

# THE ROAMER

Rose City Roamers  
Walking Club Newsletter



March-April 2018



**Fun, Fitness, Friendship**

AVA Member

## CALENDAR

- |         |   |
|---------|---|
| Mar 27  | Board Meeting   |
| 6pm     | Adventist Health Pavilion lobby                       |
| April 3 | Club Meeting  |
| 7pm     | Adventist Health Ed. Rm A                             |
| Apr 4   | National Walking Day Guided walk Pioneer Comm. Center |
| May 29  | Board Meeting-via email                               |
| 6pm     | Adventist Health Pavilion Lobby                       |
| June 5  | Club Meeting  |
| 7pm     | Adventist Health Ed. Rm A                             |

## 2018 WINTER WALK TO WIN CONTEST

The Winter Walk to Win contest ends soon. Walkers from Oregon and Washington can walk in Idaho and Alaska for this contest and will be entered in the drawing for the state they reside in. A log sheet will contain the walker's name, walk number (YRE/Seasonal or Event stamp number), email address and date walked. To qualify log sheets must be received by the OTSVA Recognition Chairperson no later than April 15, 2018 via email or mail: Ed Hainline 11410 SE 90th Ave. #1511, Happy Valley OR 97086-4604 or edhainline@comcast.net. For more info 360-921-1909.

### WANTED: You in pictures!

Do you take photos while doing volkswalks? Have you wondered what to do with those photos? Send them in to be included in The Roamer. Send your submissions via email to deedlensee@comcast.net.

## CLUB NEWS

### CLUB MEETING

Join us at 7pm for our club meeting on April 3 at 7pm in the lower level of Adventist Medical Center in Education Room A. Visitors and members are welcome. The board meeting on May 29 will be via email as several board members will be out of town. The June Club meeting will be our annual Strawberry shortcake meeting. Beverages and Strawberry short-cake will be provided.

Rose City Roamers is again sponsoring a guided walk to celebrate National Walking Day in Oregon City on Wednesday, April 4, 2018. There will be two 5 K loops, going through Canemah on the upper side and a lower one going through the historical part of Oregon City.



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# YEAR ROUND WALKS

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(YREs)

## **PORTLAND – Clackamas**

### **MT TALBERT NATURE PARK**

Start: Clarion Inn & Suites  
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,**

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/ICE AGE TRAIL, IBACH PARK**

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



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# WEDNESDAY WALKS

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(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.\*\*\*

3/28/18

10:00 AM Starbucks at Hedges Green, 8639 SW Tualatin Sherwood Rd, Tualatin, OR  
YRE 1431 Hedges Creek rated 1A  
Hayden's Lakefront Grill, 8187 SW Tualatin-Sherwood (near finish)

4/4/18- note earlier start time

9:30 AM Pioneer Adult Community Center, 615 5th St, Oregon City  
Event National Walking Day rated 2A  
Rivershore Grill, 1900 Clackamette Dr.(2 mile drive)

4/11/18

10:00 AM Wood Village Fred Meyer, 22855 NE Park Ln, Wood Village  
YRE 1489 Salish Ponds rated 1B 2nd entrance  
Bumpers Grill and Bar, 21935 NE Halsey St., Fairview (short drive)

4/18/18

10:00 AM Safeway, 4515 SE Woodstock  
YRE 1192 Rated 1B Reed College Customer Service  
Delta Café, 4607 SE Woodstock (1 block away)

4/25/18

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)

5/2/18

10:00 AM Starbucks, 800 NE Tenney Road # 7, Vancouver  
YRE 157 rated 1A Whipple Creek behind counter  
Billygan's Roadhouse, 13200 NE Hwy 99, Vancouver (short drive)

5/9/18

10:00 AM Foot Traffic, 7718 SE 13th Ave Portland  
YRE 2113 rated 1B Oaks Bluff Trail at counter  
Reverend's BBQ, 7712 SE 13th Ave (next door)

5/16/18

10:00 AM Knecht's Auto, 1111 NE Cleveland, Gresham  
YRE - 519 rated 1A Gresham Town at counter  
Heidi's, 1230 NE Cleveland (next to finish)

5/23/18

10:00 AM Holiday Inn 75, 82nd Dr, Gladstone  
YRE 695 rated 2A Oregon City at counter  
to be determined

5/30/18

10:00 AM Sherwood Family YMCA, 23000 SW Pacific Coast Hwy Sherwood  
YRE 1723 rated 1A front counter  
Old Spaghetti Factory, 21192 SW Langer Farms Pkwy (drive)

6/6/18

10:00 AM Black Rock Coffee, 7710 NE 5th Ave. Hazel Dell, WA  
YRE 425 rated 2A/1A Hazel Dell  
Jazzy John's BBQ, 512 NE 81st St, J (3 blocks away)



