

The Roamer

Rose City Roamers

Walking Club Newsletter



APRIL 2014

Walking for Fun Fitness Fellowship

CALENDAR

- Apr 1** Club Meeting
7pm Patio Room
Adventist Hospital
- Apr 6** Highway Cleanup
9am Alder Creek Middle
School
- May 10, 11** Sunday Parkways walk Event
SE Portland 9:00am start
- July 27** Sunday Parkways walk Event
North Portland 9:00am start
- Aug 24** Sunday Parkways walk Event
Northeast Portland

UPCOMING EVENTS

The April Club meeting will be in the Patio Room across from the cafeteria at Adventist Medical Center. We will have a slide presentation of Dick and Barbara Baker's walks in New Mexico and Arizona. Snack provided. Meeting starts at 7PM. Visitors welcome to attend.

HIGHWAY CLEANUP

Our next highway cleanup will be on April 6 starting at 9am at the Alder Creek Middle School. There will also be a recognition lunch for past president Daryl

Pulley following highway cleanup at California Pizza Kitchen. Open to all members.

UPCOMING RCR HOSTED WALKS

On 10 and 11 May, the Rose City Roamers will be holding a 2 day event starting at Lents Park. The walk will follow the City of Portland's Sunday Parkways route for about 2/3rd of the way but will shorten the route to 10 km by walking 3 km in residential areas not on the Parkways route. The walk registration will be from 9 am to 1 pm both days. Finish by 4 pm. Please volunteer as we will need lots of help for a 2 day event. Call Dick at 360-573-6048 if you can help even for a short period of time.

On 23 June the Rose City Roamers will be sponsoring the Northwest Regional Conference first walk in Portland. The walk will have registration from 1 to 3 with an ending time of 6 pm. The walk will start at the Ondine Residence Hall at Portland State University. The route will feature the Portland Waterfront. Please volunteer by contacting Dick at 360-573-6048

YEAR-ROUND EVENTS (YRE)UPDATED

PORTLAND – Northwest

CROSSTOWN, DOWNTOWN, COUNCIL CREST (3 YRE'S)

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

PORTLAND – North

HISTORIC ST. JOHNS, SWAN ISLAND, UNIVERSITY OF PTLD

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

CIRCLE THE LAKE NEIGHBORHOODS

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-HOLLYWOOD, HIGHLIGHTS OF BELMONT, HAWTHORNE AND LAURELHURST & MT TABOR

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

GROUP WALKS

4/2/14

10:00 AM Starbucks - Mill Plain, 8302 E
Mill Plain Blvd. Vancouver, WA
[YRE 632](#) rated 1A VUV: ask at counter
Abhiruchi Indian Cuisine, 233 NE Chkalov
Dr, Vancouver (drive 1 mile from finish)

4/9/14 - Olympia/Kelso is coming down by
train to do this walk

10:00 AM Legacy Good Sam Medical
Center, 1015 NW 23rd Ave, Portland
[YRE 410](#) rated 1A RCR: left of entrance
Swagat Indian Cuisine, 2074 NW Lovejoy
St (1 block from finish)

4/16/14

10:00am Starbucks, 3639 SE Hawthorne,
Portland, OR
[YRE 998](#) rated 1A 4 D's: ask for start
box
to be Determined

4/23/14

10:00 AM Foot Traffic Store - SE, 7718
SE 13th Ave, Sellwood
[YRE 2113](#) rated 1A CRVC: ask for start
box
Thai Lahanna, 7937 SE 13th Ave (4 blocks
from finish)

4/30/14

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



TRADITIONAL WALK EVENTS

4/5/2014 Millersburg, OR Meandering Millersburg

Event ID: 98113

Distance /Trail Ratings: 5K/10K - 1A

Start Times: 8:00 AM - 1:00 PM

Location: Millersburg Park, Albany

Special Programs: Alternative Capitals,

Honoring Our Flag, Special National

Officers Book, Trekking with the Trees,

You'll Never Walk Alone

Awards & Fees: IVV Credit Only

Host Club: Albany Fitwalkers

Contact: Karen Wusstig (541) 979-8277

Website: www.albanyfitwalkers.org/upcoming-events.html

E-Mail Contact: kjwusstig@gmail.com

Comments: No pre-registration. NW

Challenges: Klubs (both 5km loops)/

Firehouse/Landmarks/ Mountains (1st 5km loop)

