

THE ROAMER

Rose City Roamers
Walking Club Newsletter



November-December 2019



Fun, Fitness, Friendship

AVA Member

CALENDAR

Nov 26	Board Meeting
6pm	Portland Adventist Hospital Pavilion
Dec 3	Club Meeting— Officer Election Night
7pm	LL Patio Room

CLUB NEWS

CLUB MEETING

Our next club meeting will be on December 3 at Adventist Health's Patio room (by cafeteria) at 7:00pm. This will be our Re-Election of Club Officers meeting. Positions to be voted are President, Vice President, Secretary, Treasurer, At Large positions are Bulletin Editor, Membership Manager, and a member at large position open for nominations. Please contact Dick Baker if you are interested in running for any of these positions or would like to nominate someone.

CLUB DUES RENEWAL

It is time again to renew club memberships. The Fee is still only \$6.00 per person or family member for a year. You may pay at our club meeting on Dec. 3 or mail to Membership manager at 14868 SE 130th Dr. Clackamas, OR. 97015

HAPPY

THANKSGIVING



2020 Winter Walk to Win Contest



Sponsored by

Evergreen State Volkssport Association

Oregon Trail State Volkssport Association

When: January 1 through March 31, 2020

Who: Paid Credit Walkers and Participants **WHO** make at least a \$1.00 Donation to the Event or YRE/ Seasonal Walk. ALL Walkers are allowed to walk in the states of Alaska, Idaho, Oregon and Washington.

What: Prizes awarded to winners of a drawing held in the states of Oregon and Washington, there will be a separate drawing for each state.

1st - \$100.00 VISA Gift Card

2nd - \$75.00 VISA Gift Card

3rd - \$50.00 VISA Gift Card

Why: To benefit the walking clubs of Oregon and Washington, allows walkers the opportunity to get outdoors during the winter months.

How: Walkers will be awarded one (1) chit for entry in the drawing for every 10 walks logged in any of the four (4) states. (See page 2 paragraph 3 for more clarification)

Three (3) Washington winners will be selected in a random drawing to be held at the ESVA State Meeting on April 25, 2020 in Bellingham, Washington.

Continued on Pg 2

There will be Three (3) Oregon winners selected in a random drawing to be held at the OTSVA State Meeting to be determined at a later date, then announced)

Odds of winning depend on the total number of walks logged and the number of "chits" (drawing tickets) walkers have earned. The Winning Walker(s) need not be present to win.

The log sheet will need to contain the walker's name and address, the walk name, walk number which is the YRE/Seasonal or Event Stamp Number, email address and date they have walked.

To qualify, log sheets must be received by the OSTVA Recognition Chairperson no later than April 10th, 2020, via email or "snail" mail: Ed Hainline, 11410 SE 90th Ave #1511, Happy Valley OR 97086-4604 360-921-1909 (if no answer, please leave a message)

This contest for 2020 is the same as last year (2019), allowing walkers from Oregon and Washington the walking opportunity to walk in any of the 4 states of the Northwest Region (Alaska, Idaho, Oregon and Washington).

Walkers will earn a "chit" for a drawing at either the ESVA State Meeting on April 25, 2020 in Bellingham, Washington or the OTSVA State Meeting (date and location to be determined), for every "10 Walks" they complete.

** If more than the 10 walks have been walked the walker will be awarded the next higher level of chits (example – 14 walks – walker will be awarded "2 chits" and so on for the number of walks walked. List ALL of the walks you do. By doing so you might earn another "chit",

The chit will be placed into the drawing by the Recognition Chairperson and drawn by the President of the respective State Organization (ESVA or OTSVA) at the 2nd Quarter State Meeting and a notation of how many chits for each walker will be kept by the Recognition Chairperson.

NOTE:

Washington State Resident Walkers: You may walk in any of the 4 states. All walks done in Alaska, Idaho, Oregon and Washington will be recorded on a log sheet for Washington and will be for the Washington State Drawing.

Oregon State Resident Walkers: You may walk in any of the 4 states. All walks done in Alaska, Idaho, Oregon and Washington will be recorded on a log sheet for Oregon and will be for the Oregon State Drawing.

There are 2 (two) Walk Log Sheets, one is numbered (1-40) with each 10 walks noted and a "chit" (drawing ticket) will be awarded. The other sheet is unnumbered for those walkers who will do more than 40 walks in the contest time period of 3 months, a "chit" (drawing ticket) will be awarded for each 10 walks (or as noted above) on the additional log sheet as needed.

Please make copies of the contest information sheet and log sheet(s) for your friends who are not a member of a walking club. The more ways this contest information gets out - the more walkers will be aware of it.

There will be copies available at upcoming traditional walking events in both Oregon and Washington.

These forms are also at <http://walkoregon.org/club-news-blog/> or <http://esva.online> Happy Trails to ALL!!





