

THE ROAMER

Rose City Roamers
Walking Club Newsletter



February 2017



Fun, Fitness, Friendship

AVA Member

CALENDAR

- Feb. 7 Club meeting
7Pm Adventist Health LL Ed.
Rm B
- Mar 28 Board Meeting
6pm Adventist Health Pavilion
lobby upper lever
- Apr 4 Club Meeting
7pm Adventist Health

CLUB NEWS

CLUB MEETING

Our next club meeting will be on February 7 at Adventist Health's Education Room B, lower level (near cafeteria)

MEMBERSHIP DUES RENEWALS

Have you renewed your membership yet? It's not too late! 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 February 7 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!



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

Winter Walk to Win Contest 2017

The Winter Walk to Win contest continues through March 31, 2017. Walkers will be awarded one (1) chit for entry in the drawing for every 10 Oregon walks logged. Three winners will be selected in a random drawing to be held at the April 2017 OTSVA State Meeting. Odds of Winning depend on the total number of walks logged. Winning walkers need not be present to win.

The same rules for Washington other than walking in Washington instead of Oregon, and the winners will be selected at the May 6 2017 ESVA State Meeting. A nominal recognition gift will be presented to participants with highest three totals.

Log sheets need to be turned in no later than April 13, 2017 for both contests. Oregon walkers can send email or mail to Ed Hainline 11410 SE 90th Ave #1511, Happy Valley OR 97086-4504 edhainline@comcast.net 360-921-1909. Washington walkers can send email or mail to Tom Baltes 829 NW 44th Ave, Camas WA 98607 TLBaltes@aol.com 505-298-1256.

Copies of log sheets and contest information are available at upcoming traditional walking events or at <http://walkoregon.org/club-news> or the ESVA website

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

DOWNTOWN LANDMARKS, 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 -LADD'S ADDITION-AND PARKS

Start: STARBUCKS COFFEE
3639 SE Hawthorne Blvd.
Contact: Susan T 503-975-9151

PORTLAND – Northeast

HOLLYWOOD,-LLOYD CENTER, HIGHLIGHTS- HAWTHORNE LAURELHURST AREA

Start: PROVIDENCE PORTLAND
4805 NE Glisan St.
Contact: John H., 503-654-3494

PORTLAND — Northeast

MT. TABOR

Temporary closure of Park entrance-tentative re-opening
3/1/17

Start: PROVIDENCE PORTLAND
4805 NE Glisan St
Contact: Judy DeBenedetti , 503-929-2310

PORTLAND – Southwest Temporary closure of roadway–
Use alternate route on Terwilliger Blvd.

TRYON CREEK STATE PARK– Start: TRYON CREEK STATE
PARK
11321 SW Terwilliger Blvd.
Contact: John H., 503-654-3494

PORTLAND – Southeast temporarily out of service -
Business closed

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,

START: ALBERTSON'S STORE
16199 SW Lower Boones Ferry Rd.
Contact: Ed H., 360-921-1909

TUALATIN

HEDGES CREEK,

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)

***walks begin at 10 a.m. with lunch about 2 hours afterwards (unless noted otherwise) ***

These walks are cancelled If there is snow or ice on the sidewalks. We normally email the list when this happens.

2/1/17

10:00 AM Safeway, 8255 SW Wilsonville Rd, Wilsonville, OR
YRE 755 Graham Oaks VV
Oswego Grill, 30080 SW Boones Ferry Rd (short drive)

2/8/17

10:00 AM Fred Meyer - Gateway, 1111 NE 102nd - 102nd entrance
Portland, OR
YRE 427 Parkrose Heights ECW
Applebee's, 10004 NE Halsey St (1 block away)

2/15/17

10:00 AM Ft Vancouver National Historic. 1501 E Evergreen Blvd,
Vancouver, WA
YRE 138 Historic Ft Vancouver VUV
Jerusalem Café, 106 E Evergreen Blvd (1 km from finish)

2/22/17

10:00 AM Palio Dessert & Espresso House, 1996 SE Ladd Ave, Ladd's Addition
YRE 1714 rated 1A
Genies Café, 1101 SE Division, Portland, OR (near end of walk)

3/1/17

10:00 AM Albertson's, 16199 Boones Ferry Road,
YRE 1653 River Run rated 2B
La Provence, 16350 Boones Ferry Rd, Lake Oswego (diagonally across intersection)

