

THE ROAMER

Rose City Roamers
Walking Club Newsletter



June-July 2019



Fun, Fitness, Friendship

AVA Member

CALENDAR

- July 30 Board Meeting
6pm Portland Adventist Hospital Pavilion
- Aug 6 Club Meeting-Picnic
5:30 set up Patio (outside Cafeteria) or
6:00 eat Lower Patio Room if rainy

New Walk Challenges

The Oregon Challenges for 2020 are Ps & Qs

Palm Trees, Parks, Playgrounds & Pedestrian Bridges

Quilts, Queens (i.e. Dairy Queen), Quads & Quality

CLUB T-SHIRTS

New shirts for the club have been ordered. If you ordered one and haven't received it yet see Ed.

CLUB NEWS

CLUB MEETING

Our next club meeting will be on August 6 at Adventist Health's Patio area (outside by cafeteria). This will be our annual picnic meeting. Set-up at 5:30pm and eating starts at 6:00pm. Chicken and beverages provided. Bring side dishes of your choice & utensils.

UPCOMING RCR WALKS

- Rose Parade Walk on June 8
- Daryl Pulley Walk with CRVC on July 6
- The Grotto on August 14
- Starvation Creek on August 28
- Walks in the works for 2020:
- Milwaukie Trolley Trail
- TV Filming
- West Linn

A SALUTE TO OUR VETERANS ON FLAG DAY JUNE 14



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: Dick Baker 360-991-8806

PORTLAND – Northwest

DOWNTOWN LANDMARKS, FOUR PARKS,

Start: LEGACY GOOD SAMARITAN HOSPITAL
1015 NW 22nd Avenue
Contact: Ed Hainline, 360-921-1909
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

Ibach Park, 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)

5/29/19

10:00 AM Gresham Senior Center, 600 NE
8th **(this day only)**

Gresham Town rated 1A

Heidi's of Gresham, 1230 NE Cleveland
Ave (4 blocks away)

6/5/19

10:00 AM Palio Dessert & Espresso
House, 1996 SE Ladd Ave, Portland, OR

Ladd's Addition rated 1A

Genies Café, 1101 SE Division St (near
end of walk)

6/12/19

10:00 AM Picnic tables in Felida Park,
3798 NW 122nd St, Vancouver **(start**

point for this day only)

**Directions: I-5 Exit 5, NE 99th Street. Go
West (Northbound left, Southbound
right) on NE 99th Street. Right on NW
Lakeshore Avenue (traffic light). Left
on NW 122nd St to park entrance.**

Felida rated 1A

Farrah's Bistro, 12514 NW 36th Ave (0.5
km from finish)

6/19/19

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

Hidden Pathways rated 1A

McMenamins Cedar Hills, 2885 SW Cedar
Hills Blvd, Beaverton -- park here for re-
mote start

6/26/19

10:00 AM Fairview/Wood Village Fred
Meyer, 22855 NE Park Ln, Wood Village
(outside near Starbucks)

Blue Lake rated 1A

Bumpers Grill and Bar, 21935 NE Halsey
St. Fairview (short drive)

TRADITIONAL WALK EVENTS

(Club sponsored walks)

6/8/2019 Portland OR Rose Festival Walk

Event Type: Walk

Event ID: 111271

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

Description:

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

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

Start Times: 9 am to 1 pm

Location: Rogue Eastside Pub

Start Point / Driving Directions: 928 SE 9th Ave

Awards & Fees: IVV Credit Only

Comments: If you leave the start point at 10 am, you will be able to watch the Dragon Boat races from the top of the Hawthorne Bridge and/or at the staging area, then pass by Naval vessels, City Fair (food and rides), Saturday Market (crowded) visiting them if you wish and then cross the Burnside Bridge where you can easily see the Rose Festival parade. Many of the walkers have watched the parade with front row views.

