

THE ROAMER

Rose City Roamers
Walking Club Newsletter



NOVEMBER-DECEMBER 2018



Fun, Fitness, Friendship

AVA Member

CALENDAR

November 27 Board Meeting
6pm Adventist Health Pavilion

December 4 Club Meeting
7pm Adventist Health LL Pavilion
Columbia & Willamette Rm

Dec 15 Christmas Ships Walk
Jan 1 New Year's Day Walk



Photos from the Tillikum Crossing Walk



CLUB NEWS

CLUB MEETING

Join us at 7pm for our club meeting on December 4 at 7pm at Adventist Medical in the lower level of the Pavilion (across from parking) in the Columbia and Willamette Room. Visitors and members are welcome. Nominations for offices for 2019 will be voted on at this meeting. Nominations from the floor are allowed for serving as President, Vice President, Secretary, Treasurer, Membership Clerk or Newsletter editor.

December 4 will also be our annual pizza party meeting. Pizza, beverages and paper goods will be supplied, you may bring an item to share if so desired.



YEAR ROUND WALKS

(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
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.

11/14/18

10:00 AM Columbia Sportswear Outlet, 1323 SE Tacoma St, Portland

YRE 412 rated 1B Sellwood Bridge start box is to your left

Jade Teahouse, 7912 SE 13th Ave (4 blocks from finish)

11/21/18

10:00 AM Good Sam Medical Center, 1015 NW 22nd Ave, Portland, OR

YRE 297 rated 2B 7 Parks left at entrance

Bridgeport Brewing Company, 1313 NW Marshall (1 km from finish)

11/28/18

10:00 AM Ft Vancouver National Historic Site Visitor Center, 1501 E Evergreen Blvd

YRE 138 rated 1A Historic Vancouver

The Smokin Oak, 501 Columbia St. Vancouver, WA (2 km from finish)

12/5/18

10:00 AM Portland Adventist Medical Center, 10123 SE Market St, Portland

YRE 1490 Ron Russell rated 1A start box in lower level near stairs

Olive Garden, 9830 SE Washington St, Portland (1/2 km from finish)

12/12/18

10:00 AM West Hills Racquet & Fitness, 2200 SW Cedar Hills Blvd, Portland

YRE 1436 Commonwealth Lake rated 2A remote start
McMenamins Cedar Hills, 2885 SW Cedar Hills Blvd, Beaverton (parking for remote start)

12/19/18

10:00 AM Good Sam Medical Center, 1015 NW 22nd Ave, Portland

YRE 410 Landmark rated 2B left of entrance

Bridgeport Brewing Company, 1313 NW Marshall (1 km from finish)

12/26/18

10:00 AM Fred Meyer, Fisher's Landing, 16600 SE McGilivray Blvd, Vancouver

YRE 1017 Tech Center Park rated 1A East entrance - Garden area

Makoto Japanese Buffet, 1119 SE 163rd Place, Vancouver (1/2 km away)



TRADITIONAL WALK EVENTS

(Club sponsored walks)

12/1/2018 Brownsville, OR "Home for the Holidays"

Event ID: 110614

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

Description: Walk in Historic Brownsville, Pioneer Park, and scene locations of the Movie "Stand by me" Visit the museum and the Moyer house. There will be vendors, open shops, decorated trees, and arts & crafts, plus drawings for decorated trees

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

Special Programs: Bridges - Spanning the USA, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

Start Times: 9:00 am to 1:00 pm finish by 4 pm

Location: City Hall Brownsville OR

Start Point / Driving Directions: 255 N. main Street and Park Ave. Brownsville OR 97327. From I-5 SOUTHBOUND: Exit 216 - Left (East) to Brownsville. Left on Main to Park Avenue.

follow signs. From I-5 NORTHBOUND: Exit 216 - Left(East) to Brownsville Left on main to Park Avenue and follow signs.

Awards & Fees: ZZ

Comments: This event is open to everyone. Children must be accompanied by an adult. This event is sanctioned by the American Volkssport Association (AVA), a member of International Federation of popular sports (IVV) Those wishing to receive IVV/AVA credit must pay a \$3.00 fee All participants must register, sign and carry a start card/waiver, and are asked to please turn in upon finishing the event before 4 pm. Restrooms and water available at the start and along the route. Dogs on leashes are welcome but must abide by cleanup laws. Event Challenges (WOC) Depots, Dogs, Deli Emergency, Entertainment, Galleries, Historic Homes, Images, Java, Jewelry, Justice.

Host Club: Albany Fitwalkers

Contact: Janet Epperson (541) 791-3182

Website: www.albanyfitwalkers.org

E-Mail Contact: Jeoao@aol.com

12/15/2018 Portland, OR Christmas Ships Walk

Event ID: 110911

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

Description:

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

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

Start Times: 4:00pm - 7:00pm, Finish 10:00pm

Location: Rogue Eastside Pub

Start Point / Driving Directions: 928 SE 9th Ave.

Awards & Fees: IVV Credit Only

Comments: Host Club:

Columbia River Volkssport Club

Contact: Judy Koonce/Ed Hainline (360) 921-1909

Website: www.walking4fun.org

E-Mail Contact: edhainline@comcast.net

1/1/2019 Portland, OR New Years Day Walk

Event ID: 110969

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

Description:

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

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

Start Times: 10 am to 1 pm

Location: REI

Start Point / Driving Directions: 1405 NW Johnson I-5 take exit #302B onto I-405. Cross Fremont Bridge and take exit #2B toward Everett St. LEFT on Everett St. LEFT on 14th Ave. LEFT on Johnson. Free parking on street on New Years Day.

Awards & Fees: IVV Credit Only

Comments:

Host Club: Columbia River Volkssport Club

Contact: Dick Baker (360) 991-8806

Website: www.walking4fun.org

E-Mail Contact: dickbkr@q.com

A little fresh air would be good for you just now. The weather is lovely; and a little stroll in the park will bring the colour back to your cheeks. ~

J. Palgrave Simpson, For Ever and Never, 1884

If you turn out to walk in winter with cold feet, in an hour's time you will be in a glow all over... ~

Madame Gout to Mr. Franklin (Benjamin Franklin)



2018 Club Officer Directory

President: Dick Baker
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dickbkr@q.com

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M@L

(M@L=Member at Large)

For membership dues mail to:

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Oregon Trails State Volkssport Association (OTSVA)
www.walkoregon.org

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Dar Parrow
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Universal City TX 78148
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