

The Roamer

Rose City Roamers
Newsletter



June 2014

Walking for
Fun * Fitness * Friendship

CALENDAR

- June 3 Club Meeting & Strawberry Shortcake Feed
Rm A 7pm Adventist Health
- July 27 Sunday Parkways walk Event
North Portland 9:00am start
- Aug 24 Sunday Parkways walk Event
Northeast Portland

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

NORTHWEST REGIONAL CONFERENCE WALK

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.

MOTHERS DAY WEEKEND WALK

On 10 and 11 May, the Rose City Roamers held a 2 day event starting at Lents Park. The walk will followed a portion of the City of Portland's Sunday Parkways route for about 2/3rd of the way with some of the walk going through residential areas not on the Parkways route. Approximately 150 walkers came out to enjoy the walk and many activities. Our next walk will be in July.

UPCOMING EVENTS

CLUB MEETING

Our next Club meeting will be on June 3 at 7pm at Portland Adventist Hospital Education Room A. This is our Strawberry Shortcake meeting. Come enjoy the meeting and a sweet treat as well. Thanks go to Judy for providing the cake and strawberries.

July 27 -- Sunday Parkways -- N Portland

Location: Fernhill Park Near corner of NE Ainsworth St. & 37th Ave.

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

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

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

6/4/14

10:00 AM Starbucks @ Salmon Creek
FM, 800 NE Tenney Road # 7, Vancouver
[YRE 157](#) rated 1A VUV: ask
Billygan's Roadhouse, 13200 NE Hwy 99,
Vancouver (short drive)

6/11/14

10:00 AM McDonald's, 12026 NE Airport
Way, Portland, OR
[YRE 846](#) rated 1A CRVC: start file
cabinet is located on right
Shilo Inn, 11707 NE Airport Way (near
finish)

6/18/14 - Columbia Gorge Classic

10:00 AM Marine Park Gazebo 745 Wa-
Na-Pa St, Cascade Locks
(trail marking: 5K - town; 10K - town to
overlook)
Char Burger, Cascade Locks, OR (on
route}

6/25/14

10:00 AM NW Regional Conference,
Ondine Hall, 6th and College, PSU,
Portland, OR
[Event](#) rated 2B 4-T's Fun Walk
lunch will be at the nearby food carts

TRADITIONAL WALK EVENTS

6/7/2014 - 6/7/2014

St. Paul, Oregon, OR Historical Champoeg Walk

Host Club: Silverton Walk Abouts Contact: Diane and John McDermott (503) 769-5380 E-Mail Contact: mcdermot@wvi.com

Event ID: 98576

Description: Walk on natural and paved park trails through early Oregon history where in 1843, the pioneers voted to be part of the growing western movement of the United States instead of Canada.

Distance - Trail Ratings: 10 K's - 1B

Start Times: 9am-1pm

Start Point / Driving Directions: 8229 Champoeg Road NE, St. Paul, OR From I-5 N or S exit #278, Right on Ehlen Road. becomes Yergen 3.6 miles Right on Case Rd 1.4 miles, left on Champoeg Rd, (2 mile) to park entrance on R.

Location: Champoeg State

Heritage Site (free park day)

Special Programs:

Follow signs to start.

Honoring Our Flag, National

Register of Historic Places,

Comments:

Walking the USA A - Z, You'll Never

There is a DAR Pioneer Mother's Cabin and many markers where the streets of this town once stood. WOC: Museums/Klubs Not suitable for strollers or wheelchairs.

Walk Alone

6/19/2014 - 6/22/2014 Cascade Locks, OR Columbia Gorge Biennial Classic, Multnomah Falls.

Host Club: Columbia River Volkssport Club Contact: Dick or Carolyn (503) 649-7675 Website: www.columbiagorgewalks.org E-Mail Contact: gorgewalks@gmail.com

Event ID: 93322

Description: You will drive 16 miles to the start point for this walk. This one is one of the most spectacular walks/hikes in the entire Gorge. You will walk up to the top of the 520 foot high Multnomah Falls then past many other waterfalls on you way to Wahkeena Springs, the headwaters for Wahkeena Falls. Then down past Fairy falls to Wahkeena Falls.

