

THE ROAMER

Rose City Roamers
Walking Club Newsletter



SEPTEMBER 2017



Fun, Fitness, Friendship

AVA Member

CALENDAR

- Sept 2, 3 Hazelia Field at Luscher Farm
 Lake Oswego
- Sept 10 Milwaukie Peace Walk
 Milwaukie Rotary Club
- Sept 17 Oktoberfest walk
 Mt Angel

CLUB NEWS

CLUB MEETING

Our next club meeting will be on October 2, 2017 in the Adventist Health Education Rm B on the lower level. Elections for offices are open for nomination; President, vice President, Secretary, Treasurer, Newsletter Editor. You may submit nominations to the board or at the October meeting. Let's make our walking club the best it can be.

SERVICE AWARDS FOR RCR MEMBERS

At the August meeting the club president handed out Meritorious service awards for members of Rose City Roamers; John Hacker, Barbara Baker, Debbie & Denise Esmond, Susan Treacy, Annette St. Pierre, and Dick Baker received a certificate. Ed Hainline received a Distinguished Achievement award at the AVA conventions. Sue Connolly was given her certificate as well the following day.

UPCOMING RCR WALKING EVENTS

Rose City Roamers is hosting three traditional walks in September.

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.



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, SEVEN PARKS-New name,

Start: LEGACY GOOD SAMARITAN HOSPITAL
1015 NW 22nd Avenue
Contact: Sue C., 503-289-5888
Parking validation pass or fee required.

PORTLAND-Southeast

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



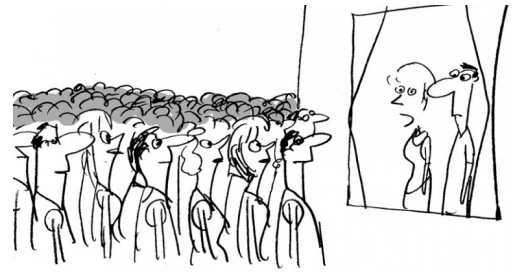
WEDNESDAY WALKS

(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.



“Yes, participating in walking groups does have its health benefits. However, I doubt the size of the group matters.”

9/6/17

10:00 am Safeway, 401 A Ave, Lake Oswego, OR

YRE 1611 rated 2B Marylhurst
Manzana Rotisserie Grill, 305 First St,
Lake Oswego (near finish)

9/13/17

10:00 am New Season Market, 1453
NE 61st Ave. Hillsboro

YRE 1182 Dawson Creek rated 1A In
back of store
La Provence, 937 NE Orenco Station
Loop (3 blocks away)

9/20/17

10:00 am Clarion Inn - Pony Soldier,
1060 NE Cleveland, Gresham

YRE 519 Gresham Town rated 1A at
counter

Heidi's, 1230 NE Cleveland (next to
finish)

9/27/17

10:00 am QFC, 3503 SE 192nd Ave,
Vancouver

YRE 1569 Columbia Overlook rated
1B podium near bakery tables
Olive Garden, 16405 Mill Plain Blvd.(3
mile drive)

10/4/17

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

YRE 2113 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

YRE 1708 rated 1A
Food Court

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

10:00 AM Pendleton Woolen Mills, 2
Pendleton Way, Washougal

YRE 1968 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

YRE 534 Cook Park rated 1A service
counter

Pacific Breeze, 11525 SW Durham Rd 4
blocks away

TRADITIONAL WALK EVENTS

(Club sponsored walks)

9/2/2017 - 9/3/2017 Lake Oswego, OR Hazelia Field at Luscher Farm

Event ID: 104305

Distance - Trail Ratings: 5k, 6k and 11k - 2B

Description: There are 2 routes for this event. 6km (2B) You will walk on paved and natural trail surfaces through Luscher Farm and on the Rosemont trail to the turnaround JUST PRIOR to Oswego Winery, we are not walking in the Winery, while in Luscher Farm you can walk around the community garden and see some of the various scarecrows. DOGS are not allowed in Luscher Farm. 5km (2A) You will walk on sidewalks past Lakeridge High School and through some nice neighborhoods.

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

Special Programs: Take a Walk In a City Park, Walking the USA A - Z

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

Location: Hazelia Field Park, SW Stafford Road and SW Overlook Drive, Lake Oswego

Start Point / Driving Directions: 17800 Stafford Road, Lake Oswego.

The Hazelia Field Dog Park at Luscher Farm. Corner of SW Stafford Road & SW Overlook Drive.

I-205: Exit #3. NORTHBOUND take LEFT and SOUTH BOUND take RIGHT onto SW Stafford Road, go through 2 traffic circles to the traffic light! Turn RIGHT at the traffic light to get to the start (Hazelia Field Dog Park). There is Limited Parking at the Hazelia Field Dog Park. Overflow parking is available at Lakeridge High School (See comments section).

