



# **THE *ROAMER*** **NEWSLETTER** **May 2013**

## # **CALENDAR**

- June 4 Strawberry Shortcake Meeting & 26<sup>th</sup> year Anniversary
- June 23, Northeast Sunday Parkways  
Start at Fernhill Park
- July 27/28 Milwaukie Daze Walk  
Start Elks Lodge on McLoughlin Blvd
- 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



## **UPCOMING EVENTS & NEWS**

### **CLUB MEETING**

Our next club meeting is June 4 at Adventist Medical Center's Education Room A in the

lower level. This is our 26th Anniversary year! We will have strawberry shortcake provided by Judy. Come see what our club is doing. Open to members and visitors alike.

### **NE PORTLAND PARKWAYS**

**Portland Sunday Parkways** promotes healthy active living through a series of free events opening the city's largest public space - its streets - to walk, bike, roll, and discover active transportation while fostering civic pride, stimulating economic development, and represents the community, business, and government investments in Portland's vitality, livability, and diversity. The City of Portland is closing 6.8 miles of City streets for non motorized methods of travel. Over 15,000 people come to these monthly events. Rose City Roamers is sponsoring 2 walks this year in connection with the Parkways events. The first one will be on June 23 starting at Fernhill Park in Northeast Portland. There are lots of bicycles, skaters, skateboarders, and walkers with many activities/food/music at Woodlawn, Alberta, and Fernhill Parks. The start point for the walk is at Fernhill Park NE Ainsworth St. & NE 37th Ave. The route is rated 1A. The streets are closed at 11 am and it may be easier to avoid the majority of bicyclists if you walk between 9 am and noon. In the afternoon, the streets are filled with bikes. This is the second event for 2013 (1st volkswalk) this year.

August 25th will be in Southeast Portland with the start at Providence Portland on NE Glisan St. Come out and enjoy the entertainment and vendor stalls on your walk around Portland's streets.

For more information contact Dick Baker (360) 991-8806

## WEEKEND EVENTS

**5/4/2013 93096 Festival of the Flowers Jefferson, OR Albany Fitwalkers**

**Karen Wusstig [kjwusstig@msn.com](mailto:kjwusstig@msn.com) (541) 979-8277 [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org)**

5K/10K - 1B

Jefferson Elementary School

615 North Second Street

Jefferson, Oregon 97352

Northwest challenges: Banks and Barbershops

City Hall, Firehouses, Watering

Holes, Water Towers, Waterways,

Libraries, Landmarks, Museums,

and Murals,

Walk in small friendly town known as the Mint Capital of the World and the Frog Jumping Capital of Oregon. The walk will go through residential neighborhoods, up a gravel road to a pioneer cemetery that overlooks farm fields. Will go down Main Street past the Historic Jacob Conser House Built 1854 which was the first frame building in Jefferson that became a hotel, and now used as the town library and City Council Chambers. Past the Masonic Lodge which was also a movie cinema theater up until early 1950's. The cinema was in the first story and the Masonic Lodge upstairs. Columbus Day storm in 1962 took the roof off the second story. Walk across the Santiam River on the Jacob Conser Bridge that was built 1933 by Conde B. McCullough.

**5/11/2013 Junction City, OR Fern Ridge Reservoir Walk Eugene Springfield Mossback Volkssport**

**Contact: Gail Sandgathe [justgail2@gmail.com](mailto:justgail2@gmail.com) (541) 988-0289 [www.mossbacks.org](http://www.mossbacks.org)**

95489

5 & 10 k - 1B

Start Times:

9 am to 1 pm

Location:

Richardson Park at Fern Ridge

Reservoir to Shelter 3.

Description: Walk on natural trails near Fern Ridge Reservoir through campgrounds, along lakeshore. Walk to dike overlooking the dam and reservoir

Comments:

Walk coincides with nearby (Veneta) annual Audobon Wings & Wine festival. Bring binoculars to view birds of the area.

**5/17/2013 - 5/19/2013**

**Shady Cove, OR Joseph Stewart State park/Lost Lake Trail**

**Rogue Valley Walkers Contact: Marie Jewett (541) 245-9356 [mjwhy@q.com](mailto:mjwhy@q.com)**

90094

10km5km - 2B

Location: Edgewater Inn 7800

Rogue River Dr., Shady Cove,

OR

Comments: Paved and natural trails, crosses several small wooden bridges along lost Creek Lake then through a large meadow and along paved pathways through the state park. A few, short, steep hills, 13 miles from Edgewater Inn.

