

THE ROAMER

Rose City Roamers Walking Club

NEWSLETTER



JULY 2016

Walking for Fun Fitness Friendship

AVA member

CALENDAR

- July 17 Highway Cleanup-9a.m. Alder Creek Middle School
- July 24 Sunday Parkways NE- Fernhill Park
- July 26 Board Meeting 6pm Pavilion lobby Adventist Health Lower level
- Aug 3 Club Meeting 7pm Patio Lower level Potluck Picnic

Happy 4th of JULY



Let Freedom Ring...

CLUB MEETINGS

Our next club meeting will be on Aug 3, 2016 at 7pm in the Patio on the lower level of Portland Adventist Medical center by the cafeteria. This Come enjoy a potluck style picnic. Bring a dish of your choice, utensils provided by club. Meetings are open to membership and guests.

HIGHWAY CLEANUP

Our next Highway cleanup is scheduled for July 17, 2016 at 9 am. Meet up at the alder Creek Middle School parking lot. Joan Larson is the contact person for the Highway cleanup projects. If you can help please send an email to: neverhomejoan@yahoo.com and leave your contact information.

RCR WALKS & EVENTS



20 July Trip to Centralia

On 20 July the Wednesday Walking Group will be taking a train trip to Centralia, similar to what we did several years ago. On the last trip we were lucky when the conductor realized that there were a lot of passenger going to Centralia and with Jane's noisy group found out that we were all together. The conductor reserved a car, plus some for us. She was the same conductor on the way back so again reserved a car, plus some together so we could be in the same area.

I called and talked with a representative from Amtrak Group Service's and she told me that there were several changes. One is that we can have a minor group of just 15 passengers instead of the 20 passengers for a regular. There is also a group discount of 10 % (15% for seniors). I asked which rate we would get the discount on and she said that would be determined at the time we made the reservations. A group does require the leader to make reservations for the group.

Current cheapest prices for the trip is the "saver" rate (not a part of a group rate) for a round trip are:

1. Oregon City to Centralia \$40
Leave OC at 7:24 am and arrive at 9:51am
Return at 3:51 pm and arrive at OC 6:28 pm
2. Portland to Centralia \$36
Leave Portland at 8:20 am and arrive at 9:51 am
Return at 3:51 pm and arrive in Portland 5:50 pm
3. Vancouver to Centralia \$32
Leave Vancouver at 8:35 am - arrive at 9:51 am
Return at 3:51 pm and arrive in Vanc. 5:10 pm

The "saver" rate expires several weeks before the actual date of the trip so if you plan on using this rate, you should make a reservation by 15 June.

Both Oregon City and Vancouver have free parking for vehicles. Portland has good MAX access.

Please let me know if you would like to go, where you would like to get on, and do you want to be a part of a group if we have enough passengers. Dick Baker, dickbkr@g.com or call 360 573-6048 or see me at a group Wednesday walk.

2016 Rose Festival Walk



Although I had hoped for a few more walkers, we did have 101 walkers attend the Rose Festival Walk.

We let walkers start slightly early and they finished by 3:30 and no one got soaked. A minor shower for about 5 minutes was the only bad weather. The walkers did enjoy the Dragon Boat races and the Parade on the west loop and the nice old houses on the east side loop on Taylor (new this year) and the small shops on Hawthorne. Walkers were able to get a front row view of the parade if they started the west side loop slightly after 10 am.

I would like to thank the following volunteers for helping make this a good event. Marking on Friday were Susan Treacy, Ed Hainline, Cheri Stone and Annette St-Pierre. Set up, registration, checkpoint and finish were Barbara Baker, Ed Hainline, Kathy Richards, Susan

Treacy, Ethel Wood, Judy DeBenedetti with Ed Hainline helping me sweep the routes. Barbara, Ed, and Susan were with me the entire day so extra thanks to them.

I also would like to thank the Green Dragon Bistro and Pub for allowing us to hold our walk in their premises. Many of the walkers had lunch there, so it did provide a social area for the walkers to talk and eat after they had finished walking. The proposed Street Mural Painting was cancelled due to the potential for rain so parking was easy on Saturday.

