

THE ROAMER



ROSE City Roamers
Newsletter **October 2014**
www.rosecityroamers.org
Fun*Friendship*Fitness

CALENDAR

Oct 28 Board Meeting
6pm Adventist health Pavilion

Nov 4 Club Meeting Pizza party &
7pm Officer Elections

UPCOMING EVENTS

CLUB MEETING

Our next Club meeting is November 4 at 7:00 pm at Portland Adventist lower level Education Rm A. This is our Annual Pizza Party and Elections Day for new club officers. Let your vote count! And enjoy some great pizza. If you are interested in an office or would like to nominate someone please come to the meeting.

UPCOMING WALKS

There is still time to sign up and spend a couple of hours crossing the Columbia River from Dismal Nitch to Astoria with your friends and hundreds of others. The pre-event wait is at an historic event spot (Lewis and Clarke mention damp chilly camping at Dismal Nitch), and if you poop out before clearing the bridge proper, you get a ride back to the finish.

33rd Annual Great Columbia Crossing 10K
Walk/Run Sunday, October 12, 2014
GCX 2014 Register online TODAY!
Number of spots LEFT: 1,250! (as of 9/18/14)
This is a sanctioned walk and qualifies for the AVA
Border Crossing Special Program.



TRADITIONAL WALK EVENTS

Dates: 10/5/2014 - 10/5/2014 City / State: Portland, OR

Event Name: Portland Marathon/Half and Fun Run

Event Type: Walk

Event ID: 98175

Distance - Trail Ratings: 42, 21, 10 km - 1A

Description: MARATHON: Walk on city streets with a few gradual hills through residential neighborhoods with scenic views of the Columbia River. The 10km walk is the final 6.2 miles of the Marathon course. Not suitable for strollers or wheelchairs.

Comment: This year OTSVA and AVA will not have a volunteer or physical presence at the Portland Marathon. If you are registered for the AVA sanctioned Marathon, Half-Marathon or 10k, the ONLY place you will be able to sign your waiver is at the packet pick up area at the Expo.

Signing your waiver is restricted to Friday and Saturday at the Expo. There will be NO VOLKSSPORT presence at the finish line.

On Friday and Saturday, Becky Forsythe will be at a shared table (possibly near the Nordic Walkers on the right as you descend) in the packet pick up area. Look for the Volkswalkers sign.

If you have not signed up yet and you really want to, follow the directions below to register. Bring money. This is a pay to participate event. We still charge \$3 for paid walkers; they charge a lot more. We give a stamp for participating; they give tee-shirts and medals and the notoriety of having done the Portland Marathon or Half.

Register Now for the Experience of a Lifetime

The 2014 Marathon & Half Marathon will take place on Sunday, Oct. 5, 2014!

You can obtain an entry into either event through

A. Going the Distance Foundation Entry B. Receive a complimentary entry by contacting one of the participating official charities & complete their required level of fundraising on behalf of their worthy cause. Half of your entry fee will go to the Going the Distance Foundation as a donation.

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

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

Start Times: 7AM

Location: Hilton Hotel,

Start Point / Driving Directions: 921 SW 6th Avenue, Portland, OR I-5 NORTHBOUND: LEFT at I-405N (Beaverton/US26). Exit #2A (Salmon St). RIGHT on SW Salmon St. LEFT on SW 6th Ave. Portland Hilton on LEFT.

I-5 SOUTHBOUND: Exit #302B merging onto I-405 (US30/St Helens/Beaverton). Exit #2A (Couch St) toward Burnside. Merge onto NW 16th continuing on NW 15th. LEFT on SW Alder. RIGHT on SW Broadway. LEFT on SW Salmon St. Continue as above.

Awards & Fees: IVV Credit Only

Comments: PRE-REGISTRATION: MANDATORY by mail or online at: www.portlandmarathon.org

Marathon entry fee is \$140. 10 km Family Fun Walk is \$40 for adults and \$30 for children under 12 and seniors 65 and older. AVA Registration and Race packet pickup is at Portland Marathon Expo on Friday and Saturday. Credit walkers may register and stamp for walk credit after the race but there is no Day of Race Packet pickup. No packet means no entry.

Host Club: Oregon Trail State Volkssport Assn.

