

# The Roamer

Rose City Roamers

Walking Club Newsletter



December 2013

Walking for Fun Fitness Friendship



Association member

## CALENDAR

Jan 28 RCR Board Meeting  
6:00 pm Adventist health  
Pavilion Lobby

Feb 4 RCR Club Meeting  
7:00 pm Adventist Health Education Ctr. A



## UPCOMING EVENTS

### DECEMBER WALKS

Happy Holidays! Enjoy the sights and sounds of the season with these upcoming Christmas-season walks starting with December 7th at the Sherwood Merrywalkers' Christmas & Blanket walk. Donate a blanket for the local homeless shelter and/or Sherwood's two Veterinary Clinics and enjoy the lights decorating the neighborhood. December 14th's Christmas Ships walk will take you along Portland's Waterfront and a chance to see the decorated ships as they travel up & down the Willamette. December 31st finishes the month with a New Year's Eve walk in the downtown/Northwest Portland areas. 2014 starts with a New Year's Day walk in Vancouver. See the Schedule of events for times and directions.

### CLUB MEETING

Our next club meeting will be February 4 in the Adventist Medical Center's Pavilion Lobby. Come help plan more walks for 2014 and learn what's happening in the Volkswalking world.

### CLUB OFFICERS

New Club Officers were elected at the November club meeting. At the November's club meeting members voted on the new officers for 2014; Dick Baker as President, Ed Hainline as Vice President, Susan Treacy as Treasurer, Debbie Esmond as Secretary plus four Members-at-large; Denise Esmond-Newsletter Editor, Judy DeBenedetti-Membership and Joan Larson.

# WALKING



## **YEAR-ROUND EVENTS (YRE)**

### **PORTLAND – Northwest**

#### **CROSTOWN, DOWNTOWN**

Start: LEGACY GOOD SAMARITAN  
HOSPITAL 1015 NW 22nd Avenue  
Contact: Sue C., 503-289-5888

### **PORTLAND – North**

#### **HISTORIC ST. JOHNS, PENINSULA CROSSING**

Start: WEST COAST HEALTH &  
FITNESS 7522 N. Lombard St.  
Contact: Sue C., 503-289-5888

### **PORTLAND – Southwest**

#### **TRYON CREEK STATE PARK**

Start: TRYON CREEK STATE PARK  
11321 SW Terwilliger Blvd.  
Contact: John H., 503-654-3494

### **LAKE OSWEGO – Neighborhoods**

#### **LAKE OSWEGO, CIRCLE THE LAKE**

Start: McDONALD'S RESTAURANT  
16044 SW Lower Boones Ferry Rd.  
Contact: Ed H., 360-921-1909

### **PORTLAND – Southeast**

#### **REED COLLEGE,**

#### **CRYSTAL SPRINGS GARDENS**

Start: Pace Setter Athletic  
4203 SE Woodstock Blvd  
Contact: John H., 503-654-3494

### **PORTLAND – Clackamas**

#### **SUNNYSIDE**

Start: DAYS INN MOTEL  
9717 SE Sunnyside Rd.  
Contact: Judy D., 503-698-4398

## **GROUP WALKS**

### **Wednesday Walkers Schedule**

12/4/13

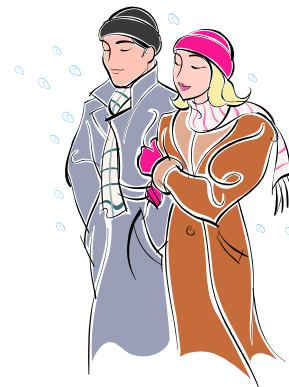
10:00 AM Albertson's at Tigard Towne Square,  
16200 SW Pacific Hwy, Tigard, OR  
[YRE 534](#) rated 1A SM: at Customer Service  
counter  
Pacific Breeze, 11525 SW Durham Rd, Tigard  
(across street from Albertson's)

12/11/13 - carpool

10:00 AM The Merk, 1339 Commerce Ave,  
Longview, WA  
[YRE 1316](#) rated 1A BC: near front entrance  
Olde Creekside Cafe, 1323 Commerce Ave.  
Longview, WA (1 block from finish)

12/18/13

10:00 AM Portland Adventist Medical Center,  
10123 SE Market St, Portland  
[YRE 1490](#) rated 1A ECWW: moved to Pavilion  
Cafe  
Olive Garden, 9830 SE Washington St,  
Portland (1/2 km from finish)



## TRADITIONAL WALK EVENTS

### 12/7/2013      Sherwood, OR      Christmas Lights and Blanket Walk

95833

10K with 5K option -

Start Times: 3:00 p.m. to 6:00 p.m.,  
end by 9pm.

