

The Roamer

JULY 2015 Newsletter



Rose City Roamers Walking Club

WALKING FOR

FUN*FITNESS*FRIENDSHIP

CALENDAR

Jul 25-26	Walk with Heros Walk
Aug 2	Hwy cleanup
Aug 5	Canemah – Oregon City group walk
Aug 25,	Board Meeting, Pavilion Lobby
Sept 1	Club Meeting 6:30 pm Cafeteria Patio
Sept 5, 6	Rhododendron Oregon Snowline Motel
Sept 19, 20	Mt Angel Oktoberfest Mt Angel Fest Hall

CLUB MEETINGS

Our next Club meeting is Tuesday, September 1st. A potluck picnic will begin at 6:30 pm at Portland Adventist Hospital in the Patio area next to the cafeteria in the lower level.

WALK WITH HEROES

July 25th - July 26th Milwaukie, OR
Our walk starts at the Milwaukie Elks on McLoughlin Blvd to downtown. We will visit the “Moving Wall” half sized replica and downtown Milwaukie. The wall will be on display, as well as a parade on Saturday and other special events to honor our service people and their families. Also, you will visit the new Riverfront Park on the Willamette River. The 10 K route will go to

Elk Rock Island which is art of an ancient volcano with exposed lava flows and contains seven distinct habitats, and is home to a number of birds, including bald eagles and osprey. On Sunday, the Milwaukie Sunday Farmers Market is open with excellent vendors

and music. This is one of the better local farmers markets in the area.

Judy

WORKERS FOR 'WALK WITH HEROES' EVENT Saturday July 25 - Sunday July 26th

Our next event is coming up and workers are needed. Please let me know when you can be able to work our event, I have shifts set up Shift #1, #2 and #3 and the length will depend on the number of workers we have. We have two days and a checkpoint to cover.

Shift #1 will be Starting at 8:30 until 10:30 Shift #2 between 10.30 and 1:30 and #3 1;30 to 4:00

Although the start is officially 9:00, I am sure many of you realize many walkers want to start earlier, so that is why I am starting earlier. PS I promise not to have different start numbering system - only one set of numbers and I'll separate them later.

Please email me: judydebenedetti@msn.com or cell # 503-654-0867 - or work # 503-654-0867

Thanks for your help.

Judy

HAPPY INDEPENDENCE DAY!



TRADITIONAL WALK EVENTS

7/12/2015

Sandy, OR

Event ID: 98614 Distance - Trail Ratings: 10K-2B, 5K-1A - 2B

Awards & Fees: IVV Credit Only Special Programs: Food For Thought, Honoring Our Flag, Trekking With the Trees, Volcanoes, You'll Never Walk Alone Start Times: 8 a.m.-1pm

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

Location: Smoky Hearth Restaurant, 16607 Champion Way, Sandy, Oregon

Description: Walk along the Tickle Creek Trail with old growth trees and well developed gravel pathways. Continues through neighborhoods, and arriving at the wooded paths of Meinig Memorial Park where the main festival takes place with 150 artisans showing their wares along with two stages of live music, and food booths. It is accessible for strollers, but could be difficult for wheelchairs. Rated 2B Restrooms and water at start and checkpoint.

Start Point / Driving Directions: From I-205: Take Exit 22, east to I-84(Hwy 30). From I-84 take Exit 16, 238th Drive/Wood Village. Turn Right onto 238th Drive. At Glisan, 238th becomes 242nd. Continue on 242nd to Burnside. Left onto Burnside. Burnside becomes East Hwy 26. Follow Hwy 26 to Sandy. After the first signal light at Orient Dr./Jarl Rd., take exit to right, Champion Way (behind Arco Station). Make right at Industrial Way. Left into mall parking area with Smoky Hearth Restaurant in the middle section. Start Point / Driving Directions: From I-205: Take Exit 22, east to I-84(Hwy 30). From I-84 take Exit 16, 238th Drive/Wood Village. Turn Right onto 238th Drive. At Glisan, 238th becomes 242nd. Continue on 242nd to Burnside. Left onto Burnside. Burnside becomes East Hwy 26. Follow Hwy 26 to Sandy. After the first signal light at Orient Dr./Jarl Rd., take exit to right, Champion Way (behind Arco Station). Make right at Industrial Way. Left into mall parking area with Smoky Hearth Restaurant in the middle section.

Comments: AVA:America's Bakeries (10k), Food For Thought, Honoring our Flag (10k), Trekking with the Trees, You'll Never Walk Alone (10K), Volcanoes. WOC: Auditoriums (10K), Banks(10k), Chinese Food (10k), Dog Related (10k), Entertainment, Klubs, Landmarks (10K), Libraries (10k), Monuments (10k), Mountains, Murals (10k), Museums (10k), Watering Holes, and Waterways.

Host Club: East County Windwalkers

Contact: Rebecca Shierman (503) 880-1632

Website: www.eastcountywindwalkers.weebly.com

7/18/2015 - 7/19/2015

Portland, OR Walk the West Hills.

