

THE ROAMER

Rose City Roamers
Walking Club Newsletter



October 2018



Fun, Fitness, Friendship

AVA Member

CALENDAR

Photos from the Tillikum Crossing Walk

October 2 Club Meeting

7pm Adventist Health Patio Rm

November 27 Board Meeting

6pm Adventist Health Pavilion

December 4 Club Meeting

7pm Adventist Health Patio Rm

CLUB NEWS

CLUB MEETING

Join us at 7pm for our club meeting on October 2 at 7pm at Adventist Medical Center in the Patio Room. Visitors and members are welcome. Nominations for offices for 2019 will be open. If you or someone you know would be interested in serving as President, Vice President, Secretary, Treasurer, Membership Clerk or Newsletter editor please come to this next meeting. Voting will take place at our December club meeting.

December 4 will 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.

10/3/18

10:00 AM Safeway, 904 W Main St, Battle Ground
YRE 781 rated 1A Battle Ground - S
Mill Creek Pub, 1710 SW 9th Ave. #101, Battle Ground (short drive)

10/10/18

10:00 AM Tyron Creek State Park Nature Cntr, 11321 SW Terwilliger Blvd, Portland, OR
YRE 921 rated 1B Tryon Creek
Manzana Rotisserie Grill, 305 1st St., Lake Oswego (drive)

10/17/18

10:00 AM Fred Meyer, Gateway, 1111 NE 102nd Ave, Portland (front entry - remote start - see below for parking)
YRE 173 rated 1A Glendoveer Golf
Von Ebert Brewing - East, 14021 NE Glisan St (park here for start of walk)

10/24/18

10:00 AM Shari's Parking Lot, 13645 NW Cornell Road, Portland (moved for this day only)
YRE 823 rated 2A Cedar Mills
Shari's Café and Pies, 13645 NW Cornell Road (at finish)

10/31/18

10:00 AM Willamette Falls Hospital, 1500 Division St, Oregon City
YRE 65 rated 1A Top of the Hill ask in lobby
Willamette Falls Hospital, 1500 Division St, Oregon City (at finish)

11/7/18

10:00 AM Legacy Salmon Creek Medical Cntr, 2211 NE 139th St. Vancouver
YRE 1905 rated 2B WSU main lobby
Billygan's Roadhouse, 13200 NE Hwy 99, Vancouver (short drive)

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)



TRADITIONAL WALK EVENTS

(Club sponsored walks)

10/6/2018 - 10/6/2018

City / State: Salem, OR Dreaming of Hawaii Event Type: Guided Walk

Event ID: 110548

Distance - Trail Ratings: 10/6 k - 1A

Description: Walk in the South Salem neighborhoods on sidewalks with only a short distance on a street shoulder. We'll be covering several State streets including the elusive Hawaii.

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

Special Programs: Food For Thought, Ice Cream Parlors, Points of Reference, State Capital, Walk the USA - Street by Street

Start Times: 9:30 am - 10am signup; Walk starts at 10am

Location: Shopko

Start Point / Driving Directions: Shopko Salem 1230 Lancaster Dr SE Salem, OR 97317

I-5 Southbound: Take exit 253, Turn Left on OR-22 / Mission St. SE. Take Exit 2 for Lancaster Dr. SE.

Left on Lancaster Dr SE, Right on Rickey St. SE and Right into Shopko parking Lot.

I-5 Northbound: Take exit 253, Turn Right on OR-22 / Mission St. SE. Take Exit 2 for Lancaster Dr. SE.

Left on Lancaster Dr SE, Right on Rickey St. SE and Right into Shopko parking Lot.

Park in the mid-lot area.

Awards & Fees: IVV Credit Only

Comments: Pets okay but not in store; Restrooms at Start/Finish only.

USA Street-by-Street: Hawaii, Connecticut, Pennsylvania, New York (Buffalo)

WOC: Deli, Japanese, Java

ESVA: Restaurants (American, Asian, Mexican); WTT: Schools

Host Club: Cedar Milers

Contact: Dan Webster (503) 591-5893

Website: No Website Listed

E-Mail Contact: 2008cedarmilers@gmail.com

10/7/2018 Corvallis, OR

Walk Event ID: 113392

Distance - Trail Ratings: 5, 10, 13K -

Description:

Amenities:

Strollers: | Wheelchairs: | Pets: | Restrooms:

Special Programs:

This event doesn't have any special Programs assigned.

