

# THE ROAMER

Rose City Roamers Walking Club

## NEWSLETTER



August 2015

Walking for Fun Fitness Friendship  
AVA member

### HIGHWAY CLEANUP

#### CALENDAR

- Aug 2 Hwy cleanup @ Alder Creek School
- Sep 5-6 Rhododendron Walk-Canceled
- Sep 20 Mt Angel Oktoberfest-Date change
- Sep 21 Hwy Cleanup @ Alder Creek School

#### UPCOMING RCR WALKS & EVENTS

##### NEW GUIDED WALK

A group walk in the Oregon City/Canemah area is August 5th. The Start is at Pioneer Community Center, 615 5th Street, Oregon City. This is a guided Group Walk starting at 9:30am; Register 9:00am to 9:25am.

The Rhododendron walk has been cancelled for September 5-6.

The Mt. Angel Oktoberfest walk has been changed to a one day walk on Sunday, September 20 only.

#### CLUB MEETING

Our next Club meeting is Tuesday, September 1 at 6:30pm at Portland Adventist Hospital in the Patio area off the cafeteria. This will be our annual Potluck picnic walk. Please bring your favorite picnic fare item and join us for a fun evening of food and fellowship.



Please mark your calendar to help at the next clean-up, scheduled for Sunday, August 2<sup>nd</sup> starting at the Alder Creek Middle School parking lot at 9am until approximately noon or sooner when more volunteers participate!



##### WALK WITH HEROES WALK – July 25th and July 26th.

Thanks for all the 17 Rose City Roamers who volunteered for our two day event celebrating the Vietnam War 50th Commemoration Event in Milwaukie. We had 142 walkers with 91 of those were credit walkers.

The commemoration was well done with the memorial wall, parade and other events downtown. And I received many comments about Elk Rock Island; of course there were quite a few people who never heard of Elk Rock so it was good we were able to show them this unique spot on the Willamette River.

My special appreciation to Dick and Barbara Baker, Ed Hainline, Jim and Jeanette Wolf, Susan Treacy, Cheri Stone, Annette St-Pierre, Lena Davis, Sandy Hiles and Dave Huff, John Hacker, Lena Davis, Ethel Wood, Star McKee and Mary Elise Diedrich. I very much appreciate all the help I received with the many details that it takes to put these events together. (See a photo on pg. 5) This is the fifth event we have had in Milwaukie and maybe it is time to give this area a rest. I thought the Memorial Wall would bring more interest, but our count is about the same as ever. The only exception is Mother's day weekend in 2010 when we had 350 walkers.

Again, thanks for all your help. Judy

## TRADITIONAL WALK EVENTS

### **8/5/2015 - 8/5/2015**      **Canemah - Oregon City Guided Walk**

Event ID: 101933

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

Description: This is a group walk that will leave at 9:30. Please come from 9 to 9:25 am to register and use bathrooms. Walk in historic areas of Oregon City and along the Promenade with beautiful views of Willamette Falls. Walk will go into both the old Canemah Park and new Canemah Park and continue to the Canemah Cemetery.

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

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

Start Times: 9:30 am

Location: Pioneer Community Center

Start Point / Driving Directions: 615 5th St. From I-205 take exit 9 and go south to 10th St., Left on 10th St. 2 block then bear right uphill on Singer Hill and continue left on 7th St. to John Adams St. Right on John Adams to 5th St. There are 2 free parking lots and free parking on the street for the Pioneer Community Center.

Awards & Fees: IVV Credit Only

Comments: Many of the streets in Oregon City are named after the US Presidents in order starting with Washington and continuing to Grant.

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Website: [www.rosecityroamer.org](http://www.rosecityroamer.org)

E-Mail Contact: [dickbkr@q.com](mailto:dickbkr@q.com)

### **8/7/2015 - 8/9/2015**      **The Other Side of the Mountain: Three Walks and a Threshing Bee**

Event ID: 98732

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

Description: A quaint almost ghost town with a winery. Explore this one-time stagecoach stop during gold rush days of old. View abandoned old homes, a derelict wooden grain elevator, and remains of other buildings of this once bustling little town just east of Dufur.

