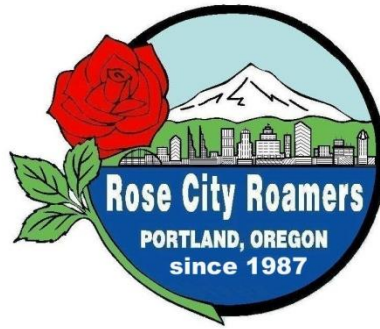


The Roamer

APRIL 2015
Newsletter



Rose City Roamers Walking Club

WALKING FOR
FUN*FITNESS*FRIENDSHIP

CALENDAR

Apr 4	Spring walk in the Park
Apr 7	Club Meeting 7pm AHMC LLRmA
May 24	Hwy Cleanup Alder Crk School
May 26	Board Meeting AHMC Pavilion
June 2	Club Meeting AHMC LL Rm A
Jun 13-21	AVA National Convention
Aug 2	Hwy cleanup @ Alder Crk Sch

UPCOMING EVENTS

CLUB MEETING

Our next Club meeting is Tuesday, April 7 at 7pm at Portland Adventist Hospital in the lower level Education room A.

UPCOMING RCR WALKS

April 4 Spring Walk in the Park Tryon Creek
July 25, 26 Milwaukie Oregon Start TBD
Sept 5, 6 Rhododendron Oregon Snowline Motel
Sept 19, 20 Mt Angel Oktoberfest Mt Angel Fest Hall

ROSE CITY ROAMERS FIRST WALK FOR 2015

Spring Walk in the Park

One loop will go to Tryon Creek State Park Nature Center and the Ruth Pennington Trillium Trail. This is a beautiful park with spring flowers including trilliums in bloom along the way. The nature center has interesting displays and activities for all enjoy. Tryon Creek walk is along an asphalt path and is acceptable for strollers, even bikes – bring your kids or grandkids.

One loop to Marshall Park which was donated to the city of Portland in 1947 after Mr. F.C. Marshall spent ten years restoring an abandoned quarry to a park. It has a play area, picnic area and beautiful walk over one notable feature; a small stone bridge which spans Tryon Creek. This walk would be challenging for strollers although I did see a couple with a stroller. Restroom and water will be available at the start.

AVA CONVENTION WALKS

There are several walks before, during and after the convention as well bike and swim events. Rose City Roamers is hosting the walk on **Sunday, June 21**. This walk will showcase several Portland landmarks and points of interest including the [Rose Garden](#), [Japanese Garden](#), and [Chinese Garden](#). Of course, along with walking through the city, we will make sure you have an opportunity to stop at [Voodoo Donuts](#)! But that's not all. You will also see [Providence Park](#), home of the Portland Timbers and Portland Thorns soccer teams; the infamous Powell's Bookstore; Pioneer Courthouse Square; the Tom [McCall Waterfront Park](#) and [Old Town](#). It will be fun! Convention schedule and list of other activities can be found on the AVA website.

*April Showers Bring
May Flowers*



TRADITIONAL WALK EVENTS

4/4/2015 - 4/4/2015

City / State: Portland, OR

Event Name: Spring Walk in the Park

Event ID: 101180

Distance - Trail Ratings: 2 5K - 1B

Description: Direction to start: I-5 Northbound: Exit #297 Right on Terwilliger to start at High School.

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

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

Start Times: 9:00 - 1:00 FINISH BY 4:00

Location: Riverdale High School

Start Point / Driving Directions: Riverdale High School

9727 SW Terwilliger Blvd

Portland, OR

Description: One loop will go to Tryon Creek State Park Nature Center and the Ruth Pennington Trillium Trail. This is a beautiful park with spring flowers including trilliums in bloom along the way. The nature center has interesting displays and activities for all enjoy. Tryon Creek walk is along an asphalt path and is acceptable for strollers, even bikes – bring your kids or grandkids.