Dick Baker, Walk Chair



TRADITIONAL WALK EVENTS

7/9/2016

Donald, OR

Go Nuts in Donald, Oregon - Hazelnut Festival

Event ID: 103931

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



Description: Water at Start/Finish. Porta Potty at the start and along the route. Challenges: City Hall, Marion County, Waste Water Treatment Plant, Flags, A-Z and Post Office.

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

Special Programs: Cities in Song, Honoring Our Flag, United States Post Offices, Volcanoes

Start Times: 8 AM to 11 AM and Finish by 2 PM

Location: G K Machine, Inc. in Donald, Oregon

Start Point / Driving Directions: 10590 Donald Rd.NE. Donald, Or.

I-5 Northbound & Southbound Exit #278. Northbound turn Left on Ehlen Rd. NE. Southbound turn Right on Ehlen Rd. NE for 1.6 miles then LEFT on Butteville Rd. NE for .5 miles then RIGHT on Donald Rd. NE. Park in the Parking lot across the street from the start at GK Machine Inc. at 10590 Donald Rd. NE., Donald, Oregon 97020

Awards & Fees: IVV Credit Only

Comments: We have been invited to walk in Donald and take in the Hazelnut Festival. You will be walking on sidewalks past the Classic Car Show and on street shoulders. Route will pass thru most of this 979 population City. Come early & stay for the Parade 11 am. Suitable for strollers & wheelchairs for 5K Only.

Host Club: Valley Volkswalkers

Contact: BL Cline (503) 329-5386 E-Mail Contact: valleyvolkswalkers@yahoo.com

7/13/2016 - 7/13/2016

Wood Village, OR

Tom, Dick & Harry Mountain Hike-Guided Walk

Event ID: 104977

Distance - Trail Ratings: 5 & 10 km - 3C

Description: walk will start at the Mirror Lake (Tom, Dick and Harry Mountain) trailhead. The 5 (4.7) km route will go to Mirror Lake (rated 2C with about 700 feet elevation gain). The 10 km route will go past Mirror Lake and continue to a spectacular viewpoint atop Tom Dick and Harry Mountain. Both distances will have many Alpine Flowers in bloom and masses of huckleberries. This trail is one of the most popular hike in Oregon. Great views everywhere including Mt Hood reflecting off of Mirror Lake. Bring water, food (snacks or better yet lunch), camera and walking stick(s).

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

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

Start Times: 8:10 to 8:25

Location: Wood Village Walmart

Start Point / Driving Directions: From I-84 eastbound take exit 16 to 238th Dr. LEFT on 238th Dr. to Sandy Blvd. Left on Sandy to the Walmart Parking Lot NE Corner.

Once registered, everyone will carpool to trailhead at 8:30.

Awards & Fees: IVV Credit Only

Comments: There is very limited parking so plan on carpooling.

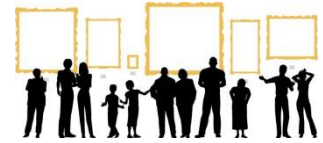
Recommend that you get to Walmart early to use restrooms.

Host Club: Columbia River Volkssport Club

Contact: Dick Baker (360) 991-8806 Website: www.walking4fun.org E-Mail Contact: dickbkr@q.com

7/16/2016 Gresham OR Event Name: Gresham Art Walk

Event ID: 104250 Distance - Trail Ratings: 10K-1A, 5K-1A - 1A



Description: Trail Description: The 10K and 5K is rated 1A. Both walks will take you through the Gresham Art Walk and the Farmers Market. The 10K will also take you to Gradin Sports Park. There is not a restroom at the start, but there are some along the route.

