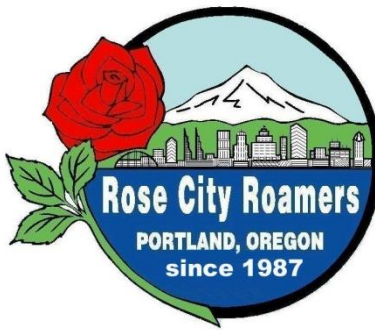


The Roamer

Rose City Roamers
Newsletter



August 2014

Walking for

Fun * Fitness * Friendship

CALENDAR

Aug 24 9am Start	Sunday Parkways Walk Event Northeast Portland
Aug 26 6pm	Board Meeting Adventist Health Pavilion
Sep 2 6pm	Club Meeting & Picnic Adventist Cafeteria Patio Area

UPCOMING RCR WALKS

AUGUST 2014

August 24 -- Sunday Parkways -- NE Portland

Portland Providence Medical Center
4805 NE Glisan St. at 49th Ave., Social Room - East
Side

Start Times: 9:00 am to 1:00 pm, Finish by 4:00 pm

August 30, 31 -- Hazelia Field at Luscher Farm

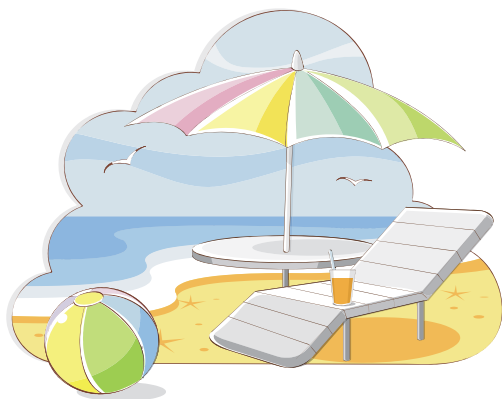
Location: Hazelia Field Dog Park, 17800 SW
Stafford Rd. (near corner with Overlook Dr.), Lake
Oswego, OR

Start Times: 9:00 am to noon, Finish by 3:00 pm

UPCOMING EVENTS

CLUB MEETING

Our next Club meeting will be September 2 at 6:00 pm at Portland Adventist Hospital in the Patio Area outside the Cafeteria (weather permitting). This is our Potluck Picnic meeting. Bring your favorite picnic food item and enjoy the meeting, chicken & drinks will be provided. As a-reminder bring serving utensils for your dish.



TRADITIONAL WALK EVENTS

8/6/2014 Portland, OR The Grotto Guided Walk

Host Club: Vancouver USA Volkssporters **Contact:** Dick Baker (360) 991-8806 **Website:**

www.vancouverusavolkssporters.org **E-Mail Contact:** dickbkr@q.com

98694

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

Description: Walk on sidewalks and park paths starting in the Grotto's lower portion. Then walk in residential neighborhoods and parks with the 10 km going around a golf course. When you return you can walk the upper portion of the Grotto for an addition 1 km. \$4 fee(\$3 for seniors required for the upper portion but the views and gardens are worth going.

Strollers: medium | **Wheelchairs:** NO | **Pets:** | **Restrooms:** Yes

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

Start Times: 9:05 to 9:25 for registration leave at 9:30

Location: The Grotto

Start Point / Driving Directions: NE Sandy Blvd. and 85th Ave. I-205 Northbound take exit 23 B, straight at first light. Right on Sandy to 85th Ave. Left into Grotto parking lot. I-205 southbound Exit #23 RIGHT on Killingsworth. Right on Sandy Blvd. to 85th Ave. LEFT into Grotto parking lot

Awards & Fees: IVV Credit Only

Comments: Pets not allowed in the buildings or the upper portion of the Grotto. Restrooms at start/finish and at golf course for the 10 km walkers.

8/9/2014 Springfield, OR Clearwater Park/Dorris Ranch Walk Eugene Springfield Mossback Volkssport

Contact: Sally Ross (541) 726-7169, mossbacksclub@comcast.net web: www.mossbacks.org

Event ID: 98284

Distance - Trail Ratings: 13 km. or less - 1A

Start Times: 8:00 a.m. to 1:00 p.m.