One loop to Marshall Park which was donated to the city of Portland in 1947 after Mr. F.C. Marshall spent ten years restoring an abandoned quarry to a park. It has a play area, picnic area and beautiful walk over one notable feature; a small stone bridge which spans Tryon Creek. This walk would be challenging for strollers although I did see a couple with a stroller.

Awards & Fees: IVV Credit Only

Comments: RESTROOM AND WATER WILL BE AVAILABLE AT THE START.

Host Club: Rose City Roamers

Contact: Judy DeBenedetti (503) 929-2310

Website: rosecityroamers.org

E-Mail Contact: judydebenedetti@msn.com



4/11/2015 - 4/11/2015

City / State: Albany, OR

Event Name: Lolly Gibbs Memorial A-Z Walk

Event ID: 101345

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

Description: Walk historic downtown and some parts of A-Z walk devised by Lolly. Lots of challenges.

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

Special Programs: Alternative Capitals, Amphitheaters, Boardwalks, Celebrating Golden Cinemas, Fraternal Organization, Honoring Our Flag, Main Street, National Register of Historic Places, Trekking With the Trees, Walking the USA A - Z, WPA Works Projects Administration

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

Location: Fraternal Order of Eagles

Start Point / Driving Directions: 127 Broadalbin St NW, Albany, OR 97321

I-5 north or south use exit 233 and go to City Center. Left on 1st, right on Broadalbin.



Awards & Fees: IVV Credit Only

Comments: Lolly Gibbs was a past president who died suddenly last year. Donations will be accepted for a memorial.

Host Club: Albany Fitwalkers

Contact: Rozy Weatherby (541) 981-3794

Website: www.albanyfitwalkers.com

E-Mail Contact: wrozy@yahoo.com

4/25/2015 - 4/25/2015 *More info coming soon!*

City / State: Gresham, OR

Event ID: 101272

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

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

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

Location: Main City Park

Start Point / Driving Directions:

Awards & Fees: ZZ

Host Club: East County Windwalkers

Contact: Marv Michael (971) 344-8173

E-Mail Contact: mlkmich4324@frontier.com



JUNE 13-21 2015 19TH BIENNIEL AVA CONVENTION - Beaver Mania 9 walks in 9 days

SALEM OR

Saturday, June 13

Bend, OR Pre-Convention Walk

10K/5K, rated 1B - A pleasant town walk in [Bend](#) through local neighborhoods, [downtown Bend](#), through four parks and along the [Deschutes River](#) and [Mirror Pond](#). Mostly paved with some sandy gravel trails. The start point, Doubletree Hotel, 300 NW Franklin, Bend, OR (1-866-460-7456) will reduce the cost of the conference room for the start/finish if 20 people stay at the hotel overnight.



Sunday, June 14

Clear Lake, OR Pre-Convention Walk

12K, rated 3C - This walk is a significant challenge with some difficult terrain. Walk along the [Clear Lake](#) trail crossing the footbridge over the [head waters of the McKenzie River](#) to the McKenzie River Trail. After the checkpoint near Hwy 20, you'll cross a small footbridge and go by [Sahalie & Koosah Falls](#) to the Carmen Reservoir, and then back along the other side of the McKenzie River on the Falls Loops Trail passing by the falls again to return to the [Clear Lake Trail](#) and finish. The section of trail from the footbridge to the reservoir is the most difficult part with loose gravel and tree roots.

Monday, June 15

Silver Falls, OR State Park Walk Convention Walk

11K (with 1K option), rated 2B (800 Ft Elevation Gain) - One of the most beautiful scenic walks in the USA/World, this park is called the "Crown Jewel" of the Oregon Parks System. Beginning at [Silver Falls State Park](#), you will walk [The Trail of Ten Falls](#), passing ten very distinctive and unique waterfalls (11 including the 1K option to [Upper North Falls](#)). The route passes under three of the waterfalls and along a rocky canyon, winding creek, and dense forested landscape. Water and hiking shoes recommended. Plan on a minimum of

three hours to complete this walk. If you like to photograph, more time should be allowed. Bus transportation will be provided from the Convention Center.

