



Rose City Roamers

The Roamer Newsletter

September 2013

*Fun*Fitness*Fellowship*

CALENDAR

- SEPT 3 6pm Club Meeting/Potluck
Cafeteria Patio/ Ed Ctr B
- Sept 14 10 am Guided Walk at Timberline
Lodge
- Sept 29 9 am Highway Cleanup Alder
Creek Middle School
- Nov 5 7 pm Club Meeting-Pizza
Party/Officer Elections
Adventist Health Ed Center A

TIMBERLINE GROUP WALK

Rose City Roamers is sponsoring a guided walk on September 14 that will start at Timberline Lodge 27500 E. Timberline Road at Mt. Hood and follow a portion of the Pacific Crest Trail. There will be three walk lengths; 5K, 10K and 15K. these walks are going up in elevation the rating is 3C, please consider your fitness level and be prepared for the altitude change. For more information contact Susan Treacy at jsusan45@mac.com.



NEWS AND EVENTS



At our club meeting September 3rd our annual potluck picnic was held. Chicken and beverages were provided and several dishes were brought by members. New event walks for 2014 were discussed and some ideas suggested at the latest board meeting were mentioned. Ideas for new walking areas are welcomed. Our next club meeting will be November 5th with a pizza party and officer elections. Members and visitors welcome.

OFFICER ELECTIONS

Voting for new officers for the 2014 year will be during our November club meeting. Nominations are open for President and Vice-President. The following officers up for re-election are Treasurer, Secretary, plus four member-at-large which includes webmaster, membership coordinator and newsletter editor.

RCR HISTORY

Judy has been storing the historical records for the club at her workplace and would like to make the scrapbooks more accessible & viewable without having to pack around the heavy books. If there is anyone who has the ability to scan the documents, pictures, etc into an electronic device or assemble them into an electronic scrapbook please talk to Judy. Her contact information is 503-929-2310 or judydebenedetti@msn.com.

HIGHWAY CLEANUP

Rose City Roamers have renewed their agreement to continue the highway cleanups. The upcoming cleanup day has been scheduled for Sunday, September 29 at 9:00 am starting from the Alder Creek Middle School parking lot.

YEAR-ROUND EVENTS (YRE)

PORTLAND – Northwest

CROSSTOWN, 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

PORTLAND – Northeast

ALAMEDA/FREMONT, MT. TABOR NE/SE, BELMONT, MURALS AND MORE

Start: PROVIDENCE PORTLAND
4805 NE Glisan St.
Contact: John H., 503-654-3494

WEDNESDAY WALKS

9/4/13 - [Event](#) CRVC: Tom Dick and Harry Mountain, Mt Hood National Forest

rated 3B, 5K rated 2B. **Note time** 8:30 AM (this is
the depart time from Walmart, Wood Village, OR)
Walmart is also the sign-in point so you need to
arrive at Walmart early enough so we can all sign in
and depart at 0830. The walk will begin as soon as
the entire group reaches the walk start on Mt Hood.
Bring food and water

9/11/13 - 10:00 AM [Wilsonville/Clackamas](#)**

Visitors Center, 29600 SW Park Place, Wilsonville
[YRE 550](#) rated 1B SM: At desk
Abella Italian Kitchen, 8309 SW Main St. Suite 200 -
short drive

9/18/13-10:00 AM ** [Willamette Coffee House](#),
2120 8th Ct, West Linn [YRE 2041](#) rated 2B 4-Ds: at
counter McMenamins - West Linn, 2090 SW 8th
Ave - near finish

9/25/13 - 10:00 AM [Tualatin Hills Rec - Athletic](#)**

Center, 50 NW 158th, Beaverton
[YRE 1438](#) rated 1B CM: left of entrance
Monteaux's Public House, 16165 SW Regatta Lane,
#1000, Beaverton - 3 blocks from finish

10/2/13 10:00 AM [Starbucks](#) - New Location:**

8302 E. Mill Plain, Vancouver [YRE 116](#) rated 1A
VUV: ask at counter Abhiruchi Indian Cuisine, 233
NE Chkalov Dr, Vancouver (just North of Mill Plain) -
drive 1 mile from finish

10/9/13 - [Silver Falls YRE 171](#) rated 2B SWA:

895 W Main St. Silverton (short drive from
registration) no 5K option for this walk, Be ready no
later than 9:30 AM, to leave registration at Safeway,
Customer Service-Oregon Garden Resort, 301
Westfield St, Silverton. The walk will start in the park
about 10:00 A.M.

please note return to 10am start time

TRADITIONAL EVENT WALKS

9/4/2013 **TOM DICK AND HARRY MOUNTAIN**

(Mirror Lake) Guided Walk 95983

5 and 10 km - 3C Description: The walk will start at the Mirror Lake (Tom Dick & Harry Mountain) trailhead. The 5 km route will go to Mirror Lake (rated 2C - 700 feet elevation gain) and return. The 10 km route (rated 3c - 1500 feet elevation gain) will continue on to a spectacular viewpoint atop Tom Dick & Harry Mountain. Both distances will have many alpine flowers in bloom and masses of huckleberries in late Aug/early Sep. This trail is one of the most popular trails in Oregon. Great views everywhere including Mt Hood reflecting off of Mirror Lake. Be sure to bring water, food (snacks) and your camera. Consider walking sticks.