Location: Clearwater Park, Clearwater Lane, Springfield 97478

Description: 10 km. of wide paved path along the Middle Fork of the Willamette River plus 3 km. of bark path through the historic Dorris Ranch filbert orchard. Shorter options are available.

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

Special Programs: Honoring Our Flag, Walking the USA A - Z

Start Point / Driving Directions: Start/Finish at Clearwater Park, Clearwater Lane (no number), Springfield 97478. From I-5 North or South exit 194A, highway 126 east to 42nd street exit. Right on 42nd street crossing Main Street and railroad to roundabout at Jasper Road. Left onto Jasper Road to Clearwater Lane. Right on Clearwater Lane to parking lot.

Comments: Water & restrooms are available at the start/finish and at the checkpoint. Carry water. Pets are okay but not in buildings at the Dorris Ranch.

Awards & Fees: IVV Credit Only

8/16/2014 Molalla, OR Come Chute The Bull

Valley Volkswalkers

Contact: BL Cline (503) 329-5386 **E-Mail Contact:**

ValleyVolkswalkers@yahoo.com

Event ID: 98283

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

Start Times: 8 am to 1 pm finish by 4 pm

Location: Leonard Long Park, 315 N. Molalla Ave., Molalla, Or 97038

Description: From the parking lot walk to Molalla Ave. and Cross, turn Right a short block to Start Point at Leonard Long Park on Left (just past the Subway).

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

Special Programs: Bakeries Family Owned, Fraternal Organization, Honoring Our Flag, Main Street, Murals, National Register of Historic Places, Trekking With the Trees, You'll Never Walk Alone
WOC: Arena, Bank, Bed & Breakfast, Barber Shop, Bowling Lanes, City Hall, Chinese Food, Deli and Dog Related
Start Point / Driving Directions: Leonard Long Memorial Park, adjacent to Subway, 270 N. Molalla Ave., Molalla, Oregon. I-5 North or South Exit 271 (Woodburn) Follow HWY 211 to downtown Molalla, left at flashing red light (Molalla Ave.) Just past City Hall turn Right on Ross St. to Public Parking lot on Left. From I-205 Exit 10 (Oregon City) HWY 213 to Molalla just past lumber mill turn Left to downtown Molalla, just past City Hall (117) turn Left to public Parking on Left.

Comments: One 5K loop takes you past a Bed and Breakfast on your way to the Molalla Buckaroo Rodeo Grounds. Through Clark Park (You'll Never Walk Alone) where you will be Trekking in the Trees. Other 5K loop takes you to the Dibble House on the National Registry.

Awards & Fees: IVV Credit Only

8/20/2014 Lake Oswego, OR - Tryon Creek Guided Walk Vancouver USA Volkssporters

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

Event ID: 98696

Distance - Trail Ratings: 5 and 10 km - 2B

Start Times: 9:05 AM to 9:25 AM for registration, leave at 9:30

Location: Foothills Park

Description: Walk on park Paths and sidewalks beginning in Foothills Park along the Willamette River, pass through the downtown area then enter Tryon Creek State Park before return through the downtown area and back to Foothills Park.

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

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

Start Point / Driving Directions: I-205 northbound take exit #3 LEFT on Stafford Road which becomes McVey Ave. LEFT on State St. RIGHT on Foothills Rd. RIGHT on Oswego Point Rd. Left on Foothills Dr. to park I-5 southbound Exit #297 Terwilliger Merge right on Barbur then immediately right on Terwilliger. Straight through traffic circle and continue on Terwilliger to its end at Riverside (US 43). RIGHT on Riverside which becomes State St. LEFT on Foothills Road, Right on Oswego Pointe Rd. Left on Foothills Dr. to park on right

Awards & Fees: IVV Credit Only

Comments: 5 km is rated 1A

8/22/2014 Albany, OR Art and Air Festival Walk Albany Fitwalkers

Contact: Nancy Hamby nancy@hambyrealty.com (503) 949-5487 www.albanyfitwalkers.org

Event ID: 98457

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

Start Times: 3:00 to 6:00

Location: Albany Armory - 3800 Knox Butte Rd, Albany, OR 97322

Description: For information about Albany Art and Air Festival: <http://nwartandair.org>

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

Comments: Enjoy a walk on paved sidewalks and walking paths around Timber Linn Park with lakes, streams, and a veterans war memorial. Walk through newer residential areas. This walk event is in conjunction with the Annual Albany Art and Air Festival which is a three day event. At 7:30 live entertainment followed at dusk is the Night Glow. This annual event is full of joy and amazement for the entire family, brilliantly colored balloons tower over the crowd, lighting up the night sky. The no admission fee festivities include food, live music, arts and crafts.

