

The Roamer

Rose City Roamers
Walking Club Newsletter



SEPTEMBER 2016

Walking for Fun, Fitness, Friendship

AVA Member

CALENDAR

- Sept 27 Club Board Meeting
6pm Adventist Health Pavilion
- Oct 4 Club Meeting
7pm AHMC Lower level Ed Rm A
- Oct 9 Highway Clean-up
9am Alder Creek Middle School

America Walks Study Application

Are you interested in participating in a walking research study? America Walks Study is looking for individuals who enjoy keeping track of their daily steps. The app will measure walking behavior in the U.S. for a 30 day period. It will keep track of your daily steps taken and will assess how your steps compare to other walkers within the same state and across America. To enroll in this study simply download the free app, complete a 2 question pre-screener, a demographic survey, and give your informed consent. Please add AVA to your name when signing consent; we would love to know how many of our members participated. The last day to enroll is September 30th. Participants must be 18 and over, must reside in the U.S., and must own an iPhone or Android to download the free app. Participants can opt out at any time. For more information on the study go to <http://trialx.com/amicawalksstudy/>. AVA

CLUB NEWS

CLUB MEETING

Our next club meeting will be October 4 in Education Rm A in the lower level of Adventist Health. Club meetings are open to members and guests.

This year we will be holding our officer voting at the December meeting. If you know someone who would or if you would like to participate in your club by holding an office please attend the club meeting. Nominations can be taken at the meeting.

NOMINATIONS FOR AVA AWARDS

National Awards: Please nominate club members for awards. We now have a Commendable Service Award. See the AVA Policy Manual for information about this and other National awards. Although there is a form in the Policy Manual, I would just need an email from you nominating the person and letting me know why they should get the Commendable Service Award. I can also give out Certificates of Appreciation and Meritorious Service Awards. Awards that require NEC approval are the Distinguished Service and Hall of Fame Awards. I need to have the forms for these by Thanksgiving as I need to get them in to the Awards chair by December 1.



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

CROSTOWN, 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



GROUP WALKS

9/7/16 - **Please note start point change**

10am Albertson's Parking Lot, 16199
Boones Ferry Road, Lake Oswego
rated 2B RCR: registration at
white pickup In parking lot
La Provence, 16350 Boones Ferry Rd,
Lake Oswego (diagonally across inter-
section)

9/14/16

10am New Seasons Market - Hillsboro,
1453 NE 61st Ave
rated 1A CM
Schmizza Public House, 988 NE Orenco
Loop, Hillsboro, OR (3 block walk from
finish)

9/21/16

10am Lakeside Chalet Restaurant, 3533
NE Everett St. Camas, WA
rated 1B AWW: drive to start at
LaCamas Lake Park on NW Lake Road
Lakeside Chalet, 3533 NE Everett St,
Camas, WA

9/28/16

10am Holiday Inn Express, 75 82nd
Drive, Gladstone, OR
rated 2A VV: start box at front
desk
High Rocks Restaurant & Lounge, 915 E
Arlington, Gladstone (across parking lot)

10/5/16

10am Do not go to the normal start for
this walk. Signup will be in the parking
lot at 8000 E Mill Plain (Garrison
Square)

rated 1A VUV

Mexico Lindo, 7900 E Mill Plain (at park-
ing)

10/12/16

10am Safeway, 401 A Ave, Lake Oswego
rated 2B CRVC
Manzana Rotisserie Grill, 305 First St,
Lake Oswego, OR (near finish)

10/19/16

10am Providence Medical Center, 4805
NE Glisan, Portland, OR
rated 1A RCR
Laurelhurst Café, 4611 E Burnside St,
Portland, OR 97215

10/26/16

10am Clarion Inn - Pony Soldier, 1060
NE Cleveland, Gresham
rated 1A ECWW: at counter
Heidi's, 1230 NE Cleveland (next to fin-
ish)

TRADITIONAL EVENT WALKS

9/3/2016 - 9/3/2016 City / State: Portland, OR Event Name: Fountains, Bubblers and More Event Type: Walk

Event ID: 104324 Distance - Trail Ratings: 5K/10K - 1A

Description:

Walk through history and visit some of Portland's best fountains. Wind your way through city streets as you experience much of what Portland has to offer. This walk will also take you through the Saturday Market, Farmer's Market and Art in the Pearl Festival, all in just 10km.

Amenities:

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

Special Programs:

Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walking America's Ports of Call, Walking the USA A - Z

Start Times:

8:00 am to 12:00 pm, FINISH 3:00PM

Location:

Good Samaritan Hospital - Building 2 (Foyer)

Start Point / Driving Directions:

1040 NW 22nd Avenue, Portland, Oregon.

I-5: Exit onto I-405 and then onto US 30W. Take US 30W to Vaughn St Exit. Turn LEFT at NW 23rd Ave. RIGHT on NW 22nd Ave. LEFT on NW Marshall St to Parking Structures (# 2 or # 3) on either the RIGHT or LEFT.

Awards & Fees:

IVV Credit Only

Comments:

Parking Validation Passes will be given once you have registered at the Start Point Table of the Walk.

AVA Challenges: A-Z, Cities in Song & 50 States

Host Club:

Columbia River Volkssport Club

Contact:

Carolyn (503) 649-7675

Website:

www.walking4fun.org

E-Mail Contact:

dick.koonce@gmail.com

9/10/2016 - 9/11/2016 City / State: Canby, OR Event Name: Marge's Memory Walk in the Dahlia Fields Event Type: Walk

Event ID: 103933 Distance - Trail Ratings: 10K 5K - 1A

Description:

Walking thru the Dahlia field and on country roads.