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Website: www.rosecityroamer.org

E-Mail Contact: dickbkr@q.com

6/22/2019 Hillsboro, OR Jackson Bottom Walk

Event Type: Walk

Event ID: 111222

Distance - Trail Ratings: 10K - 1B

Description: This walk, which is entirely on the preserve, will take you through the 710 acre Jackson Bottom Wetlands Preserve. The Preserve is a nationally recognized education center and urban green space dedicated to connection water, wildlife and people. Located in the heart of Washington County the Preserve is home to 200 species of birds, mammals and amphibians and provides award winning education, passive recreation, and research opportunities to more than 25,000 people a year. You will see nesting great blue herons, possibly bald eagles and many other species. There is a 1500 pound Eagle nest on display in the visitors center.

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

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

Start Times: 9:00 to 1:00 Finish by 4:00

Location: Jackson Bottom Wildlife Refuge

Start Point / Driving Directions: 2600 SW Hillsboro Hwy Hillsboro, OR 97123.

From Portland proceed west on US 26 to OR 217. Go south on 217 to OR 10 (Farmington Rd.) Turn right on Farmington and Proceed to OR 219. Turn right to Jackson Bottom on your right.

Awards & Fees: IVV Credit Only

Comments: OTSVA - Nature, Nursery

Host Club: Columbia River Volkssport Club

Contact: Dick (503) 649-7675

Website: www.walking4fun.org

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

6/27/2019 Charbonneau, OR Charbonneau (near Wilsonville)

Event Type: Traveling Guided Walk

Event ID: 113855

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

Description: I-5 northbound: Exit 282, right on Miley Rd, left on SW French Prairie Dr, right on Charbonneau Dr/Village Center; I-5 southbound, exit 282B, left on Miley & then follow above info. Walk on sidewalks. This is a guided walk starting at 10 AM; registration starts at 9:30. B 31840 SW Charbonneau Dr, Wilsonville, Oregon 97070, United States

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

Special Programs: Make a Wish at a Water Fountain, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z

Start Times: 10 AM -

Location: Charbonneau

Start Point / Driving Directions: Parking lot near Curry's Landing Restaurant, 31840 SW Charbonneau Dr, Charbonneau

Awards & Fees: IVV Credit Only

Comments: This walk was designed by Sherwood Merrywalkers and later sponsored by Valley Volkswalkers. Beautiful community with lovely houses/gardens and trees providing shade.

WOC: Gazebo

Host Club: Willamette Wanderers

Contact: Julia Westerberg (541) 967-3001

Website: www.willwander.weebly.com

E-Mail Contact: pjwesterberg@comcast.net

6/29/2019 Sandy, OR Tickle Creek Trail Walk

Event ID: 111413

Distance - Trail Ratings: 5/10km - 2B

Description: 5K is rated 1B and 10K is rated 2B.

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

Special Programs: Bridges - Spanning the USA, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

Start Times: 9 AM to 12 PM 4 PM Finish

Location: Smoky Hearth, 16607 Champion Way, #100, Sandy, OR. Start Time 9 AM to 12 PM Finish Time 4 PM

Start Point / Driving Directions:

From North, OR from South: I-205: Exit #22 east to I-84 (US30). I-84: Exit #16 (238th Dri/Wood Village). RIGHT onto 238th Dr. At Glisan, 238th Dr. becomes 242nd. LEFT on Burnside, becomes US 26E. 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 Heart Restaurant in the middle section.

Awards & Fees: IVV Credit Only

Comments: Walk on well-developed gravel pathways along the Tickle Cree Trail under old growth trees. Route continues through neighborhoods, and wooded paths on 10K to Meinig Memorial Park. 5K is out and back along Tickle Creek Trail. Restrooms will be available at the start/finish and Meinig Park.

