

THE ROAMER

Rose City Roamers
Walking Club Newsletter



DECEMBER 2016



Fun, Fitness, Friendship

AVA Member

CALENDAR

Dec. 6 Club meeting
7Pm Adventist Health Columbia-
Willamette Room on the Lower
Level of the Pavilion. Elections
& Pizza Night!

WALKING ADVENTURES * MYSTERY TOUR 2017

Travelers have been asking us to offer a Mystery Tour for years. We are excited to announce our first-ever Mystery Tour departs in 2017! A few more details will be leaked at each of our 2017 Tour Presentations, and after our last show in Vancouver, we'll post the information online.

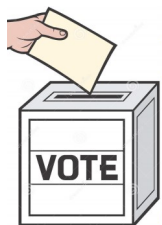
You can check out more details here: <https://walkingadventures.com>. Contact us with any questions at fun@walkingadventures.com or 800.779.0353

CLUB NEWS

CLUB MEETING

Our next club meeting will be in the Columbia-Willamette room at Adventist health on December 6th, You will want to park in the parking structure) (next to the lower level Pavilion, just off the central lobby area .

We will be holding elections for club officers at the meeting and we'll have our annual pizza party.



Come visit one of our meetings. You do not need to be a member to attend. We welcome New Members!

MEMBERSHIP DUES RENEWALS

As we near the end of 2016 we want to remind everyone that membership dues need to be renewed for the new calendar year (January to December). Our membership price for a year includes a monthly newsletter and it's still only \$6 for singles or a family. You can pay the club secretary at the address on the back of this newsletter or bring it to the December 6 club meeting. If you are new to volkswalking and would like to learn more and have fun with others we welcome you to our club!



www.thelearningsite.info

YEAR ROUND WALKS

(YREs)

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
Parking validation pass or fee required.

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-LO RIVER RUN, LAKE OSWEGO-NEIGHBORHOODS

Start: Albertson's Store
16199 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

Tualatin

Hedges Creek

Ibach Park and Hidden Tualatin
Start: Starbucks at Hedges Creek
8639 SW Tualatin-Sherwood Road
Tualatin, OR
Contact: Joe K, 503-260-7033

Tualatin

Three Cities, Three Parks

Start: REI - Tualatin
7410 SW Bridgeport Road
Tigard, OR
Contact: Joe K, 503-260-7033



WEDNESDAY WALKS

(Group Walks)

12/7/16

10am Legacy Salmon Creek Medical Center,
2211 NE 139th St, Vancouver
rated 2B AWW: start box at Lobby Information
Billygan's Roadhouse, 13200 NE Hwy 99, Van-
couver (short drive)

12/14/16

10am Gateway Fred Meyer, 1111 NE 102nd Ave,
Portland
rated 1A ECWW: front entry (drive to start at
RingSide Grill)
RingSide Grill, 14021 NE Glisan St (park here for
start of walk)

12/21/16

10am Good Sam Medical Center, 1015 NW 22nd
Ave, Portland, OR
rated 1A RCR: Left at entrance
To be Determined

12/28/16

10am Holiday Inn Express, 75 82nd Drive, Glad-
stone, OR
Rated 2A VV: at front desk
High Rocks Restaurant & Lounge, 915 E Arling-
ton St, Gladstone (across parking lot)



TRADITIONAL WALK EVENTS

(Club sponsored walks)

12/3/2016 - 12/3/2016

City / State: Brownsville, OR

Event Name: Home for the Holidays

Event Type: Walk

Event ID: 104877

Distance - Trail Ratings: 10K/5K - 2B

Description: 10K/5K Walk in downtown Historic Brownsville, Pioneer park, And scene locations of the movie "stand by me" Visit The museum and Moyer House

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

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

Start Times: 9:00 am- NOON finish by 3:00pm

Location: Brownsville OR City Hall 255 N. Main

Start Point / Driving Directions: 255 N. Main St. Brownsville OR 97327

I-5 North Bound Exit 216 and turn Right(East)

I-5 South Bound Exit 216 turn Left (East) to Brownsville. Then left on Main to park Ave.
and follow signs.