Point / Driving Directions: I-5 NORTHBOUND: Exit #234. RIGHT at stop sign onto Knox Butte Rd. RIGHT on Timber St and park in Armory parking lot. Look for Volkssport signs.

I-5 SOUTHBOUND: Exit #234A. RIGHT at next 2 stop signs and go under I-5 on Knox Butte Rd. RIGHT on Timber St and park in Armory parking lot. Look for Volkssport signs. **Awards & Fees:** IVV Credit Only

8/24/2014 Portland Sunday Parkways Southeast Walk Rose City Roamers

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

Event ID: 98512

Start Times: 9am to 1 pm

Location: Providence Portland Medical Center

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

Description: Walk on closed streets past Laurelhurst Park, Hawthorne Street, Colonel Summers Park. This is the City of Portland's 4th Sunday Parkways for 2014. The city will close 6.5 miles of city streets to mechanized traffic at 11 am and allow only bikes, walking, skateboards and other non mechanized traffic. There will be many activities in the parks along with food and drink.

Amenities: **Strollers:** medium | **Wheelchairs:** NO | **Pets:** Yes | **Restrooms:** Yes

Special Programs: Bakeries Family Owned, Celebrating Golden Cinemas, Honoring Our Flag, Main Street, Murals, National Register of Historic Places, Trekking With the Trees

Comments: If you do not want to walk with the bikes you can come at 9 am and walk on city sidewalks

Start Point / Driving Directions: 4805 NE Glisan I-84 Eastbound take exit 3 (58th Av) RIGHT at signal (Glisan St.) RIGHT on 49th Av. Right on Hoyt into parking garage on left. I-84 Westbound take exit 2 (43rd Av.) RIGHT at signal (Halsey St.) RIGHT on 47th Av. LEFT on Glisan St. Left on 49th Av. Right on Hoyt and left into parking garage. Start Point will be in the Social Room on ground floor, on the left as you come into the hospital from the parking garage.

Awards & Fees: IVV Credit Only

8/27/2014 Portland, OR Sullivan's Gulch Guided Walk **Host Club:** Vancouver USA Volkssporters

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

Event ID: 98712

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

Description: Walk on sidewalks and paved paths past Oregon Park, through Laurelhurst and Grant Parks and past very nice residential homes in the Sullivan Gulch, Laurelhurst, Grant park and Irvington neighborhoods.

Amenities: **Strollers:** medium | **Wheelchairs:** NO | **Pets:** Yes | **Restrooms:**

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

Start Times: Registration is from 9:10 am to 9:25 am Walk leaves

Location: Lloyd Center Mall

Start Point / Driving Directions: Food Court - 3rd Floor, NE 10th and Halsey St. I-5 northbound take exit 302a Right on Weidler St. (east bound) Right on 10th Av and enter Lloyd Center parking lot. I-5 southbound exit 302. Left on Weidler, Right on 10th and enter Lloyd Center Parking lot. Food Court is in center of mall on third floor.

Awards & Fees: IVV Credit Only

Dates: 8/30/2014 - 8/31/2014 Lake Oswego, OR Hazelia Field at Luscher Farm Rose City Roamers

Contact: Ed Hainline edhainline@comcast.net (360) 921-1909 www.rosecityroamers.org

Event ID: 97416

Distance - Trail Ratings: 6K/5K (2 Loops) 11K - 2B

Start Times: Start 9am - noon, Finish 3pm

Location: Hazelia Field Park - SW Stafford Rd and SW Overlook Dr., Lake Oswego.

