larson, Susan Treacy, Dick and Barbara Baker and Sandy Hiles and Dave Huff.

The Elks were very generous to let us use their picnic area, even though we had some confusion

about other competing events, it worked out because Volkswalkers are very accommodating people. The Washington Regional meeting was on Saturday, but they were generous to approve our sharing Saturday, and we had some people who did both events. Milwaukie has many of the challenges and we were lucky enough to have a Bed & Breakfast, bicycle shop, AND the bonus of the Bomber Plane and museum available on both days. Total walkers 187, I was hoping to top 200 but it was still a good day. Thank you all for your help: I need all the help I can get.

FLAME AWARDS

Joe and I recieved the OTSVA "Flame award for Excellence" at the last Oregon Trail Volkssport meeting; it was presented to us at the Wednesday walk on 24 July. Joe has served as a Rose City Roamer officer in the past being a vice president under Noreen and a co-president one year.



ROSE CITY ROAMERS HISTORY

Our club had an historian for many years, Carol and Walt Ottoson and they created many wonderful scrapbooks (about 12). They tell our story about past walks, events and awards. These scrapbooks are stored with our other gear in a warehouse, but should be available for all to see. Barbara Baker has suggested we scan them and put them on our website. This is a great idea... So we are looking for a person who can take this project on for us. If they were on our website a lot more people could enjoy them. Please call me if you know a way we can get them from the dark warehouse to the light of the day on our website.

judydebenedetti@msn.com or call me 503-929-2310.

YRE WALKS

PORTLAND – Northwest

COUNCIL CREST -- 93694 2013/Y0297

CROSSTOWN -- 93695 2013/Y0256

DOWNTOWN -- 93693 2013/Y0410

**Start: LEGACY GOOD SAMARITAN HOSPITAL
1015 NW 22nd Avenue (NW 22nd & Lovejoy)**

Point of Contact: Sue C., 503-289-5888

PORTLAND – North

HISTORIC ST. JOHNS -- 93699 2013/Y0073

PENINSULA CROSSING -- 93692 2013/Y1298

Start: WEST COAST HEALTH & FITNESS

7522 N. Lombard St.

Point of Contact: Sue C., 503-289-5888

PORTLAND -- Southwest

TRYON CREEK STATE PARK -- 93697 2013/Y0921

Start: TRYON CREEK STATE PARK

11321 SW Terwilliger Blvd.

Point of Contact: John H., 503-654-3494

LAKE OSWEGO - Neighborhoods --

93196 2013/Y2013

LAKE OSWEGO - CIRCLE THE LAKE --

95085 2013/Y1653

Start: McDONALD'S RESTAURANT

16044 SW Lower Boones Ferry Rd.

Lake Oswego

Point of Contact: Ed H., 360-921-1909

PORTLAND -- Southeast

REED COLLEGE, CRYSTAL SPRINGS GARDENS --

93698 2013/Y1192

Start: PACE SETTER ATHLETIC

4203 SE Woodstock Blvd.

Point of Contact: John H., 503-654-3494

PORTLAND - Southeast Clackamas

SUNNYSIDE 93696 2013/Y1455

Start: DAYS INN MOTEL 9717 SE Sunnyside Rd.

Clackamas

Point of Contact: Judy D., 503-698-4398

PORTLAND -- Northeast

ALAMEDA/FREMONT -- 93691 2013/Y1708

MT. TABOR -- 93700 2013/Y0033

NE/SE - BELMONT, MURALS, AND MORE --

93701 2013/Y0409

Start: PROVIDENCE PORTLAND MEDICAL CTR

4805 NE Glisan St at 49th Ave

Point of Contact: John H., 503-654-3494

WEDNESDAY GROUP WALKS

8/7/13

9:30 AM Juniper and Rye, 8608 N.

Lombard, Portland

[Event](#) rated 2B VUV: on street

McMenamin's/St Johns Theater & Pub,

8203 N Ivanhoe (3 blocks from finish)

8/14/13

9:30 AM Foothills Park, Foothills DR.

Lake Oswego, OR

[Event](#) rated 2B VUV: in parking lot

Manzana Rotisserie Grill, 305 First St.

Lake Oswego (1 km from finish)

8/21/13

9:30 AM Moulton Falls, Lucia Falls Road,

Battle Ground, WA

[Event](#) rated 1B VUV: in parking lot

Rocky's Pizza, 1901 W. Main St, Battle

Ground. WA (drive)

8/28/13

9:30 AM Sullivan's Gulch, Lloyd Center

Mall Food Court, Portland, OR

[Event](#) Rated 1A VUV

to be determined

9/4/13 - note time

8:30 AM (this is the depart time from Wal-

Mart, Wood Village, OR) Wal-Mart is also

the sign-in point so you need to arrive at

Wal-Mart early enough so we can all sign

in and depart at 8:30. The walk will begin

as soon as the entire group reaches the

walk start on Mt Hood. Bring food and

water.