Distance - Trail Ratings: 10KM - 3C

Start Times: 8:00am to 1:00pm

Start Point / Driving Directions:

Location: Marine Park,

Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start. This walk is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic, Eagle Creek

Host Club: Columbia River Volkssport Club Contact: Dick or Carolyn (503) 649-7675 Website: www.columbiagorgewalks.org E-Mail Contact: gorgewalks@gmail.com

Event ID: 93323

Description: You will drive 5 miles to the start for this walk. This is probably the most beautiful and most visited walk/hike in the Columbia Gorge.

Distance - Trail Ratings: 12Km,

25KM - 3B

Start Times:

Weather you are doing the 12KM or the 25KM version of this walk you are in for a treat. The trail follows a canyon and climbs gently up past Punchbowl Falls, Metlako, Falls to High Bridge where 12KM walkers will turn around.

8:00am to 1:00pm

25KM walkers will continue on under Tunnel Falls to "Crossover" Falls, a great place for lunch, where you will turn around and return.

Location:

Start Point / Driving Directions:

Marine Park, Eagle Creek

Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

Comments:

This walk is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic, Town Walk

Host Club: Columbia River Volkssport Club Contact: Dick (503) 649-7675 Website: columbiagorgewalks.com E-Mail contact: gorgewalks@gmail.com

Event ID: 95286

Distance - Trail Ratings: 5K - 1A

Start Times:

8:00am to 1:00pm, Finish 4:00pm

Location: Marine Park, Town walk

Description: Walk through Marine Park onto Thunder Island, in the middle of the Columbia River, past the museum, and into town past the ice cream store. An easy short walk.

Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

Comments: This is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic, Dry Creek Falls.

Host Club: Columbia River Volkssport Club Contact: Dick (503) 649-7675 Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com

Event ID: 95287

Distance - Trail Ratings: 10KM - 2B

Start Times: 8:00am to 1:00pm,

Finish 4:00pm

Location: Marine Park, Dry Creek

Falls

Description: A beautiful waterfall tucked back at the end of a canyon. Walk through old growth fir along forested trails and then down an old road back to Cascade Locks. You will pass the ice cream store at the end of this walk.

Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

Comments: This walk is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic, Cascade Locks to Overlook.

Host Club: Columbia River Volkssport Club Contact: Dick (503) 649-7675 Website: www.columbiagorgewalks.com E-Mail Contact: gorgewalks@gmail.com

Event ID: 95288

Distance - Trail Ratings:

10KM/5KM - 1A

Start Times: 8:00am to 1:00pm,

Finish 4:00pm

Location: Marine Park, Cascade Locks to Overlook

Description: An easy easy along the old Columbia River Highway to the Overlook Campground with it's wonderful views of Bonneville and the Columbia River. Group Walk on Saturday, June 21st at 9:00am Starting at the Registration Area!

Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

Comments: This walk is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic, Wahclella Falls.

Host Club: Columbia River Volkssport Club Contact: Dick (503) 649-7675 Website: www.columbiagorgewalks.com E-Mail

Event ID: 95289

Distance - Trail Ratings:

10KM/5KM - 2C

Start Times: 8:00am to 1:00pm,

Finish 4:00pm

Location: Marine Park, Wahclella Falls

Group Walk on Thursday - June 19th, Starting at 9:00am at the Registration Area!!

Description: You will drive 5 miles to the start point. This is an old favorite.

One of the prettiest waterfalls in the Columbia Gorge, this one is nestled at the end of a beautiful canyon. You will walk along a creek, past an unnamed waterfall across 2 bridges the the double falls at the end of the canyon. Then return to walk through the Bonneville Fish Hatchery and then back to your car at the Overlook campground.

Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

Comments: This walk is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic, Dog Mountain

Host Club: Columbia River Volkssport Club Contact: Dick (503) 649-7675 Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com

Event ID: 95290

Distance - Trail Ratings: 10KM - 4C

Start Times:

8:00am to 1:00pm, Finish 4:00pm

Location: Marine Park, Dog Mt.

