

THE ROAMER

Rose City Roamers
Walking Club Newsletter



OCTOBER 2017



Fun, Fitness, Friendship

AVA Member

CALENDAR

- | | |
|--------|---------------------------------|
| Oct 3 | Club meeting |
| 7pm | Adventist Health ed. Rm B |
| Nov 28 | Board meeting |
| 6pm | Adventist Health Pavilion lobby |

CLUB NEWS



Join us at our club meeting on October 3 in the lower level of Adventist Medical Center in Education Room B. It is time to nominate the new officers for the Rose City Roamers club. If you

would like to be a part of making our club great consider volunteering or nominating someone you know to our board. December's club meeting will be when we will hold our elections.

Correction: In last month's newsletter the article on club members receiving awards inadvertently listed Sue Cline, it should have said Sue Connolly.

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.

10/4/17

10:00 AM Foot Traffic, 7718 SE 13th Ave,
Portland

Oaks Bluff Trail rated 1B at
counter
Reverend's BBQ, 7712 SE 13th St next
door



10/11/17 - **do not go to the normal start for this walk - signup will be in the Food Court for this day only**

10:00 AM Lloyd Center - Food Court, 2201
Lloyd Center, Lloyd Center
rated 1A
Food Court



10/18/17 - **note both walks will leave from Pendleton**

10:00 AM Pendleton Woolen Mills, 2
Pendleton Way, Washougal
Columbia River Dike rated 1B
retail counter
Amnesia Brew Pub, 1834 Main St.,
Washougal 4 blocks away



10/25/17

10:00 AM Safeway, 15570 SW Pacific
Hwy, Tigard

Cook Park rated 1A service
counter
Pacific Breeze, 11525 SW Durham Rd 4
blocks away

TRADITIONAL WALK EVENTS

(Club sponsored walks)

10/8/2017 - 10/8/2017

City / State:

Salem, OR

Event Name:

Peter Courtney Minto Brown Bridge Walk

Event Type:

Walk

Event ID:

107149

Distance - Trail Ratings:

5K, 10K - 1B

Description:

Walk to the new Pedestrian Bridge in downtown Salem to use for access to the Minto-Brown Island Park. The 10K route is paved & suited for strollers; 6K route is unpaved in areas. The Park is a serene wildlife paradise with waterfowl/ wildlife. There are 9 trails in the Park.

Amenities:

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

Special Programs:

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walking America's Ports of Call, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

Start Times:

9-1

Location:

Riverfront Park

Start Point / Driving Directions:

200 Water Street NE, Salem, OR 97301

I-5 SOUTHBOUND: exit 260A & straight to take Salem Pkwy/OR99E for 4 miles; RIGHT on Union St at traffic light; LEFT on Water St.

I-5 NORTHBOUND: exit 253, LEFT on OR22W/Mission St for 2.3 miles; RIGHT on 99E business exit to OR22W/Willamette U/City Center; LEFT on OR22W/Bellevue St for 1.2 miles; RIGHT on Front St; LEFT on Union at traffic light; LEFT on Water St. Park in the lot just past 2nd bridge. Look for walk signs.

Awards & Fees:

IVV Credit Only

Comments:

The Waterways 6/10K YRE can also be walked since it goes through Riverfront Park. The AVA commemorative brick is near the bridge.

WOC: Docks/Forest/KLUBS/Landmarks/Monuments/Water Towers/Waterways

Host Club:

Willamette Wanderers

Contact:

Jim Westcott (503) 581-8444

Website:

willwander.weebly.com

E-Mail Contact:

BARNEVE@aol.com

10/14/2017 - 10/14/2017

City / State:

Springfield, OR

Event Name:

Springfield Art and Mill Race Walk

Event Type:

Walk

Event ID:

107545

Distance - Trail Ratings:

5k, 10k - 1A

Description:

Amenities:

Strollers: | Wheelchairs: | Pets: | Restrooms:

Special Programs:

This event doesn't have any special Programs assigned.

Start Times:

9:00am to 12:00pm. Finish by 3:00pm

Location:

Springfield Library

Start Point / Driving Directions:

Awards & Fees:

ZZ

Comments:

Host Club:

Eugene Springfield Mossback Volkssport

Contact:

Sally Ross (541) 726-7169

Website:

www.mossbacks.org

E-Mail Contact:

www.mossbacks.org

10/21/2017 - 10/21/2017

City / State:

Troutdale, OR

Event Name:

Sandy River Walk

Event Type:

Walk

Event ID:

107427

Distance - Trail Ratings:

5k & 10K - 1B

Description:

Stroll on sidewalks and trails through Lewis and Clark State Park (5K) and through Sandy River Delta Park, a restored forest ecosystem, onto the Bird Blind, designed by Maya Lin (10K).