Host Club: East County Windwalkers

Contact: Jean Jensen (503) 475-6382

Website: eastcountywindwalkers.weebly.com

E-Mail Contact: jmjensen333@comcast.net

7/6/2019 Portland, OR Daryl Pulley Commemorative Walk

Event ID: 107737

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

Description: Walk will go through downtown Portland and Pioneer Place to River Place Marina and various highlights of Portland. The bench is located at the River Place Marina area on the walkway by the marina. Pets permitted, but NOT in buildings. Owners are responsible for clean up laws.

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

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

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

Location: Good Samaritan Hospital, Building # 2 (Foyer), Portland, Oregon

Start Point / Driving Directions:

1040 NW 22nd Avenue, Portland, Oregon

I-5 Exit onto I-405 and US30W. Take US30W onto NW Vaughn St exit. LEFT on NW 23rd Ave. LEFT on NW Northrup. RIGHT on NW 22nd Ave, LEFT on NW Marshall to parking structures either LEFT or RIGHT. Parking Validation Passes will be passed out at the Start area once registered for the event.

Awards & Fees: IVV Credit Only

Comments: This walk is co-sponsored by the Columbia River Volkssport Club and Rose City Roamers Volkssport Club. Daryl was a member of both of these clubs and a previous Northwest Regional Director.

The Commemorative Bench for Daryl is now in place at the River Place Marina area.

Transit transportation - The Portland Streetcar and Tri-Met bus # 77 stop within a block of Good Samaritan Hospital. (corner of NW Lovejoy St & NW 23rd Ave)

Host Club: Columbia River Volkssport Club

Contact: Ed Hainline Dick Baker (360) 921-1909

Website: www.walking4fun.org

E-Mail Contact: opahainline49@gmail.com

7/13/2019 Sublimity, OR Still searching for Big Foot

Event ID: 113390

Distance - Trail Ratings: 5k/7k/8k/11k - 3B

Description: This walk features a choice of distances & difficulty for all ages and folks of different physical condition or endurance.

There is some wheel chair accessible on some flat paved areas and some viewing areas. There will be a loop around the South falls to include a flat walk on the nature trails of the camp ground, rated a 2B only because of the Falls part of the walk. You may wish to do

the entire 11k on the 10 falls trail. which is rated 3C. There are some shorter distances however on this same trail which you would be sure to enjoy on this popular day hike area. Always know your capabilities. Sturdy walking shoes a must, bringing water and snacks along the walk is advised. No restrooms available on the Canyon walk, use the restrooms at the start and finish, or in the campground where a portion of the walk will go.

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

Special Programs: Bridges - Spanning the USA, Walking the USA A - Z

Start Times: 8am - Noon finish by 3

Location: Silver Falls State Park - 20024 Silver falls Hwy SE, Sublimity OR 97385 NOTE: STATE PARK PASS REQUIRED.

Start Point / Driving Directions:

Start point is the day use area of Silver Falls State Park day use area. The day use area has room for approx. 6-7 hundred cars. Registration will be at the Shelter E near the South Falls parking area and rest rooms. Park Gates open at 7am - 9pm. Silver Falls main Office Phone:503-873-8681.

From the North I-5 take exit #271, follow signs to Silverton Hwy 214 East. At Silverton Right at light on C street, Left at the next light onto Water street, becomes Hwy 214. continue 16 miles and right into South Falls day use area parking. From the South I -5 exit #253 and right on Hwy 22 East.

Take exit #7 onto Hwy 214, Silver Falls State Park.

Follow signs and drive 16 miles and Left into Silver falls Day use parking. Walk starts at the near the last parking area & across the creek from the rest rooms. A \$5 STATE PARK DAY USE PASS is required. 12 months Pass available \$30.

If camping there, no pass required.