Monuments/Waterways (2nd 5km loop)

Description: Beginning at spacious Millersburg Park, walk along country lanes, through rural farmland over slightly rolling hills, providing beautiful views of the surrounding countryside. Enjoy an early glimpse of spring as you meander through newer residential areas, beautifully landscaped to display all the colors of springtime. There is little shade along the route, allowing full enjoyment of the much anticipated springtime sunshine and unobstructed views of the surrounding countryside. Rural country roads, paved pathways and sidewalks make this route accessible by wheelchairs and strollers. Dogs on leashes are welcome, but their companions must clean up after them.

Amenities: **Strollers:** medium | **Wheelchairs:** medium | **Pets:** Yes | **Restrooms:** Yes

Start Point / Driving Directions: [2500-2743] NE Alexander Ln, Albany, OR 97321 (Millersburg) Whether heading north or south, take exit 238 (Jefferson/Scio exit). At the stop sign, turn right. After driving 1.4 miles (1.2 if south bound), turn right onto Alexander Lane. Continue .2 miles, and enter park on the left.

4/12/2014 Discovering Rockwood Walk

Event ID: 96251

Distance - Trail Ratings: 10K & 5K - 1A

Start Times: 8:00 am- 1pm

Location: SnowCap Community

Charities

Host Club: East County Windwalkers

Contact: Regina Blake (503) 665-0950

Website:

www.eastcountywindwalkers.org

E-Mail

Contact:reggie_blake@yahoo.com

Awards & Fees: IVV Credit Only

Special Programs: Honoring Our Flag, Main Street, Murals, Trekking With the Trees

AVA Challenges: Loop1; A-Z Cities in USA,Trekking With

The Trees,Loop2; A-Z Cities in USA,Trekking With The

Trees,Struttin' Down Main Street,Walking Americas

Murals,Honoring Our Flag. WOC:

Loop1;Banks,Delis,Forests,Klubs,Libraries,COW, Watering Holes & Chinese Food. Loop2;

Auditoriums,Banks,Delis,Klubs,Libraries,Mountains,Mural s,COW & Watering Holes.

Challenges from WA,ID,CA,& AK will be accepted.

Description: The walk consists of 2 5K loops rated 1-A going through the neighborhoods and parks of the Rockwood area. Loop 1 will take you through Pat Pfeier Park (which was designed by our member Ric Catron), and through Nadaka Nature Park. You will have difficulty with wheelchairs and strollers in Nadaka Park. Loop 2 will take you through Vance Park and Rockwood Central Park. Both of these parks have Disc Golf courses. Amenities: **Strollers:** medium | **Wheelchairs:** hard | **Pets:** Yes | **Restrooms:** Yes

Start Point / Driving Directions: 17805 SE Stark St. From I-84; Take I-84 from the East or West and take Exit 13(181st St.) and follow signs to Gresham or Rockwood Business District. This will put you on 181st St. Take 181st St. to Stark St. and turn right and go about one block. SnowCap is located behind the Rockwood United Methodist Church on the right. From I-205: From the South take Exit 20(Washington/Stark St.). Right at the light onto Washington St. At 108th St. Washington merges into Stark St. Take Stark to about 179th St. Turn left just before the crosswalk and SnowCap is behind the Rockwood United Methodist Church. From the North; take Exit 21-A(Glisan/Stark St.). Proceed through the light and follow the Stark/Washington St. sign. Turn left onto Washington St. and follow the above directions. Bus: Take bus #20 Burnside/Stark. Get off at 179th St. and cross street. SnowCap is located behind the Rockwood United Methodist Church.

The Girl Scouts will be walking with us as part of AVA's Walk-Together Program. Dogs are okay on leashes and with good doggie manners. SnowCap will be providing light snacks. We also ask that you bring non-perishable food to fill their barrels. SnowCap will also have a Shred Day. For 2 cans of food you can bring 2 bags of items to be shredded. There will be face painting from 10am-2pm for all to enjoy. Rest rooms at the start/ finish and in 3 of the parks.