Tuesday, June 16

Vancouver, WA Convention Walk

10k/5K, rated 1A - A historical venture into the early part of American expansion. [Ft Vancouver](#) was a [Hudson Bay Company](#) property, then a US Army post with the charge to insure the peaceful settlement of the Oregon Country. This walk will take you along [Officers Row](#) and through the fort's grounds, including a replica of the original old fort structure. Then it is off to the [Land Bridge](#), designed by Maya Lin, that recreated the link between the fort and the [Columbia River](#). You'll also get to enjoy the Columbia by strolling along its banks.

Wednesday, June 17

Eugene, OR Convention Walk

6K, rated 1A; 11K, rated 2B - Pathways in [Alton Baker Park](#) will take you along gardens and ponds. This walk would be a great day to wear green and yellow as you'll fit right in walking past through the [University of Oregon](#) campus and [Autzen Stadium](#). Then it is up along a winding trail to visit the [Henricks Rhododendron Gardens](#). From there you'll descend back downhill and cross I-5 on the beautiful [Frohmyer Bridge](#) built just for pedestrians and bicyclists.

Thursday, June 18

Lincoln City, OR Convention Walk

5K/10K, rated 2C (for sand on beach) - From the start point at the [Chinook Winds Casino and Resort](#), you'll walk to the beach to enjoy the ocean waves. There's dry, soft sand to cross first, then, with tides accommodating, most of the beach stretch will be on damp, tightly packed sand. At the [D River](#) (World's Shortest River) you'll leave the beach and walk to [Lincoln City's Cultural Center](#). Then it's off to some quiet residential areas with some wandering through the beautiful [Connie Hansen Garden](#) before returning to the casino.

Friday, June 19

"President's Walk" Salem, OR Convention Walk

10K, rated 1A - This walk will take you to the Willamette River and the [Riverfront Park](#) where you will stroll along pathways, see a wonderful [carousel](#), and a [huge world atlas](#) (and see the location for the [bridge between Waterfront Park with Minto-Brown Island](#)). Then you are off to tour the [Oregon State Capitol](#) grounds, enter the [Capitol building](#) (30-minute tours will be offered at 9,10, and 11 AM that include optional trips into the dome), and wander the [Willamette University grounds](#), Salem neighborhoods, [Mission Mill Historic Village](#), and the [Pringle Creek](#) Pathways.

Saturday, June 20

Mt. St. Helens, WA Post-Convention Walk

[Hummocks Trail #229](#) - 6K, rated 2B: Hummocks Trail #229 (5K). [Hummocks](#) are steep-sided hills that were left on the surface after the Mt St Helens eruption. This trail meanders along the hummocks, young alder forests, ponds, and wetlands.

[Coldwater Lakes Trail #221](#) - 4K, rated 1B: Out and back along the northwest shoreline passing through blown down trees, wildflowers, and alder thickets. Deer, elk, and coyotes can often be sighted in the area.

Sunday, June 21

Portland, OR Post-Convention Walk

12K/6K, rated 2B - This walk will be an interesting and different way to close out the convention. You will see several of the [Portland](#) landmarks including the [Rose Garden](#), [Japanese Garden](#), and [Chinese Garden](#). Of course, along with walking through the city, we will make sure you have an opportunity to stop at [Voodoo](#)

[Donuts!](#) But that's not all. You will also see [Providence Park](#), home of the Portland Timbers and Portland Thorns soccer teams; the infamous Powell's Bookstore; Pioneer Courthouse Square; the Tom [McCall Waterfront Park](#); and [Old Town](#). It will be fun!