Start Times:

Location: Finley Wildlife Refuge

Start Point / Driving Directions:

Awards & Fees:

Comments:

Host Club: Corvallis Cruisers

Contact: Rozy Weatherby (541) 981-3794

Website: No Website Listed

E-Mail Contact: wrozy@yahoo.com

10/20/2018 Happy Valley, OR Happy Valley Festival Walk

Event ID: 110507

Distance - Trail Ratings: 6K 1A, 10K - 3B

Description: 6K rated 1-A goes through residential neighborhoods, boardwalks through wetlands, past duck ponds and green spaces.

Trails are on concrete, gravel, dirt & wood chips. Strollers & wheelchairs will have difficulty. Restrooms at the start/finish. 10K rated 3-B goes through residential neighborhoods, boardwalks, wetlands, forested areas, duck ponds & green spaces. It also goes along Mt. Scott Creek, a 3 block hill to reach breathtaking views of the valley and then downhill through nature areas. Hiking boots are recommended. In wet weather some of the footing on the gravel, dirt & wood chips may be unsteady. Strollers & wheelchairs will have difficulty. Restrooms at the start/finish.

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

Special Programs: Animal Safari, Boardwalks, Bridges - Spanning the USA, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Volcanoes, Walking the USA A - Z

Start Times: 9 a.m.-12:00 pm

Location: Happy Valley Park in the shelter in the back by the playground.

Start Point / Driving Directions: 13770 SE Ridgecrest Road Happy Valley, OR 97086

I-205 South take exit #14 (Sunnyside Rd). Right on Sunnyside Rd. Left on 122nd which will become 129th. Right on King RD. (stop

sign).Left on 132nd. Right on Ridgecrest (stop sign).Right into park.

I-205 North take exit #17 Foster Rd. Left at second light going eastbound on Foster Rd. Right at 110th Dr. which becomes 112th Ave.Go up the steep hill and merge left onto Mt. Scott Blvd.(stop sign).Drive past the cemeteries to the four way stop sign. Left onto Ridgecrest Rd. Follow Ridgecrest down across 132nd to Happy Valley Park on the right.. Start point is in the back of the park in the shelter by the playground.

Awards & Fees: IVV Credit Only

Comments:

Challenges: AVA: Bridges,Take a walk in a City Park,Make a Wish/Fountains,Points of Reference,Walking USA A-Z,Boardwalks, Animal Safari(10K),Volcanoes (10K). WOC: Auditoriums,Forest,Gazebo,Lakes,Libraries,KLUBS,Mountains(10K),Waterways(10K).

ESVA: Schools,Vows. WW Challenges: Birds & Beasts.

Happy Valley will have a Fall Festival in the park 11:00-3:00. This is a very family oriented event.

Host Club: East County Windwalkers

Contact: Genelle Lockwood (503) 760-3057

Website: eastcountyywindwalkers.weebly.com

E-Mail Contact: gm1dlr2@comcast.net

11/3/2018 Reedville, OR Georgia on my mind Guided Walk

Event ID: 111153

Distance - Trail Ratings: 10k/6k - 1A

Description: Take a walk through Reedville area and visit a couple neighborhood parks. This area has been annexed by Hillsboro and is experiencing many improvements to the streets and walkability. Reedville was named for Simeon Gannett Reed, who was active in early transportation and started the endowment for Reed College.

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

Special Programs: Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street

Start Times: 9:30 am - 10 am signup; Walk starts at 10 am

Location: Albertsons

Start Point / Driving Directions: 7500 W Baseline Rd, Hillsboro, OR 97123

From US-26 W, take Exit 62A for Cornelius Pass Rd. Follow southward to W. Baseline Rd./E. Main St. Albertsons will be on your Right.

From US-26 E, take Exit 62 for Cornelius Pass Rd., then as above

From I5-S, Follow Signs to US-26/Beaches, then as above.

From I5-N, take Exit 292A for OR-217 N. Merge onto US-26 W, then as above.

Awards & Fees: IVV Credit Only

Comments: WOC:

ESVA: USA-street-by-street:

10k has Georgia, Maine (Augusta), Wisconsin (Madison)

5k has Georgia, Texas (Austin)

Host Club: Cedar Milers

Contact: Dan Webster (503) 591-5898

Website: cedarmilers.org

E-Mail Contact: 2008cedarmilers@gmail.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

*Let the moon shine on thee
in thy solitary walk; and
let the misty mountain-
winds be free to blow
against thee.*

William Wordsworth



Happy
Halloween

2018 Club Officer Directory

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(M@L=Member at Large)

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