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

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

Start Times: 8am-1pm, finish by 4pm each day

Location: Dufur High School, Dufur, OR

Start Point / Driving Directions: 805 NE 5th St, Dufur, OR 97021

Awards & Fees: ZZ

Comments: This is one of the three walks available each day during the Other Side of the Mountain event. Several hotels are available in The Dalles and RV/Camping is available in the Dufur City Park

Host Club: Cedar Milers

Contact: Dar Parrow (503) 484-6475

Website: [www.cedarmilers.org](http://www.cedarmilers.org)

E-Mail Contact: [dar.parrow@gmail.com](mailto:dar.parrow@gmail.com)

### **8/7/2015 - 8/9/2015**      **Dufur, OR, Event Name: The Other Side of the Mountain: Three Walks and a Threshing Bee**

Event ID: 98640

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

Description: Part of 3 event weekend cosponsored by Columbia River Volkssport Club and Cedar Milers.

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

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

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

Location: Dufur High School

Start Point / Driving Directions: NE 5th St, Dufur, OR. From I-84, take Exit 87 onto Hwy 197S/US 30W 13 miles to Dufur exit. LEFT at first corner to enter the school parking lot, registration inside the school.

Awards & Fees: IVV Credit Only

Comments: Walk through the small town of Dufur during the annual Threshing Bee with displays of early farming methods, and two museums of pioneer farming and life in a small town, parade, auto show, and BBQ in the park.

Host Club: Cedar Milers

Contact: Dar Parrow (503) 484-6475

Website: [www.cedarmilers.org](http://www.cedarmilers.org)

E-Mail Contact: [dar.parrow@gmail.com](mailto:dar.parrow@gmail.com)

### **8/7/2015 - 8/9/2015** The Dalles - The Other Side of the Mountain: Three Walks and a Threshing Bee

Event ID: 98733

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

Description: One of three walks on this weekend in Eastern Oregon along with Boyd and Dufur. Walks are co-sponsored by the Cedar Milers and the Columbia River Volkssport Club. Several hotels available in The Dalles along with RV parking and camping in the Dufur City Park.

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

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

Start Times: 8am-1pm, finish by 4pm each day

Location: Dufur High School, Dufur, OR

Start Point / Driving Directions: 805 NE 5th St, Dufur, OR 97021

Awards & Fees: IVV Credit Only

Comments: Explore rich history of The Dalles, once a major navigational river town. Views of the river, the gorge, and town...this event will be available each of the 3 days of the Other Side of the Mountain event.

Host Club: Cedar Milers

Contact: Dar Parrow (503) 484-6475

Website: [www.cedarmilers.org](http://www.cedarmilers.org)

E-Mail Contact: [dar.parrow@gmail.com](mailto:dar.parrow@gmail.com)

### **8/15/2015 - 8/15/2015** Cool Corvallis Peavy Arboretum

Event ID: 101763

Distance - Trail Ratings: 5K, 10K - 2B

Description: Walk on natural trails among native and exotic plant species in McDonald-Dunn Forest. This arboretum has 3 interpretive trails in old growth forest so it is cool on hot days. Family and dog friendly.

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

Special Programs: Honoring Our Flag, Lakes and Reservoirs, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

Start Times: 9:00 am NOON (10K), 9:00 am - 1:00 pm (5K)

Location: Peavy Arboretum

Start Point / Driving Directions: 8692 NW Peavy Arboretum Road, Corvallis, OR 97330

Awards & Fees: B Award

Comments: Special awards available for children.

Host Club: Corvallis Cruisers

Contact: Milt Donelson (541) 603-0456

Website: No Website Listed

E-Mail Contact: m.donelson@comcast.net

### **8/19/2015 - 8/19/2015 SW Portland Ramble Guided Walk**

Event ID: 101877

Distance - Trail Ratings: 6 and 10 km - 1A

Description: The walk will go along the waterfront trails and into several parks and residential areas in the SW part of Portland. The walk will go across the I-5 pedestrian bridge and next to the new Tilikum Crossing Bridge (not yet open)

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

Special Programs: Cities in Song, Volcanoes

Start Times: 9:15 to 9:25 am

Location: The Old Spaghetti Factory

Start Point / Driving Directions: 715 SW Bancroft - I-5 NORTHBOUND: Exit #298, Right on Corbett, left on Mitchell, LEFT on SW Macadam Ave. RIGHT on Bancroft St. Park in The Old Spaghetti Factory parking lot away from main entrance in white marked spaces. I-5 SOUTHBOUND: Exit #299. Move to center lane, curves LEFT and then stop sign. Continue STRAIGHT across Macadam Ave onto Bancroft St for 2 blocks to parking. Park in white striped parking spaces. May have detours due to construction.