Amenities:

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

Special Programs:

This event doesn't have any special Programs assigned.

Start Times:

9:00am -1:00pm Finish by 4:00pm

Location:

Comfort Inn Columbia Gorge Gateway 1000 NW Graham Rd. Troutdale, OR 97060

Start Point / Driving Directions:

1000 NW Graham Rd.

Troutdale, OR 97060

From I-84 Eastbound: Take exit 17 Marine Dr/257th Ave. Travel 0.7 miles and turn Left on NW 257th Ave. Travel 425 feet and turn slight right onto NW Graham Rd. Travel 400 feet and turn Right into parking lot of Comfort Inn.

From I-84 Westbound: Take Exit #17 Marine Dr/257th Ave. Travel 0.2 miles and turn right onto NW Graham Rd. Travel 400 feet and turn Right into parking lot of Comfort Inn.

Awards & Fees:

IVV Credit Only

Comments:

Will be listed at Start Table

Host Club:

East County Windwalkers

Contact:
Teresa Meisner (503) 422-2967
Website:
www.eastcountywindwalkers.weebly.com
E-Mail Contact:
teresame46@msn.com

11/24/2017 - 11/24/2017

City / State:
Portland, OR
Event Name:
#OPTOUTSIDE with America's Walking Club
Event Type:
Guided Walk
Event ID:
107996

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

Description:
Walk in the Vermont area of Portland, through Gabriel Park and older neighborhoods. Join the AVA, America's Walking Club and your local Cedar Milers walking club on the #OPTOUTSIDE day, Black Friday, for some time outside instead of in the crowded stores. You'll certainly burn off some of those Thanksgiving calories. The route includes paved streets with no sidewalks and some unimproved gravel streets in the hilly neighborhoods. Included in the route will be several streets with State names for the USA Street-by-Street challenge. We'll start from the SW Community Center and enjoy the two 5k loops.

Amenities:
Strollers: hard | Wheelchairs: NO | Pets: | Restrooms: Yes
Special Programs:
Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street

Start Times:
Sign Up 8:30 am; Walk Starts at 9 am

Location:
Southwest Community Center
Start Point / Driving Directions:
6820 SW 45th Avenue, Portland, Oregon 97219

I-5 Southbound
Take exit 296B for Multnomah Boulevard. Continue on SW Multnomah Blvd. Drive to SW 45th Ave. Turn right onto SW 45th Ave. Follow SW 45th Ave to the Community Center

I-5 Northbound.
Take exit 294 from I-5 N. Turn right onto SW Barbur Blvd/Pacific Hwy W. Turn left onto SW Taylors Ferry Rd. Turn right onto SW 48th Ave which changes to SW 45th Dr. Continue on SW 45th Dr past Woods Memorial Park
Street changes again to SW 45th Ave
Follow SW 45th Ave to the Community Center

Awards & Fees:
IVV Credit Only
Comments:
This walk is not based on any previous YRE or Traditional walks. The first loop is a 1A with a short steep hill and some other lesser hills. The second loop is the real deal of a 2B with many steep hills, up and down. It will be a real challenge.
State Streets: Idaho, Illinois, Iowa, Nebraska, Vermont, California, Texas, Florida, Dakota, Carolina
WOC: Dog-related (both)
ESVA: Church, School (first loop)
Host Club:
Cedar Milers
Contact:
Dan Webster (503) 591-5893
Website:
www.cedarmilers.org
E-Mail Contact:
2008cedarmilers@gmail.com

Black and Gold

by Nancy Byrd Turner

Black and gold, black and gold

Black and gold to-night:

Yellow pumpkins, yellow moon

Yellow candlelight;

Jet-black cats with golden eyes

Shadows black as ink,

*Firelight blinking in the dark
with a yellow blink.*

*Everything is black and
gold with Nothing in*

*between- When the
world turns black and
gold*

Then it's Halloween!



2017 Club Officer Directory

President: Dick Baker

360-991-8806

dickbkr@gmail.com

Vice President: Ed Hainline,

360-921-1909

edhainline@comcast.net

Treasurer: Barbara Baker

360-573-6048

barbarabkr@gmail.com

Secretary: Debbie Esmond, 503-777-2717

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Newsletter Editor: Denise Esmond

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M@L

(M@L=Member at Large)

For membership dues mail to:

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Vancouver, WA 98686

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Oregon Trails State Volkssport Association (OTSVA)

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