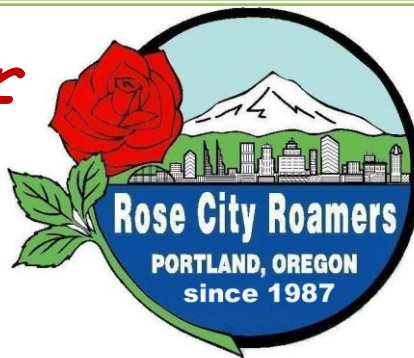


# The Roamer

Rose City Roamers  
Walking Club Newsletter



March 2014

Walking for Fun Fitness Fellowship

## CALENDAR

- March 2 Highway Cleanups
- March 15 St Patrick's Day & Teddy Bear Walk, Portland OR
- March 23 Daffodil walk, Amity OR
- March 26 Board Meeting
- April 1 Club Meeting
- April 6 Highway Cleanup

## UPCOMING EVENTS

### HIGHWAY CLEANUPS

The next highway cleanup is Sunday, March 2 at the Alder Creek Middle School Parking Lot. RCR renewed its contract with the Transportation Department to help keep a section of the highway clear of debris. Come out and help our walkers pick up trash from alongside the roadway starting at 9:30am for approximately two hours. Bags, vests and pick-up grabbers provided. The next one will be on April 6, 2014.

### CLUB MEETINGS

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. Meeting starts at 7PM. Visitors welcome to attend.

## UPCOMING RCR HOSTED WALKS

### MAY 2014

May 10,11 -- Sunday Parkways -- SE Portland and More -- Information to come...

Location: Lents Park

Watch for more information

### JULY 2014

July 27 -- Sunday Parkways -- N Portland

Location: Fernhill Park

Watch for more information in near future.

### AUGUST 2014

August 24 -- Sunday Parkways -- NE Portland

Location: NE Portland - Portland Providence Medical Center

Watch for more information

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

See [Event Details](#) Map to [Hazelia Field Dog Park](#)



## **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 – 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

## **GROUP WALKS**

3/5/14

10:00 AM The Healing Place, 10330 SE 32nd Ave.,  
Milwaukie, OR  
[YRE 389](#) rated 1A V V: start is different than listed  
by AVA  
Chan Steakery, 10477 SE Main St, Milwaukie, OR

3/12/14

10:00 AM Shari's Parking Lot, 13645 NW Cornell  
Road, Beaverton  
[YRE 823](#) rated 1A CM: moved for this day only  
Abhiruchi Indian Cuisine, 3815 SW Murray Blvd,  
Beaverton (drive several miles)

3/19/14

10:00 AM Gateway Fred Meyer, 1111 NE 102nd  
Ave, Portland  
[YRE 173](#) rated 1A ECWW: front entry  
Pho Van, 1919 SE 82nd Ave, Portland (drive)

3/26/14

10:00 AM Haggen Grocery Store, 8515 SW  
Tualatin-Sherwood Rd, Tualatin  
[YRE 1431](#) rated 1A SM: Customer Service Desk  
Hayden's Lakefront Grill, 8187 SW Tualatin-  
Sherwood Rd (short distance)

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

## TRADITIONAL WALK EVENTS

### **3/15/2014 Portland, OR St. Patrick's Day Walk & Teddy Bears Walk**

ID# 98211 Distance/Rating: 10K/5K - 2B Start Time: 9am-1pm

Cedar Milers Darlene Parrow (503) 484-6475 [www.cedarmilers.org](http://www.cedarmilers.org) [dar.parrow@gmail.com](mailto:dar.parrow@gmail.com)

This event is our annual Teddy Bear Collection for the Washington County Sheriff's Office Buddy Bear program. Please consider donating new or gently used teddy bears for children who are being assisted/transported by police officers.

Challenges will be listed at the start point. This walk is our annual club event with a St Patrick's theme and dates back at least 10 years--wear green!

Strollers: medium | Wheelchairs: hard | Pets: Yes | Restrooms: Yes

Hillsdale Brewery & Pub House, 1505 SW Sunset Blvd, Portland OR

1505 SW Sunset Blvd, Portland. I-5 Northbound: Exit 297 (Bertha Blvd), slight RIGHT to continue on SW Bertha Blvd, RIGHT onto OR10, LEFT on SW Sunset Blvd; I5 SOUTHBOUND: Exit 297 (Terwilliger Blvd), RIGHT to stay on Terwilliger Blvd, LEFT on OR10, RIGHT on Sunset Blvd; US26 EASTBOUND: Exit 71 (Scholls Ferry Rd), LEFT on Humphrey Blvd, RIGHT on Patton Rd, LEFT on SW Dosch Rd, LEFT on Sunset Blvd

### **3/23/2014 Amity, OR Daffodil Festival Walk**

ID# 98290 Distance/Rating: 10/5 - 1B Start Times: 8:00 - 1:00

Eugene Springfield Mossback Volkssport Melissa Evans (503) 843-3552 [www.mossbacks.org](http://www.mossbacks.org)  
[mre@onlinemac.com](mailto:mre@onlinemac.com)