Description: Walk on Paved and Natural surfaces through Luscher Farm & Neighborhoods on Both Loops!! 6KM Loop will go past Lake Ridge High School to Cooks Butte Trail, through Neighborhoods and Luscher Farm - RATED 3B. 5KM Loop will go past Luscher Farm onto New Walking Pathway. On Your Return you will stop at Luscher Farm and walk in the farm area, then return to Hazelia Field - RATED 2A. While in Luscher Farm, take note of the "Numerous Scarecrows setup". (NO DOGS ARE ALLOWED IN LUSCHER FARM AREA - FOR EITHER LOOP)

Amenities: **Strollers:** medium | **Wheelchairs:** NO | **Pets:** Yes | **Restrooms:** Yes

Comments: Challenges will be listed at Event. Credit Only is \$3.00. Non-Credit participants are Welcome - All must register, carry and return a start card. PETS ARE NOT PERMITTED IN LUSCHER FARM - Rest of Walk - Either Loop, Pets are permitted, but not in Building(s). Owners are responsible for Leash and Clean-Up Laws.

Start Point / Driving Directions: Corner of SW Stafford Rd and SW Overlook Dr, Lake Oswego, OR. I-205 NORTHBOUND: Exit # 3, Go LEFT on SW Stafford Rd, After 2 Traffic Circles - Hazelia Field Dog Park will be on Your Right. I-205 SOUTHBOUND: Exit # 3, Go Right on SW Stafford Rd - Continue as Above!! I-5 NORTHBOUND OR SOUTHBOUND: Take Exit # 288 for I-205 NORTHBOUND and Follow Instructions above for I-205 NORTHBOUND after turning onto I-205

Awards & Fees: IVV Credit Only

9/6/2014 - 9/7/2014 Canby, OR SO MANY FLOWERS - DAHLIAS Valley Volkswalkers

Contact: BL Cline (503) 329-5386 **E-Mail Contact:** ValleyVolkswalkers@Yahoo.com

Event ID: 98208

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

Start Times: 8 am - Noon both days. Finish by 3 pm.

Location: Swan Island Dahlia Farm, 995 NW 22nd Ave., Canby, Or. 97013

Description: Walk on sidewalks, paved roadways, walk/bike path, through dahlia fields, residential neighborhoods and industrial area and along a portion of the Molalla Forest Trail. Suitable for strollers and wheelchairs. Note: two blocks along gravel road.

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

Special Programs: Alternative Capitals, Bakeries Family Owned, Fraternal Organization, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, Walking the USA A - Z, WPA Works Projects Administration, You'll Never Walk Alone

Challenges: WOC: Auditorium, Bank, Bike, Candy Store, Chinese Food, City Hall, Dog Related, Flowers, Forest, Klubs, Watering Holes, Birds and Beast. ESVA: Restaurants

Comments: Portable Toilet and water at the start/finish. Water and restrooms along the route. Pets permitted, but NOT in building(s). Owner responsible for short leash in the Dahlia Fields and clean up laws

Start Point / Driving Directions: I-5 Exit #278 (Canby), to 99E. LEFT on IVY (7-11 Store on Corner). LEFT on 4th, RIGHT on Holly. LEFT on 22nd Ave., follow signs to Swan Island Dahlias.

I-205 Exit #9 (Oregon City) to 99E towards Canby. Follow 99E to Territorial Road (Apx. 8 miles) RIGHT on Holly. LEFT on 22nd Ave. follow signs to Swan Island Dahlias