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# TRADITIONAL WALK EVENTS

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(Club sponsored walks)

## **4/4/2018 Oregon City, OR National Walking Day Guided Walk**

Event ID: 110716

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

Description: The walk will have 2 five (5) km loops. The first loop rated 1A will walk on sidewalks past many historic home and on the Promenade overlooking downtown and the Willamette Falls. Loop 2 is rated 2A will go downtown and along the Willamette River

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

Special Programs: Boardwalks, Honoring Our Flag, Ice Cream Parlors, National Parks Centennial Challenge, National Register of Historic Places, Vice Presidential Walks, Volcanoes, Walking America's Ports of Call

Start Times: 9:10am to 9:25 am

Location: Pioneer Community Center

Start Point / Driving Directions: 615 5th Street From 1-205 take exit #9 to McLoughlin Blvd. LEFT on McLoughlin Blvd. LEFT on 10th St and continue up hill as it bears right. LEFT on 7th St. RIGHT on John Adams St. 2 blocks to parking on left or street parking

Awards & Fees: IVV Credit Only

Comments: Group will leave at 9:30 am

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Website: [www.rosecityroamers.org](http://www.rosecityroamers.org)

E-Mail Contact: [dickbkr@q.com](mailto:dickbkr@q.com)

## **4/7/2018 Sandy, OR Tickle Creek Walk**

Event ID: 110506

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

Description: 10K: Walk on well-developed gravel pathways along the Tickle Creek Trail under old growth trees. Route continues through neighborhoods, and wooded paths to Meinig Memorial Park. Suitable for strollers. Not suitable for wheelchairs. Rated 2B. 5K: Out and back along Tickle Creek Trail. Wheelchairs would be medium difficulty. Suitable for strollers. Rated 1A.

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

Special Programs: Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z

Start Times: 9 a.m.-1pm

Location: Smokey Hearth Restaurant 16607 Champion Way Sandy,OR

Start Point / Driving Directions: From North OR from South:

I-205: Exit #22, east to I-84 (US30). I-84: Exit #16 (238th Dr/Wood Village). RIGHT onto 238th Dr. At Glisan, 238th Dr becomes 242nd. LEFT on Burnside, becomes US26E. Follow US26 to Sandy. After first signal light at Orient Dr/Jarl Rd take exit to RIGHT onto Champion Way (behind ARCO Station). Right on Industrial Way. LEFT into mall parking area with Smokey Hearth Restaurant in the middle section.

Awards & Fees: IVV Credit Only

Comments: There will be restrooms available at the start/finish and Meinig Park and also Fred Meyer. Carrying water is recommended. Water will be provided at Start and check point. Again note 10K is rated 2B and the 5K is rated 1A

Host Club: East County Windwalkers

Contact: Louise Dix (541) 951-0667

Website: [eastcountywindwalkers.weebly.com](http://eastcountywindwalkers.weebly.com)

E-Mail Contact: [louisedix@yahoo.com](mailto:louisedix@yahoo.com)

## **4/14/2018 Springfield OR, Springfield Art & Mill Race Path Walk**

Event ID: 110798

Distance - Trail Ratings: 10 km - 1A

Description: This walk has many WOC challenges within the boundry's of old town Springfield and has something for everyone. WOC: Depot, Dog related, Engines, Emergency, Galleries, Gazebo, Ink, Japanese, Justice, Java. ESVA: Brewery.

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

Special Programs: Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park

Start Times: 9:00am to 1:00pm. Finish by 4:00pm

Location: Springfield Utility Board Room 223 A Street Springfield OR

Start Point / Driving Directions: I5: NORTH or SOUTH Exit #194A Springfield City Center/McKenzie Hwy (I-105E). Take first right exit Springfield/City Center. You will be on Pioneer Parkway W. Left on A Street. SUB Board Room 223A on right. Parking lots on both sides of building and across A Street

Awards & Fees: ZZ

Comments: This walk is on paved sidewalk and path. The route explores the downtown's 15 murals and 8 storm drain paintings. The Mill Race Path follows the newly restored historic Mill Race and connects to the Middle Fork Trail. Suitable for strollers and wheelchairs.

Host Club: Eugene Springfield Mossback Volkssport  
Contact: Sally Ross (541) 726-7169  
Website: [www.mossbacks.org](http://www.mossbacks.org)  
E-Mail Contact: [mossbackclub@gmail.com](mailto:mossbackclub@gmail.com)

**5/5/2018 Madras OR Willow Creek Canyon**

Event ID: 107986

Distance - Trail Ratings: 11 km - 2C

Description: The Willow Creek Canyon Trail is a rail-to-trail that follows Willow Creek through a rimrock canyon from Madras to Lake Simtustus. Please refer to event web site for important information.

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

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

Start Times: 9-11 a.m.