Contact: Maryann Brown (541) 961-4279

Website: www.walkoregon.org

E-Mail Contact: otsva@walkoregon.org

Dates: 10/12/2014 - 10/12/2014

City / State: Astoria, OR

Event Name: Great Columbia Crossing

Event Type: Walk

Event ID: 98364

Distance - Trail Ratings: 10km - 1A

Description: Have a unique 10km experience with a few thousand other walkers and runners across the one-of-a-kind Astoria-Megler Bridge over the Columbia River from Washington to Oregon.

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

Special Programs: Border Crossings

Start Times: 7am-8:30am

Location: Port of Astoria

Start Point / Driving Directions: 422 Gateway St, ASTORIA OR 97103 US30/US101 to Astoria. Free parking near the West Moorage Basin Marina under the bridge. Follow signs for parking and shuttle to Dismal Nitch.

Awards & Fees: IVV Credit Only

Comments: Credit only is \$3.00 in addition to the Great Columbia Crossing fee of \$45 competitive timing chip/\$40 fun walk. Credit walkers will register and stamp at the finish. Look for the AVA banner.

Host Club: Oregon Trail State Volkssport Assn.

Contact: Maryann Brown (541) 961-4279

Website: www.walkoregon.org

E-Mail Contact: otsva@walkoregon.org

Dates: 10/18/2014 - 10/18/2014

City / State: Corvallis, OR

Event Name: Fall Trees and Challenges Galore

Event Type: Walk

Event ID: 99067

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

Description: Bring your special program books for a fantastic flat walk in friendly Corvallis. Over 25 challenges are available on this walk which goes by 2 rivers, several historic districts, parks, restaurants and more.

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

Special Programs: Alternative Capitals, Bakeries Family Owned, Celebrating Golden Cinemas, Fraternal Organization, Honoring Our Flag, Murals, National Register of Historic Places, Trekking With the Trees, Walking the USA A - Z

Start Times: 10K 9am -Noon, 5K 9am-1pm

Location: Book Bin, 215 SW 4th St.

Start Point / Driving Directions: 215 SW 4th St., Corvallis, OR 97330. From N or S, take I-5 Exit 228 (Hwy34). Follow signs to Corvallis. Go straight over bridge turning left on 2nd St. Continue to corner of 2nd & Western to park, then walk to the Book Bin at 4th & Madison.

Awards & Fees: IVV Credit Only

Comments: Some of the route is in secluded areas, so you may want to walk with a friend if you feel uncomfortable in this situation.

Host Club: Corvallis Cruisers

Contact: RozyW-C Elwell (541) 981-3794

Website: www.walkoregon.org

E-Mail Contact: wrozy@yahoo.com

Dates: 10/25/2014 - 10/25/2014

City / State: Happy Valley, OR

Event Name:

Event Type: Walk

Event ID: 98520

Distance - Trail Ratings: 10 K -

Description:

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

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

Start Times:

Location: Happy Valley Park, 13770 SE Ridge Crest Way, Happy Valley, Oregon

Start Point / Driving Directions:

Awards & Fees:

Comments:

Host Club: East County Windwalkers

Contact: Rebecca Shierman (503) 880-1632

Website: No Website Listed

E-Mail Contact: rshierman@yahoo.com

Dates: 11/1/2014 - 11/1/2014

City / State: Beaverton, OR

Event Name: Fanno Creek Greenway

Event Type: Walk

Event ID: 98214

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

Description: Connect up with the Fanno Creek Greenway via a park and quiet neighborhoods then walk along the Greenway Trail to Garden Home and back via neighborhood streets and the Greenway Trail including the brand new section where volkswalkers feet have never been before. All this quiet pathway right in the middle of the east side of Beaverton!

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

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

Start Times: 9am-1pm, finish by 4pm

Location: Sunset Bingo, 4830 SW Western Ave, Beaverton, OR 97005

Start Point / Driving Directions: I-5 Northbound: Exit #292A (OR217/Beaverton), Exit 2A (Beaverton), RIGHT on Hwy 10 (SW Beaverton/Hillsdale Hwy), RIGHT on Western Ave. Park in southend of BiMart parking lot. I-5 Southbound: Exit #302B (I-405S/Beaverton), Exit 1D (US26W/Beaverton), LEFT at 2nd signal onto Hwy 10 (SW Beaverton Hillsdale Hwy). RIGHT on Western Ave. Park in southend of BiMart parking lot.