Monday, June 15 - Friday, June 19

Convention Bike

37K, rating 1A - The Bike Route was prepared by the Salem Bike Club on safe city streets and takes you along the Salem Parkway Bike Path to Keizer Station and the Salem-Keizer [Volcanoes Stadium](#), then onto country roads along Iris fields ([Scheibner's Iris Gardens](#)) and tours the [Willamette Valley Scenic Bikeway](#) through the countryside and small subdivisions before returning to the Salem downtown area and the Convention Center. [Please click here for information about Oregon's bicycle helmet law.](#)

Monday, June 15 - Friday, June 19

Convention Swim

300m - The Swim Event is operated as a short seasonal event and is available throughout the convention during the regular hours of the [hotel swimming pool/spa](#) operation (5:00 AM - 10:30 PM daily). Your start card will provide you access to the pool. This event is self-monitored. Lap counters will NOT be provided. Bring your own towel.

7/25/2015 - 7/26/2015

City / State: Milwaukie, Oregon, OR

Event ID: 101319

Distance - Trail Ratings: 10K, 5K -

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

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

Host Club: Rose City Roamers

Contact: Judy DeBenedetti (503) 929-2310

Website: rosecityroamers.org

E-Mail Contact: judydebenedetti@msn.com

9/5/2015 - 9/6/2015

City / State: Rhododendron, OR

Event ID: 101351

Distance - Trail Ratings: 10K - 1A

Description:

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

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

Start Times:

Location: Snowline Motel, 7794 E Highway 26, Rhododendron, Oregon

Start Point / Driving Directions:

Awards & Fees: IVV Credit Only

Comments:

Host Club: Rose City Roamers

Contact: Annette (503) 780-4568

Website: www.rosecityroamers.org

E-Mail Contact: clouddriver@yahoo.com



9/19/2015 - 9/20/2015



City / State: Mt Angel, OR

Event Name: Mt Angel Oktoberfest Walk

Event ID: 101174

Distance - Trail Ratings: 5, 6 and 11 - 2A

Description: The walk will have 2 loops. One loop is 5 km (rated 1A) and will go through residential areas and 2 parks before going through the many booths in the festival area filled with crafts, food and entertainment (4 areas of entertainment, vintage car show and vintage army vehicle display, - 2 beer halls, and one wine fest area) before returning to the main Fest Halle. The second loop of 6 km will go to the abbey (this loop is rated a 2A) and then through the festival area.

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

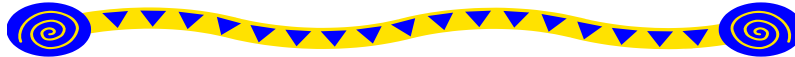
Special Programs: Food For Thought, Honoring Our Flag, Volcanoes, Walking the USA A - Z, Water Towers

Start Times: 10 am to 1 pm for 10 km, 10 am to 2 pm for 5 km

Location: Mt Angel Oktoberfest Fest Halle

Start Point / Driving Directions: 500 East Wilco Highway from I-5 take exit #271 and go east on OR219 to Hwy 99E.

RIGHT on Hwy 99E to OR214 to Mt Angel. In Mt Angel OR214 (Wilco Hwy) will go almost thru town then bears left going to Silverton. The Fest Halle will be on left in 2 blocks. Start Point of Walk is on left side of Fest Halle on outside.



Awards & Fees: IVV Credit Only

Comments: Although the walk starts at 10 am, only a few activities are started before noon. We recommend that you walk one of the loops before noon and the other loop at or after noon time. Free parking can be found in the morning nearby. By noon it probably is best to pay the \$5 fee.

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Website: www.rosecityroamers.org

E-Mail Contact: dickbkr@q.com

Highway Cleanup at Alder Creek Middle School

I would like to thank the ten volunteers that came and helped with the highway cleanup on 22 March. First thanks to Joan Larson who set up the day and made arrangements with the State. Thanks to John Hacker for getting the warning signs and setting them up, (Also showing me how to set them up). A special thank you for Joan Larson, John Hacker, Denise Esmond, Debbie, Sandy Hiles, Ed Hainline, Annette St-Pierre, Barbara Baker, and Susan Treacy (and me) for donating a couple of hours to come out and help with the cleanup. It takes about two hours of time actually cleaning up the highway plus time getting there and back home. You do feel good that you have helped the environment and that it looks better, at least for a while.