Awards & Fees: IVV Credit Only

Walk Summary for 2014 with 2013 comparison

ROSE CITY ROAMERS			1st QUARTER			2nd QUARTER			3rd QUARTER			4th QUARTER			WALKER TOTALS			TOTAL WALKER COMPARISON	
2014 YEAR ROUND EVENTS WALKER PARTICIPATION			YRE #	Paid	Free	Total	Paid	Free	Total	Paid	Free	Total	Paid	Free	Total	2014 Total	2013 Total	INCREASE / <DECREASE>	
Name	(Event ID)																		
MT. Tabor	(97032)	#0033	8	3	11	6	0	6	0	0	0	0	14	3	17	67		(50)	
Historic St. Johns	(97033)	#0073	19	3	22	19	0	19	0	0	0	0	38	3	41	98		(57)	
Crosstown	(97488)	#0256	28	2	30	90	33	123	0	0	0	0	118	35	153	107		46	
Council Crest	(97486)	#0297	4	3	7	37	1	38	0	0	0	0	21	4	25	91		(66)	
SE Highlights of Belmont, Hawthorne, Laurelhurst	(97031)	#0409	35	0	44	24	1	25	0	0	0	0	59	10	69	101		(32)	
Downtown	(97487)	#0410	15	0	15	33	3	36	0	0	0	0	48	3	51	180		(129)	
Irvin Creek State Park	(97035)	#0921	10	1	11	9	0	9	0	0	0	0	19	1	20	64		(44)	
Reed College, Crystal Springs Garden	(97034)	#1192	12	0	12	30	25	55	0	0	0	0	44	25	69	71		(2)	
Swan Island & Univ of Portland	(97490)	#1298	31	12	43	31	16	47	0	0	0	0	62	28	90	39		51	
MT Tabor Nature Park	(97489)	#1455	6	1	7	31	0	31	0	0	0	0	17	1	18	130		(112)	
Lake Oswego - Circle the Lake	(96271)	#1653	4	1	5	4	1	5	0	0	0	0	8	2	10	44		(34)	
Alameda - Hollywood	(97036)	#1708	18	1	19	31	1	32	0	0	0	0	29	2	31	139		(108)	
Lake Oswego - Neighborhoods	(96269)	#2013	33	12	45	22	8	30	0	0	0	0	55	20	75	81		(6)	
TOTALS:			223	48	271	309	89	398	0	0	0	0	532	137	669	1212		(543)	

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 –

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

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

GROUP WALKS

8/6/14

9:30 AM The Grotto, NE Sandy and 85th,
Portland, OR

[Event](#) rated 1B VUV: in parking lot
Namaste Indian Cuisine, 8303 NE Sandy,
Portland (2 blocks from finish)

8/13/14

9:30 AM Pacific Community Park, NE
18th St & 164th Ave, Vancouver

[Event](#) rated 2B VUV: in park
Makoto, 1119 S 163rd Pl., Vancouver
(short drive)

8/20/14

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)

8/27/14

9:30 AM Sullivan's Gulch

[Event](#) rated 1A VUV: Lloyd Center Mall
Food Court, 3rd Floor, NE 10th and
Halsey St
McMenamins Market St. Pub, 1526 SW
10th Ave, Portland, OR (0.5 km from
finish)

*A shoe is not only a design, but it's a
part of your body language, the way you
walk. The way you're
going to move is quite
dictated by your shoes*



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.

A CONFERENCE FOR BABY BOOMERS

Is there an upside to downsizing? Every day 10,000 Baby Boomers retire. What's next for them? Retirees are freer to travel and enjoy recreational activities; however they can be held back, coping with large homes where they raised their families and everything they've accumulated over the years. Downsizing offers a way forward to a life of less stress and greater freedom, yet many don't know how to begin or how to navigate through the financial, physical and emotional challenges of this transition. Thus, The Upside of Downsizing® a free Conference is a great benefit to anyone wanting to simplify their life.

During the presentation portion of the conference, the guests receive helpful ideas and insight about making a smooth and successful transition to a healthier and more manageable living environment – leading to a better quality of life. There are four presenters who are local to the area: Real Estate Specialist, Home Stager, Counselor, and Estate Planning Attorney. The guests will learn:

- Why and when to downsize
- How to protect their hard-earned assets
- Overcoming emotional and physical obstacles
- Preparing their home to attract buyers
- Selling their home in today's market
- Six Step Checklist to downsizing successfully

Following the presentation, the conference includes a complimentary lunch and exhibitors who provide services and products to Boomers and Seniors. Conference will be held August 6 from 9:30am –

3:00pm with a break between 11:30-noon location is at St Pius X Catholic Church Community Center at 1280 NW Saltzman Road Portland, OR 97229 Feel free to contact me at 503-614-9778 or send me an email at mspann@upsideofdownsizing.com, if you have questions.

2014 Club Officer Directory

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Portland OR 97206

American Volkssport Association
Mail: 1001 Pat Booker Rd, Ste 101
Universal City TX 78148