

THE ROAMER

Rose City Roamers
Walking Club Newsletter



FEBRUARY-MARCH 2019



Fun, Fitness, Friendship

AVA Member

CALENDAR

- | | |
|--------|--------------------------------|
| Jan 29 | Board Meeting |
| 6pm | Adventist Health Pavilion |
| Feb 5 | Club Meeting |
| 7pm | Adventist Health LL Patio Room |
| Feb 2 | Pre Super Bowl Walk |
| Feb 9 | Heartbreaker Walk |
| Mar 26 | Board meeting |
| | Adventist Health Pavilion |
| Apr 2 | Club meeting |
| | Adventist Health Garden Room |
| | Inside Garden Café (cafeteria) |



CLUB NEWS

CLUB MEETING

Join us at 7pm for our club meeting on February 5 at 7pm at Adventist Medical in the LL Patio Room (across from cafeteria). Visitors and members are welcome.



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

TRADITIONAL WALK EVENTS

(Club sponsored walks)

2/2/2019 City / State: Portland, OR Event Name: Pre Super Bowl Event Type: Walk

Event ID: 110936

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

Description: Walk on sidewalks and along street shoulders into some of the historic areas of older Portland on the 10Km route. Walk through the Alberta District for the 5Km route, passing quaint shops and eateries. Along with some of the older neighborhoods.

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

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

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

Location: McMenamins Kennedy School

Start Point / Driving Directions: 5736 NE 33rd Avenue, Portland, OR

I-84 Eastbound (NE 33rd Avenue Exit): LEFT on NE 33rd Ave and drive 2 miles to the McMenamins Kennedy School on the Right - At the corner of NE Jessup and NE Ave, turn RIGHT and go to the parking lot on your left behind the McMenamins Kennedy School, parking could be difficult and you may have to park on the street.

I-84 Westbound - NE 43rd Ave exit and follow signs for NE Broadway. LEFT (West) on NE Broadway for one mile. RIGHT (North) on NE 33rd Ave two miles to the McMenamins Kennedy School on the RIGHT. (See above for parking)

Awards & Fees: IVV Credit Only

Comments: Group Walk - There will be a Group Walk starting at 9:15am at the start location for those interested in walking in a group. Dick Baker will lead a 5K route, come back to the start location for either a check point or finish of a 5K walk. Those interested with doing the second 5K route will depart shortly afterwards.

There are two 5K routes this year.

Water and restrooms at the start/finish and along the routes. Pets are permitted on both routes - NOT IN BUILDING(S).

This is also "Ground Hog Day".

If it is ICY out this walk is subject to being cancelled due to safety issues for everyone.

Host Club: Columbia River Volkssport Club

Contact: Ed Hainline (360) 921-1909

Website: www.walking4fun.org

E-Mail Contact: opahainline49@gmail.com

2/9/2019 City / State: Portland, OR Event Name: Heartbreaker Event Type: Walk

Event ID: 110937

Distance - Trail Ratings: 5k/12k - 3C

Description: Walk on sidewalks, paths, trails and up approximately 900 stairs while exploring Northwest Portland and Washington Park. 12K not suitable for strollers or wheelchairs.

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

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

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

Location: Bldg 2, Good Samaritan Hospital (Foyer)

Start Point / Driving Directions: 1040 NW 22nd Avenue, Portland, Or.

(Bldg # 2, Good Samaritan Hospital, Foyer)

Awards & Fees: IVV Credit Only

Comments: Pat Jewett and John Fiebiger are Co-Hosting this Event.

Email address in "POC block" is for Pat J.

Phone number in "POC block" is for John F.

Parking Validation Passes will be given once walkers have registered for the walk.

12K rated 3C and 5K rated 1B.

The OTSVA State Meeting will be upstairs in the Conference Room. Meeting start time - 1:00pm

Host Club: Columbia River Volkssport Club

Contact: Pat Jewett John Fiebiger (503) 453-0940

Website: www.walking4fun.org

E-Mail Contact: scoutpjwriter@gmail.com

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.

1/30/19

10:00 AM Shari's Café & Pies Parking Lot, 13645 NW Cornell Road, Portland (moved for this day only)

YRE 876 Bethany rated 1A

Shari's Café and Pies, 13645 NW Cornell Road, (at finish)

2/6/19

10:00 AM Legacy Meridian Park Hospital, 19300 SW 65th Ave, Tualatin

YRE 798 Browns Ferry Park rated 1A at entrance

Cracker Barrel, 7415 SW Nyberg St (short drive)

2/13/19

10:00 AM Fred Meyer - Gateway, 1111 NE 102nd Ave - 102nd entry

YRE 427 Parkrose Heights rated 1A

Applebee's Grill & Bar, 10004 NE Halsey St, Portland, OR (2 blocks from finish)

2/20/19

10:00 AM QFC - Fisher's Landing, 3505 SE 192nd Ave Vanc

YRE 1569 Columbia Views rated 2B podium near Bakery

QFC - Deli (in store)

