

The Roamer

**JUNE 2015
Newsletter**



**Rose City Roamers Walking
Club**

**WALKING FOR
FUN*FITNESS*FRIENDSHIP**

CALENDAR

June 2	Club Meeting AHMC LL Rm A
Jun 13-21	AVA National Convention
Jul 25-26	Walk with Heros Walk
Aug 2	Hwy cleanup @ Alder Creek School

UPCOMING RCR WALKS & EVENTS

July 25, 26 Walk with Heros, Milwaukie OR
Sept 5, 6 Rhododendron Oregon Snowline Motel
Sept 19, 20 Mt Angel Oktoberfest Mt Angel Fest Hall

CLUB MEETING

Our next Club meeting is Tuesday, June 2 at 7pm at Portland Adventist Hospital in the lower level Education room A.

WALK WITH HEROES

July 25th - July 26th Milwaukie, OR
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.

We will be able to start at the Milwaukie Elks on McLoughlin Blvd for this event and although we have started there before, the waterfront in Milwaukie has been updated and downtown should be near finished.

I am looking for members who can develop the route, it is about 5K to downtown but we will need a few more K's to get it to the 10K. Looking forward to hearing from you. Judy DeBenedetti

SPRING WALK IN THE PARK APRIL 4TH

We were lucky to have a successful walk with 133 walkers who managed to negotiate Marshall Park's muddy trail and Tryon Creek's State Park with some of the trilliums still in view. I am particularly grateful for the help from our members. Lena Davis came up with a potential walk which I had to alter due to a change in the start point, but she helped us find Marshall Park which was a lovely spot that most of our walkers never heard of.

Ed Hainline and Susan Treacy helped developing the trail route, and Ed and Dick Baker marked trail on Friday. Workers during the day included Barbara Baker, Joan Larson, Susan, Ed and Dick, Annette St-Pierre, Ethel Wood, and Jeanette and Jim Wolf.

It is a joy to work with a great team.
Judy DeBenedetti

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.

TRADITIONAL WALK EVENTS

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 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

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



9/19/2015 - 9/20/2015 Mt Angel, OR 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



GROUP WALKS

6/3/15

10:00 AM Best Western Pony Soldier,
1060 NE Cleveland, Gresham
[YRE 519](#) rated 1A ECWW: at counter
Heidi's, 1230 NE Cleveland (next to finish)

6/10/15

10:00 AM Shoe Mill@Tanasbourne, 2125
NW Allie Ave #500
[YRE 818](#) rated 1A CM
Thirsty Lion Pub & Grill. 2290 NW Allie Ave
(3 blocks away)

6/17/15 AVA Conference Event

6/24/15

10:00 AM The Country Store - Felida, 1804
NW 119th St, Vancouver
[YRE 1872](#) rated 1B AWW: ask
Farrah's Bistro, 12514 NW 36th Ave (1 km
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/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

HIGHWAY CLEAN-UP

Thank you to the Roamer members who turned out for the highway clean-up on July 20. Helping out were Daryl Pulley, his daughter Kristen, Dick and Barbara Baker, John Hacker, Ed Hainline,

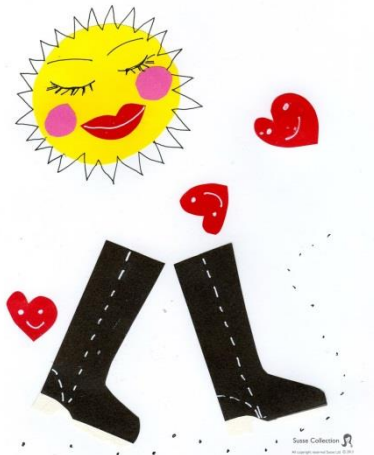
Cheryl Stone, Debbie Esmond and Denise Esmond. The weather co-operated this time and the workers were done by 11:00a.m.

Please mark your calendar to help at the next clean-up, scheduled for Sunday, September 21.

Joan Larson

“There comes . . . a longing never to travel again except on foot.”

— **Wendell Berry, *Remembering***



2015 Club Officer Directory

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