Amenities: Strollers: medium | Wheelchairs: hard | Pets: No | Restrooms: Yes

Special Programs: Honoring Our Flag, Lady Liberty Special Program, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes, Walking the USA A - Z, You'll Never Walk Alone

Start Times: 9am -1pm no early starts

Location: Gresham City Hall

Start Point / Driving Directions: Driving Directions: 1333 NW Eastman Parkway, Gresham, OR 97030. Taking I-84 from the east or west take exit #14 Fairview Parkway and follow the signs to Halsey St/Gresham. Take Fairview Parkway to Glisan St. Turn left and get into the right lane and go to the next signal which is 223rd St. Turn right and follow 223rd St. to City Hall. At Burnside 223rd St. becomes Eastman Parkway. City Hall is on the right shortly after crossing Burnside.

MAX: Gresham Transit Center. When you exit the MAX train, go to street and turn left and proceed to City Hall to sign-in table.

Awards & Fees: IVV Credit Only

Comments: CHALLENGES AVAILABLE: AVA: City Park (10K only), Honoring Our Flag, Lady Liberty (10K only), Make A Wish/Fountains, Natl Register of Historic Places, Points of Reference, Trekking With The Trees (10K only), US Post Offices (10K only), Volcanoes, Youll Never Walk Alone. WWC: Bakeries, Birds & Beasts, Libraries. WOC: Antique Shops, Arches (10K only), Auditoriums, Banks, Barber Shops, Candy Shops, Chinese Food, City Halls, Dog Related, Delis, Emergency, Engines, Entertainment, Festivals, Firehouses, Gallery, Gardens, Klubs (ECWW), Libraries, Landmarks, Monuments, Mountains, Murals, Museums, Watering Holes, Turnaroud Trekkers, COW (Oregon). WA: Womb to Tomb, Restaurants, Parks. California, Idaho & Alaska challenges are also accepted.

Host Club: East County Windwalkers

Contact: Regina Blake (503) 665-0950 Website: www.eastcountywindwalkers.weebly.com

E-Mail Contact: reggie_blake@yahoo.com

7/24/2016 Portland, OR Portland Sunday Parkways Northeast

Event ID: 104944 Distance - Trail Ratings: 6 & 10 km - 1A

Description: Walk on closed city streets past Alberta, Fernhill, Woodlawn, and McCoy parks. The City of Portland is again closing over 8 miles of city streets and converting them entirely for the use of non mechanized transportation for bikes, skates, skateboards, and walkers. Last year over 21,000 people came out where there was no traffic, parks with many activities, music, crafts and food. Parkways closure starts at 11am. If you do not want to walk with the many bicycles start at 9am. Not suitable for wheelchairs. Strollers OK. Pets would be best before 11 am as there will be streets crowded with bicycles after 11 am.

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

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

Start Times: 9 am to 1 pm

Location: Fernhill Park

Start Point / Driving Directions: NE Ainsworth St & NE 37th Ave - I-5 NORTHBOUND: Exit #305A. Lombard east to 42nd Ave. RIGHT on 42nd Ave. RIGHT on NE Holman. On street parking in NE Holman, Ainsworth and 37th Ave. vicinity. Look

for signs for start area. I-5 SOUTHBOUND: Exit #304. RIGHT to Interstate. RIGHT on Interstate. RIGHT on Lombard. Continue as above.

Awards & Fees: IVV Credit Only

Comments: The Sunday Parkways street closures and park activities start at 11 am

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Website: www.rosecityroamers.org

E-Mail Contact: dickbkr@q.com Dates:

7/30/2016 Westport, OR Westport Ferry Walk

Event ID: 104534 Distance - Trail Ratings: 10 km - 1A



Description: Walk on paved sidewalks and paved roads in Westport and Puget Island, WA. Route is completely flat. THIS IS A BORDER CROSSING.

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

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

Start Times: 8:30 a.m. - 12:00 noon - finish by 3:00 p.m.

