

THE ROAMER

Rose City Roamers Walking Club

NEWSLETTER



FEBRUARY 2016

Walking for Fun Fitness Friendship

AVA member

CALENDAR

Feb 2 Club Meeting 7pm
Adventist Health Ed Rm A

Feb 6 Pre super bowl walk



CLUB MEETINGS

Our next club meeting will be on February 2, 2016 at 7pm in the lower level of Portland Adventist Medical center. Meetings are open to membership and guests.

It was voted at our last meeting to change our club meetings to 6 per year instead of 5. We will meet on the first Tuesday of February, April, June, August, October and December. Board meetings will be scheduled in the alternate months.

BRIDGE WALK



On 6 January, our club held its first walk of the year (Tilikum Crossing) - a group walk starting at The Old Spaghetti Factory had 70 walkers sign up. The weather was cloudy and cold but everyone that came enjoyed the walk.

There were two distances for the walk a 5km and a 10 km. The rating was 1A easy for both distances. The 5 km started by walking on city streets but did go on a new walkway along the river to reach the Tilikum Crossing. The 5 km then went across the Tilikum Bridge circled OMSI before returning again crossing the bridge to return to the start.

The 10 km followed the 5 km until reaching OMSI. The 10 km crossed the Hawthorne Bridge and continued past the

Portland Art Museum then walking to Pioneer Plaza (Rest break) where they were dismantling the Christmas Tree where three hundred additional limbs had been added using metal connectors. The walk then went to the waterfront and walked along the path until it ended at the river access where Native American School children have poem embedded in the large rocks lining the path. The 10 km then returned back to the start/finish. 23 stayed for lunch and enjoyable conversation.



HIGHWAY CLEANUP

At our membership meeting it was discussed as to whether we should continue with the highway cleanup project. The majority felt it was worth continuing and Joan agreed to head it up. We will be having sign -ups for those who are willing to help and a contact for times that the date needs to be changed or canceled. Please help as often as you are able.

UPCOMING RCR WALKS & EVENTS

2016 Winter Walk to Win Contest

The Oregon Trail State Volkssport Association is sponsoring a 2016 Winter Walk to Win Contest to benefit the walking clubs of Oregon on January 1 through March 31, 2016. Open to all paid credit walkers and non-credit (Free) walkers WHO make at least a \$1.00 Donation to the Walk. ALL Walkers will be walking in Oregon ONLY. Prizes awarded to winners of the drawing:

- 1st – \$75.00 REI Gift Card
- 2nd – \$50.00 REI Gift Card
- 3rd – \$25.00 REI Gift Card

Walkers will be awarded one (1) chit for entry in the drawing for every 10 Oregon walks logged. Three (3) winners will be selected in a random drawing to be held at the April 16, 2016, OTSVA State Meeting. Odds of winning depend on the total number of walks logged. Walker need not be present to win.

The log sheet will contain the walker's name and address, the walk name, walk number (YRE or Event Stamp Number), email address and date walked. To qualify, log sheets must be received by the OSTVA Recognition Chairperson no later than April 15, 2016, via email or mail: Ed Hainline 11410 SE 90th Ave #1511 Happy Valley OR 97086-4604 edhainline@comcast.net.



TRADITIONAL WALK EVENTS

2/6/2016 - 2/6/2016

City / State: Portland, OR

Event Name: Pre-Super Bowl Walk

Event Type: Walk

Event ID: 101812

Distance - Trail Ratings: Three 5KM Loops (3 x 5k) - 1A

Description: Walk on sidewalks and along street shoulders into some of the Historic areas of older Portland on these 5km routes. One of the 5km routes goes through the Alberta District with its quaint shops and eateries, along with some older neighborhoods.

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

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

Start Times: 9:00am to 12:00pm, Finish by 3:00pm

Location: McMenamins Kennedy School,

Start Point / Driving Directions: 5736 NE 33rd Avenue, Portland, OR.

I-84 EASTBOUND (NE 33rd Ave Exit): LEFT 2 Miles to McMenamins Kennedy School at the corner of NE Jessup and NE 33rd Ave.

I-84 WESTBOUND (NE 43rd Ave Exit): Follow signs for NE Broadway. LEFT (West) one mile on NE Broadway. RIGHT (North) on NE 33rd Ave - 2 miles to McMenamins Kennedy School on RIGHT, corner of NE Jessup and NE 33rd Ave.

Awards & Fees: IVV Credit Only

Comments: There will be three 5km loops for this event.

Host Club: Columbia River Volkssport Club

Contact: Ed Hainline (360) 921-1909

Website: www.walking4fun.org

E-Mail Contact: edhainline@comcast.net



2/13/2016 - 2/13/2016

City / State: Portland, OR

Event Name: Heart Breaker Walk

Event Type: Walk

Event ID: 101813

Distance - Trail Ratings: 11K/5K - 3C

Description: Walk on sidewalks, paths, trails and up and down approximately 900 stairs while exploring Northwest Portland and Washington Park. This 11km is not suitable for strollers or wheelchairs. Credit only is \$3.00. Free participants are welcome, but also must register, carry and return a start card. Water and restrooms at start/finish. PETS permitted, but NOT in building(s). Owners are responsible for leash and clean up laws.

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

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

Start Times: 9:00 AM - 1:00 PM, Finish 4:00 PM

Location: Good Samaritan Hospital - Building # 2 (Foyer), 1040 NW 22nd Avenue.