Awards & Fees: IVV Credit Only

Comments: Walk Oregon Challenges: waterways and more (to be listed soon)

Host Club: Cedar Milers

Contact: Carol Reed (503) 645-5350

Website: www.cedarmilers.org

E-Mail Contact: carolreed1@hotmail.com

Dates: 11/8/2014 - 11/8/2014

City / State: Woodburn, OR

Event Name: DID YOU SEE THAT TURKEY?

Event Type: Walk

Event ID: 98465

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

Description:

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

Special Programs: Celebrating Golden Cinemas, Honoring Our Flag, National Register of Historic Places, Water Towers

Start Times: 9 am to 1pm finish by 4 pm

Location: Centennial Park

Start Point / Driving Directions:

Awards & Fees: IVV Credit Only

Comments:

Host Club: Valley Volkswalkers

Contact: BL Cline (503) 329-5686

Website: No Website Listed

E-Mail Contact: Valleyvolkswalkers@yahoo.com

OKTOBERFEST WALK

SEPTEMBER 2014



YEAR-ROUND EVENTS (YRE)

PORTLAND – Northwest

CROSSTOWN, DOWNTOWN, COUNCIL CREST

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

PORTLAND – North

HISTORIC ST. JOHNS, SWAN ISLAND-UNIV PORTLAND

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 LAKE OSWEGO-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

MT TALBERT NATURE PARK

Start: DAYS INN MOTEL
9717 SE Sunnyside Rd.
Contact: Judy D., 503-698-4398

PORTLAND – Northeast

ALAMEDA/HOLLYWOOD, SE HIGHLIGHTS-BELMONT, HAWTHORNE, LAURELHURST

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

GROUP WALKS

10/1/14

10:00 AM Starbucks, 8302 E. Mill Plain,
Vancouver
[YRE 116](#) rated 1A VUV: ask at counter
Abhiruchi Indian Cuisine, 233 NE Chkalov
Dr, Vancouver (drive 1 mile from finish)

10/8/14

10:00 AM Albertson's, 11 S. State Street,
Lake Oswego
[YRE 1611](#) rated 1A CRVC: service counter
Manzana Rotisserie Grill, 305 First St, Lake
Oswego (near finish)

10/15/14

10:00 AM Red Lion at the Quay, 100
Columbia, Vancouver
[YRE 369](#) rated 1A VUV: between hotel
lobby and restaurant
Who Song and Larry's, 111 E. Columbia
Way, Vancouver (near finish)

10/22/14

10:00 AM Tualatin Hills Rec. - Athletic
Center, 50 NW 158th, Beaverton
[YRE 1438](#) rated 1B CM: left of entrance
Monteaux's Public House, 16165 SW
Regatta Lane, #1000, Beaverton, OR (3
blocks from finish)

10/29/14

10:00 AM Fishers Landing Fred Meyer,
16600 SE McGillivray Blvd, Vancouver
[YRE 1017](#) rated 1A AWW: East entrance
lobby - garden area
Makoto Japanese Buffet, 1119 S 163rd
Place, Vancouver (1/4 mile away)

FOOD FOR THOUGHT

Recent studies have indicated the numerous "mental benefits" of walking such as: slowing mental decline, lowering Alzheimer's risk, improving sleep, improving mood, and improving concentration. "For someone who walks regularly, their body is better able to deliver oxygen to all systems, including the brain, because they've improved their cardiovascular function. Not surprisingly, regular walkers report better mental clarity and ability to focus. Creativity is enhanced because walkers have the ability to relax their mind and let it wander around while they're walking. Outdoor strollers can have the benefit of beautiful scenery as well as just seeing things from a different perspective, which stimulates creative thought and the imagination. Whether you want to improve your body, your mind or both, the benefits of walking should encourage you to make the time to do it."

- Mental Benefits of Walking, Creating a Good Life

YRE BROCHURES

Just a question of what other clubs have experienced. What are clubs doing about a brochure/booklet for your clubs YRE's?

We have a booklet and it is a lot of work gathering information, proofing, printing and distribution throughout the year at walks.

For clubs that are not producing an YRE brochure yearly have you seen your numbers decrease? If so is the money you saved on not printing a brochure/booklet saved you money in the long run?

How do you bring your YRE to the attention of other walkers that your YRE is an event they want to walk?

Thanks,

Linda Hassell,

Secretary, Freestate Happy Wanderers AVA 190

PS: We do have a terrific website and all are walks are in the Starting Point of course.

Posted by: "Bill & Linda Hassell"

2014 Club Officer Directory

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