WALKING ADVENTURES INTERNATIONAL Presents ~ CVF Convention in Yellowknife, NWT 2020
June 10-23, 2020 • 14 Days • \$3675

A Volkssport Tour offering walks in Northwest Territories, Alberta, British Columbia, and Washington State
Start: Yellowknife, NWT Finish: Seattle, WA

Join walkers from around North America to celebrate walking and volkssport at the 2020 Convention in Yellowknife, hosted by the Canadian Volkssport Federation!

We start our Adventure at the CVF Convention in Yellowknife, NWT and finish in Seattle, Washington, enjoying a total of 9 convention and 15 post-convention walks. After the convention, we offer a wide variety of additional walks as we travel south and west through the diverse landscapes of Northwest Territories, Alberta, British Columbia and Washington state!
View the itinerary at our website: <https://walkingadventures.com/adventures/canadian-convention/>
Reserve your spot with a \$500 Registration deposit!

**

Contact us with any questions

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**

View the itinerary at our website:
<https://walkingadventures.com/adventures/canadian-convention/>
Reserve your spot with a \$500 Registration deposit!
Contact us with any questions at 800.779.0353 or fun@walkingadventures.com or Visit our website at www.walkingadventures.com

Other Walking Opportunities

WOW Walk Club Portland Walk Club

Club walks begin at World Cup Coffee 1740 NW Glisan (corner of NW Glisan & NW 18th). Guests welcome! Hosted Parking @ REI Structure - Located between NW 14th & 15th on NW Johnson Portland, OR 97209. 5 - 15 minute walk to WCC. Some street parking is available.

Check us out: Please join us for a walk on Saturday at 9:00 AM

Are you looking for someone to walk with? Do you enjoy exploring? Would you like to have fun and improve your fitness? Join our Portland Walk Club today for a fun and motivating experience!

When: Every Saturday at 9:00 am - Yes! We meet year round every Saturday wet or dry.

Where: Club walks begin at World Cup Coffee on the corner of NW Glisan & NW 18th
Parking also available at REI Parking structure between NW 14th & 15th Ave Portland, OR 97209. It is a 5 - 15 min walk to WCC. We depart at 9:00 am.

What: WOW routes vary in length from 3.5 - 6.2 miles. Distance varies each week as club members pick a

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



GROUP WALKS

Wednesday 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.

You can get directions and more information about these walks at www.vancouverusavolkssporters.org/Wed/wed.htm.

11/27/19

10:00 AM Mt Hood Medical Center, 24800 SE Stark, Gresham
YRE 1482 Walt Morey rated 1A in main entrance
Bumpers Grill and Bar, 21935 NE Halsey St, Fairview (short drive)

12/4/19

10:00 AM Starbucks - Mill Plain, 8302 E Mill Plain, Vancouver (park at 8000 E Mill Plain)
YRE - 632 Burnt Bridge rated 1A
Breakfast at Valeries, 516 SE Chkalov Dr. (2 mile drive)

12/11/19

10:00 AM Starbucks, 12518 NE Airport Way, Portland
YRE -1640 Wetland/Ikea rated 1A ask at counter
Bistro 23, 5530 NE 122nd Ave (1 block away) <http://>

12/18/19

10:00 AM Good Sam Medical Center, 1015 NW 22nd Ave, Portland, OR
YRE 410 Landmark rated 2B Left at entrance
Swagat Indian Cuisine, 2074 NW Lovejoy St (2 blocks away)

12/25/19 no walk

Tuesday Walks

December 3, 2019 8:45 am – 9:00 am Ron Russell
Walk 10123 SE Market St. Portland, OR

December 10, 2019 8:45 am – 9:00 am Legacy Mt.
Hood Hospital 24800 SE Stark Street, Gresham, OR

December 17, 2019 8:45 am – 9:00 am Wood Village
Fred Meyers 22855 NE Park Ln, Wood Village, OR

December 31, 2019 10:00 am – 1:00 pm REI - Portland,
1405 NW Johnson St. Portland, Oregon



Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.

Zig Ziglar

Give yourself a gift of five minutes of contemplation in awe of everything you see around you. Go outside and turn your attention to the many miracles around you. This five-minute-a-day regimen of appreciation and gratitude will help you to focus your life in awe.

Wayne Dyer

TRADITIONAL WALK EVENTS

(Club sponsored walks)

11/29/2019 Hillsboro, OR #OPTOUTSIDE Rood Bridge Park

Event Type: Guided Walk

Event ID: 113934

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

Description: Let's get outside and walk off some of that feasting.

There are two 5k loops. The first is within the park with optional routing in case of high water. The second goes out into the SE neighborhood near the edge of rural Washington County.