Description: This is one of the hardest walks in the Columbia River Gorge but has some of the most spectacular views. You will climb 2900 feet to the top of Dog Mt. with it's marvelous wildflowers and amazing vistas. A hard hike but well worth it.

Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

Comments: This walk is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic, Horsetail Falls.

Walk Host Club: Columbia River Volkssport Club Contact: Dick (503) 649-7675 Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com

Event ID: 95291

Distance - Trail Ratings:

10KM/12KM - 2C

Start Times: 8:00am to 1:00pm,

Finish 4:00pm

Location: Marine Park, Horsetail

Falls

Description: You will need to drive 11 miles to the start point. This is a return of an old favorite. Walk on forested trails past several waterfalls, even walk behind one. A 2K option will take to to Triple Falls, a great place to rest and enjoy the scenery. Then back past some great vistas, overlooking the Columbia River, to the start point.

Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

Comments: This walk is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic, Mosier Tunnels.

Host Club: Columbia River Volkssport Club Contact: Dick (503) 649-7675 Website: www.columbiagorgewalks.com

E-Mail Contact:
gorgewalks@gmail.com

Event ID: 95292

Distance - Trail Ratings: 13Km - 2A

Start Times: 8:00am to 1:00pm,

Finish 4:00pm

Location: Marine Park, Mosier

Tunnels

Description: You will drive 22 miles to the start point. This walk follows the old Columbia River Highway through the Mosier tunnels. These tunnels collapsed and were then reopened as a State Park and walking, biking trail in the late 90's. The views are awesome and the grade is easy. There is a \$5.00 State Parks pass required for parking here.

Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

Comments: This walk is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic, Nick Eaton Ridge

Host Club: Columbia River Volkssport Club Contact: Dick (503) 649-7675 Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com

Event ID: 95293

Distance - Trail Ratings: 13KM - 4B

Start Times: 8:00am to 1:00pm,

Finish 4:00pm

Location: Marine Park, Nick Eaton

Ridge

Description: You will drive 3 miles to the start point. This is one of the harder walks in the event. It climbs 2700 feet in 3.5 miles and tops out at a magnificent viewpoint high above the Columbia River. You will return on the Nick Eaton Ridge trail back to the start.

Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

Comments: This walk is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic. Pinnacles

Host Club: Columbia River Volkssport Club Contact: Dick (503) 649-7675 Website: www.columbiagorgewalks.com E-Mail Contact: gorgewalks@gmail.com

Event ID: 95294

Distance - Trail Ratings: 10KM - 3B

Start Times: 8:00am to 1:00pm,

Finish 4:00pm

Location: Marine Park, Herman
Creek Pinnacles

Description: This walk is a 3 mile drive from the registration point. You will walk along forested trails, across a creek, past a waterfall to some really different rock formations. The pinnacles are pyramidal shaped rock mounds that are unique to this area. You can climb these if you wish and enjoy the view on the Columbia River far below. You will than return the way you came.
Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

This walk is part of the 13 event Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Columbia Gorge Biennial Classic. Starvation Creek

Host Club: Columbia River Volkssport Club Contact: Dick (503) 649-7675 Website: www.columbiagorgewalks.com E-Mail Contact: gorgewalks@gmail.com

Event ID: 95295

Distance - Trail Ratings:

10KM/5KM - 1B

Start Times: 8:00am to 1:00pm,

Finish 4:00pm

Location: Marine Park, Starvation
Creek

Description: This is an easy, fairly flat walk on the "Old Columbia River Highway" that has been converted to a hiking/walking trail. You will pass several waterfalls, an old oven the Chinese workers used while constructing the highway and a massive anthill. You will walk through a campground to a small sandy beach on the Columbia River and then back to your car. Group Walk on Friday - June 20th, starting at the Registration Area at 9am!
Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left. Enter park and follow signs to start.