2/27/19

10:00 AM Safeway, 8255 SW Wilsonville, Wilsonville

YRE 550 Wilsonville rated 2B Customer Service

Abella Italian Kitchen, 8309 SW Main St, Suite 200 (drive)

3/6/19

10:00 AM Clarion Inn & Suites, 9717 SE Sunnyside Rd, Happy Valley

Mt Talbert rated 2B

Gustav's German Pub, 12605 SE 97th Ave, Clackamas (3 blocks from finish)

3/13/19

10:00 AM Legacy Salmon Creek Medical Cntr, 2211 NE 139th St, Vancouver

WSU rated 2B Main Lobby

Billygan's Roadhouse, 13200 NE Hwy 99, Vancouver (short drive)

3/20/19

10:00 AM McMenamins Greenway Pub, 12272 SW Scholls Ferry Rd, Tigard (today only start here)

Summerlake Park rated 1A

McMenamins Greenway Pub, 12272 SW Scholls Ferry Rd

3/27/19

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

3 Bridges rated 1B start Box is to your left

Thai Lahana, 7937 SW 13th Ave (3 Blocks from finish)

TRADITIONAL WALK EVENTS

(Club sponsored walks)

4/27/2019 City / State: Albany, OR Event Name: Carousels across America Event Type: Walk
Event ID: 111129

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

Description: A 10k/5k walk with many Challenges available While walking in the historic area of Homes in downtown areas. Dogs are welcome but not in public buildings. there will be water and Restrooms at the start.

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

Special Programs: Bridges - Spanning the USA, Carousels Across America, Ice Cream Parlors, Little Free Libraries, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z

Start Times: 9am to 2pm

Location: Down Town Albany OR, at the new Carousel Bld. on 1st and Washington.

Start Point / Driving Directions: 503 W 1st Ave. Albany OR. 97321; SOUTH BOUND I-5: Exit 234B onto Pacific Blvd. Stay in Right lane and follow signs for City Center. On overpass take exit ramp City Center (hwy. 20). This is Lyon Street, stay in Left lane and turn Left on 1st Avenue. Merge to Right lane and with Carousel in Sight turn Right on Washington and park along water Street or at Mon-teith park.

NORTH BOUND: Take exit 233 then Right onto Hwy 20 toward City center to merge onto pacific Blvd. And follow as above.

Awards & Fees: ZZ

Comments: In general This walk was designed to go near different community attractions, and specifically to celebrate our Special program, "Carousels across America". This will be an easy 1A 5 or 10k walk with two carousels that are in relatively close proximity with one another. Just North of our Carousel in Albany is a carousel in Salem. Plus our Year round Historic Albany walk goes by the Carousel as well. Tokens will also be provided for you to ride the Carousel. So make a day of it and get as many as 4 walks in that go by a Carousel. WOC: Depots, Dogs, Entertainment, Emergency, Eyes, Gazebo, Gardens, Gargoyles, Gallery, Hospital, Historic Homes, Hotel, Ink, Image, Italian, Japanese, Java, Jewelry, Justice, Noodles, Nature, nurseries, Overlook. ESVA: Whisky, Brew, His-toric railroad Station.

Host Club: Albany Fitwalkers

Contact: Don Reed (541) 974-5780

Website: www.albanyfitwalkers.org

E-Mail Contact: donreed1946@yahoo.com



"Sometimes it's good to change your walking routine. Try walking around the block instead of wandering around the kitchen."

Walk With Me

by Munda
Walk with me, the path of life,
to explore every bend of the road
Enjoy with me the beauty of life,
along its wonderful way

Find comfort with me, in each other's arms,
when grief crosses our path
Find strength with me, in each other's strength,
when despair lies in wait

Laugh with me, a single true laugh,
to enlighten another's distress
Cry with me, a single true tear,
to understand true happiness

Cherish with me, the wonders of life,
as they need to be preserved
Rejoice with me, in the mysteries,
of what is yet to be

Find peace with me, in each other's souls,
when the world has gone insane
Find love with me, in each other's hearts,
until this life has been fulfilled

And when the path comes to an end
I hope we can say from within
We've known the beauty of true love,
our love came from within

© netpoets.com



2018 Club Officer Directory

President: Dick Baker
360-991-8806
dickbkr@q.com

Vice President: Ed Hainline,
360-921-1909
opahainline49@gmail.com

Treasurer: Jim Wolf
503-641-0387
jimwolf@frontier.com

Secretary: Debbie Esmond, 503-777-2717
Esmondd1@hotmail.com

Membership Manager, Cheri Stone
503-502-7647
Cstone8175@msn.com
M@L

Asst. Secretary/Treasurer
Website Manager: Susan Treacy
503-975-9151
jsusan45@mac.com

Newsletter Editor: Denise Esmond
503-777-2717
Deedlenee@comcast.net
M@L

(M@L=Member at Large)

For membership dues mail to:

Rose City Roamers
c/o
Website: <http://www.rosecityroamers.org>

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

President
Louise Dix
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