

THE ROAMER

Rose City Roamers
Walking Club Newsletter



JULY 2017



Fun, Fitness, Friendship

AVA Member

CALENDAR

July 25	Board Meeting
6pm	Adventist Health Pavilion
Aug 1	Club Meeting
7pm	Adventist Health LL Ed Rm B
Aug 9	Maywood Park-Grotto Guided walk
Aug 30	Blue Lake-Fairview Guided walk
Sept 2, 3	Hazelia Field at Luscher Farm Lake Oswego
Sept 10	Milwaukie Peace Walk Milwaukie Rotary Club
Sept 17	Oktoberfest walk Mt Angel

UPCOMING RCR WALKING EVENTS

Rose City Roamers is hosting two guided walks in August and three traditional walks in September.

August 9 is a guided walk through the Maywood neighborhood with a start at The Grotto and on August 30 we will be walking in the Blue Lake - Fairview Lake area. Starting point will be at the Walmart store in Troutdale.

The first walk is September 2nd and 3rd Hazelia Field at Luscher Farm in Lake Oswego. Starting times is 9 - 12pm. Dogs are not be allowed in Luscher farm.

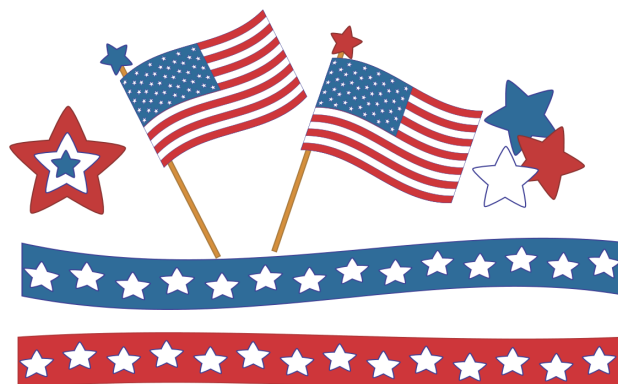
The second walk is September 10 in Milwaukie OR for the Milwaukie Peace walk in conjunction with the Milwaukie and Oak Grove/Gladstone Rotary Clubs.

The third walk in September is in conjunction with Mt. Angel's Oktoberfest on September 17, 2017 Starting times are 9am—1pm with the Start point to the left of the Main Mt. Angel, FestHalle, 500 E Wilco Hwy (Hwy 214). This walk is rated 2A. It is recommended that for those walkers who are bringing their pets it's best to walk before noon as it gets very crowded in the afternoon at the festival.

CLUB NEWS

CLUB MEETING

Our next club meeting will be on August 1, 2017 in the Adventist Health Education Rm B on the lower level. Several of our members went to the convention this year in June so our annual strawberry shortcake was to carryover to our August meeting instead. Come enjoy a treat of fresh strawberries and hear about what is happening in the folks-walking family.



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 – 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

Safeway—Customer Service
4600 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 ***

The blue YRE nnn is a link you can click to get directions and more information about the walk.

7/5/17

9:30 AM Tualatin Hill Rec. - Athletic Center, 50 NW 158th, Beaverton

Nature Park rated 1B (end of lobby on right)
Sweet Tomatoes, 1225 NW Waterhouse Ave (short drive)

7/12/17

9:30 AM Red Lion Hotel - Jantzen Beach, 909 N Hayden Island Dr, Portland

Hayden Island rated 1A start box on East side main floor
Island Cafe, 250 NE Tomahawk Island Dr (short drive)

7/19/17

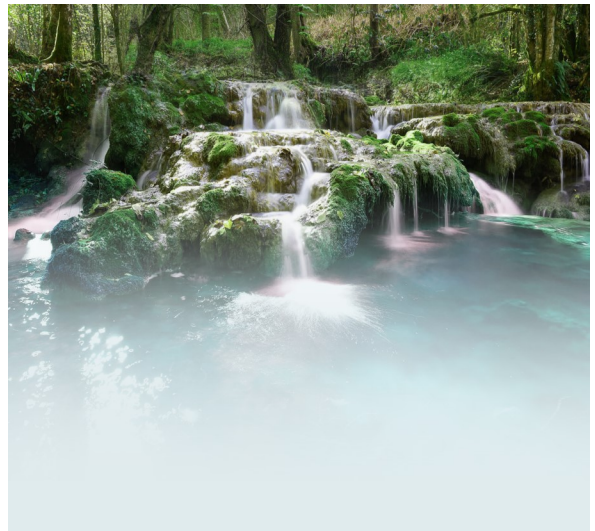
9:30 AM Starbucks, 3639 SE Hawthorne Blvd, Portland

Ladd's Addition rated 1A behind counter
McMenamins, 3702 SE Hawthorne Blvd (across street)

7/26/17

9:30 AM Lakeside Chalet Restaurant, 3533 NE Everett St Camas, WA

Lacamas Trail rated 1B behind counter
Lakeside Chalet, 3533 NE Everett St, Camas, WA



TRADITIONAL WALK EVENTS

(Club sponsored walks)

7/15/2017 - 7/15/2017

Sweet Home

Event ID: 107406

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

Description: You will start your walk from the Covered bridge through urban areas of Sweet Home "Gateway to the Santiam playground" With a 5 or 10 K walk and a longer distance if requested. You may picnic at Sanky park near the covered bridge. Or eat at the nostalgic A&W with booth phones. Their will be many challenges.

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

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

Start Times: 8:00 A.M.-1:00 P.M. finish by 4:00

Location: Weddle covered bridge 14th street Sweet Home OR

Start Point / Driving Directions: 14th Street Sweet Home. I-5 North bound: Take Exit 228 turn Right (East) on HWY.34.

