

The Roamer

FEBRUARY 2014 Newsletter



Rose City Roamers Walking
Club

WALKING FOR
FUN*FITNESS*FRIENDSHIP

CALENDAR

Feb 3	Club Meeting
7pm	Education Rm A
Feb 14	Heart Breaker walk
Mar 14	St Patrick Teddy Bear walk
Mar 21-22	Daffodil walk

UPCOMING EVENTS

CLUB MEETING

Our next Club meeting is Tuesday, February 3 at 7pm at Portland Adventist Hospital in the lower level Education Rm A.

FEBRUARY: SCRAPBOOKING PARTY

Rose City Roamers is planning a scrapbooking party for the February 2015 club meeting. Please come help lighten up the historic scrapbook files by removing cardboard inserts, re-arranging pages, etc. If you have supplies that you would be willing to be share (scissors, adhesives, etc) please contact Judy deBenedetti at 503-929-2310 or email her at Judydebenedetti@msn.com.

CLUB DUES

Club dues are due January 1st for the 2015 walking year. Dues are \$6.00 per year for an individual or family and gives you a discount on RCR sponsored walks and other benefits such as this newsletter.

UPCOMING RCR WALKS

- April 4 Trillium Festival Walk Tryon Creek State Park
- July 25, 26 Milwaukie Oregon Start TBD
- Sept 5, 6 Rhododendron Oregon Snowline Motel

Sept 19, 20 Mt Angel Oktoberfest Mt Angel Fest Hall

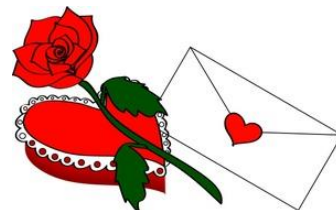
JANUARY AND FEBRUARY 2015 WALK CHALLENGE:

You can still participate in the Oregon Trail State Volkssport Association (OTSVA) Walking Challenge. This Challenge is available to Credit and Non-Credit Walkers (Free) and Available to Any Walker, whether they are a Member of a Walking Club or Not!! It is Open to Anyone Who Walks!! From January 1st through and including February 28th of 2015, the Challenge is to walk as many walks as possible during this two (2) month time period in our North West Region (Washington, Oregon, Idaho, and Alaska.) All Walkers will need to keep track of All the Walks they do. First, we need your name, address then the walk name, walk number (YRE or Event Stamp) and date walked for each walk done. The Challenge Prizes are listed below:

- 1st Place - Most Walks \$50 REI Gift Certificate
- 2nd Place - Second Most Walks \$25 REI Gift Certificate
- 3rd Place - Third Most Walks \$10 REI Gift Certificate

If there are any questions, you can contact me at my email address of edhainline@comcast.net my cell # 360-921-1909.

*Happy
Valentine's
Day!*



TRADITIONAL WALK EVENTS

2/14/2015 - 2/14/2015

City / State: Portland, OR

Event Name: Heart Breaker

Event Type: Walk

Event ID: 98611

Distance - Trail Ratings: 11KM/5KM - 3C

Description: You will experience some of the Hidden Stairways in some of the Most Elegant Old Neighborhoods of the West Hills of Portland, Oregon - OR - For Less of a Challenge, do the 5KM route. The 11KM route takes in a small portion of Forest Park and goes through part of the PSU (Portland State University) Campus. There will be water and restrooms at the Start/Finish and along both routes. Strollers with large wheels should be able to do the 5KM route - Not on the 11KM route. Park Restrooms are Not Always Open!!

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

Special Programs: Cities in Song, Honoring Our Flag, National Register of Historic Places, Rainbow Color-Named Places, Walking the USA A - Z, You'll Never Walk Alone

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

Location: 1040 NW 22nd Ave, Good Samaritan Hospital, Building # 2 (Former Dever's Eye Clinic), Portland, OR.

Start Point / Driving Directions: 1040 NW 22nd Ave, Good Samaritan Hospital - Building #2 (Former Dever's Eye Clinic), Portland, OR. Corner of NW 22nd Ave and NW Marshall St.