3/8/17

10am Black Rock Coffee, 7710 NE 5th Ave, Hazel Dell, WA
YRE 425 rated 2A/1A
Jazzy John's BBQ, 512 NE 81st St, J, Hazel Dell (3 blocks away)

3/15/17

10:00 AM McMenamins Greenway Pub, 12272 SW Scholls Ferry Rd, Tigard remote sign in & start - do not go to normal start point
YRE 1025 Summerlake Park rated 1A
McMenamins Greenway Pub, 12272 SW Scholls Ferry Rd (at remote start)

3/22/17

10:00 AM Fit for Life, 5640 Hood St, West Linn
YRE 442 West Linn rated 1A
Linn City Pub, 19389 Willamette Dr, (2 mile drive)

3/29/17

10:00 AM Mt Hood Medical Center, 24800 SE Stark,

Gresham

YRE 1482 Walt Morey rated 1A in main entrance
Bumpers Grill and Bar, 21935 NE Halsey St, Fairview (short drive)



TRADITIONAL WALK EVENTS

(Club sponsored walks)



2/4/2017 Portland, OR Event Name: Pre-Super Bowl Event

Event ID: 105007

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

Description: Walk on sidewalks and street shoulders into some of the historic areas of older Portland on the 10KM route. The 5KM route 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: Alternative Capitals, Animal Safari, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Walking America's Ports of Call, Walking the USA A - Z, Water Towers

Start Times: 9:00am-12:00pm, Finish 3:00pm

Location: McMenamins Kennedy School - The Parsons Room

Start Point / Driving Directions: 5736 NE 33rd Ave, Portland, Oregon

I-84 (Eastbound) - Coming from I-5 going east on I-84 take the NE 33rd exit and turn left on to NE 33rd Ave. Go approximately 2 miles and turn Right on NE Jessup to the back parking lot of the McMenamins Kennedy School.

I-84 (Westbound) Take the NE 43rd Avenue exit and follow signs for NE Broadway. Turn Left on to NE Broadway for approximately 1 mile to NE 33rd Ave. Turn Right on NE 33rd Ave for approximately 2 miles and turn Right on to NE Jessup to the McMenamins Kennedy School on your left. Parking in the lot. If the lot is full - parking on the surrounding streets might be necessary.

Awards & Fees:

IVV Credit Only

Comments:

Challenges: WOC: Anique Shops, Banks, Candy Shops, COW, Galleries, Gardens, High Schools, Historic Homes, Landmarks, Libraries, Monuments, Murals. Sticks and Stones, Watering Holes.

ESVA: Womb to Tomb - Schools & Vows

Water and Restrooms at the start/finish and along the route. Pets permitted but NOT in Building(s). Owners are responsible for leash and clean up laws.

Strollers and Wheel Chairs will have difficulty!!

Host Club: Columbia River Volkssport Club

Contact: Ed Hainline (360) 921-1909

Website: www.walking4fun.org

E-Mail Contact: edhainline@comcast.net



2/11/2017 Portland, OR Event Name: Heartbreaker

Event Type: Walk

Event ID: 105027

Distance - Trail Ratings: 12K/5K - 1B

Description: Walk on sidewalks, paths, trails and up approximately 900 stairs, while exploring Northwest Portland and Washington Park .

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

Special Programs: Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Volcanoes, Walking America's Ports of Call, Walking the USA A - Z

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

Location: Heartbreaker 1040 NW 22nd Ave, Good Samaritan Hospital - Building # 2, in the Foyer.

I-5: Exit onto I-405 and US 30 West. Take US 30 West to Vaughn Street exit. Left on NW 23rd Avenue. Left on NW Northrup. Right on NW 22nd Avenue. Left on NW Marshall to the Parking Garage structures on either your right or left.

Awards & Fees:

IVV Credit Only

Comments: Pat Jewett is Co-Chair of this Event. Her email address is scoutpjwriter@gmail.com and her phone number is - 503-453-6018.

Parking Validation Passes will be given once registered at the Start Table area.

WOC Challenges: Banks, Candy Shops, Emergency, Historic Homes, Hospitals and Watering Holes.

ESVA Challenges: Restaurants & Womb to Tomb

AVA Challenges: 50 States & Centurion (2017)

Pets permitted, but NOT in building(s). Owners are responsible for leash and cleanup laws.