We welcome you to come and join us on the next highway cleanup on May 22. Dick Baker

Clean up crew (Susan & Dick not pictured)



GROUP WALKS

4/1/15

10:00 AM Fishers Landing Fred Meyer, 16600 SE McGillivray Blvd, Vancouver

[YRE 1017](#) rated 1A East entrance lobby - Garden area

Makoto Japanese Buffet, 1119 S 163rd Place, Vancouver (1/4 mile away)

4/8/15

10:00 AM West Hills Racquet & Fitness Club, 2200 SW Cedar Hills Blvd, Portland

[YRE 1437](#) rated 1A at counter

Bugatti's Beaverton, 2905 SW Cedar Hills Blvd (drive here to start walk)

4/15/15

10:00 AM Mt Hood Medical Center, 24800 SE Stark, Gresham

[YRE 687](#) (IN REVERSE) rated 1A start box in entrance

Lucky Buffet, 2830 NE Hogan Dr, Suite G (1/2 km from finish)

4/22/15

10:00 AM Safeway, SR503 & 219th St. Battle Ground, WA

[YRE 781](#) rated 1A at info counter

Mill Creek Pub, 1710 SW 9th, (short drive)

4/29/15

10:00 AM Pace Setter Athletic, 4201 SE Woodstock, Portland

[YRE 1192](#) rated 1B ask at counter

Fender Moto Bar, 4336 SE Woodstock, Portland (1 block from finish)

YEAR-ROUND EVENTS (YRE)

PORTLAND – Clackamas

MT TALBERT NATURE PARK

Start: DAYS INN MOTEL

9717 SE Sunnyside Rd.

Contact: Judy D., 503-698-4398

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 – Northwest

CROSSTOWN, DOWNTOWN, FOUR PARKS

Start: LEGACY GOOD SAMARITAN

HOSPITAL 1015 NW 22nd Avenue

Contact: Sue C., 503-289-5888

PORTLAND-Northeast

HAWTHORNE BLVD DISTRICT --

MT TABOR HILL & STAIR CLIMB --

Start: STARBUCKS COFFEE

3639 SE Hawthorne Blvd.

Contact: Susan T 503-975-9151

PORTLAND – Northeast

ALAMEDA/HOLLYWOOD, HIGHLIGHTS- HAWTHORNE LAURELHURST AREA

Start: PROVIDENCE PORTLAND

4805 NE Glisan St.

Contact: John H., 503-654-3494

PORTLAND – Southwest

TRYON CREEK STATE PARK

Start: TRYON CREEK STATE PARK

11321 SW Terwilliger Blvd.

Contact: John H., 503-654-3494

PORTLAND – Southeast

REED COLLEGE,

CRYSTAL SPRINGS GARDENS

Start: Pace Setter Athletic

4203 SE Woodstock 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

LAKE OSWEGO-

MOUNTAIN PARKWAYS ROLLER COASTER

Start: NEW SEASONS MARKET

3 Monroe Parkway, Suite H

Lake Oswego

Contact: Joe K, 503-260-7033

SCRAPBOOKING PROJECT UNDERWAY

At our last club meeting members worked on three of the many historical scrapbooks. There are still several more that need to be reduced in volume and weight. If you can or you know someone who would like to help and has some time to work on the scrapbooks; removing the card index inserts and replacing with acid free paper for the pages, scanning and or photographing pins, medals and other documents to make the remaining books lighter to carry and display, please contact Judy.



*One step at a time
is good walking.*

Chinese Proverb



2015 Club Officer Directory

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dickbkr@q.com

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edhainline@comcast.net

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Universal City TX 78148