Event ID: 101156

Distance - Trail Ratings: 10K - 3B

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

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

Start Times: 9:00 AM - 1:00 PM, Finish 4:00 PM

Description: Walk through Portland's NW area with it's trendy shops to the West Hills to view some of Portland's beautiful mansions. Then up part of the Wildwood trail to the spectacular Pittock Mansion. Then back on the Wildwood to the finish.

Location: Dever'e Eye Clinic

Start Point / Driving Directions: 1040 NW 22nd Ave.

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: Part of a 3 walk weekend in the beautiful west hills of Portland.

Host Club: Columbia River Volkssport Club

Contact: Dick (503) 679-9473

Website: www.walking4fun.org

E-Mail Contact: gorgewalks@gmail.com

7/18/2015 - 7/19/2015 Portland, OR Walk the West Hills.

Event ID: 101158 Distance - Trail Ratings: 10K - 2A

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

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

Start Times: 9:00 AM - 1:00 PM, Finish 4:00 PM

Description: A beautiful walk into Portland's west hills with it's Mansions and beautiful views.

Location: Dever's Eye Clinic

Start Point / Driving Directions: 1040 NW 22nd Ave.

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
1040 NW 22nd Ave.

(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: Part of a 3 walk weekend in the beautiful west hills of Portland.

Host Club: Columbia River Volkssport Club

Contact: Dick (503) 679-9473

Website: www.walking4fun.org

E-Mail Contact: gorgewalks@gmail.com

7/18/2015 - 7/19/2015 Portland, OR Walk the West Hills

Event ID: 101685 Distance - Trail Ratings: 10K - 2B

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

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

Start Times: 9:00 AM - 1:00 PM, Finish 4:00 PM

Description: A beautiful walk on trails and through some of the exquisite neighborhoods in the West Hills of Portland. You will cross the historic Alexandra Bridge, up a wooded trail to the old road (Lief Erickson) that has been made into a hiking trail and then back through Lower McCleay Park and back to the start.

Location: Dever's Eye Clinic

Start Point / Driving Directions: 1040 NW 22nd Ave.

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
1040 NW 22nd Ave.

(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: Part of a 3 walk weekend in the beautiful west hills of Portland.

Host Club: Columbia River Volkssport Club

Contact: Dick (503) 649-7675

Website: www.walking4fun.org

E-Mail Contact: gorgewalks@gmail.com

7/25/2015 - 7/26/2015 Milwaukie, Oregon, OR Walk with Heroes

Event ID: 101319 Distance - Trail Ratings: 10K, 5K – Starting Point: Milwaukie Elks Lodge 13121 SE McLoughlin Blvd
The city of Milwaukie is observing the 50th Anniversary of the Vietnam War with a special weekend which includes a parade, speakers, a parade and a half sized replica of the “moving Wall” which will be on display at Milwaukie High School.

The waterfront in Milwaukie has been updated and downtown should be near finished.

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

8/5/2015 - 8/5/2015 Oregon City, OR Canemah - Oregon City Walk

Event Type: 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

E-Mail Contact: dickbkr@q.com

8/7/2015 - 8/9/2015

City / State: Boyd, OR, OR

Event Name: The Other Side of the Mountain: Three Walks and a Threshing Bee

Event Type: Walk

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

E-Mail Contact: dar.parrow@gmail.com

8/7/2015 - 8/9/2015

City / State: Dufur, OR, OR

Event Name: The Other Side of the Mountain: Three Walks and a Threshing Bee

Event Type: Walk

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

E-Mail Contact: dar.parrow@gmail.com

8/7/2015 - 8/9/2015

City / State: The Dalles, OR

Event Name: The Other Side of the Mountain: Three Walks and a Threshing Bee

Event Type: Walk

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

E-Mail Contact: dar.parrow@gmail.com

8/15/2015 - 8/15/2015

City / State: Corvallis, OR

Event Name: Cool Corvallis Peavy Arboretum

Event Type: Walk

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

City / State: Portland, OR

Event Name: SW Portland Ramble

Event Type: 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

City / State: Portland, OR

Event Name: SE Portland Ramble

Event Type: 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

E-Mail Contact: dickbkr@q.com

9/5/2015 - 9/6/2015 Rhododendron, OR

Event ID: 101351 Distance - Trail Ratings: 10K - 1A

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

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

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

Start Point / Driving Directions:

Awards & Fees: IVV Credit Only

Host Club: Rose City Roamers

Contact: Annette (503) 780-4568

Website: www.rosecityroamers.org

E-Mail Contact: clouddriver@yahoo.com

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/HOLILYWOOD, 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

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



"The true charm of pedestrianism does not lie in the walking, or in the scenery, but in the talking. The walking is good to time the movement of the tongue by, and to keep the blood and the brain stirred up and active; the scenery and the woodsy smells are good to bear in upon a man an unconscious and unobtrusive charm and solace to eye and soul and sense; but the supreme pleasure comes from the talk." — Mark Twain



2015 Club Officer Directory

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