Location: 18208 SW Woodhaven Dr

Host Club: Sherwood Merrywalkers

Contact: Andrea McKee

(503) 625-1612

Website:

[www.sherwoodmerrywalkers.org](http://www.sherwoodmerrywalkers.org)

E-Mail Contact:

[info@sherwoodmerrywalkers.org](mailto:info@sherwoodmerrywalkers.org)

Description: Walk through Sherwood neighborhoods to see holiday lights and yard displays. At 4:00 p.m. Sherwood's Winter Festival with a parade and tree lighting take place in downtown Sherwood. Start 3-6pm, finish by 9pm. Bring a flashlight!

Comments: We ask that you contribute new blankets for the local homeless shelter and/or used blankets and towels for the two local veterinary clinics.

Start Point / Driving Directions: 23000SW Pacific Hwy., Sherwood  
From I-5 take Tualatin exit 289. Southbound turns right and Northbound turns left at exit. Veer left at the "Y" onto Tualatin-Sherwood Rd. Travel about 5.3 miles to Pacific Hwy. (99W), Left on Pacific Hwy 99W to stoplight at Sunset Blvd. Left on Sunset Blvd and left on Woodhaven to YMCA driveway on left, Starting point is home across from Y driveway, 18208 SW Woodhaven Dr. From the South on 99W the YMCA is approximately halfway between Newberg and Sherwood at Sunset Blvd. on Pacific HWY, (99W).

### 12/14/2013      Portland, OR      Christmas Ships Walk

95685

10K/5K - 1A

Host Club: Columbia River

Volkssport Club

Contact: Judy (503) 230-1387

Website:

[www.walking4fun.org](http://www.walking4fun.org)

E-Mail Contact:

[crcvinfo@yahoo.com](mailto:crcvinfo@yahoo.com)

Description: A beautiful evening walk along the Willamette River viewing the Christmas ships Parade on the River. Both the Columbia and the Willamette fleet will be in this area tonight. The best viewing times are after 5:30 pm and before 8:30 pm. If you wish, you can take the Portland Streetcar to Pioneer Square to view the lights and then catch it back to finish your walk.

Start Times: 4:00 pm to 7:00 pm finish by 10:00 pm

Location: 6835 SW Macadam Av, Portland OR.

Comments: This has been a favorite of walkers for many years.

Start Point / Driving Directions: To the start point at Buffalo Gap Pub and Eatery, 6835 SW Macadam Av, Portland OR.

From I-5 North in Portland take exit 298 for Corbett Ave. Turn right at SW Corbett Av. Turn left at SW Richardson Court. Turn right at SW Macadam Av/OR-43. The Buffalo Gap is at the corner of Macadam and

California St in the Johns Landing area. Parking is available in parking structure across from the pub and on the street.

12/31/2013

Portland, OR

New Year's Eve Walk

95798

Distance - Trail Ratings: 5 and 10 km - 1A

Starting Time: 10:00am to 1 pm for the 10 km and 10 am to 2 pm for the 5 km

Awards & Fees: IVV Credit Only

Host Club: Columbia River Volkssport Club

Contact: Dick Baker (360) 991-8806

Website: [www.walking4fun.org](http://www.walking4fun.org)

E-Mail Contact: [dickbkr@q.com](mailto:dickbkr@q.com)

Location: Start Point / Driving Directions: 1405 NW Johnson I-5 exit # 302B onto I-405 and cross the Freemont Bridge. Exit 2B to Everett Street, Left on Everett St. Left on 14th Ave. Left on Johnson. Use street parking may be free on Holiday but streets around 17th Ave have free parking on all days. Description: This walk will have 2 five km loops. The last walk 2013! One loop will go into the NW District, Pearl District and downtown. The second 5 km loop will be in the NW District, Old Town, China Town, Pearl District and downtown.

Comment: This walk will qualify for OTSVA's challenges for 2013 (Banks, Bike Shops, & Barber Shops) and 2012 (Candy Store, Chinese Food)

P H O T O S & W A L K S T O R I E S



Veterans Day Walk November 10



Mt Hood September 4



THE FINAL PAGE...

## DUES FOR 2014

If you haven't yet renewed your membership there's still time before the New year begins. Mail in to the address shown at right.

*Wishing you a Very*

*Merry*  
  
*Christmas*

**And a**

  
**HAPPY NEW YEAR**  


*From Rose City Roamers*

**Don't walk in front of me;**

**I may not follow.**

**Don't walk behind me;**

**I may not lead.**

**Just walk beside me and be my friend.**

### 2013 Club Officer Directory

Daryl Pulley, President

503-251-4847

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Noreen Kirk, Vice President

503-285-2915

Susan Treacy, Interim Treasurer

[jsusan45@mac.com](mailto:jsusan45@mac.com)

Debbie Esmond, Secretary

503-777-2717

[Esmond1@hotmail.com](mailto:Esmond1@hotmail.com)

Judy DeBenedetti, [M@L](mailto:M@L)

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([M@L](mailto:M@L)=Member at Large)

For membership dues mail to:

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Portland OR 97206

American Volkssport Association

Mail: 1001 Pat Booker Rd, Ste 101

Universal City TX 78148