Start Point / Driving Directions: 1040 NW 22nd Avenue, Good Samaritan Hospital - Bldg # 2 (Foyer). I-5 - Exit onto I-405 and US 30W to Vaughn St Exit. Turn LEFT at NW 23rd Ave. LEFT at NW Northrup St. RIGHT on NW 22nd Ave. LEFT at NW Marshall St to parking garage structures on either the RIGHT or LEFT. Parking Vouchers will be available at the FINISH POINT for parking in these parking garages.

Awards & Fees: IVV Credit Only

Comments: Challenges: WOC: Watering Holes.

AVA: A-Z Cities, Cities in Song and 50 States.

Host Club: Columbia River Volkssport Club

Contact: John F (503) 936-0940

Website: www.walking4fun.org

E-Mail Contact: [jfieb1@aol.com](mailto:jfie1@aol.com)



3/19/2016 - 3/19/2016

City / State: Portland, OR

Event Name: St. Patrick's Day - Teddy Bear walk

Event Type: Walk

Event ID: 104230

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

Description:

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

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

Start Times:

Location: West Hills

Start Point / Driving Directions:

Awards & Fees: ZZ

Comments: This is our regular St. Patrick's Day - Teddy Bear walk

Host Club: Cedar Milers

Contact: Dan Webster (503) 591-5893

Website: No Website Listed

E-Mail Contact: 2008cedarmilers@gmail.com



Dates: 4/9/2016 - 4/9/2016

City / State: Eugene, OR

Event Name: West Eugene Wetlands

Event Type: Walk

Event ID: 104310

Distance - Trail Ratings: 5k, 11k - 1B

Description: Walk 5km or 11km paved paths and gravel (rated 1+) thru restored Willamette wet prairie and Tsanchiifin Walk, the wetland environmental education trail. Many waterfowl, raptors, and other creatures live in this protected Bureau of Land Management area. The educational and exercise benefits of this event make it an especially good one for families with children to walk together. The West Eugene Wetlands are located at the heart of the hands-on environmental education effort in Eugene.

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

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

Start Times: 8:00 am to 1:00 pm. Finish by 5:00pm.

Location: West Eugene Wetlands

Start Point / Driving Directions: Register and start walking at Willamette Resources Educational Network (WREN), 751 Danebo Ave., Eugene.

Directions to start point:

By Bus: LTD Bus 43 W. 11th Av./Barger. Get off at 11th & Commerce, several block walk to Start/Finish.

By Auto: From I-5 north or south, Exit 195 (Junction City/Florence), stay on Beltline Hwy W, to its end at W. 11th Av. Turn right onto W. 11th Av. Very shortly, turn right onto Danebo Av. Cross Amazon Creek Bridge. Immediately turn right, up into driveway of the Willamette Resources Educational Network (WREN).

Limited parking: carpooling appreciated.

Awards & Fees: IVV Credit Only

Comments: Family friendly. Water and portable toilets at the Start/Finish and at the checkpoint on the 11 km. route. Carry water. Leashed pets welcome, obey scoop laws.

Host Club: Eugene Springfield Mossback Volkssport

Contact: Sally Ross (541) 726-7169

Website: www.mossbacks.org

E-Mail Contact: mossbacksclub@comcast.net



"I don't know what's gotten into my dog.
Lately, he's been so sneaky."

GROUP WALKS

2/3/16 - Wednesday Walking - join a group to enjoy a 5K or 10K guided walk

10am Starbucks – Mill Plain, 8302 E Mill Plain, Vancouver (after signup, park at Garrison Square)

YRE 116 rated 1A VUV

Mexico Lindo, 7900 E Mill Plain (at parking)

<http://www.vancouverusavolkssporters.org/Wed/wed.htm>

2/10/16- Wednesday Walking - join a group to enjoy a 5K or 10K guided walk

10am West Coast Health, 7522 N Lombard St

YRE 1298 rated 1A RCR

Cathedral Park Restaurant, 6635 N Baltimore, Portland (short drive)

<http://www.vancouverusavolkssporters.org/Wed/wed.htm>

2/17/16- Wednesday Walking - join a group to enjoy a 5K or 10K guided walk

10am Lamb's Market (Customer Service) 8255 SW

Wilsonville Rd, Wilsonville

YRE 550 rated 1B VV

Abella Italian Kitchen, 8309 SW Main St, Suite 200 (near finish)

<http://www.vancouverusavolkssporters.org/Wed/wed.htm>

2/24/16- Wednesday Walking - join a group to enjoy a 5K or 10K guided walk

10am Portland Adventist Medical Center, 10123 SE Market St, Portland

YRE 1490 rated 1A ECC: start box in lower level near stairs Olive Garden, 9830 SE Washington St, Portland (1/2 km from finish)

<http://www.vancouverusavolkssporters.org/Wed/wed.htm>

YEAR ROUND WALKS

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: 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

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

**W
A
L
K
I
N
G**

20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue

www.olaalaa.com

If you turn out to walk in winter with cold feet, in an hour's time you will be in a glow all over... ~Madame Gout



to Mr. Franklin (Benjamin Franklin)

2015 Club Officer Directory

Dick Baker, President

360-991-8806

dickbkr@q.com

Ed Hainline, Vice President

360-921-1909

edhainline@comcast.net

Barbara Baker, Treasurer

360-573-6048

barbarabkr@q.com

Debbie Esmond, Secretary

503-777-2717

Esmond1@hotmail.com

Membership

Judy DeBenedetti, M@L

503-929-2310

Judydebenedetti@msn.com

Assistant Secretary/Treasurer

Website Manager

Susan Treacy

503-975-9151

jsusan45@mac.com

Newsletter Editor

Denise Esmond M@L

503-777-2717

Deedlenee@comcast.net

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