

The Roamer

**MARCH 2015
Newsletter**



**Rose City Roamers Walking
Club**

**WALKING FOR
FUN*FITNESS*FRIENDSHIP**

CALENDAR

Mar 14	St Patrick Teddy Bear walk
Mar 21-22	Daffodil walk
March 22	Highway Clean up Alder Creek Middle School lot
Apr 4	Spring walk in the Park
May 26	Board Meeting AHMC Pavilion
June 2	Club Meeting AHMC LL Rm A

UPCOMING EVENTS

CLUB MEETING

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

19TH AVA CONVENTION

Hello Northwest Volkssporting Clubs and friends,
Volunteers are still needed to help at this year's
Convention. We are using Sign-up Genius an online
volunteer application to gather help for this
convention. For each person volunteering,

- click on a link,
- choose one or more slots, select
Submit and Sign up

Provide, name, email address, phone number, and t-
shirt size/gender for the person signing up. The clock
is ticking! Please sign up right away! Note: For the
Bend walk, anyone in any club may and is invited to
volunteer as Bend has no supporting club. Thank you
for your help with this process.

Any questions or concerns please call Maryann at
541-961-4279

CLUB DUES

Club dues were due January 1st for the 2015 walking
year but it's not too late! Dues are \$6.00 per year for
an individual or family and give you a discount on RCR
sponsored walks and other benefits such as this
newsletter.

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" - Formerly known as
Trillium Festival in Tryon Creek State Park. April 4,
2015 our walk is two loops; one to Tryon Creek State
Park and one to Marshall Park. I do need about
another five or six people who will work the park, so
please email me so I can get this all set up. Judy D
judydebenedetti@msn.com



TRADITIONAL WALK EVENTS

3/14/2015 - 3/14/2015

City / State: Forest Grove, OR

Event Name: St. Patrick's Teddy Bear 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 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 Brigittine 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

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

Awards & Fees: IVV Credit Only

Comments: Walk in Tryon Creek State Park to enjoy the Trilliums in bloom. And walk to Marshall Park and Manicara Natural Area. RESTROOMS ARE NOT AVAILABLE AT THE START BUT IN TRYON CREEK STATE PARK

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



7/25/2015 - 7/26/2015 *More info coming soon!*

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

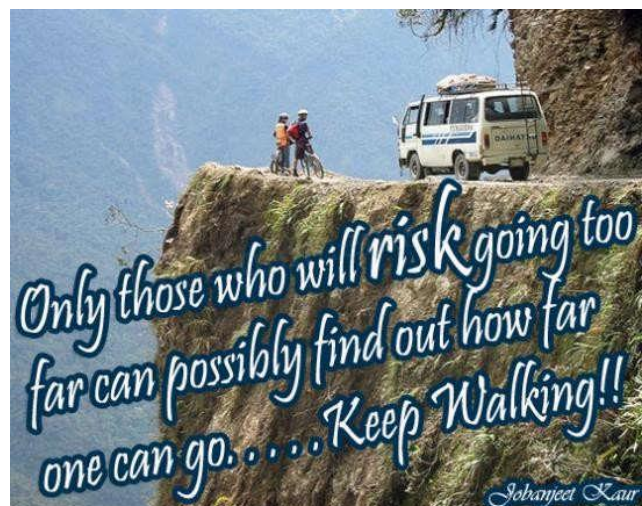
Comments: Although the walk starts at 10 am, only a few activities are started before noon. We recommend that you walk one of the loops before noon and the other loop at or after noon time. Free parking can be found in the morning nearby. By noon it probably is best to pay the \$5 fee.

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Website: www.rosecityroamers.org

E-Mail Contact: dickbkr@q.com



GROUP WALKS

3/4/15

10:00 am Lamb's Market, 8255 SW Wilsonville,
Wilsonville
YRE 550 rated 1A SM: Customer Service
Abella Italian Kitchen, 8309 SW Main St, Suite 200,

3/11/15

10:00 am Shari's Parking Lot, 13645 NW Cornell Road,
Portland
YRE 823 rated 2A CM: start moved for this day only
Abhiruchi Indian Cuisine, 3815 SW Murray Blvd, Portland
(drive several miles)

3/18/15

10:00 am Portland Adventist Medical Center, 10123 SE
Market St, Portland
YRE 1490 rated 1A ECC\WW: start box in lower level near
stairs
Olive Garden, 9830 SE Washington St, Portland (1/2 km
from finish)

3/25/15

10:00 am Starbucks, 3507 NE 15th Ave, Portland
YRE 1693 rated 1A CRVC
Acadia, 1303 NE Freemont (2 blocks away)

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

CROSTOWN, 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 February meeting the attending members worked on three of the club scrapbooks and was able to remove the cardboard inserts replacing with acid-free papers. Dick brought his camera and took photographs of the pins and plaques in order to make the scrapbooks lighter. Thank you to Judy for bringing the supplies used. If anyone has some time and would like to help with the remaining books please contact Judy.



*An early-morning
walk is a
blessing
for the whole day.*
- Henry David Thoreau

2015 Club Officer Directory

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