Host Club: Columbia River Volkssport Club

Contact: John Fiebiger (503) 936-0940

Website: www.walking4fun.org

E-Mail Contact: jfieb1@aol.com

3/18/2017 Hillsboro, OR Event Name: St Pat's Walk



Event ID: 105751

Distance - Trail Ratings: 10k/5k - 1B

Description: Our annual St Patrick's Day walk and collection of Teddy Bears for the Washington County Sheriff's Office Buddy Bear Program

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

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

Start Times: 9am-1pm

Location: Unitarian Universalist Community Church Parish House

Start Point / Driving Directions: 1340 NW 228th Ave, Hillsboro, OR. I-5 Southbound, exit 302B (I-405S), exit 1D (US26W), exit 62A (Cornelius Pass Rd). Right on Cornelius Pass Rd, Right on NW Cornell Rd, Left on NW 231st St, Left on NW Alder St, Right on NW 228th Ave to parking lot on left. I-5 Northbound, exit 292A (Hwy 217), exit 69A (US 26W), Continue as above.

Awards & Fees:

ZZ

Comments: Walk through the brand new, just opened Orenco Woods Park and other favorites Orchard Park, Noble Woods Park, and along neighborhood streets and among new neighborhoods and additional smaller neighborhood parks

Host Club: Cedar Milers

Contact: Dar Parrow (503) 484-6475

Website: www.cedarmilers.org

E-Mail Contact: dar.parrow@gmail.com

4/1/2017 Newport, OR Event Name: No Fooling! Its Flat!



Event Type: Guided Walk

Event ID: 107635

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

Description:

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

Special Programs: boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Walking America's Ports of Call
Start Times: 10am
Location: South Beach State Park
Start Point / Driving Directions:

Awards & Fees:
IVV Credit Only
Comments:

Host Club: Yachats Coastal Gems Volkssport Club
Contact: Maryann Brown (541) 961-4279
Website: No Website Listed
E-Mail Contact: maryannbrown_1999@yahoo.com



The first of two Guided walks this weekend in wonderful Eastern Oregon. You'll walk on streets with and without sidewalks and some pathways. From the very nice Visitor Center, we'll do an out-and-back short walk across the Columbia River, in both Umatilla and Benton Counties. The longer walk will continue through the town, a park, pass by the High School, and return to the Center. Other sites in the area for visiting include the McNary Wildlife Nature area, just below the McNary Dam. Check out the walk on Sunday in Irrigon; make it a weekend!

Amenities:
Strollers: medium | Wheelchairs: | Pets: Yes | Restrooms: Yes
Special Programs:

4/8/2017 Umatilla, OR Event Name: Eastern Oregon: Walking Together U&I

Event Type: Guided Walk
Event ID: 104492

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

Description:

Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking America's Ports of Call

Start Times: Sign in: 12:30 pm Walk starts: 1 pm

Location: Umatilla Visitor Center

Start Point / Driving Directions: 100 Cline Ave. Umatilla, OR 997882

From East/West on I-84, head to I-82 and head North to Exit 1. Following signs at light to Visitor Center. From the North, use I-82 from Yakima or Tri-Cities. Cross the Columbia and take Exit 1. Follow signs to Visitor Center.

Awards & Fees:

IVV Credit Only

Comments: Water and Restrooms at Visitor Center start only.

AVA: All but two are on the 5k. The 10k includes the City Park challenge and Walk the USA - Street by Street (Quincy - WA, MA, IL, CA)

WOC: 10k Auditorium, Bank, City Hall, Engines, High School, Library, Museum, Watering Hole, Waterways.

ESVA: Restaurants (American, Mexican) WTT (School, Vow, Death)

Host Club:

Cedar Milers

Contact: Dan Webster (503) 591-5893

Website:

No Website Listed E-Mail Contact: 2008cedarmilers@gmail.com

INCLEMENT WEATHER/WALK CANCELLATION NOTIFICATION POLICY

At a recent board meeting a question was asked about creating a policy for notifying members when a walk will be canceled in cases of severe weather or other circumstances that may interrupt a walk/route. Rose City Roamers board members want to know what the best way to communicate urgent news. At our next club meeting we will be passing around the current membership list so you can indicate your preference for notifications; Email, Phone, text, etc. If you would like to provide your choice but cannot make the meeting feel free to contact any of the board members.



A muscle is like a car. If you want it to run well early in the morning, you have to warm it up.



2017 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

Esmondd1@hotmail.com

Membership Manager, Asst. 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