Awards & Fees: IVV Credit Only

Comments: From July 13-14 is HISTORIC SILVER FALLS DAYS. There will be Displays and Demonstrations during the hours 10am-4pm. IVV credit is \$3.00 Free participants are welcome

a donation would be appreciated. All must register and carry and return a start card. Anyone under sixteen must accompanied by an adult. Absolutely NO Pets are allowed on the Canyon Trail. Pets are allowed on all other trails. Owners responsible for leash and cleanup laws. There is an off leash area for dogs in the Park. Free WIFI at the South Lodge. Cell phone service limited, but all can access emergency 911 calls. Gift Shop Hours 10am-6pm. WOC: Nature, overlooks, Java, Jewelry. ESVA: Restaurants

Host Club: Silverton Walk Abouts

Contact: Don Reed (541) 974-5780

Website: No Website Listed

E-Mail Contact: donreed1946@yahoo.com

7/20/2019 Salem, OR "Old South Salem"

Event ID: 111919

Distance - Trail Ratings: 5/10K - 2A

Description: 5K is rated 1A, 10K rated 2A. Both routes are on paved sidewalks/streets & gravel/dirt paths in Bush Park. The walk focuses on Salem's first historic district known as the Gaiety Hill-Bush's Pasture Park Historic District with prominent & attractive residences (& lovely gardens) dating from 1878 to 1938. High Street is the major street to be walked and also includes attractive residences south of this district.

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

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

Start Times: 9 AM-noon; finish: 3 PM

Location: Salem Health Rehab Center (Bldg M)

Start Point / Driving Directions: 755 Mission St SE, Salem, OR 97302

From North or South I-5: Exit 253 (Mission Street); head to Salem approximately 2.5 miles on Mission Street to Salem Hospital. Right on Capitol to park in hospital's request that walkers use the event reserved parking on 5th floor of parking garage attached to Building A. Restrooms in Bldg A by escalators; none at start. LEFT after exiting Bldg A; CROSS & LEFT on Winter; RIGHT into parking lot after Bldg B (restrooms on 1st floor) to start in front of Bldg M. Look for walk signs.

Awards & Fees: IVV Credit Only

Comments: The walk event is in conjunction with the 70th annual Salem Art Fair & Festival (10 AM-7 PM) held in nearby Bush's Pasture Park. Do the walk and then enjoy the Fair for \$5 (cash only). Non-service dogs are not allowed. Info:

<https://salemart.org/art-fair/>.

Host Club: Willamette Wanderers

Contact: Julia Westerberg (541) 967-3001

Website: www.willwander.weebly.com

E-Mail Contact: pjwesterberg@comcast.net

7/27/2019 Astoria, OR Columbia to Column.

Event ID: 113400

Distance - Trail Ratings: 10 km - 3A

Description: Route will be on paved street and some dirt trail. Recommend hiking boots.

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

Special Programs: Little Free Libraries

Start Times: 08:00 a.m. to 12:00 noon. Finish by 3:00 p.m.

Location: Astoria

Start Point / Driving Directions:

Columbia Hall on Clatsop Community College. Take US 30 to Astoria. Turn SOUTH (away from the river) on 16th St. Go up the hill to turn LEFT on Lexington. Proceed to college parking lot.

Awards & Fees: IVV Credit Only

Comments: Route will include a Little Free Library and the Cathedral Tree Trail. OTSVA meeting will be at 12:30 p.m. in the cafeteria. The cafeteria will be closed to service, but food may be brought into the cafeteria.

Host Club: Turnaround Trekkers

Contact: Sam Korff (503) 728-0400

Website: turnaroundtrekkers.org

E-Mail Contact: korff.sam@wildblue.net

‘Give me the clear blue sky above
my head, and the green turf be-
neath my feet, a winding road be-
fore me, and a three hours' march
to dinner - and then to thinking!"

- Henry Hazlitt

"Climb the mountains and get their
good tidings. Nature's peace
will flow into you as sunshine flows
into trees. The winds will blow
their freshness into you, and the
storms their energy, while cares
will drop off like falling leaves."

- John Muir



2019 Club Officer Directory

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bkr@g.com

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opahainline49@gmail.com

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wolf@frontier.com

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(M@L=Member at Large)

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