I-5 South bound: Exit 228 turn Left (East) on 34. Go 5.2 miles. Exit onto Denny School road. turns into Airport road. At 3.7 miles turn right onto Highway 20 (Main Street). Go 12.5 miles to Sweet Home. Turn right on 12th street. Left on Kalmia, right on 14th and follow signs to covered bridge

Awards & Fees: IVV Credit Only

Comments:

Host Club: Albany Fitwalkers

Contact: Don Reed (541) 926-8327

Website: albanymfitwalkers.org

E-Mail Contact: donreed1946@yahoo.com

7/22/2017

Estacada, OR

Event ID: 107846

Distance - Trail Ratings: 5/10 -

Description:

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

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

Start Times:

Location:

Timber Park

Start Point / Driving Directions:

Awards & Fees:

Comments:

Host Club: East County Windwalkers

Contact: Louise Dix (541) 951-0667

Website: eastcountwindwalkers.weebly.com

E-Mail Contact: louisedix@yahoo.com

7/29/2017 - 7/29/2017

Scappoose, OR

Crown Zellerbach Walk

Event ID: 107628

Distance - Trail Ratings: 10 km - 1A

Description: Walk on sidewalks and paved trail on the two lower segments of the Crown Zellerbach Trail, a 20-mile trail between Scappoose and Vernonia, and then to the Saturday Market

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

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

Start Times: 8:00 a.m. to Noon finish by 3:00 p.m.

Location: Scappoose

Start Point / Driving Directions: Miller Road Park

north of E Columbia Ave. US30 to Scappoose. East on E Columbia Ave. LEFT on Miller Rd to Miller Rd Park

Awards & Fees: IVV Credit Only

Comments:

Event is flat and will have a 5km alternate route.

Host Club: Border Crossers

Contact: Sam Korff (503) 728-0400

Website: longviewbordercrossers.org

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

8/5/2017 Molalla, OR BEST KEPT SECRET OUTSIDE OF MOLALLA, OREGON

Event ID: 107322

Distance - Trail Ratings: 10K/5K - 2B - 2B

Description: Two 5K Loops, on the Old Molalla Forrest Logging Rd. Loop 1 is a 2B up an old gravel logging road to a trail that goes around a Beaver Pond, Viewpoint & Gazebo - Loop 2 is a 1B along the Molalla River.

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

Special Programs: Bridges - Spanning the USA, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees

Start Times: 9 AM TO NOON FINISH BY 3 PM

Location: Molalla Corridor

Start Point / Driving Directions: 36260 S. Dickey Prairie Rd. Plus 8 miles more

Molalla, Oregon 97036

Directions to Molalla: I-5 Northbound Exit #271 (Woodburn) Follow OR 211 to Molalla to flashing red light & continue to Y see directions below. Southbound take I-205 to Exit #10 (Oregon City). Take OR 213 to Molalla, LEFT on Main St./OR 211 to flashing red light and continue to "Y". RIGHT at Y Mathias Rd then LEFT on S Feyrer Park Rd. (No Sign/Boy Scouts Sign), RIGHT on S. Dickey Prairie Rd. Keep RIGHT at the Gray Building/Store continuing on S Dickey Prairie Rd. to 8.1 miles. If you used your GPS for the address listed above you are here now & ready for directions below. From this point on no cell phone service. Landmark phone booth, turn RIGHT onto S. Forrest Rd.6-3E-6/Upper Molalla Rd. Cross the Glen Avon Bridge. Stay Left on PAVED Rd., look for Orange & White mileage markers on Trees. After mileage marker #8 continue to cross the bridge the start is on your Left in gravel Parking lot.

Awards & Fees: IVV Credit Only

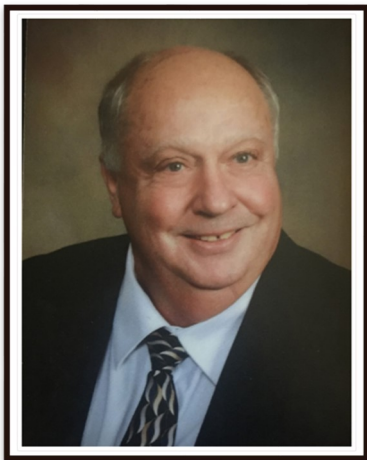
Comments: Water at start & Finish. Clean Pit Toilets. Pet leash law and clean up after your pet. It is 10 degrees cooler in the foot hills of the Cascade Mountains. Bring your walking sticks. No cell phone service at start.

Host Club: Valley Volkswalkers

Contact: B L Cline (503) 329-5386

Website: No Website Listed

E-Mail Contact: Valleyvolkswalkers@yahoo.com



IN MEMORIAM

The Rose City Roamers offer condolences to the family on the passing of Daryl Martin Pulley on June 2, 2017. He was born July 4, 1945. He is survived by three children, 2 sons and a daughter. Also his lady friend of 7 years, Pat Schroeder.

Daryl was an early member of All Weather Walkers serving as Secretary and in Vancouver serving as President. He served as Regional Director for the Northwest. He served as President for Rose City Roamers.

Daryl practiced law for 40 + years, with an office here in the Hollywood district here in Portland. He served in the military. Private military honors and interment will be held at Willamette National Cemetery, 11800 S.E. Mt. Scott Blvd. Portland, Oregon 97086

You may add your condolences, remembrances on the Rose City Funeral home's website <http://www.rosecityfuneralhome.com>.



Those who won our independence believed liberty to be the secret of happiness and courage to be the secret of liberty.

Louis D. Brandeis

2017 Club Officer Directory

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barbarabkr@q.com

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M@L

(M@L=Member at Large)

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