Comments: This walk is one of many events that are part of the Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014 Cascade Locks, OR Columbia Gorge Biennial Classic, Coyote Wall Guided Walk

Host Club: Columbia River Volkssport Club Contact: Dick or Carolyn (503) 649-7675 Website: www.walking4fun.org E-Mail Contact: gorgewalks@gmail.com

Event ID: 95800

Distance - Trail Ratings: 10KM - 4C

Start Times: 9:30am Each Day (A

Guided Walk Only)

Location: Marine Park

Description: A guided walk up the Bingen Syncline, otherwise known as Coyote wall. You will have awesome views of the Columbia River and at several points up close looks at the uplift that gave this magnificent place it's name. This Guided Walk will depart by Car Pool from the Marine Park at 9:30am each day!

Start Point / Driving Directions: Drive east on I-84 from Portland and exit at exit 44. Continue straight ahead on Wa Na Pa St. to Marine Park on Left.

Enter park and follow signs to start.

Comments: This walk is a part of the Columbia Gorge Biennial Classic.

6/19/2014 - 6/22/2014

Cascade Locks, OR Bike Event

Host Club: Columbia River Volkssport Club Contact: Dick or Carolyn (503) 649-7675 Website: www.columbiagorgewalks.com E-

Mail Contact: gorgewalks@gmail.com

Event ID: 95801

Location: Marine Park

Distance - Trail Ratings: 25KM -

Start Point / Driving Directions:

Description:

Comments:

6/23/2014 - 6/23/2014

Portland, OR Waterfront Walk

Host Club: Oregon Trail State Volkssport Assn. Contact: Dick Baker (360) 991-8806 Website: www.walkoregon.org

E-Mail Contact: dickbkr@q.com

Event ID: 97890

Description: The walk will start at the Ondine Residence Hall at Portland State and head for the Willamette River. Most of the walk will be along the west side Waterfront in parks or on sidewalks next to the river. A portion will be along the east side of the Willamette River on the Esplanade.

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

Start Times: 1pm to 3pm

Location: Ondine Residence Hall - Portland State University

Special Programs: Bakeries Family Owned, Cities in Song, Honoring Our Flag, Murals, National Register of Historic Places, Rainbow Color-Named Places, Trekking With the Trees, Water Towers

Start Point / Driving Directions: 1912 SW 6th Ave. From I-405 take the 6th Ave. exit and continue on 6th Ave. for 2 blocks. Ondine Hall will be on your right.

6/24/2014 - 6/27/2014

Portland, OR Swim

Oregon Trail State Volkssport Assn. Contact: Dick Baker (360) 991-8806 Website: www.walkoregon.org E-Mail Contact:

dickbkr@q.com

Event ID: 98693

Description: The swim will be held in the Portland State Fitness Center. Those staying on campus will be entitled to use all the facilities in the fitness center not just the pool.

Distance - Trail Ratings: 300 meters - 1A

Start Times: 3 pm to 3:30 pm - finish by 4

Location: Portland State Fitness Center.

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

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

Start Point / Driving Directions: 6th and Harrison - 2 blocks from the Ondine Residence Hall

6/24/2014 - 6/24/2014 Salem, OR Salem Capitol Walk

Host Club: Oregon Trail State Volkssport Assn. Contact: Sally Ross (541) -72-7169 Website: www.walkoregon.org E-Mail

Contact: otsva@walkoregon.org

Event ID: 97893

Distance - Trail Ratings: 5 and 12 km - 1A

Start Times: 9am to 11 am

Description: The walk has 2 loops from the Convention Center. Loop one is 5 km passing the State Capitol, Willamette University, Mission Mill Historic Village and along Pringle Creek Path. Loop 2 is 7 km and goes into Riverfront Location: Downtown Salem

Park including the Carousel and A C Gilbert's Discovery Village. The route continues to 1894 Deepwood Estate and Bush Pasture Park with the 1877-78 Bush House. Both loops are suitable for Strollers. Loop 1 only for wheelchairs.

