

THE ROAMER

Rose City Roamers Walking Club

NEWSLETTER



OCTOBER 2015

Walking for Fun Fitness Friendship

AVA member

CALENDAR

- Sep 20 Mt Angel Oktoberfest
Mt Angel OR
- Oct 4 Highway Cleanup
Alder Creek School
- Nov 3 Club Meeting 7pm
Ed Rm A

CLUB MEETING



Our next club meeting is November 3rd in Education Room A. This is the annual Elections meeting so come vote for your choice for the club offices. Contact Dick B if you wish to nominate or volunteer to run for an office.

HIGHWAY CLEANUP

Please mark your calendar to help at the next clean-up, scheduled for Sunday, October 4 starting at the Alder Creek Middle School parking lot at 9am until approximately noon or sooner when more volunteers participate!

UPCOMING RCR WALKS & EVENTS

YEAR ROUND BOX UPDATE

The year round events from Good Samaritan Medical Center are now back up and running. We have new maps/instructions for both the 5 km and 10 km YRE walks 256, 297 and 410. We have changed the walk box a little. You will still register for the walk using the note book that has "registration" on it. The

stamp pad is in the registration notebook in the pouch. The stamps are now attached to the inside of the walk box using a separate chain for each event and a pendaflex folder behind the registration book. The maps and instructions are now located in notebooks for each walk with the 5 km instructions/maps on the left and the 10 km instructions/maps in the middle and on the right. Fees should be placed in the "pre addressed envelopes" and mailed

As of today we have also obtained a few parking validation passes that are good for a 1 time use.. They are located in the Registration notebook in the same pouch as the stamp pad, but in a different pocket. We only have a limited number of parking validation passes, so you might want to drive up to the 5 minute parking of the main entrance and go inside to the walk box and get a parking validation pass before you enter the parking garage. The validation passes are good for 1 time use only, but don't expire until 3 October. We will get new validation passes for October BUT because Sue Connolly, Ed Hainline and I will be gone on different trips until the 5th of October we will not be able to get new validation passes until we get back. Passes should be available on the 5th of October for the month of October.

We are sorry for any inconvenience you may encounter, but we really have no control over those individuals that stole everything out of our walk box. Please send questions to Dick Baker at dickbkr@q.com or Ed Hainline at edhainline@comcast.net.

Procedures for using the parking validation passes the parking garages.

1. Obtain a parking validation pass before you enter the garage by going to the registration box and taking 1 parking validation pass per vehicle. Park in the 5 minute zone in front of

main building .

1. Enter one of the parking garages and take a ticket as you enter. (you now have two separate pieces of paper.)
3. Park, register for the walk, do the walk, then return.
4. Drive to the parking exit gate and insert the pass you got as you entered into the upper slot with the small arrow on top and right. The machine will take your ticket.
5. Place the parking validation pass in the reader (Bar Scanner) that is located beneath the slot you put your ticket in. It will read your ticket, then open the gate automatically. It may take a few seconds.
6. Drive out once the gate is open - watch out

for pedestrian walking in front of the exiting area.

If you have problems, there is parking attendant staff from 8:00am till 10:00pm daily, at times there might not be an attendant at the specific parking garage you are at, push the parking attendant button and an attendant will come assist you during their available hours of operation. Remember you must have a parking validation pass to leave the parking garage or pay a hefty \$65 fine. Street parking is normally available at streets 24th and higher Avenues and some have up to 4 hours free parking



TRADITIONAL WALK EVENTS

Dates: 10/10/2015 Springfield, OR Kalapuya Talking Stones Walk

Event ID: 101198

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

Description: Most of the walk is on paved paths through Alton Baker Regional Park. Along the way are placed 14 large stones inscribed in both Kalapuyan and English with sayings portraying Native American life here. The outbound leg of the Volkswalk trail leaves the Willamette River to follow the canoe canal to a lake; several new sculptures are on this portion. The return trip follows a scenic stretch of the river giving splendid views of the beautiful new I-5 bridge across the Willamette.