I-5 Northbound to Exit 299B onto I-405, Exit I-405 at Everett St, Exit 2B, onto NW 14th Ave. Continue North on NW 14th Ave for 2 blocks to NW Glisan St (second signal). Left on NW Glisan St to NW 21st Ave. Right on NW 21st Ave to NW Marshall St (1 block to Flashing Light).

Left on NW Marshall St a 1/2 block to Parking Building 2 or 3. (Free Parking)

I-5 Southbound to Exit 302B onto I-405. Cross Fremont Bridge, take Exit 3, NW Industrial Area/Vaughn St Ramp). Left at signal at NW 23rd Ave to NW Northrup St. Left on NW Northrup St (1 Block) to NW 22nd Ave. Right on NW 22nd Ave (1 Block) to NW Marshall St. Left on NW Marshall St a 1/2 block to Parking Building 2 or 3. (Free Parking)

Awards & Fees: IVV Credit Only

Comments: This is an Annual Event, where we walk some of the Many Stairs in the NW Portland area.

Water and Restrooms will be at the Start Point/Finish and along the route(s). Pets are permitted, but NOT in Building(s). Owners are responsible for leash and cleanup of their pets.

Credit Only is \$3.00 - Non-Credit Participants are Welcome! All Must register, carry and return a Start Card.

Host Club: Columbia River Volkssport Club

Contact: John Fiebiger (503) 936-0940

Website: www.walking4fun.org

E-Mail Contact: jfieb1@aol.com



3/14/2015 - 3/14/2015

City / State: Forest Grove, OR

Event Name: St. Patrick's Teddy Bear Walk

Event Type: Walk

Event ID: 101151

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

Description: You'll be walking through some residential areas, including recognized historical areas.

Pacific University will also be represented on the route as well as the downtown area of Forest Grove.

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

Special Programs: Fraternal Organization, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, Walking the USA A - Z

Start Times: 9 am - 1 pm

Location: McMenamins Grand Lodge in Forest Grove

Start Point / Driving Directions: McMenamins Grand Lodge

3505 Pacific Avenue

Forest Grove, OR 97116



I-5 Southbound: Exit 302 (I-405W/US 30W), Exit 1D (US 26W) toward Beaverton; Exit 59 (Jackson School Rd); LEFT on Jackson School Rd; RIGHT on NW Scotch Church Rd continuing onto NW Cornelius Schefflin Rd; 1st exit off 1st traffic circle on NW Verboort Rd; 3rd exit off 2nd traffic circle onto NW Martin Rd; LEFT onto Quince St (Hwy 47); RIGHT onto Pacific Ave; LEFT into McMenamins parking.

I-5 Northbound: Exit 292B (Hwy 217) toward Beaverton; at end of Hwy 217, follow curve left to merge onto Hwy 26W; continue as above.

Awards & Fees: IVV Credit Only

Comments: Challenges Listed at Registration

This is our annual event to collect Teddy Bears for donation to the Washington County Sheriffs Dept

Host Club: Cedar Milers

Contact: Dan Webster (503) 591-5893

Website: No Website Listed

E-Mail Contact: walkin_oregon@comcast.net

3/21/2015 - 3/22/2015

City / State: Amity, OR

Event Name: Amity Daffodil Festival Walks

Event Type: Walk

Event ID: 101199

Distance - Trail Ratings: 5k/10k/20k - 1A

Description: It's a lovely spring walk through Yamhill county agricultural area. You may choose between a 5k, 10k, or 20k walk. Rated 1A-1B (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 Briggittine 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. Beautiful views of the rolling hillsides and lovely farmland. A shuttle will be offered from 9:30 a.m. - 2:30 p.m. for the walks.

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

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

Start Times: 8:00 a.m. - 1:00 p.m. Saturday and Sunday

Location: Amity Elementary School, 300 rice Lane, Amity, OR 97101

Start Point / Driving Directions: 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 to east on Bellevue, (by Lawrence Gallery) for 6 miles.