Awards & Fees: IVV Credit Only

Comments: This is a guided group walk that will start at 9:30. Please register prior to the start.

Host Club: Vancouver USA Volkssporters

Contact: Dick Baker (360) 991-8806

Website: vancouverusavolkssporters.org

E-Mail Contact: dickbkr@q.com

### **8/26/2015 - 8/26/2015 SE Portland Ramble Guided Walk**

Event ID: 101871

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

Description: Walk will be in nice residential areas not normally walked and will go into Powell Park, Creston Park, Ladd's Addition and along the many unique shops along Hawthorne Blvd.

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

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

Start Times: 9:15 to 9:25 am

Location: Bagdad McMenamins, 3702 SE Hawthorne Blvd.

Start Point / Driving Directions: 3702 SE Hawthorne Blvd. I-84 east bound take Cesar Chavez Blvd (39th Ave.) Exit and turn left. At Hawthorne (Fred Meyer Store) turn right and find street parking

Awards & Fees: IVV Credit Only

Comments: Registration will be from 9:15 to 9:25 am with the group leaving at 9:30 am. Please come early to sign in and use restrooms.

Host Club: Vancouver USA Volkssporters

Contact: Dick Baker (360) 991-8806

Website: [vancouverusavolkssporters.org](http://vancouverusavolkssporters.org)

E-Mail Contact: [dickbkr@q.com](mailto:dickbkr@q.com)

**9/5/2015 - 9/6/2015**

**Rhododendron, OR NOTE: Walk has been cancelled**

**99/20/2015 Mt Angel, OR Mt Angel Oktoberfest Walk**

**NOTE: The Saturday Walk has been Cancelled SUNDAY WALK ONLY**



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](http://www.rosecityroamers.org)

E-Mail Contact: [dickbkr@q.com](mailto:dickbkr@q.com)

**Photo: Walk with Heroes, Milwaukie Oregon**  
*Photo credit; Dick Baker*



## **GROUP WALK**

7/1/15

9:30 am Providence Medical Center, 4805 NE

Glisan @ 49th Av

[YRE 1708](#) rated 1A RCR: East Main Floor -  
Social Room

Gustav's. 5035 Sandy – 1.5 km from finish



7/8/15

9:30 AM Fairview/Wood Village Fred Meyer, 22855 NE Park Lane  
[YRE 1489](#) – rated 1B ECWW: second entrance just past the drive thru pharmacy  
Bumpers Grill and Bar, 21935 NE Halsey (1 km from finish)

7/15/15

9:30am Red Lion Hotel - Jantzen Beach, 909 N Hayden Island Dr, Portland  
[YRE 754](#) rated 1A CRVC: start box on east side main floor  
Island Cafe, 250 NE Tomahawk Island Dr (on walk route)

7/22/15

9:30am Lakeside Chalet Restaurant, 3533 NE Everett St, Camas, WA  
[YRE 364](#) rated 1B  
Lakeside Chalet, 3533 NE Everett St, Camas, WA

7/29/15

9:30am New Seasons Market – Hillsboro, 1453 NE 61st Ave, Hillsboro, OR  
[YRE 1182](#) rated 1A  
Helvetia Tavern, 10275 NW Helvetia Road

8/5/15

9:30am Oregon City Community Center, 615 5th St, Oregon City  
[Event](#) rated 2B

#### **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  
Parking Validation Pass or Fee to park.

## WANTED! YOUR WALKING STORIES

Have you taken any interesting, fun or unique walks lately? We would love to hear about it! Educate and inspire others by hearing about places and experiences you had while out walking. Send your stories to Newsletter editor, Denise Esmond at [deedlenee@comcast.net](mailto:deedlenee@comcast.net) or call 503-544-9625



*Your body is built for walking.*

*~Gary Yanker*

*Make your feet your friend.*

*~J.M. Barrie*

*He who limps is still walking.*

*~Stanislaw J. Lec*



## 2015 Club Officer Directory

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