[Event](#) CRVC: Tom Dick and Harry

Mountain, Mt Hood National Forest

rated 3B, 5K rated 2B

WEEKEND WALKING EVENTS

8/3/2013 - 95641 Clear Lake Falls Walk Sisters, OR Eugene Springfield Mossback Volkssport

Contact: Carol Fairbanks Heartcreation@comcast.net (541) 654-1765 [Www.mossbacks.org](http://www.mossbacks.org)

6, 11 or 14 k - 3C

Start Times: 8 am to 1 pm

Location: Clear Lake Resort
60700 Hwy 126 Sisters, OR
97759

Special Programs: Lakes and
Reservoirs, Trekking With the
Trees, Walking America's Trails

Description: The distances walked to and from Sno-Park to start point, are included in walk distances. It is recommended you carry water.

Also trekking poles or a walking stick are suggested.

Comments: There are 3 different walks available. A 14k around Clear Lake passing by 2 waterfalls. An 11k walk on west side of lake including waterfalls. And a 6k walk on west side of lake to 1 waterfall. Walk follows along the McKenzie River Trail and other nearby trails taking you past a roaring river, impressive waterfalls and lush old growth forests.

8/7/2013 - 95734 St Johns - Forest Park Guided Walk Vancouver USA Volkssporters

Contact: Dick Baker dickbkr@q.com (360) 991-8806 www.vancouverusavolkssporters.org

5 and 10 km - 2B

Start Time 9:30

Location: Juniper and Rye –
8608 N Lombard Ave.
Portland OR

Special Programs: Celebrating Golden
Cinemas, Fraternal Organization, Murals,
Rainbow Color-Named Places, Trekking
With the Trees, WPA Works Projects
Administration

Walk on sidewalks through the St John's downtown area, cross the St Johns Bridge and enter Forest Park at the 1 km point. The next km will be on going uphill on the Ridge Trail in Forest Park to Leif Erickson, a gently sloping gravel road in the middle of Forest Park. Leif Erickson is used by hikers and bikers which in the summertime is quiet, cool and scenic - entirely in the shade of the forest. The 6 km will do 2 km on the Lief Erickson Trail before returning and the 10 km will do 6 km on the Lief Erickson Trail before returning.

Comments: Please plan to register before 9:25 so that we can leave at 9:30. There are no bathrooms in Forest Park or on the St Johns Bridge.

8/10/2013 - 95484 Keizer, OR RIVERfair Walk Willamette Wanderers

Contact: Julia Westerberg (541) 967-001 willwander.weebly.com

5K, 10K - 1B

Start Times: 9 AM - 1 PM

Location: Keizer Rapids Park
1900 Chemawa Rd North, Keizer, OR

Description: 5K/10K trails are on dirt forest trails and paved park sidewalks. 10K trail is also on nearby residential neighborhood sidewalks. Comments: Enjoy the 6th Annual RIVERfair as you walk trails at Keizer Rapids Park. Special feature will be a guided walk at noon to learn about plants and water systems in the nature park. Festivities include food, live music, a forest Disc Golf tournament, contests including Pie Eating, geocaching, dog costume parade, arts/crafts and more. RIVERfair sponsored by the Making Keizer Better Foundation. Keizer YRE & Seasonal walks nearby plus YRE's in Salem just to the south of Keizer.

8/14/2013 - 95736 Lake Oswego - Tryon Creek Guided Walk Vancouver USA Volkssporters

Contact: Dick Baker dickbkr@q.com (360) 991-8806 www.vancouverusavolkssporters.org

5 and 10 km - 2B

Start Times: 9:30

Location: Foothills Park,
Foothills Park Dr.

Description: Walk on sidewalks and park paths along the Willamette River and through downtown Lake Oswego where many art works can be found. The 10 km route will go into Tyron Creek Park before return to the residential areas of Lake Oswego. Comments: 5 km rated 1A please register before 9:25 am so that we can start walking at 9:30 am

8/17/2013 - 89374 **Longview, WA Anniversary Walk** **Border Crossers**

Contact: Sam Korff korffs@wildblue.net (503) 728-0400 longviewbordercrossers.org

10km - 1A

Start Times: 8:00 a.m. to 12:00 noon.

Finish by 4:00 p.m.

Location: St Stephens Episcopal Church

1428 22d Street, Longview, WA

Special Programs: Bakeries Family Owned, Murals,

Rainbow Color-Named Places

Description: The walk will be in and around neighborhoods and some of Lake Sacajawea. There is also a Squirrel Fest, when the City of Longview dedicates a new squirrel bridge. The squirrel bridges are meant to keep the squirrels safe as they cross the busy streets of Longview.