Awards & Fees: IVV Credit Only

Comments: Volksswalkers, please park at the high school. Leave parking around grade school for non-walkers and festival participants. Extra K's will be added at finish.

Host Club: Eugene Springfield Mossback Volkssport

Contact: Janet Clow (971) 237-1889

Website: www.mossbacks.org

E-Mail Contact: mossbacksclub@comcast.net



GROUP WALKS

2/4/15

10:00 am Tualatin Hills Rec - Athletic Center, 50 NW 158th, Beaverton

[YRE 1439](#) rated 1B CM: right of entrance
Monteaux's Public House, 16165 SW Regatta Lane,
#1000, Beaverton, OR (3 blocks from finish)

2/11/15

10:00 am The Healing Place, 10330 SE 32nd Ave,
Milwaukie, OR

[YRE 389](#) rated 1A V V: start will be different than
listed by AVA
Chan Steakery, 10477 SE Main St, Milwaukie, OR

2/18/15

10:00 am Providence Medical Center, 4805 NE
Glisan, Portland

[YRE 409](#) rated 1A RCR: next to social room - east
entrance
Gustav's German Pub & Grill, 5035 Northeast Sandy
Boulevard, Portland, OR (short drive)

2/25/15

10:00 am Legacy Salmon Creek Medical Center,
2211 NE 139th St., Vancouver

[YRE 1905](#) rated 2B AWW: start box at Lobby
Information
Billygan's Roadhouse, 13200 NE Hwy 99, Vancouver
(short drive)

3/4/15 - REMOTE START

10:00 am Lamb's Market, 8255 SW Wilsonville,
Wilsonville

[YRE 755](#) rated 1A SM: Customer Service
Abella Italian Kitchen, 8309 SW Main St, Suite 200,
Graham Oaks (drive)

YEAR-ROUND EVENTS (YRE)

PORTLAND – Northwest

CROSSTOWN, DOWNTOWN, FOUR PARKS

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

MOUNTAIN PARKWAYS ROLLER COASTER

Start: NEW SEASONS MARKET

3 Monroe Parkway, Suite H
Lake Oswego

PORTLAND – Southeast

REED COLLEGE,

CRYSTAL SPRINGS GARDENS

Start: Pace Setter Athletic
4203 SE Woodstock Blvd

Contact: John H., 503-654-3494

HAWTHORNE BLVD DISTRICT --

MT TABOR HILL & STAIR CLIMB --

Start: STARBUCKS COFFEE
3639 SE Hawthorne Blvd.

Contact: Ed H., 360-921-1909

PORTLAND – Clackamas

MT TALBERT NATURE PARK

Start: DAYS INN MOTEL
9717 SE Sunnyside Rd.

Contact: Judy D., 503-698-4398

PORTLAND – Northeast

ALAMEDA/HOLLYWOOD, HIGHLIGHTS- HAWTHORNE LAURELHURST AREA

Start: PROVIDENCE PORTLAND
4805 NE Glisan St.

Contact: John H., 503-654-3494

Pursue some path, however narrow
and crooked, in which you can walk
with love and reverence.

Henry David Thoreau



2015 Club Officer Directory

Dick Baker, President

360-991-8806

dickbkr@q.com

Ed Hainline, Vice President

360-921-1909

edhainline@comcast.net

Barbara Baker, Treasurer

360-573-6048

barbarabkr@q.com

Debbie Esmond, Secretary

503-777-2717

Esmond1@hotmail.com

Membership

Judy DeBenedetti, M@L

503-929-2310

Judydebenedetti@msn.com

Website Manager

Susan Treacy

jsusan45@mac.com

Denise Esmond M@L

Newsletter Editor

503-544-9625

Deedlenee@comcast.net

[\(M@L=Member at Large\)](mailto:(M@L=Member at Large))

For membership dues mail to:

Rose City Roamers

c/o 2216 NE 110th St

Vancouver, WA 98686

American Volkssport Association

Mail: 1001 Pat Booker Rd, Ste 101