

THE ROAMER

Rose City Roamers Walking Club

NEWSLETTER



JANUARY 2016

Walking for Fun Fitness Friendship

AVA member

CALENDAR

Feb 2 Club Meeting 7pm
Adventist Health Ed Rm A



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.

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

1/6/2016 - 1/6/2016

City / State: Portland, OR

Event Name: Tilikum Crossing

Event Type: Guided Walk

Event ID: 104342

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

Description: The walk will go along the Willamette River on a newly constructed trail, cross over the Willamette on the new Tilikum Crossing bridge and continue around OMSI. The 5 km will return on the same route. The 10 km will continue on to cross the Hawthorne Bridge, go thru downtown and return along the Willamette River on the east side.

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

Special Programs: Alternative Capitals, Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Volcanoes

Start Times: 9:30 to 9:55 am

Location: The Old Spaghetti Factory

Start Point / Driving Directions: 715 Bancroft Street I-5 Northbound: EXIT #298 RIGHT on Corbett. LEFT on Michell. LEFT on Macadam. RIGHT on Bancroft. Park in The Old Spagetti Factory parking lot - White Spaces only.

I-5 Southbound: Exit 299 Move to Center lane. Curves left and then stop at stop sign. Continue Straight across Macadam Ave. onto Bancroft St. Park in Spagetti Factory lot in white spaces.

Awards & Fees: IVV Credit Only

Comments: If there is snow and ice on the ground and schools are closed the walk will be cancelled and rescheduled. Please be ready to leave at 10 am.

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Website: www.rosecityroamers.org

E-Mail Contact: dickbkr@q.com

1/16/2016 - 1/16/2016

City / State: Portland, Oregon, OR

Event Name:

Event Type: Walk

Event ID: 103564

Distance - Trail Ratings: 5K, 10K -

Description:

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

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

Start Times:

Location: Portland, Oregon

Start Point / Driving Directions:

Awards & Fees:

Comments:

Host Club: East County Windwalkers

Contact: Teresa Meisner (503) 661-6095

Website: www.eastcountywindwalkers.weebly.com

E-Mail Contact: teresame46@msn.com

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: 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

GROUP WALK

please note return to 10 am start time

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.





“I might walk vast expanses
of earth and always be beginning
and I love beginning
or could learn
to love it.”

— S. Jane Sloat

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

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

For membership dues mail to:

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Vancouver, WA 98686

American Volkssport Association

Mail: 1001 Pat Booker Rd, Ste 101

Universal City TX 78148