

The Roamer

Rose City Roamers

Walking Club Newsletter



January 2014

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

HAPPY NEW YEAR!

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, Daryl Pulley as past pres. 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.

CLUB MEETING

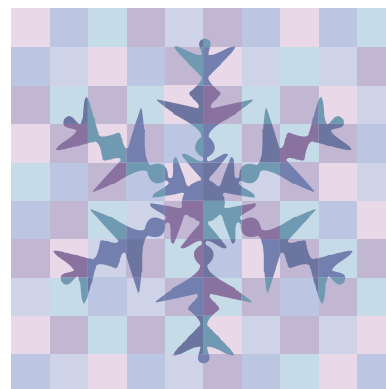
Our next club meeting will be February 4 at 7pm in the Adventist Medical Center's Education Rm A. Come help plan more walks for 2014 and learn what's happening in the Volkswalking world.

OTSVA Walking challenge for all walkers.

Any walker, member or not can earn prizes for doing as many walks as possible during the months of January and February 2014. All walkers need to keep track of all the walks they do. Give name, date walked and walk name and number for each walk done. All walkers will need to submit their walks information by March 16a



2014 to Ed Hainline, 11410 SE 90th Ave #1511 Happy Valley OR 97086. For more information or questions send an email to edhainline@comcast.net or call 360-921-1909.



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

GROUP WALKS

Wednesday Walkers Schedule

1/1/14 - [Event](#)

10 am to 1 pm for 10/15 km, 10 am to 2
pm for the 5 km

New Year's Day Walk

McMenamins East Vancouver

1900 NE 162nd Ave., B-107, Vancouver,
WA

5, 10 and 15 km rated 1A & 1B

1/8/14

10 am Oxford Suites, 75 – 82nd Drive,
Gladstone, OR

[YRE 695](#) rated 2A 4-D's: main desk
High Rocks Café (across parking lot)

1/15/14

10 am Columbia Sportswear Outlet, 1323
SE Tacoma St, Portland, OR

[YRE 873](#) rated 1A CRVC: at entrance
Thai Lahnna, 7937 SE 13th Ave (4 blocks
from finish)

1/22/14

10 am McDonald's - 16044 SW Boones
Ferry Rd, Lake Oswego, OR

[YRE 2013](#) rated 1A RCR: near main
counter

La Provence Bakery & Bistro, 16350
Boones Ferry Rd

1/29/14

10 am Red Lion Hotel at the Quay, 100
Columbia St, Vancouver, WA

[YRE 138](#) rated 1A VUV: in hallway
Jerusalem Café, 106 E. Evergreen Blvd

TRADITIONAL WALK EVENTS

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

E-Mail Contact:

dickbkr@q.com

Location: Start Point / Driving Directions: 1405 NW Johnson I-5 exit # 302B onto I-405 and cross the Fremont 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)

4/12/2014

Portland, OR Discovering Rockwood Walk East County Windwalkers

Contact: Regina Blake reggie_blake@yahoo.com (503) 665-0950 www.eastcountyywindwalkers.org

96251

10K & 5K - 1A

Start Times: 8:00 am

Location: SnowCap

Community Charities

17805 SE Stark St.

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

Comments: 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. Loop2; Auditoriums, Banks, Delis, Klubs, Libraries, Mountains, Murals,

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

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.

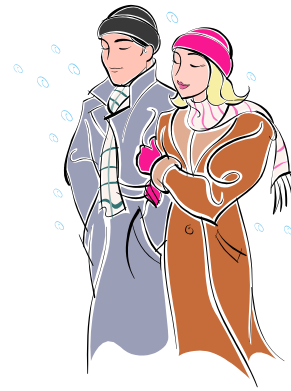
Rest rooms at the start/ finish and in 3 of the parks.

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DUES FOR 2014

Don't lose out! Keep your membership in the Rose City Roamers. If you haven't yet renewed your dues you can mail your check or money order to the address shown at right.

Fog



HAPPY NEW YEAR

2014 Club Officer Directory

Dick Baker, President
360-991-8806
dickbkr@q.com

Ed Hainline, Vice President
360-921-1909
edhainline@comcast.net

Susan Treacy, Treasurer
jsusan45@mac.com

Debbie Esmond, Secretary
503-777-2717
Esmond1@hotmail.com

Judy DeBenedetti, M@L
Membership 503-929-2310
Judydebenedetti@msn.com

Denise Esmond M@L
Newsletter Editor 503-544-9625
Deedlenee@comcast.net
(M@L=Member at Large)

For membership dues mail to:

Rose City Roamers
c/o 5405 SE Henderson St.
Portland OR 97206

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

comes on little
cat's feet, it sits
looking over
harbor and city on
silent haunches
and then moves
on.