Comments: This is the 50th wedding anniversary for 3 couples in the Longview Border Crossers - Ron and Pat Schauer, Carl and Mary Roy, and Sam and Martha Korff. We will have visitors from as far away as Massachusetts to help us celebrate.

8/21/2013 -95735 **Moulton Falls Walk Guided Walk** **Vancouver USA Volkssporters**

Contact: Dick Baker dickbkr@q.com (360) 991-8806 www.vancouverusavolkssporters.org

5 and 10 km - 1B

Start Times: 9:30

Location: Moulton Falls Battle Ground, WA

Description: Walk on gravel trail in shades forest along the Lewis River on a converted rail-to- trails road between Moulton Falls and Lucia Falls. A 1 km section at the end of the route will be on a more difficult section leading to Big Tree Creek Falls at the end of the walk. This 1 km section can be bypassed to complete the walk. Strollers will be able to do the modified route fairly easy.

Comments: please allow 1 hour from the 1-5 bridge crossing the Columbia to get to this walk. Also please arrive a few minutes early to register for the walk so that we can leave at 9:30 promptly.

8/24/2013 – 95667 **Milwaukie, OR Walk and Bowl** **Valley Volkswalkers**

Bettie Lou Cline (503) 329-5386 Valleyvolkswalkers@yahoo.com

10K, 5K - 1A

Start Times: 8 AM to Noon

Finish by 3 PM

Location: Kellogg Bowl 10306

S.E. Main St., Milwaukie,

Oregon 97222 Park BEHIND

Kellogg Bowling alley

Description: Walk two 5k loops on paved road shoulders and sidewalks. One loop is through older industrial areas of Milwaukie, and past historic railcars. Other loop is through downtown Milwaukie to see the progression of the light rail project.

Special Programs: Celebrating Golden Cinemas, Diners, Fraternal Organization, Main Street, Murals, WPA Works Projects Administration WOC: Candy Stores/Chinese Food/ City Hall/Lanes (bowling)/ Water Treatment Plant. Comments: Bowling will be offered at the start/finish for a nominal fee. Bring your bowling equipment or rent. "High score/Low score" challenge against your walking friends.

8/25/2013 – 95816 **Southeast Portland Sunday Parkways** **Rose City Roamers**

Contact: Dick Baker dickbkr@q.com (360) 991-8806 www.rosecityroamers.org

5 and 10 km - 1A

Start Times: 9am to 1 pm

Location: Providence Medical Center

49th & NE Glisan, Portland OR

Special Programs: Bakeries

Family Owned, Celebrating

Golden Cinemas, Murals,

Rainbow Color-Named Places

Description: The City of Portland's 4th Sunday Parkways (2nd Volkswalk) where 9.0 miles of city streets are closed & converted into non mechanized transportation for bikes, skates and skate boards, and walkers. The route includes Laurelhurst Park, Hawthorne Street Fair and Colonel Summers Park where there will be entertainment, food, and drink. Last year over 26,000 people came out and enjoyed having a large area where they could just enjoy the streets with no traffic, parks with many activities and food, and just talking with the neighbors.

8/28/2013 - 95848 **Sullivans Gulch Guided Walk** Vancouver USA Volkssporters

Contact: Dick Baker dickbkr@q.com (360) 991-8806 www.vancouverusavolkssporters.org

5 and 10 km - 1A Description: Food Court is in center of the Mall on the 3rd Floor. The walk will take you past Oregon Park, through Laurelhurst and Grant Parks and into beautiful residential homes in the Sullivan's Gulch, Laurelhurst, Grant Park and Irvington neighborhoods. Comments: Please come before 9:30 am to register so that we can leave promptly at 9:30 am

Start Times: 9:30 am

Location: Lloyd Center Mall
Food Court

Special Programs: Murals,
Rainbow Color-Named Places

8/31/2013 – 92880 **Fountains, Bubblers and more** Columbia River Volkssport Club

Contact: Carolyn dick.koonce@gmail.com (503) 649-7675 www.walking4fun.org

10KM & 6KM - 1A Description: A walk that visits many of Portland's unique fountains, through the Saturday Market, Portland's Farmer's Market and the wonderful art exhibits that make up "Art in the Pearl". A great way to see what makes Portland a special place.

Start Times: 10:00 am to 1:00

Location: REI 14th & NW
Johnson

Comments: There will be a guided group walk for the 10K at 10:30 am. There will also be a guided group walk for the 6K at 10:30 am

9/7/2013 - 95298 **Three Lakes Walk Camas, WA** **All Weather Walkers**

Contact: Jan Breneman breneman@pacifier.com (360) 835-9686 www.allweatherwalkers.org

5 km / 11 km - 2B Description: Hilltop and lakeside neighborhoods connect forested parks on nature paths and some rough trails along the shores of Lacamas and Round Lakes, and above Fallen Leaf Lake, part of Camas newest park. A rocky, tree-rooted forest path downhill from above Fallen Leaf Lake offers beautiful views of this little-known gem through the forested canopy. The 5 km route is rated 1B and includes smoother paths near and along all the lakes. Strollers are okay for the 5 km route only, and may have difficulty across the narrow Round Lake Dam and fish wheel.