Special Programs: This event doesn't have any special Programs assigned.
Start Point / Driving Directions: Salem Convention Center, 200 Commercial Street SE - From I-5 southbound take exit 260A Salem Parkway to Commercial Street. Left on Commercial (stay in left lane) to Trade Street. Left on Trade St. to Liberty Street. Left on Liberty St. to Grand Hotel Parking on left. From I-5 northbound take exit 253. Left on Hwy 22 - Mission Street to Liberty Street SE. Right on Liberty St (stay in left lane) to Grand Hotel Parking on left just past Trade Street.

6/25/2014 - 6/25/2014

Portland, OR Portland 4-T's Fun Walk

Host Club: Oregon Trail State Volkssport Assn. Contact: Dick Baker (360) 991-8806 Website: www.walkoregon.org

E-Mail Contact: dickbkr@q.com

Event ID: 97891

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

Start Times: 8am to noon

Location: Ondine Residence Hall - Portland State University

Description: A version of this walk was done several years ago and all participants had a lot of fun. Several families had grandchildren do the walk and they had a great time. The route will involve taking a Train (Max), a Trolley, a Tram, and a Trail. Part of the trail about 1 km in length is on a steep and narrow trail in the woods. The City of Portland has a marked permanent 4-T walk and this route will follow it most of the time but we have a added section to make the 10 km. The 5 km route will be different than the City of Portland's route but will still have the Train, Trolley, Tram, and Trail
Start Point / Driving Directions: 1912 SW 6th Ave. From I-405 Northbound - take the 6th Ave. exit and continue on 6th Ave. for 2 blocks. Ondine Hall will be on your right. If you are going to use the Portland State Parking Garage it will be one block farther on your left.

Comments: There will be fees for the Train and Trolley. For those that might want a day pass we plan on having someone get these in advance and have them at the start point. You will pay for them in advance. We will publish the day rate in June when we are sure what the rates will be.

6/26/2014 - 6/26/2014

Silverton, OR Silver Falls Walk

Host Club: Oregon Trail State Volkssport Assn. Contact: Dick Koonce (503) 679-9473 Website: www.walkoregon.org

E-Mail Contact: dick.koonce@gmail.com

Event ID: 97894

Distance - Trail Ratings: 11 or 12 km - 2A

Start Times: 9 am to noon

Location: Silver Falls State Park

Description: This is one of the most beautiful and scenic walks in the USA/world. You will pass 10 scenic waterfalls each very distinctive and unique. The route does pass under three of the waterfalls. Plan on a minimum 3 hours to complete this walk. If you are a photographer 3 1/2 hours or longer should be scheduled. Water and hiking shoes are recommended. There is a 1 km option to go to the Upper North Falls.

Start Point / Driving Directions: From I-5 take Woodburn exit #271 and follow signs east to Silverton on Hwy 214 passing through Mt Angel. Continue through Silverton on Hwy 214 to main parking area on your right at the lodge

and across from the conference area. Park in Area "D" You will pass 2 small parking areas at North Falls and Winter Falls before reaching the main parking area. There is a parking fee of \$5 per vehicle.

Comments: There will be a lunch at the start area for \$5 to include Sausages, chips, potatoe salad, cookies and soft drinks/water. After a 3 hour walk this will be appreciated. Please register for the lunch by 1 June or you will have to pay an additional \$5.

6/27/2014 - 6/27/2014

Portland, OR Portland Landmark Walk

Host Club: Oregon Trail State Volkssport Assn. Contact: Dar Parrow (503) 484-6475 Website: www.walkoregon.org

E-Mail Contact: dar.parrow@gmail.com

Event ID: 97892

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

Start Times: 8 am to noon

Location: Ondine Residence Hall -
Portland State University

Description: This walk is designed to go past most of the Landmarks on Portland's West side. The 10 km route will go through the Rose Garden, past the Japanese Gardens, into the Holocaust Memorial, through Washington Park, past Powell Books, into Chinatown, past the Chinese Gardens, through Pioneer Plaza, past Skidmore Fountain and Portlandia. The 5 km route rated 1A will not go to the Rose Garden or Japanese Gardens but will go by many of the other Landmarks.