Location: City of Madras Public Works parking lot, 216 NW B St, Madras, OR 97741

Start Point / Driving Directions: US-97 S / US-26 E: Left onto NW 4th St. Right onto NW B St to 216 NW B St (on right).

US-97 N: Left on NW B St to 216 NW B St (on right).

Awards & Fees: IVV Credit Only

Comments: This is a one-way route. Walkers will be shuttled back to the Start. A taco bar will be available at the lake. Contact Annette to pre-register for the lunch.

Host Club: Columbia River Volkssport Club

Contact: Annette St-Pierre (503) 780-4568

Website: [www.walking4fun.org/central-oregon-event.html](http://www.walking4fun.org/central-oregon-event.html)

E-Mail Contact: [Walking\\_the\\_World@yahoo.com](mailto:Walking_the_World@yahoo.com)

**5/6/2018 Terrebonne, OR Monkey See, Monkey Do!**

Event ID: 107987

Distance - Trail Ratings: 10 km, 5 km - 3C

Description:

Amenities:

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

Special Programs: Animal Safari, Boardwalks, Bridges - Spanning the USA, Volcanoes, Walking the USA A - Z

Start Times: 9-11 a.m.

Location: Smith Rock State Park, Terrebonne, OR 97760

Start Point / Driving Directions: US-97 S: Left onto Smith Rock Way (at flashing signal). Left on NE 17th St to "T." Right on NE Wilcox Ave. Left on NE Crooked River Dr to parking lot for bivouac area (1st Left) (Limited parking!) US-97 N: Right onto Smith Rock Way (at flashing signal). Continue as above to parking lot.

Awards & Fees: IVV Credit Only

Comments: \$5 parking fee or Oregon State Park Pass. Self-service pay stations available.

Host Club: Columbia River Volkssport Club

Contact: Annette St-Pierre (503) 780-4568

Website: [www.walking4fun.org/central-oregon-event.html](http://www.walking4fun.org/central-oregon-event.html)

E-Mail Contact: [Walking\\_the\\_World@yahoo.com](mailto:Walking_the_World@yahoo.com)

**5/12/2018 Portland, OR Blossoms & More**

Event ID: 107933

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

Description: PLEASE USE "ON STREET" PARKING. DO NOT PARK IN SAFEWAY OR BI-MART LOTS.

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

Special Programs: Walking America's Ports of Call, Walking the USA A - Z

Start Times: 10:00 am to 1:00 pm Finish by 4:00 pm.

Location: Double Mountain Brewery

Start Point / Driving Directions: 4336 SE Woodstock Blvd. Portland OR.

Eastbound on I-84 exit to Cesar Chavez Blvd. Turn right at top of ramp and continue to Woodstock Blvd. Turn left on Woodstock to 4336 on right. Westbound on I-84 exit at 47 Ave. Turn left on Halsey, continue to Cesar Chavez Blvd. Turn left and continue to Woodstock Blvd. Turn left and continue to 4336 on right.

Awards & Fees: IVV Credit Only

Comments: This walk takes you through some of the older stately neighborhoods with their beautiful flowers and past Portland's Rhododendron Garden, (If you wish to visit the Garden it is a 1K option but there is an entry charge). You will also walk past Reed College and it's beautiful campus.

Host Club: Columbia River Volkssport Club

Contact: John (503) 936-0940

Website: [www.walking4fun.org](http://www.walking4fun.org)

E-Mail Contact: [jfieb1@aol.com](mailto:jfie1@aol.com)

**5/19/2018 Keizer, OR KEIZER IRIS WALK**

Event ID: 109215

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

Description: 5K and 10K routes through fields of colorful iris and a 10 acre display garden. Held in conjunction with Keizer Iris Festival <http://irisfestival.com>

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

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

Start Times: 9 a.m. to Noon

Location: Schreiner's Iris Gardens, 3625 Quinaby Rd NE

Start Point / Driving Directions: Schreiner's Iris Gardens 3625 Quinaby Rd. N.E. Keizer OR 97303. From I-5 (N or S) Exit 263. Brooklake Rd towards Quinaby Road. Iris Gardens on the left. \$5 PER CAR PARKING FEE

Awards & Fees: ZZ

Comments: A.V.A. A-Z, Volcanoes

W.O.C. ,Gardens,Gazebo, Marion County.

Host Club: Willamette Wanderers

Contact: Susan Hoskins (971) 23-8659

Website: [www.willwander.weebly.com](http://www.willwander.weebly.com)

E-Mail Contact: [2susanhoskins@comcast.net](mailto:2susanhoskins@comcast.net)

**5/28/2018 Portland, OR Vanport 70th Anniversary of the Flood**

Event Type: Walk

Event ID: 110898

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

Description: Walk on sidewalks from the Portland EXPO Center to the former city of Vanport, which existed during WWII, now part of the Portland Raceway, Delta Park, Portland EXPO Center and Heron Lakes Golf Course. You will walk in areas of the former city prior to the flood on May 30, 1948.