It's a lovely spring walk through Yamhill county agricultural area. You may choose between a 5K, 10K, or 20K walk. Rated IA-IB (gravel). Option #1-5K: This route will take a shuttle from the school to The Fanning Daffodil Farm. Then the walkers will walk back enjoying the beauty of the hillsides and daffodils. Option #2-10K: Participants will walk from the elementary school to the Brigittine Monastery passing by The Fanning Daffodil Farm and catch a shuttle back to the school (this walk includes some gravel roads). Option #3-20K: Starts from the elementary school walking to the Monastery and back. A shuttle will be offered from 9:30 a.m. - 2:30 p.m. for the walks.

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

This event doesn't have any special Programs assigned.

Amity School, 300 Rice Lane, Amity, OR 97101

Amity is located 7 miles south of McMinnville. From Portland, it is 45 miles south on 99W. From Salem, take Hwy 22 to Rickreall, then north 11 miles on 99W. From Hwy. 18 go east on Bellevue, (by Lawrence Gallery) for 6 miles.

Pets are not allowed in the school. Pets are permitted on the walks, but must be kept on a leash and use good trail manners.

### **4/5/2014 Millersburg, OR Meandering Millersburg Walk**

ID# 98113 Distance/Rating: 5K/10K - 1A Start Times: 8:00 AM - 1:00 PM

Albany Fitwalkers Karen Wusstig (541) 979-8277 [www.albanyfitwalkers.org/upcoming-events.html](http://www.albanyfitwalkers.org/upcoming-events.html)  
[kjwusstig@gmail.com](mailto:kjwusstig@gmail.com)

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.

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

Alternative Capitals, Honoring Our Flag, Special National Officers Book, Trekking With the Trees, You'll Never Walk Alone

Millersburg Park, Albany

[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.

IVV Credit Only

No pre-registration. NW Challenges: Klubs (both 5km loops)/ Firehouse/Landmarks/ Mountains (1st 5km loop) Monuments/Waterways (2nd 5km loop)

#### **4/12/2014 Portland, OR Discovering Rockwood Walk**

ID#96251 Distance/Rating: 10K & 5K - 1A Start Times: 8:00 am

East County Windwalkers Regina Blake (503) 665-0950 [www.eastcountywindwalkers.org](http://www.eastcountywindwalkers.org)  
reggie\_blake@yahoo.com

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.

Strollers: medium | Wheelchairs: hard | Pets: Yes | Restrooms: Yes

Honoring Our Flag, Main Street, Murals, Trekking With the Trees

SnowCap Community Charities

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.

IVV Credit Only

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, Murals, COW & Watering Holes.

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

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.

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

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

ID# 98232 Distance/Rating: 5K, 10K - 1A Start Times:

Willamette Wanderers Susan Hoskins (503) 364-3475 [www.willwander.weebly.com](http://www.willwander.weebly.com) [wrozy@yahoo.com](mailto:wrozy@yahoo.com)

Strollers: hard | Wheelchairs: NO | Pets: Yes | Restrooms: Yes

Baseball Walks, Honoring Our Flag, Water Towers

9-1 Finish by 4

Schreiner's Iris Gardens

3625 Quinaby Rd NE

Keizer, OR 97303

B Award



Hat's off to Walking & Shopping!

**WALKING**

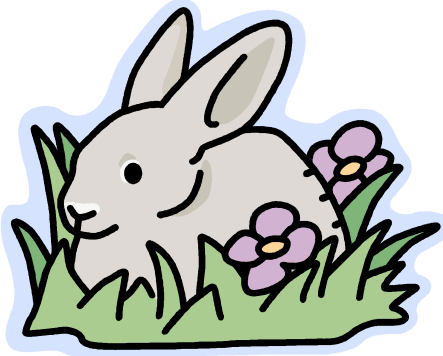


## THE FINAL PAGE...

After a day's walk everything  
has twice its usual value.

George Macauley Trevelyan

*Happy Easter!*  
*Happy Spring!*



### 2014 Club Officer Directory

Dick Baker, President  
360-991-8806  
[dickbkr@q.com](mailto:dickbkr@q.com)

Ed Hainline, Vice President  
360-921-1909  
[edhainline@comcast.net](mailto:edhainline@comcast.net)

Susan Treacy, Treasurer  
[jsusan45@mac.com](mailto:jsusan45@mac.com)

Debbie Esmond, Secretary  
503-777-2717  
[Esmond1@hotmail.com](mailto:Esmond1@hotmail.com)

Judy DeBenedetti, [M@L](mailto:M@L)  
Membership 503-929-2310  
[Judydebenedetti@msn.com](mailto:Judydebenedetti@msn.com)

Denise Esmond [M@L](mailto:M@L)  
Newsletter Editor 503-544-9625  
[Deedlenee@comcast.net](mailto:Deedlenee@comcast.net)  
([M@L](mailto: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