Special Programs: Walking America's Trails

Start Times: Please be there by 8:15 to use the bathroom facilities and to join in the carpool to the trailhead. 8:30 am is the depart time from Wal-Mart.

Location: Wood Village - Walmart Parking Lot

Comments: Registration will be at the Walmart parking lot where car pools will be formed. Due to limited parking walkers will carpool to the trail head on Highway 26 about 2 miles west of Government Camp between mileposts 51 and 52. The walk will begin as soon as the entire group reaches the walk start on Mt Hood.

Columbia River Volkssport Club Contact: Dick Baker (360) 991-8806 www.walking4fun.org dickbkr@q.com

9/14/2013 **MT HOOD GUIDED WALK 95693**

5/10/15 km - 3B Description: Beautiful views of Mt. Hood and the surrounding forest including Zig-Zag canyon and River. The walk will start at Timberline Lodge and go along the Pacific Crest Trail to the bottom of Zig-Zag Canyon. The 5 km will be rated a 2 B and will not go down the canyon. The 10 km route will only go part way down the canyon. Special Programs: This event doesn't have any special Programs assigned. Start Times: 10 am Location: Timberline Lodge, 27500 E. Timberline Road. Comments: This walk is at elevation 5900 so please take that into consideration. The first half of the walk is mostly down hill so the last half of the walk is mostly up hill. Host Club: Rose City Roamers Contact: Susan Treacy (503) 645-8470 Website: www.rosecityroamers.org E-Mail Contact: jsusan45@mac.com

9/21/2013 **SAUERKRAUT FESTIVAL 95300**

10 km, 5 km - 1A Description: (1A) Walk on paved trail and sidewalks to the Crown Zellerbach Rd to a water sanctuary and return. Although route is in the Sauerkraut Festival, the Crown Zellerbach Rd has never been volkswalked. The 5km route is rated (1A). Suitable for strollers and wheelchairs.

Special Programs: This event doesn't have any special Programs assigned. Start Times: 8:00 a.m. to 12:00 noon.

Finish by 4:00 p.m. Location: Elementary School Complex, 52000/52050 SE 3d Street, Scappoose, OR Start Point Comments: Festivals, libraries, monuments, City Hall Border Crossers Contact: Sam Korff (503) 369-9906 longviewbordercrossers.org korff.sam@wildblue.net

10/5/2013 **CRESWELL WALK/GARDEN LAKE PARK 95594**

Two 5k loops. 10k total - 1A Description: 2 5k loops totaling 10k. 1st loop-well maintained bark & wood chip trail in Garden Lake Park & new subdivision. 2nd loop-through Creswell City center & Garden Lake Park Special Programs: Main Street, Murals, Rainbow Color-Named Places Start Times: 8am to 1 pm Location: Comfort Inn Suites 247 Melton Rd. Creswell, OR 97426 Comments: Water & restrooms in start, finish and checkpoint. Eugene Springfield Mossback Volkssport Contact: Sharon Medart/Tony Toftem (541) 912-8092 www.mossbacks.org smtofte46@gmail.com

10/6/2013 **PORTLAND MARATHON AND EXPO 95786**

42k, 12k, and 10K - 2A Start Times: 7AM until finished Location: Portland Hilton Hotel 921 SW 6th Ave Portland, Oregon Start Point / Driving Directions: Awards & Fees: IVV Credit Only Comments: Preregister at portlandmarathon.org ASAP. Marathon registration open as of 3/01/2013 Half-Marathon closed as of 3/01/2013 10k Family registration opens in April, check portlandmarathon.org Oregon Trail State Volkssport Assn. Contact: Maryann Brown (541) 961-4279 walkoregon.org otsva@walkoregon.org

*We live in a fast-paced society.
Walking slows us down.*



FORMATTING CHANGES TO NEWSLETTER

There may be some changes to the look of the newsletter for the next few months due to a new computer set-up and programming. If you have problems opening or viewing the newsletter please contact me at deedlenee@comcast.net.

DUES TIME AGAIN

Club dues are renewable in November for the following year. Dues are still only \$6.00 per person or family. You may choose to renew or join at either the September or November club meetings or you can mail in to the address listed at right. Keep your membership in the club and enjoy reduced rates to club sponsored events, The Roamer newsletter and other member only benefits. Invite a friend to join and walk for fun-fitness & fellowship.

WE'LL SEE YOU ON THE TRAIL!



2013 Officers Directory

Daryl Pulley, President
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Noreen Kirk, Vice President
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Joan Larson, Treasurer
503-252-7761
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Debbie Esmond, Secretary
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Newsletter Editor 503-544-9625
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M@L=Member at Large)

For membership dues mail to:
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13319 NE Sacramento St
Portland OR 97230

American Volkssport Association
Mail: 1001 Pat Booker Rd, Ste 101
Universal City TX 78148
Website: www.ava.org

Oregon Trails State Volkssport
Association (OTSVA)