

THE ROAMER

Rose City Roamers Walking Club

NEWSLETTER



SEPTEMBER 2015

Walking for Fun Fitness Friendship

AVA member

CALENDAR

- Sep 2 Club Meeting-Potluck picnic
Patio by Cafeteria
- Sep 20 Mt Angel Oktoberfest
Mt Angel OR
- Oct 4 Highway Cleanup
Alder Creek School

CLUB MEETING



Our next Club meeting is on Tuesday, September 1 at 6:00pm at Portland Adventist Hospital in the Patio area off the cafeteria. This will be our annual Potluck picnic walk. Please bring your favorite picnic fare item and join us for a fun evening of food and fellowship.

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

"This year is the fiftieth year for the Mt Angel Oktoberfest at Mt Angel, Oregon. It is also the fiftieth year for international Volkssporting. Come celebrate these big anniversaries with a walk on Sunday, September 20th at Mt Angel. Our walk starts at 10 am - early enough to get good and free parking, close to the starting point and all Oktoberfest activities. Our Start Point will be located at the left side of the main beer Festhalle

(if you are facing it). Most activities don't start until noon so you can get through most of the walk before the crowds start arriving. You will be able to get good German food when you finish. Please check out the Mt Angel website for a complete list of activities at www.oktoberfest.org Note the write-up they gave volkssporting for their event.

The walk will have 2 loops detailed in the Traditional Walk Section that follows. Originally this walk was going to be held on both Saturday and Sunday but a walk had earlier been scheduled on Saturday the 19th in Longview, WA so we elected to cancel the Saturday portion of this walk.

If you have any questions or want more information please contact Dick at 360-991-8806 (cell). We also would like to have a couple of more volunteers."



TRADITIONAL WALK EVENTS

NOTE: The Rhododendron walk originally scheduled for September 5 & 6 has been cancelled

Dates: 9/20/2015 Mt Angel Oktober Fest 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, 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 Festhalle. 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 Festhalle

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 Festhalle will be on left in 2 blocks. Start Point of Walk is on left side of Festhalle 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

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

9/2/15

10 am Haggen's, 16200 SW Pacific Hwy, Tigard, OR |
[YRE 534](#) rated 1A SM: at Customer Service counter
Pacific Breeze, 11525 SW Durham Rd, Tigard (across street from
Haggen's)

9/9/15

10 am Starbucks, 8302 E Mill Plain, Vancouver is the official
start point. **However, for this walk, go to Garrison Square
(about 1/2 block West of Starbucks) where we will have all the
signup forms.**

[YRE 116](#) rated 1A VUV

Mexico Lindo, 7900 E Mill Plain, (NW corner of Garrison Square)

9/16/15

10 am Videorama-West Coast Health, 7522 N Lombard St,
Portland

[YRE 73](#) rated 1A RCR

McMenamins/St Johns Theater & Pub, 8203 N Ivanhoe,
Portland (3 blocks from finish)

9/23/15

10 am Highland Safeway, 1011 SW Highland Dr, Gresham

[YRE 595](#) rated 2B ECWW

McMenamins, 4225 SE 182nd, Gresham (3 blocks away)

9/30/15

10 am Willamette Falls Hospital, 1500 Division Street, Oregon
City

[YRE 65](#) rated 2A V V: in lobby behind business desk

Bugatti's, 334 Warner Milne Rd

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



Walking takes longer... than any other known form of locomotion except crawling. Thus it stretches time and prolongs life. Life is already too short to waste on speed.

Edward Abbey



2015 Club Officer Directory

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