Location: Westport

Start Point / Driving Directions: USW Local 1097, 91237 Old Mill Town Rd, Westport, OR

Awards & Fees: IVV Credit Only

Comments: There will be a \$1 fee for the ferry (in both directions - \$2 total) Ferry leaves Westport every hour at the quarter after. That is, the first ferry after the start time will be at 9:15 a.m. The ferry departs Puget Island enroute back to Oregon on the hour. That is, the ferry will depart at 10:00 a.m., 11:00 a.m., etc

Host Club: Turnaround Trekkers

Contact: Martha Korff (503) 369-9906

Website: turnaroundtrekkers.org

E-Mail Contact: korff.sam@wildblue.net

8/6/2016 Waterloo, OR Finding Big Foot

Event ID: 104878 Distance - Trail Ratings: 10K/5K - 2B



Description: Come and bask in the quite of a small town along the pristine waters of the south Santiam river. you can relax and enjoy this two day event at a 120 full hookup camp ground with large day use areas. Enjoy a Saturday afternoon barbecue within the Park area. The walk will be primarily on well groomed trails in and around the campground. with a 5K along sidewalks and streets. So some wheelchair and stroller access. There are also many attractions in this area of the Valley with covered bridges, wineries, waterfalls, and Hiking trails. Fishing and Boating also available. We will have prizes and drawings during the event. Log on Linn County Campgrounds. Waterloo County campground for advance information or reservation. Also for area information web site. Oregon Country trails. Also see Linn county Oregon campgrounds.

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

Special Programs: Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the USA A - Z

Start Times: Sat. & Sun. 8:00 A.M. to 3:00 finish by 6:00P.M.

Location: Waterloo Linn County Campground 39510 Gross St. Waterloo OR 97355

Start Point / Driving Directions: From I-5: North Bound, Exit 228, Right on Hwy.34, Right on Denny school road, Left on Airport Road , Right on Main St.(hwy.20), Left on Sodaville /Waterloo Drive to Waterloo County Park. Turn Right into Campground. Turn Left to Start Point.I-5 South Bound: Exit 228, Left on Hwy. 34 follow same directions as above.

Awards & Fees: IVV Credit Only

Comments: Special programs: A to Z, Honoring our flag, Trekking with the trees. WOC: City Hall , Docks, Dog Related, Forests, Klubs, Waterways, Gazebo. Some wheel chair access on parts of walk.

Host Club: Albany Fitwalkers

Contact: Don Reed (541) 926-8327

Website: www.albanyfitwalkers.org.

E-Mail Contact: donreed1946@yahoo.com

8/10/2016 Portland, OR Tilikum Crossing, Trolley, Train, Trail and Tram (5T) Group Walk

Event ID: 104939 Distance - Trail Ratings: 6 and 10 km - 2C

Description: Walk on City sidewalks and trails. This is a great fun walk that is being brought back at the request of those that have done it before. A portion of the route will require riding the Trolley, Train (Max) and Tram. You will also walk across the Tilikum Crossing then take the Trolley back. One steep narrow trail for 0.8 km for both the 6 and 10 km routes. This walk will take 90 minutes longer to complete than a normal walk as there will be time spent waiting for the Train, Trolley and Tram plus a lot of crossing lights.

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

Special Programs: Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walking America's Ports of Call, Water Towers

Start Times: 8:30 to 9 am

Location: The Old Spaghetti Factory

Start Point / Driving Directions: 715 Bancroft St.I-5 northbound take exit 298. Right on Corbett. Left on Mitchell. Left on Macadam Ave.. Right on Bancroft and park in The Old Spaghetti Factory Parking Lot. From I-5 southbound take exit 299. Move to center lane as it curves left to stop sign. Cross Macadam onto Bancroft and park in Old Spaghetti Factory Parking Lot.

Awards & Fees: IVV Credit Only

Comments: There will be a fee of \$5 for all participants which will include parking, Trolley and Train passes and AVA credit. Group size will be limited to 25 walkers per group as the trolley and tram can only accommodate that many extra passengers at a time. Currently planning on two - 10 km groups and one - 6 km group. Please let Dick know if you plan on coming by email at dickbkr@q.com or at group walks in July so that there will be space for you to participate. If you have a monthly pass for the tram, bus and trolley, please let Dick know.