Start Point / Driving Directions: 1912 SW 6th Ave. From I-405 Northbound - take the 6th Ave. exit and continue on 6th Ave. for 2 blocks. Ondine Hall will be on your right. If you are going to use the Portland State Parking Garage it will be one block farther on your left.

Volkswalking alive and well in Northwest Washington

Posted: Sunday, April 6, 2014 6:00 am | *Updated: 2:36 pm, Wed Apr 9, 2014.* By Vince Richardson |

MOUNT VERNON — The practice of volkswalking is very much alive and well in the Skagit Valley. The NW Tulip Trekkers is no stranger to the trails, paths, sidewalks and shorelines of Northwest Washington. The Club offers numerous treks throughout the year

Volkswalking — German for “walk of the people” — is the most popular of what are called volkssports, non-competitive activities. Volkssports include biking, cross-country skiing, kayaking, swimming and snowshoeing.

Volkswalking events are leisurely and non-structured. They typically take place at trails, rivers, gardens, historic sites and downtown areas.

The club, founded in 1987, has had a membership in a state of flux.

It ranges from 80 to 150 members.

“We do walks year-round,” said club president Joe Pepia of Mount Vernon. “Rain or shine. They are loosely circular and very easy. Where they start is where they finish. They are family- and pet-friendly.”

Basically, a volkswalk is a trek at one’s own pace, whether it’s at a brisk clip or a touristy stroll.

“The idea is to have fun and get outside,” Pepia said.

“Volkswalking started in Germany in the 1960’s and 1970’s. There was a lot of sporting competitions between all these small towns. There was a lot of competition and people started looking for non-competitive endeavors.”

This walking season, club offers 22 walking routes ranging from 3.1 miles to 11 6.8 miles. These volkswalks venture through and explore the surrounding areas of Anacortes, Mount Vernon, Lynden, Bayview, Bellingham, Langly, Birch Bay, La Conner, Camano Island, Friday Harbor, Deception Pass State Park and Ferndale.

It isn’t complicated. For instance, for the upcoming Skagit Valley Tulip Festival Walk on April 12, one only has to show up, sign up, get instructions and grab a map. The route will be marked.

“So you can go in a herd or by yourself,” said club member Curt Myron of Oak Harbor, “If you want someone to walk with you, we’ll find you someone. We stress safety, scenery and education as well as fun, fitness and friendship. That is really our group’s dynamic.

“In the United States, there are 1,835 self-guided walks. There is a self-guided walk in Las Vegas that takes you through the lobbies of every hotel.”

Myron, has a thick-ringed book describing every walk in the country. That information can also be found online. There are also multi-day walks. The NW Tulip Trekkers will be hosting one in 2015.

“The Gorge Walk,” said Myron, “is 12 walks in four days. It is the biggest multi-day in the Northwest.”

The club offers several Friendship Walks where members gather and walk as a club. It is an opportunity for both volkswalking veterans and rookies to get to know one another.

Traditional Events and year-round events are also offered.

American Volkssport Association sanctioned events are held in all 50 states and 42 countries. Washington and Oregon are two of the most volkswalk-happy in America with about 60 clubs and organizations.

Walks are open to everyone and while there is a \$3 fee, walkers can choose to pay or not. You do not have to be a member to participate. Members of the NW Tulip Trekkers come from numerous counties. Annual membership dues are \$5 per individual and \$10 per family.

The passport-style booklets are rubber-stamped following the completion of specific walks and Myron boasts a stack of them with stamps from all over the world. Thus far, since joining the American Volkssport Association in 1987, he has logged 19,000 kilometers while walking in all 50 states and 29 countries.

Pepia admits he’s not quite as avid, but has still walked 7,500 kilometers since joining the club in 1998.

“Once you finish a book,” Myron said, “you send it in and you get a patch, hat pin or certificate. Myself, I like to travel. So we plan our trips around these walks. My goal now is to do 100 walks in a year.”

Pepia admitted to doing the same thing.

“When I am traveling,” he said. “I always make sure and look for a walk. They usually take you to interesting places.”

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Your body is built for walking. ~Gary Yanker

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.



Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves. ~John Muir

2014 Club Officer Directory

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