Awards & Fees: IVV Credit Only

Comments: **Walking Companions are NOT Allowed in Luscher Farm!

Overflow parking at Lakeridge High School on SW Overlook Dr. Use the parking lot on the RIGHT away from the school building headed towards the Baseball Field.

Water and restrooms at the Start/Finish and Checkpoint.

Challenges: (WOC) Dogs, Garden & High School

Host Club: Rose City Roamers

Contact: Ed Hainline (360) 921-1909

Website: www.rosecityroamers.org

E-Mail Contact: edhainline@comcast.net

9/10/2017 Milwaukie, OR Milwaukie "Peace" Walk

Event ID: 107983

Distance - Trail Ratings: 5 and 10 km - 1A

Description: The route will be two 5 km loops. The Northern loop will walk along the Trolley trail with many large sculptures to the downtown area of Milwaukie. Enjoy the Farmers Market then return along the Willamette River and the Trolley Trail. The second route will go along McLoughlin with its many shop and businesses then go through the Oak Grove District and return on the Trolley Trail.

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

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

Start Times: 9 am to 1 pm

Location: SE Park Ave. MAX Station

Start Point / Driving Directions: 2750 SE Park Ave. From I-205 take exit 9, turn right onto Hwy 99 (McLoughlin) for 5 miles to Park Ave. Left on Park Ave., and enter MAX Parking structure. Park then cross Park Ave. to Plaza to register.

Awards & Fees: IVV Credit Only

Comments: The route is in conjunction with the Milwaukie and Oak Lodge Rotary clubs' "Peace" Walk. They will have Peace Poles along both routes. Please consider a donation to the Rotary Clubs for the many charitable projects including the Peace Poles that they do.

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Website: www.rosecityroamers.org

E-Mail Contact: dickbkr@q.com

9/17/2017 Mt Angel, OR Mt Angel Oktoberfest

Event ID: 107333

Distance - Trail Ratings: 5, 6 and 11 km - 2A

Description: The 6 and 11 km are rated 2A walking on sidewalks and park paths through several parks, downtown through the festival area, to the abbey, and some residential areas before finishing between the beer and wine halls. The 5km rated 1A walking on city streets and through the festival area & 2 city parks.

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

Special Programs: Take a Walk In a City Park, Trekking With the Trees, Volcanoes

Start Times: 9am to 1 pm

Location: Mt Angel Festhalle

Start Point / Driving Directions: 500 E Wilco Highway Exit #271. East on OR219 to Hwy99E. RIGHT on Hwy99E to OR214. LEFT on OR214 to Mt Angel. In Mt Angel OR214 (Wilco Hwy) will bear left going to Silverton. The Festhalle will be on LEFT in 2 blocks. Start/finish will be directly LEFT of the main Festhalle.

Awards & Fees: IVV Credit Only

Comments: Recommend that if you have pets that you walk before noon and the festival ground gets really crowded in the afternoon. The walk has been changed to Sunday only as there is a large running event on Saturday.

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Website: www.rosecityroamers.org

E-Mail Contact: dickbkr@q.com

9/23/2017 Corvallis, OR Fall Festival

Event ID: 107143

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

Description: Celebrate the 45th Annual Fall Festival in downtown Corvallis. Two 5 K loops available.

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

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

Start Times: 9-1

Location: Corvallis Skate Park SW 2nd and B Streets

Start Point / Driving Directions:

Awards & Fees: IVV Credit Only

Comments: Please leave pets at home or detour around festival itself in Central Park.

Host Club: Corvallis Cruisers

Contact: Rozy Clark Elwell (541) 981-3794

Website: No Website Listed

E-Mail Contact: wrozy@yahoo.com

9/24/2017 Portland, OR Chapman School Swift walk.

Event Type: Guided Walk

Event ID: 107931

Distance - Trail Ratings: 10K - 2B

Description: This walk goes through parts of Portland with it's beautiful homes, across the historic Alexandra bridge, then up a forest path to the Lief Erickson trail. Then onto forest trails and goes to the Chapman School to observe the thousands of Swifts as they fly down the school chimney at dusk.

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

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

Start Times: 4:45 pm Sharp.

Location: 2701 NW Vaughn St.

Start Point / Driving Directions: Register at the west end of the Parking lot at Montgomery Park. From I-405 in Portland North or Southbound exit onto US 30. Exit off US 30 Onto Vaughn St and continue to the parking lot at 2701 NW Vaughn.