Host Club: Vancouver USA Volkssporters

Contact: Dick Baker (360) 991-8806

Website: www.VancouverUSAVolkssporters.org

E-Mail Contact: www.dickbkr@q.com



GROUP WALKS

7/7/16 - join a group to enjoy a 5K or 10K evening guided walk in Vancouver
7pm Starbucks on Mill Plain, 8302 E Mill Plain Blvd
YRE 116 rated 1A VUSAV Leaders: Dick Baker/Barbara Baker/Joe Titone

Part of our Summer Series, but different day and time

Sunday, Jul 10, 2016, 10:00 a.m. North Bonneville Group Walk

Please arrive early enough to sign in so the walk can begin at 10:00. This is primarily a group walk, but all are welcome: fast walkers, slow walkers, and new walkers. Note: the 10K usually moves at a brisk pace. If you want to do the 10K and have doubts about your ability to keep up, please check with one of the leaders.

Leaders: 10K: Jan Breneman
<breneman@pacifier.com>

5K: Joe Titone titone@usc.edu

North Bonneville Walk, YRE 1616 - 5K rated 1B/10K rated 1B

Start: The Store at North Bonneville Chevron
51 West Cascade Drive
North Bonneville, WA

Directions: FROM WASHINGTON from I-5 or I-205, take SR-14 east to North Bonneville, which is on the south (right) side of the highway. Right at Cascade Drive to The Store at North Bonneville Chevron on right-hand side of road. Please park in perimeter spaces. FROM OREGON take I-84 to Exit 44 (Cascade Locks/Stevenson). Cross into Washington state over the Bridge of the Gods (toll). Turn west (left) on SR-14 for about 4 miles to North Bonneville. Turn south (left) from highway. Right at Cascade Drive to start point on right. Please park in perimeter spaces.

Club web site: <http://www.allweatherwalkers.org/>

Weekend Walking web site:

<http://www.allweatherwalkers.org/weekend.htm>

7/14/16 - join a group to enjoy a 5K or 10K evening guided walk in Vancouver
7pm Black Rock Coffee Bar, Hazel Dell, 7710 NE 5th Avenue, Suite 122

YRE 425 rated 2A AWW Leaders: Dick Baker/Barbara Baker/Joe Titone

7/21/16 - join a group to enjoy a 5K or 10K evening guided walk in Vancouver

7pm Starbucks - Tenny Rd, 800 NE Tenney Rd, #7
YRE 157 rated 1A VUSAV Leaders: Carolyn Affolter /Barbara Baker/Joe Titone

7/28/16 - join a group to enjoy a 5K or 10K evening guided walk in Camas

7pm Lakeside Chalet Restaurant, 3533 NE Everett Street

YRE 1460 rated 2B AWW Leaders: Tom Baltes/Barbara Baker/Joe Titone



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

Volunteers Needed!

See schedule for the walk in Rhododendron, Oregon, on August 13th.

We would love to see your smiling faces in some of these volunteer positions. Please pick how you would enjoy helping, write in your name, and return it to me. We need two people at each position. If there should be duplication, I will contact the people signed up.

Thank you!

Annette St-Pierre
503-780-4568 (mobile)
walking_the_world@yahoo.com

START TABLE 9AM to 10:30AM
START TABLE 10:30AM to Noon
CHECKPOINT 10AM to 11:30AM
Dick Baker
Barbara Baker

CHECKPOINT 11:30AM to 1PM
FINISH TABLE 10:30 to Noon

FINISH TABLE Noon to 1:30PM
Ethel Wood
Susan Treacy

FINISH TABLE 1:30 to 3PM
Susan Treacy

UNMARK TRAILS 3PM
Susan Treacy



2016 Club Officer Directory

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dickbkr@q.com

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Barbara Baker, Treasurer
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[\(M@L=Member at Large\)](#)

For membership dues mail to:

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Vancouver, WA 98686

American Volkssport Association
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Universal City TX 78148