**5/17/2013 - 5/19/2013**

**Shady Cove, OR Casey State Park**

**Rogue Valley Walkers**

**Contact: Marie Jewett (541) 245-9356 [mjwhy@q.com](mailto:mjwhy@q.com)**

90095

10km - 1B

Start Times: 9:00am to

1:00pm

Location: Edgewater Inn,

7800 Rogue River Dr., Shady

Cove, OR approximately 2

miles from town line.

Comments: Paved and natural surface trails from Casey State Park to fish hatchery and viewpoints of Rogue River Dam, 9 miles from Edgewater Inn

**5/17/2013 - 5/19/2013**

**OR The Dam/Rumbley Creek Trail**

**Rogue Valley Walkers**

**Contact: Marie Jewett (541) 245-9356 [mjwhyme@q.com](mailto:mjwhyme@q.com)**

94296

10km - 2C

Start Times: 9:00am to  
1:00pm

Location: Shady Cove, Oregon  
Edgewater Inn, 7800 Rogue  
River Dr., Shady Cove, OR

Comments: Walk across the dam for fantastic views, and then this walk quickly enters the forest along another part of Lost Creek Lake, meandering through the trees past a small waterfall. This is an out and back trail, 13 miles from the Edgewater Inn.

**5/17/2013 - 5/19/2013**

**Shady Cove, OR Viewpoint Mike**

**Rogue Valley Walkers**

**Contact: Marie Jewett (541) 245-9356 [mjwhyme@q.com](mailto:mjwhyme@q.com)**

94298

10km - 3C

Start Times: 9:00am to  
1:00pm

Location: Edgewater Inn,  
7800 Rogue River Dr., Shady  
Cove, OR

Comments: Great hike to incredible views of the Rogue Valley. All natural trail surfaces and healthy elevations, 9 1/4 miles from Edgewater Inn.

**6/1/2013**

**Gussie McRobert Plaza Dedication**

**East County Windwalkers**

**Contact: Regina Blake [reggie\\_blake@yahoo.com](mailto:reggie_blake@yahoo.com) (503) 665-0950 [www.eastcountyywindwalkers.org](http://www.eastcountyywindwalkers.org)**

95742

10K & 5K - 1A

Start Times:

10am-1pm

Location:

Main City Park 219 S. Main  
Ave Gresham, OR 97030

Bakeries Family Owned,

Celebrating Golden Cinemas,

Main Street, Murals, Walking

America's Trails, WPA Works

Projects Administration

Stores, Antique

Stores, Bakery, Barber Shops, &

Monuments, K-Klubs

(ECWW). Washington, California,

Idaho & Alaska challenges

are accepted.

Special Programs:

AVA Challenges; Walking America's Trails, Walking USA A-Z. For Loop 2, WW Murals & Bakeries, Golden Cinemas, WPA & Maine St. WOC:

Arches, Waterways, Libraries & COW (Oregon). For Loop 1:

Auditoriums & Water Towers. For Loop 2:

Banks, Murals, Mountains, Watering Holes, Museums, Candy

Description:

The walk consists of 2 5K loops. Loop 1 goes along the Springwater Trail through neighborhoods and up to the Bella Vista Park and back to the start. Loop 2 goes along the Springwater Trail, through downtown Gresham and back to the start point. Both walks go through the new arch at the entrance to the Springwater Trail and there will be a dedication of the arch at 10:00am. This is also National Trails Day.

## WEDNESDAY GROUP WALKS

**5/1/13**

10:00 AM Columbia Sportswear Outlet,  
1323 SE Tacoma St, Portland  
[YRE 1532](#) rated 1A CRVC: start box is to  
your left as you enter  
Thai Lahna, 7937 SE 13th Ave (4 blocks  
from finish)

**5/8/13**

10:00 AM Lakeside Chalet Restaurant,  
3533 NE Everett St Camas, WA  
[YRE 1460](#) rated 2C AWW: inside at  
counter (Round Lake Walk)  
Lakeside Chalet (at finish)

**5/15/13**

10:00 AM Mt Hood Medical Center, 24800  
SE Stark, Gresham  
[YRE 687](#) (IN REVERSE) rated 1A ECWW:  
start box in entrance  
Lucky Buffet, 2830 NE Hogan Dr, Suite G  
(/2 km from finish)

**5/22/13**

10:00 AM Pace Setters Athletic, 4201 SE  
Woodstock, Portland  
[YRE 1192](#) rated 1B RCR: ask at counter  
Mickey Finns, 4336 SE Woodstock,  
Portland (1 block from finish)

**5/29/13**

10:00 AM Sherwood YMCA, 23000 SW  
Pacific Hwy, Sherwood  
[YRE 1723](#) rated 1A SM: right at entrance  
Famous Dave's BBQ, 7121 Southwest  
Nyberg Street  
(at I-5 & Tualatin-Sherwood junction)