5/17/2014 Keizer, OR Iris Festival and Flowers

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|--|---|
| Event ID: 98232 | Location: Schreiner's Iris Gardens |
| Distance - Trail Ratings: 5K, 10K - 1A | Start Point / Driving Directions: 3625 Quinaby Rd NE |
| Amenities: | Keizer, OR 97303 |
| Strollers: hard Wheelchairs: NO | Awards & Fees: B Award |
| Pets: Yes Restrooms: Yes | Host Club: Willamette Wanderers |
| Special Programs: Baseball Walks, | Contact: Susan Hoskins (503) 364-3475 |
| Honoring Our Flag, Water Towers | Website: www.willwander.weebly.com |
| Start Times: 9-1 Finish by 4 | E-Mail Contact: wrozy@yahoo.com |

5/18/2014 Aloha, OR Neighborhoods and Jenkins Estate

| | |
|------------------------------------|--|
| Event ID: 98212 | Special Programs: Honoring Our Flag, National Register of |
| Distance - Trail Ratings: 11K/5K | Historic Places, Rainbow Color-Named Places, Walking |
| - 1A | the USA A - Z |
| Start Times: 9:00 - 1:00 | Awards & Fees: IVV Credit Only |
| Location: Aloha Swim Center, 18650 | Comments: WOC: Arenas, Auditoriums |
| SW Kinnaman Rd, Aloha, OR | Host Club: Cedar Milers |
| (Community Pathways and Jenkins | Contact: Darlene Parrow (503) 484-6475 |
| Estate) | Website: www.cedarmilers.org |
| | E-Mail Contact: dar.parrow@gmail.com |

Description: Walk through several Aloha neighborhoods to Jenkins Estate. You'll pass through a small wetlands area and have one short, steep hill to climb past Jenkins Estate. At the top, there'll be a nice view of the valley. Amenities: **Strollers:** | **Wheelchairs:** hard | **Pets:** | **Restrooms:** Yes

Start Point / Driving Directions: DIRECTIONS: I-5 NORTHBOUND: Exit #292A (Tigard/Sunset Hwy/Oregon Coast), OR217N (Beaverton/Tigard).

US26W: (Sunset Hwy/Oregon Coast) Exit #64 (185th Ave). LEFT on 185th S. RIGHT on SW Kinnaman Rd. LEFT into Aloha Swim Center.

I-5 SOUTHBOUND: Exit #302B, I-405S (US30/Beaverton/St Helens), Exit #1D (US26W/ Beaverton) Exit #69A (OR217/ Beaverton/Tigard) to US26W (Sunset Hwy/ Oregon Coast), Exit #64 (Cornelius Pass Rd S). Continue as above.

5/24/2014 Vancouver, WA Tenny Creek Park Walk

Event ID: 97704

Location: Vancouver First Church of God

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

Host Club: All Weather Walkers

Start Times: 9 a.m. - 1 p.m., Finish by 4 p.m.

Contact: Jan Breneman (360) 835-9686

Website: www.allweatherwalkers.org

E-Mail Contact: breneman@pacifier.com

Amenities: **Strollers:** easy | **Wheelchairs:** hard | **Pets:** Yes | **Restrooms:** Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Point / Driving Directions: 3300 NE 78th Street, Vancouver 98665.

Awards & Fees: IVV Credit Only



Wednesday walk photos



THE FINAL PAGE...

WANTED: CLUB HISTORIAN

Rose City Roamers is looking for a club historian to organize and update the club's records. We are looking for someone who has the ability to create a lighter version of our scrapbooks, using electronic images or photo-copy reproductions. If you or someone you know would be interested please contact Judy deBenedetti at 503-929-2310 or email her at Judydebenedetti@msn.com.



We spend our days
waiting for the ideal path to appear in front of us
but what we forget is that, paths are made by walking, not by
waiting.

2014 Club Officer Directory

Dick Baker, President
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Ed Hainline, Vice President
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jsusan45@mac.com

Debbie Esmond, Secretary
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For membership dues mail to:

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