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

Special Programs: Walking America's Ports of Call, Walking the USA A - Z

Start Times: 10:00 am to 1:00pm, Finish 4:00pm

Location: Vanport

Start Point / Driving Directions: 2060 N Marine Drive, Portland, Oregon

Awards & Fees: IVV Credit Only

Comments: Doors for the EXPO exhibit halls do not open until 10:00am. Further information will be posted once it is known.

Host Club: Oregon Trail State Volkssport Assn.

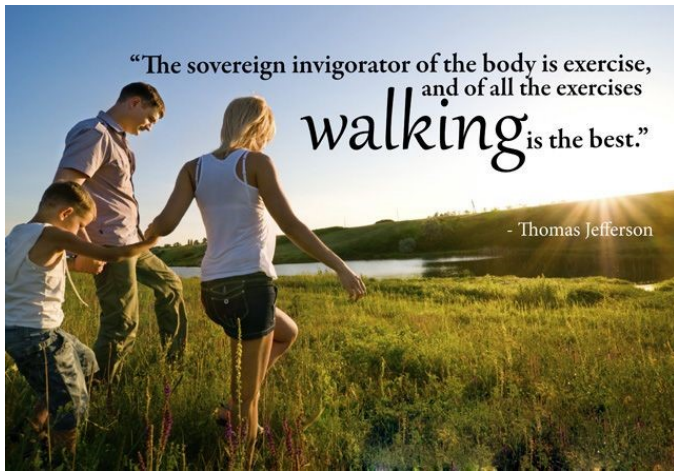
Contact: Dar Parrow & Pat Jewett (503) 484-6475

Website: [www.walkorgeon.org](http://www.walkorgeon.org)

E-Mail Contact: [dar.parrow@gmail.com](mailto:dar.parrow@gmail.com)







## FUN WALKING FACTS

- ◆ The longest walk around the world was completed by a former neon-sign salesman, Jean Beliveau. He walked 46,600 miles around 64 countries. The trip took him 11 years.
- ◆ The United States walks the least of any industrialized nation. The average Australian takes 9,695 steps per day (just a few short of the ideal 10,000), the average Japanese takes 7,168; the average Swiss: 9,650; and the average American just 5,117.
- ◆ Experts suggest walking 6,000 steps a day to improve health and 10,000 steps a day to lose weight.
- ◆ A 20-minute walk, or about 2,000 steps, equal a mile.
- ◆ A 150-pound man burns 100 calories per mile walking. A 200-pound man burns 133 calories per walking mile. And a 250-pound man burns 166 calories per mile. A person burns essentially the same amount of calories whether they run or walk a mile. Running just gets a person to a destination faster.
- ◆ An average city block is equivalent to 200 steps.
- ◆ Walking is also known as ambulation. The term “walk” is from the Old English *wealcan*, or “to roll.”
- ◆ Modern literary theorists see a similarity between walking and writing. As Michel de Certeau observes, “writing is one way of making the world our own, and walking is another.”
- ◆ In 2009 the National Household Travel Survey reported there are an estimated 42 billion walking trips nationwide every year. Americans take a total of about 388 billion annual trips. Walking, then, makes up roughly 10.9 % of all trips.

## 2018 Club Officer Directory

**President:** Dick Baker

360-991-8806

[dickbkr@gmail.com](mailto:dickbkr@gmail.com)

**Vice President:** Ed Hainline,

360-921-1909

[edhainline@comcast.net](mailto:edhainline@comcast.net)

**Treasurer:** Barbara Baker (to June 30)

360-573-6048

[barbarabkr@gmail.com](mailto:barbarabkr@gmail.com)

**Secretary:** Debbie Esmond, 503-777-2717

[Esmond1@hotmail.com](mailto:Esmond1@hotmail.com)

**Membership Manager, Asst. Secretary/Treasurer**

**Website Manager:** Susan Treacy

503-975-9151

[jsusan45@mac.com](mailto:jsusan45@mac.com)

**Newsletter Editor:** Denise Esmond

503-777-2717

[Deedlenee@comcast.net](mailto:Deedlenee@comcast.net)

[M@L](mailto: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](http://www.walkoregon.org)

**President**

Dar Parrow

[oregon.trail.state.volkssport@gmail.com](mailto:oregon.trail.state.volkssport@gmail.com)

### American Volkssport Association

Mail: 1001 Pat Booker Rd, Ste 101

Universal City TX 78148

[www.ava.org](http://www.ava.org)

**NW Regional Director**

Tom Baltes

[NW\\_RD@AVA.org](mailto:NW_RD@AVA.org)