Amenities:

Strollers: hard | Wheelchairs: hard | Pets: | Restrooms:

Special Programs:

Cities in Song

Start Times:

8:00 am to Noon - Finish by 3 pm

Location:

Swan Island Dahlia Farm

Start Point / Driving Directions:

995 NW 22nd Avenue, Canby, Oregon 97013 I-5 Exit #278 (Canby), to 99E. LEFT on IVY (7-11Store on Corner). LEFT on 4th, RIGHT on Holly. LEFT on 22nd Ave. Follow signs to Swan Island Dahlias. I-205 Exit #9 (Oregon City) to 99E towards Canby. Follow 99E to Territorial Road (Apx. 8 Miles) RIGHT on Holly. LEFT on 22nd Ave. Follow signs to Swan Island Dahlias.

Awards & Fees:

IVV Credit Only

Comments:

In memory of Marge, please wear your Mickey Mouse ears or other Mickey items. Bring your pictures and stories to share with the Valley Volkswalker members and others that you have about Marge.

Host Club:

Valley Volkswalkers

Contact:

BL Cline (503) 329-5386

Website:

No Website Listed

E-Mail Contact:

valleyvolkswalkers@yahoo.com

10/15/2016 - 10/15/2016 City / State: Eugene, OR Event Name: Ridgeline Trail & South Amazon in South Eugene Event Type:

Walk

Event ID: 104312 Distance - Trail Ratings: 6k, 10k - 3B

Description:

SPECIAL PROGRAM CHALLENGES: Locating and completing challenges provides encouragement to continue healthful walking. Colorful embroidered patches are awarded for completing the required number of events per category. American Volkssport Association (AVA) and Walk Oregon Challenge (WOC) record books for logging your walking success are inexpensive and for sale at the Start Point. Ask to see them, and join the fun. NEW WALKER PACKET: Maximize your incentive to continue regular healthy activity. Purchase a New Walker Packet for just \$5. It's an economical introduction to credit walking. The packet is a \$21 value including an Events Book, Distance Book, three free walking coupons, one free issue of The American Wanderer, 10% off first Specialties order, one free National Physical Fitness & Sports Month patch, and a booklet, "The Not-So-Quick Guide to Volkssporting", Guidelines for submitting IVV achievement books, the Mossbacks' 2009 Year Round Events Brochure, the Mossbacks' club introduction brochure, and a second bonus patch. THE TRAIL: Walk 10km (6.2 miles) mostly on natural trail in the beautiful wooded area on south Eugene's Ridgeline Trail system. Some steep hills give the 10km route a 3+ rating. Walk the 6km (3.73 miles) route Rated 1 on well-maintained bark on the Rexus Running Trail along Amazon Creek and through Frank Kinney Park. Strollers easy 6km only. The bark is difficult for wheelchairs. No wheelchairs or strollers on 10km. Water & restrooms at Start/Finish. Carry water. Leashed, scooped pets OK outside buildings.

Amenities:

Strollers: easy | Wheelchairs: hard | Pets: Yes | Restrooms: Yes

Special Programs:

This event doesn't have any special Programs assigned.

Start Times:

8:00am to 1:00pm. Finish by 4:00pm

Location:

START/FINISH POINT: Emerald Valley Assisted Living, 4550 West Amazon Drive, Eugene. The Mossbacks thank Emerald Valley staff and residents and appreciate their courtesy.

Start Point / Driving Directions:

4550 W Amazon Dr. Eugene, OR 97405. Street names here can be confusing. Be sure you turn on WEST Amazon Drive in front of the Dari Mart. FROM NORTH ON I-5: Exit 189, Lane C. College (30th Ave.). Right at "T" to 30th Ave. Right on 30th for approx. 3 mi. Left on Hilyard. Left on West Amazon (3rd left). Then, one mile to Start. FROM SOUTH ON I-5: Exit 189, Left on 30th for approx. 3 miles, Left on Hilyard. Left on West Amazon (3rd left). Then one mile to Start. LTD Route 28 services the South Amazon area.

Awards & Fees:

IVV Credit Only

Comments:

REGISTRATION, FEES & CREDIT: This event is open to everyone. New walkers and free walkers are always welcome. ALL walkers must register, carry and return their Start Card to the Finish Point so we know you returned OK. This event (NW09-83439) has been sanctioned by the American Volkssport Association (AVA), member of the International Federation of Popular Sports (IVV). No awards. Volkswalking event, distance, and special-category recognition walkers pay the AVA/IVV Achievement Award Credit fee of \$3: children \$1. The sponsors are not liable for accidents, thefts, and/or material damage. Reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. No pre-registration: no refunds. We will hold this event regardless of weather conditions.

Host Club:

Eugene Springfield Mossback Volkssport

Contact:

Sally Ross (541) 726-7169

Website:

www.mossbacks.org

E-Mail Contact:

mossbacksclub@comcast.net



Walking

I walk in all seasons of weather;

In the cool rain of an early
Spring,

Or in the midst of a winter's
chill,

I walk in the warm rays of
Summer,

and in colorful winds of fall.

But when we walk together

It's the very best walk of all ! DE



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
360-573-6048
barbarabkr@q.com

Secretary: Debbie Esmond, 503-777-2717
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
oregon.trail.state.volkssport@gmail.com

American Volkssport Association
Mail: 1001 Pat Booker Rd, Ste 101
Universal City TX 78148
www.ava.org

NW Regional Director
Nancy Wittenberg
NW_RD@AVA.org