Awards & Fees: IVV Credit Only

Comments: Water and rest rooms available at start and along route. WOC: City Hall, libraries, Murals, Museum, Monument, Waterways.

AVA: Bridges, Honoring our flag, National Register of historic places, Walking the USA street by street, Post office, City park, trekking with trees. There will be vendors,

Open shops, decorated trees, arts and crafts,

Drawings for decorated trees.

Host Club: Albany Fitwalkers

Contact: Don Reed (541) 926-8327

Website: www.albanyfitwalkers.org.

E-Mail Contact: donreed1946@yahoo.com



12/17/2016 - 12/17/2016

City / State: Portland, OR

Event Name: Christmas Ships Walk

Event Type: Walk

Event ID: 105009

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

Description: This walk will take you across the Hawthorne Bridge, walking past the River Place Marina where the Christmas Ships of the Willamette Fleet are moored. You will be walking along the west side of the Willamette River to the Old Spaghetti Factory, then retracing your steps back and crossing the Tillicum Crossing Bridge over the Willamette River and back to the Start/Finish.

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

Special Programs: Amphitheatres, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Take a Walk In a City Park, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

Start Times: 4pm to 7pm, Finish by 10pm



Location: Green Dragon Brew Pub - Barrel Room

Start Point / Driving Directions: 928 SE 9th Avenue, Portland, OR

I-5 South: Exit # 300B. Use the Left Lane as it turns to the Left. Go Straight on SE Belmont St to SE 9th Ave. Right on SE 9th Ave - The Pub will be on Your Left!

I-5 North: Exit # 300 on to SE Yamhill St. Right on SE 3rd Ave (ONE BLOCK) to SE Taylor. Right on SE Taylor to SE 9th Ave.

Left on SE 9th Ave, (ONE BLOCK) - Pub will be on Your Right. Walk Start/Finish is in the "Barrel Room".

Awards & Fees: IVV Credit Only

Comments: Walk start / finish is in the "Barrel Room".

After you have finished the walk, stay and have something to eat, drink or both in the pub area.

Pets are not allowed inside the Green Dragon Brew Pub.

Challenges: AVA - Centurion & 50 States

Oregon (WOC): Docks, Watering Holes & Waterways

Washington (ESVA): Restaurants - American, European & Mexican

Walkers are encourage to bring with them a "Flashlight", some of the walk is on uneven pathways and is harder to see in the darkness.

Host Club: Columbia River Volkssport Club

Contact: Ed Hainline/Judy Koonce (360) 921-1909

Website: www.walking4fun.org

E-Mail Contact: edhainline@comcast.net

1/1/2017 - 1/1/2017

City / State: Portland, OR

Event Name: New Year's Day Walk

Event Type: Walk

Event ID: 106661

Distance - Trail Ratings: 5 or 10 km - 1A

Description:

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

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

Start Times: 10 am to 1 pm for 10 km, 10 am to 2 pm for 5 km

Location: REI - Downtown Portland

Start Point / Driving Directions: 1405 NW Johnson

Awards & Fees: IVV Credit Only

Comments:

Host Club: Columbia River Volkssport Club

Contact: Dick Baker (360) 991-8806

Website: www.walking4fun.org

E-Mail Contact: dickbkr@q.com





2016 Club Officer Directory

President: Dick Baker

360-991-8806

dickbkr@q.com

Vice President: Ed Hainline,

360-921-1909

edhainline@comcast.net

Treasurer: Barbara Baker

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barbarabkr@q.com

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Esmond1@hotmail.com

Membership Manager: Judy DeBenedetti,

503-929-2310

Judydebenedetti@msn.com

M@L

Assistant Secretary/Treasurer

Website Manager: Susan Treacy

503-975-9151

jsusan45@mac.com

Newsletter Editor: Denise Esmond

503-777-2717

Deedlenee@comcast.net

M@L

(M@L=Member at Large)

For membership dues mail to:

Rose City Roamers

c/o 2216 NE 110th St

Vancouver, WA 98686

Website: <http://www.rosecityroamers.org>

Oregon Trails State Volkssport Association (OTSVA)

www.walkoregon.org

President

Dar Parrow

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www.ava.org

NW Regional Director

Nancy Wittenberg

NW_RD@AVA.org