## YRE WALKS

### LEGACY GOOD SAMARITAN HOSPITAL-

3 walks  
Start from this point 1015 NW 22<sup>nd</sup>  
Avenue (NW 22nd & Lovejoy) Point of  
Contact: Sue Connolly, 503-289-5888

### PROVIDENCE PORTLAND MEDICAL CENTER –

3 walks  
Start from this point 4805 NE Glisan St. at  
49th Ave. Point of Contact: John Hacker,  
503-654-3494

### WEST COAST HEALTH & FITNESS-

2 walks  
Start from this point 7522 N. Lombard St.  
Point of Contact: Sue Connolly, 503-289-  
5888

### CREEK STATE PARK NATURE PARK

11321 SW Terwilliger Blvd. Point of  
Contact: John Hacker, 503-654-3494

**PACE SETTER ATHLETIC 4203 SE  
Woodstock Blvd. Point of Contact: John  
Hacker, 503-654-3494**

**DAYS INN 9717 SE Sunnyside Rd.  
Clackamas Point of Contact: Judy  
DeBenedetti, 503-698-4398**

### LAKE OSWEGO

2 walks  
16044 SW Lower Boones Ferry Road,  
Lake Oswego. Point of Contact: Ed  
Hainline (360) 921-1909



## WALKING STORIES

### Trillium Festival Walk –*Report by Judy DeBenedetti*

Our first event this year was the Trillium Festival Walk from Lewis & Clark Law School down to the Park on April 6<sup>th</sup>. The weather was “iffy” but it worked out that we missed any rain the day of the walk although the Friday night before was a downpour.

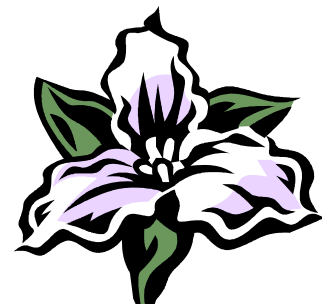
We decided to use a walk route from 2004, to limit the time to get a route together. Lena reminded me that the old walk went on the “horse Trail” and she encouraged us to avoid that part of the old walk, so we added two more bridges and that seemed to do the trick. The route included the stop (checkpoint) at the Nature Center in Tryon Creek State Park. We were fortunate to have the checkpoint near the middle of all the activities and we heard many comments that the plant and art sale were nice.

We offered a “challenging” 5K through the park and an “easier” 5K along the bike path. It seemed that about 50% of those who wanted to do 5K took the walk through the park, so the choice seemed to be a good idea. However, that made the marking trail challenging with three colors of ribbons and arrows but we had experienced trail markers to do the job, thanks Dick and Barbara.

Many thanks to these helpers: Daryl Pulley and I, did the final wheel distance and instruction check the Saturday before our event. Trial markers on Friday April 5<sup>th</sup> were Ed Hainline, Susan Treacy, Dick and Barbara Baker. We split the walk in two parts from the Nature Center with the Bakers doing the tricolor marking and Susan and Ed and myself doing the rest of the 10K portion. On Saturday, Ed helped me set up the checkpoint area in the park and set up the start. We still had to mark the college and of course there were people ready to go early, so we sent them off just ahead of Ed finishing the marking.

Cheri Stone and I got the walk started, Lena Davis took the second shift and Joan Larson came in for the finish. I appreciated Dick Baker taking some time at the start table when we got very busy. The check point was staffed with Sandy Hiles and Dave Huff and Susan took over so they could finish the walk. Susan and Dick also stripped the trail.

We had a total of 173 walkers (92 credit and 81 free). I am pleased with the walk because of the threat of rain which kept some people home. As many of our members know, Rose City Roamers has held a walk in conjunction with the Trillium Festival several times in the past and Dick Baker suggested we do it again in two years.



## OTHER INFORMATIONAL NEWS



### **PUPPY PASSPORT**

We have revised our popular Doggy Volkswalking Award and Passport program. The book and metal will be available at all our walks this year, Cost is \$8.00 for the award and book, and includes membership in Rose City Roamers club for the balance of the year. We had this program in 2009 and it was very popular, our new metal does not have a date on it so the program can go on indefinitely.

*Walkers are the “practitioners of the city”, for the city is made to be walked. A city is a language, a repository of possibilities, and walking is the act of speaking that language, of selecting from those possibilities. Just as language limits what can be said, architecture limits where one can walk, but the walker invents other ways to go.*



### **2013 CLUB OFFICERS**

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