Start Times: 9 a.m. - 1 p.m.;
finish by 4 p.m.

Location: Lacamas Lake Park,
3344 NE Everett Street,
Overflow parking lot

Special Programs: Rainbow
Color-Named Places, Walking
America's Trails, WPA Works
Projects Administration

Comments: Hiking shoes and poles may be helpful on the rough trail, which is about 1.5 km long midway through the 11km route.

OTHER NEWS & INFORMATION

AMERICAN VOLKSSPORT ASSOCIATION EXECUTIVE COUNCIL AGENDA ITEM:

Motion: AVA Policy 4.06 General Rules for Events: II Policy E. 2 be changed to read: "Clubs are encouraged to provide for pre-registration of participants. The fee for all participants in an IVV/AVA sanctioned event shall be \$3.00. Clubs will establish an additional fee for those wanting an award if awards are available. If the club holds an event in a facility (such as a State Park) or with a sponsor charging an entrance, participation, donation, or use fee, the club will note the required fee in the event brochure."

ARGUMENT IN FAVOR:** The current Policy includes a statement that reads: "Clubs may allow participants who do not want the event award or IVV credit to walk without paying a fee." This statement gives the clubs the right to make the decision to allow "Free Walkers." All Volkssporting events are sanctioned by the American Volkssport Association, a National Association under the rules and by-laws of the International Federation, the IVV. The clubs operate under the rules and bylaws of the AVA and it should not be up to them to decide if the AVA gets their fees for every participant. The fees should be a standard fee for all events for every participant. When a person goes to a Volkssport Event they should know the fee is \$3.00 no matter where the event is held. It is very confusing to a new walker to know what the cost is going to be. If they are told they can walk for

"Free," they will do so, it is just human nature. In most cases the opportunity is lost to tell them that for just \$2.00 more they can get three free walks their first two books, and other benefits, a \$25.00 value for only \$5.00. The current policy statement "Clubs may allow participants who do not want the event award or IVV credit to walk without paying a fee," indicates that the only value to the walk is the stamp for the IVV Credit or the event award. If that is true, then why would anyone want to walk with us if they don't take IVV Credit? Yet, the same people return to walk with us walk after walk and year after year without paying a fee because they do not take IVV credit. It must be that they see and enjoy the true value of our product which is, "The Experience and Adventure of Fun, Fitness, and Friendship." They enjoy the uniqueness of our trails, which volunteers have spent their own time and money to do research, seek out and map out interesting, scenic, historical, and nature trails and write directions which point out those things to the walker. They have learned that there are different types of walks and there is one for everyone. They enjoy the friendships made on and off the trails. Surely all that is worth the small fee of \$3.00 which helps defray the numerous expenses that come along with sponsoring a walk. A portion of this fee is the main source of revenue that maintains the staff and office of the National headquarters, without which, there would be no Volkssporting. There are the same costs involved whether you take IVV credit or not. All walkers should pay their fair share of the expenses required to put on a walk. It appears that FREE Walking has gotten out of hand and is causing tremendous damage to the AVA both in participation and financially. The Biennial Report July 1, 2010 –June 30, 2012, which was distributed at the Biennial Convention in Orlando, indicated there were **53,471 "Free Walkers"** reported for the period covered. (No one knows the real number of free walkers because there are people just going to the walk boxes, taking the directions and walking without registering or paying). Also, people are meeting their paying friend on the trail and not going to the start to register. This is 15% of the total participation. We have heard from several members of the past NEC that "We need to run the AVA like a business." Why would any business who is losing money every year give away 15% of their product? All Regions had a decrease in participation (from last Biennial report) ranging from 21% down to 3.7%, except the Region who had the lowest free walker percentage of 2%. Instead they had an increase of almost 11%. They also had an increase of 19% in their Non-IVV Credit walkers. This is the region where the last convention was held, so that may have helped with their numbers some, but not to the extent of their increases. Adoption of this motion would set a standard fee for all AVA Volkssporting events all over the U.S. and eliminate the issue of Free Walkers. It would help increase revenues and prevent losses each year by the National Office and the possible closing of additional clubs. It may also entice some long time Free Walkers to become active Volkssporters and new walkers to start off as paying participants.

Motion Made By: Sponsor: Joanne Forinash SW RD

***portion of argument excerpted –ed.*

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Oregon Trails State Volkssport Assoc.