Awards & Fees: IVV Credit Only

Comments: This is a group walk. You should plan to arrive by 4:15 pm in order to allow enough time to register and form groups. We will depart the start point at 4:45 SHARP.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 679-9473

Website: www.walking4fun.org

E-Mail Contact: dick.koonce@gmail.com

10/8/2017 Salem, OR Peter Courtney Minto Brown Bridge 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 Springfield, OR Springfield Art and Mill Race 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

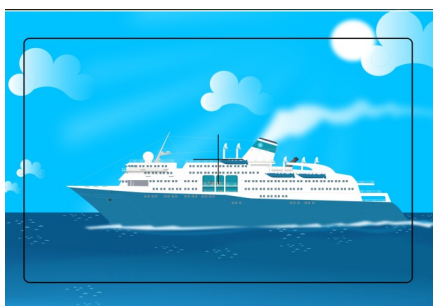
Comments:

Host Club: Eugene Springfield Mossback Volkssport

Contact: Sally Ross (541) 726-7169

Website: www.mossbacks.org

E-Mail Contact: www.mossbacks.org



CALLING ALL VOLKSSPORTERS CRUISE

TO ALASKA July 28 to August 4, 2018

Hello all you volkssporters! Come cruise to SE Alaska with us on the new (in 2018) Norwegian Bliss. The cruise starts and ends in Seattle. Imagine awe over discovering fantastic vistas in The Last Frontier. Imagine exhilaration while exploring the wilds of Alaska. Imagine relaxation upon finding your slice of paradise. Imagine Bliss. That's what you'll experience when you vacation on our newest and most incredible ship, Norwegian Bliss, coming to Alaska in 2018. You will have the opportunity to do the following walks.

- The Ketchikan Seasonal walk
- The Juneau Seasonal walk
- A new seasonal in Skagway out to the cemetery, trail to a falls and around town on the way back.
- Meet Victoria, BC volkssporters who will register us and walk with us on their permanent trail starting at the cruise ship dock.

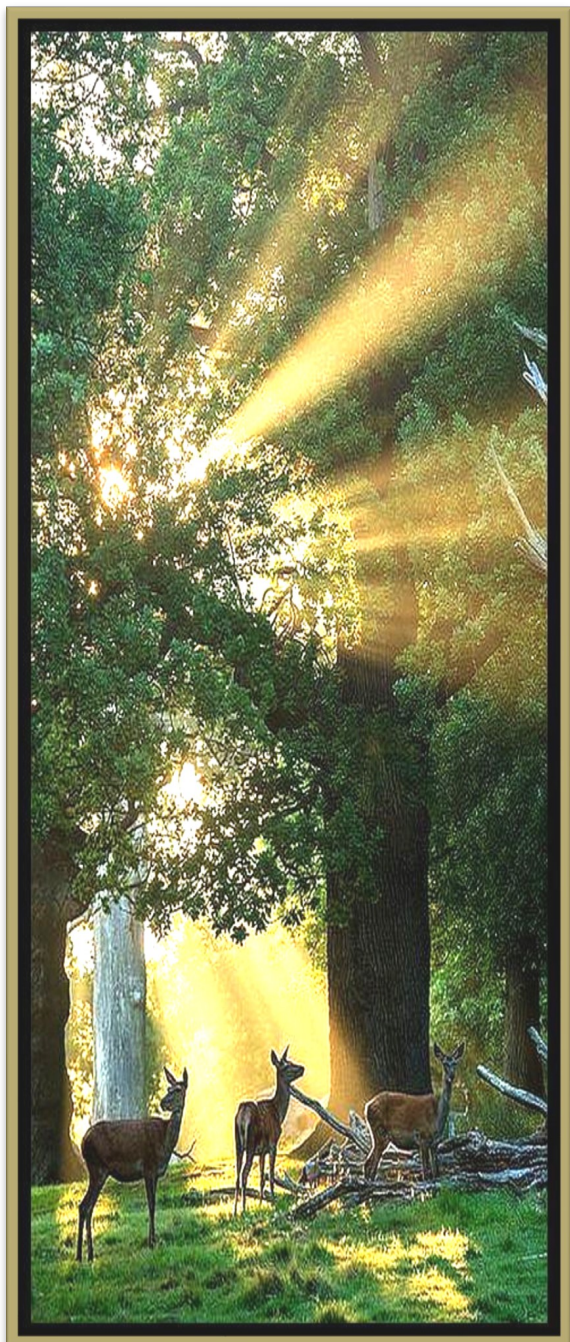
Registration available on board, or you can just relax, socialize and/or register for any of the excursions provided by the cruise lines. We will have places to hang out. Costs will depend on how many come. As of the beginning of July the list price of different rooms, per person • Inside room \$1,229 • Ocean View \$1,749 • Balcony \$2,149 • Suite \$2,449

Contact information:

Our cruise agent: Karen Earl, email: mustkeepcruisin@gmail.com, cell 509-855-3282. She can answer questions. Her address is 1354 Sandpiper Circle, Moses Lake, WA 98837.

An early-morning walk is a
blessing for the whole day.

Henry David Thoreau



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

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

Tom Baltes

NW_RD@AVA.org

