

# The Roamer

**MAY 2015  
Newsletter**



**Rose City Roamers Walking  
Club**

**WALKING FOR  
FUN\*FITNESS\*FRIENDSHIP**

## CALENDAR

May 24	Hwy Cleanup Alder Creek School
May 26	Board Meeting AHMC Pavilion
June 2	Club Meeting AHMC LL Rm A
Jun 13-21	AVA National Convention
Aug 2	Hwy cleanup @ Alder Creek School

## UPCOMING RCR WALKS & EVENTS

July 25, 26 Milwaukie Oregon Start TBD  
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

Dates: 5/15/2015 - 5/17/2015 Shady Cove, OR Casey State Park

Event ID: 98115 Distance - Trail Ratings: 10km/5km - 1B

Description: Paved and natural surface trails from Casey State Park through the Cole M. Rivers Fish Hatchery, One of the largest salmon and steelhead hatcheries in the US. Walk to the powerhouse of the William L. Jess Dam on Lost Creek Lake

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

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

Start Times: 9:00am to 1:00pm, Finish by 4:00-m

Location: Shady Cove, OR

Start Point / Driving Directions: Edgewater Inn convention room 7800 Rogue River Drive, Shady Cove, OR Take Exit 30 off I-5 to Crater Lake Hwy (Hwy 62) to Shady Cove, the Inn is about 2 miles from the town line on the left, just past the bridge.

Awards & Fees: IVV Credit Only

Comments: Water and Restrooms will be at the Start Point/Finish and along the route. Pets are permitted, but NOT in building. 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 start card.

Host Club: Rogue Valley Walkers

Contact: Marie Jewett (541) -24-5-93

Website: [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)

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

Dates: 5/15/2015 - 5/17/2015 Shady Cove, OR Joseph Stewart State Park/Lost Creek Lake

Event ID: 98116 Distance - Trail Ratings: 10km/5km - 2B

Description: Paved and natural trails, crosses several small wooden bridges along Lost Creek Lake then through a large meadow and along paved pathways through the state park. A few, short, steep hills, 13 miles from Edgewater Inn

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

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

Start Times: 9:00am to 1:00pm, Finish by 4:00pm

Start Point / Driving Directions: Convention room at the Edgewater Inn, 7800 Rogue River Drive, Shady Cove, OR. Take Exit 30 off I-5 to Crater Lake Hwy (Hwy 62) to Shady Cove, the inn is about 2 miles from the town line on the left, just past the bridge

Awards & Fees: IVV Credit Only

Comments: Water and restrooms will be at the Start/Finish and along the route. Pets are permitted, but NOT in building. 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 start card.

Host Club: Rogue Valley Walkers

Contact: Marie Jewett (541) 245-9356

Website: [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)

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

Dates: 5/15/2015 - 5/17/2015 Shady Cove, OR Dam/ Rumley Creek Trail

Event ID: 98117 Distance - Trail Ratings: 10km - 1B

Description: Walk across the Wm. L. Jess Dam for fantastic views then the walk quickly enters the forest along Lost Creek Lake, meandering through the trees past a small waterfall. This is an out and back trail. If you choose to walk to Stewart State Park you may make a 12 km. . 13 miles from the Edgewater Inn.

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

Special Programs: Honoring Our Flag

Start Times: 9:00am to 1:00pm, Finish by 4:00pm

Start Point / Driving Directions: Convention room at the Edgewater Inn, 7800 Rogue River Drive, Shady Cove, OR. Take Exit 30 off I-5 to Crater Lake Hwy (Hwy 62) to Shady Cove, the inn is about 2 miles from the town line on the left just past the bridge.

Awards & Fees: IVV Credit Only

Comments: Water and restrooms will be at the Start/Finish and along the route. Pets are permitted, but NOT in building. 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 start card.

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

Dates: 5/15/2015 - 5/17/2015 Shady Cove, OR View Point Mike

Event ID: 98118 Distance - Trail Ratings: 10km - 3C

Description: Great hike to incredible views of the Rogue Valley, All natural trail surfaces and healthy elevations, This is an out and back trail. 9 1/4th miles from Edgewater Inn

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

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

Start Times: 9:00am to 1:00pm, Finish by 4:00-m

Start Point / Driving Directions: Convention room at the Edgewater Inn, 7800 Rogue River Drive, Shady Cove, OR. Take Exit 30 off I-5 to Crater Lake Hwy (Hwy 62) to Shady Cove, the inn is about 2 miles from the town line on the left just past the bridge.

Awards & Fees: IVV Credit Only

Comments: Water and restroom will be at the Start/Finish. Pets are permitted, but NOT in the building. 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 start card.

Host Club: Rogue Valley Walkers

Contact: Marie Jewett (541) 245-9356

Website: [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)

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

Dates: 5/15/2015 - 5/17/2015 Shady Cove, OR Blue Grotto

Event ID: 98119 Distance - Trail Ratings: 10km/5km - 3B

Description: This is a new walk this year to the grotto, fairly easy walking. The trail is on the other side of the lake. This is an in and out trail approximately 15 miles from the Edgewater Inn, cross the Peyton Bridge and turn left at Lewis Road. Drive 1 mile to the trail head (restrooms)

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

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

Start Times: 9:00am to 1:00pm, Finish by 4:00-m

Location: Shady Cove, OR

Start Point / Driving Directions: Convention room at the Edgewater Inn, 7800 Rogue River Drive, Shady Cove, OR. Take Exit 30 off I-5 to Crater Lake Hwy (Hwy 62) to Shady Cove, the inn is about 2 miles from the town line on the left just past the bridge.