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

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

Start Times: 8:00a.m. - 1:00 p.m.

Location: Willamalane Adult Activity Center,

Start Point / Driving Directions: 215 West C Street, Springfield, Oregon

From I-5 North or South take exit 194A (East Hwy. 126) to first Springfield exit (Pioneer Pkwy., Springfield City Center). Turn right on Pioneer Parkway West to West C Street. Right on West C Street to its end at Willamalane Adult Activity Center.

From Bend and points east - Follow Hwy. 126 into Springfield to the freeway entrance at 58th Street (sign points right to Eugene). Take the third exit (Springfield City Center). Turn left on Q Street and left onto Pioneer Parkway West. Take Pioneer Parkway West to West C Street, and turn right on West C to its end at the Willamalane Adult Activity Center.

Free parking is available in the WAAC parking lot and on surrounding streets.

Awards & Fees: IVV Credit Only

Comments: Restrooms, water, baked goods and coffee are available at the start/finish. Carry water.

Walk Oregon challenges: Parks, Namesakes, Volkssport Clubs.

AVA Special Program - Riverwalk America

Host Club: Eugene Springfield Mossback Volkssport

Contact: Sally Ross (541) 726-7169

Website: www.mossbacks.org

E-Mail Contact: mossbacksclub@comcast.net

Dates: 10/31/2015 Yachats, OR She Walks These Yachats Hills

Event ID: 101332

Distance - Trail Ratings: 10k - 2B

Description: She walks these hills and so will you. Wander up and down the slopes of Yachats with a refreshing stroll along the ocean as you seek her. Traverse Yachats along the Ya'Xaik and 804 Trails. The 10k includes rough and smooth natural paths plus paved inclines and descents rated 2B. 5k rated 1A for mostly level and fairly smooth walking. Not suitable for wheelchairs or only 5k difficult for strollers.

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

Special Programs: Boardwalks, Fraternal Organization, Honoring Our Flag

Start Times: 8AM-Noon Finish by 3PM

Location: Lion's Club,

Start Point / Driving Directions: 4th St, Yachats Take US 18 or US 20 westbound to US 101. Left on US 101 to 4th St Yachats then Rt on 4th St to Lions Club. or take US 126 to US 101. RT on US 101 to 4th St, Yachats and LFT on US 101

Awards & Fees: B Award

Comments:

Host Club: Yachats Coastal Gems Volkssport Club

Contact: Maryann Brown (541) 961-4279

Website: www.yachatscoastalgems.org

E-Mail Contact: maryannbrown_1999@yahoo.com



GROUP WALK

please note return to 10 am start time

10/7/15

10 am Legacy Meridian Park Hospital, 19300 SW 65th Ave,
Tualatin

[YRE 798](#) rated 1A SM: at entrance

Famous Dave's, 7121 SW Nyberg (1 km away)

10/14/15

10 am McDonalds, 12026 NE Airport Way, Portland, OR

[YRE 846](#) rated 1A CRVC

Shilo Inn, 11707 NE Airport Way (3 blocks away)

10/21/15

10 am Black Rock Coffee Bar, Hazel Dell, 7710 NE 5th Ave Ste
122, Vancouver

[YRE 425](#) rated 1A AWW: ask at counter

to be announced

10/28/15

10 am Holiday Inn Express, 75 82nd Drive, Gladstone, OR

[YRE 773](#) rated 2A VV: start box at front desk

High Rocks Restaurant & Lounge, 915 E Arlington, Gladstone
(across parking lot)

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

Parking Validation Pass or Fee to park.



WANTED! YOUR WALKING STORIES



Have you taken any interesting, fun or unique walks lately? We would love to hear about it! Educate and inspire others by telling about places and experiences you had while out walking. Send your stories to Newsletter editor, Denise Esmond at deedlenee@comcast.net or call 503-777-2717

"The stones were sharp,

The wind came at my back;

*Walking along the
highway,*

Mincing like a cat."

— *Theodore Roethke*



2015 Club Officer Directory

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