Awards & Fees: IVV Credit Only

Comments: Water and restroom will be at the Start/Finish. Pets are permitted, but NOT in the building. 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 start card.

Host Club: Rogue Valley Walkers

Contact: Marie Jewett (541) 245-9356

Website: [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)

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

Dates: 5/15/2015 - 5/17/2015 Shady Cove, OR Rogue River Gorge

Event ID: 98120 Distance - Trail Ratings: 10km/20km - 1B

Description: Walk along the wild and beautiful Rogue River as the water rushes through the gorge and lava tubes along the way. Quiet walk along the trail. This trail is a local favorite. You can do a 20 km by walking to the Woodriff Bridge and walk back to the start, or arrange with a friend to park one car at the Woodriff Bridge and drive back to the start for a 10km.

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

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

Start Times: 9:00am to 1:00pm, Finish by 4:00-m

Location: Rogue River Gorge

Start Point / Driving Directions: Convention room at the Edgewater Inn, 7800 Rogue River Drive, Shady Cove, OR. Take Exit 30 off I-5 to Crater Lake Hwy (Hwy 62) to Shady Cove, the inn is about 2 miles from the town line on the left just past the bridge.

Awards & Fees: IVV Credit Only

Comments: Water and restroom will be at the Start/Finish. Pets are permitted, but NOT in the building. 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 start card.

Host Club: Rogue Valley Walkers

Contact: Marie Jewett (541) 245-9356

Website: [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)

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

5/30/2015 - 5/30/2015 Brooks, OR Peonies, Hostas and More

Event ID: 101103 Distance - Trail Ratings: 5K, 10K - 1B

Description: Enjoy a walk in the countryside through fields of beautiful and colorful peonies at the award-winning and world-renowned Adelman Peony Gardens. There are nearly 250 varieties in 20 acres. Explore the unique display garden with waterfalls. Peonies are available for purchase in bouquets and in potted containers. The 10K route will also take you on country roads to nearby Sebright Hosta Gardens with several hundred varieties of hostas, ferns, and other shade-preferred plants for purchase.

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

Special Programs: Honoring Our Flag, Lakes and Reservoirs, Trekking With the Trees, Volcanoes, Walking the USA A - Z, Water Towers

Start Times: 10K 8 am -Noon, 5K 8-1 Finish by 3

Location: Adelman Peony Gardens

Start Point / Driving Directions: 5690 Brooklake Rd. NE,  
Brooks, Oregon

Awards & Fees: IVV Credit Only

Comments: You will also see such sights as  
irises in bloom in the Mid-America Garden, a hazelnut grove, different  
agricultural fields, remnants of Lake Labish and Mt. Hood.

Host Club: Albany Fitwalkers

Contact: Rozy Weatherby (541) 981-3794

Website: [www.albanyfitwalkers.com](http://www.albanyfitwalkers.com)

E-Mail Contact: [wrozy@yahoo.com](mailto:wrozy@yahoo.com)

JUNE 13-21 2015 19<sup>TH</sup> BIENNIAL 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 -

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](http://rosecityroamers.org)

E-Mail Contact: [judydebenedetti@msn.com](mailto:judydebenedetti@msn.com)

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

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

E-Mail Contact: [clouddriver@yahoo.com](mailto: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](http://www.rosecityroamers.org)

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



## **GROUP WALKS**

5/6/15

10:00 AM REI - Tualatin, 7410 SW Bridgeport Rd

[YRE 1864](#) rated 1A SM: in front

La Provence Bakery & Bistro, 16350 Boones Ferry Rd, Lake Oswego - short drive

5/13/15

10:00 AM QFC - Fisher's Landing, 3505 SE 192nd Ave. Vancouver

[YRE 1569](#) rated 1B VUV: podium near bakery  
Roses, 3205 SE 192nd Ave - 3 blocks away

5/20/15

Foot Traffic, 7718 SE 13th Ave Portland

[YRE 2113](#) rated 1B CRVC: ask

Reverend BBQ, 7712 SE 13th Ave, Portland - next door

5/27/15

10:00 AM Holiday Inn Express, 75 82nd Drive, Gladstone, OR

[YRE 695](#) rated 2A VV: at front desk

High Rocks Pub, 915 E Arlington, Gladstone - across parking lot

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)

## **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



# Happy Mother's Day

Nature says thou shalt keep the air, skate, swim, walk, ride, run. When you have worn out your shoes, the strength of the sole leather has passed into the fiber of your body. I measure your health by the number of shoes and hats and clothes you have worn out. He is the richest man who pays the largest debt to his shoemaker. ~

Ralph Waldo Emerson, 1851



## 2015 Club Officer Directory

Dick Baker, President

360-991-8806

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Barbara Baker, Treasurer

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[barbarabkr@q.com](mailto:barbarabkr@q.com)

Debbie Esmond, Secretary

503-777-2717

[Esmond1@hotmail.com](mailto:Esmond1@hotmail.com)

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

Universal City TX 78148