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

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

Start Times: Registration: 9:30-10am; Walk starts 10am

Location: Hillsboro

Start Point / Driving Directions: 4000 SE Rood Bridge Rd, Hillsboro, OR 97123

From Westbound Hwy 26, take exit 62A for Cornelius Pass Rd (South)

Continue to SW Tualatin Valley Hwy. (OR-8 W) and turn RIGHT.

From SW Tualatin Valley Hwy (OR-8 W), LEFT on SE Brookwood Ave.

RIGHT at first cross street of SE Witch Hazel Rd. RIGHT on SE River Rd.

LEFT on SE Rood Bridge Rd. Turn LEFT to stay on SE Rood Bridge Rd.

Just after Crosswalk is Entrance.

LEFT into Park and follow round-about to second exit.

Continue back to the second round-about and the Start Location.

Awards & Fees: IVV Credit Only

Comments: Park route has mixture of asphalt, bark chip, and dirt paths. Wear weather appropriate footwear. AVA: Bridges, City Park

WOC: High School, Nature, Nursery, Nuts, Orchards

Host Club: Cedar Milers

Contact: Dan Webster (503) 591-5893

Website: cedarmilerswalking.club

E-Mail Contact: cedarmilerswalkingclub@gmail.com

PLEASE NOTE; the Lights of Peacock Lane = CANCELLED

12/21/2019 Portland, OR Christmas Ships Walk

Event ID: 113762

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

Description: Walk on pavement along the Willamette River, crossing the river using the Tilicum Crossing Bridge and returning on the Hawthorne Bridge for viewing of the Christmas Ships parade. Both the Columbia River and Willamette River Ships Fleet will be in the area for viewing. The combined fleet is scheduled to depart Riverplace Marina at 4:30pm and go to Lake Oswego by the George Rogers Park area. They are expected to return to the Riverplace Marina around 8:00pm. There will be a Meet & Greet with some of the captains starting at 8pm for those interested in going down to the pier and seeing the ships up close and speaking with the captains and crew. The Columbia Ships Fleet will continue back to Washington once the combined fleets have returned to Riverplace Marina.

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

Restrooms: Yes

Special Programs: Bridges - Spanning the USA, Take a Walk In a City Park, Walking America's Ports of Call, Walking the USA A - Z

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

Location: Rogue Eastside Pub & Pilot Brewery (Barrel Room)

Start Point / Driving Directions: 928 SE 9th Avenue, Portland, Oregon (In the Barrel Room)

I-5 South: Exit 300B to SE Belmont St. Continue on SE Belmont St to SE 9th Ave. Right on SE 9th Ave - the Pub will be on your left.

I-5 North: Exit 300 - Keep Right, following signs to Central Eastside Industrial District. Right on SE Water A. Left (in one block) on SE Taylor St to SE 9th Ave. Left on SE 9th Ave. The Pub will be on your right. On street parking is very limited, may have to walk a few blocks to get to the start location.

Awards & Fees: IVV Credit Only

Comments: This walk is co-chaired by Judy Koonce, Dick Baker and Ed Hainline.

The best viewing of the combined fleet be at 4:30pm as the ships will depart towards Lake Oswego going under the Tillicum Crossing Bridge. Bring a flashlight to carry with you.

WOC: Docks/Justice/Overlooks

AVA: Centurion/50 States

Host Club: Columbia River Volkssport Club

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

Website: www.walking4fun.org

E-Mail Contact: opahainline49@gmail.com

12/31/2019 Portland, OR New Year's Eve Walk

Event ID: 114053

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

Description: The walk will have 2 different 5 km routes.

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

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: 10 am to 1 pm

Location: REI - Portland, 1405 NW Johnson St.

Start Point / Driving Directions: From I-5 EXIT # 302 B onto I-405 crossing the Fremont Bridge. Exit #2 B off of I-405 toward Everett St. LEFT on Everett St. LEFT on 14th Ave. LEFT on Johnson St.

Awards & Fees: IVV Credit Only

Comments: Washington Challenge Programs: Historic Train Stations, Breweries, and Distillery

Host Club: Columbia River Volkssport Club

Contact: Dick Baker (360) 991-8806

Website: www.walking4fun.org

1/1/2020 Vancouver, WA New Year's Day Walk

Event ID: 111303

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

Description: The walk will have three different 5 km loops all returning to the starting point for the checkpoint/finish.

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

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

Start Times: 10 am to 1 pm for 10 km

Location: McMenamins East Vancouver

Start Point / Driving Directions: 900 NE 1900 NE 162 Ave., B-107 From 1-205 take exit 27 East towards Camas on SR 14. Exit SR 14 at 164th Ave. then LEFT on SE 164th Ave. becomes NE 162 Ave. LEFT on NE 18th St. and immediately RIGHT into shopping center. McMenamins is located on the far NE corner of the shopping Center

Awards & Fees: IVV Credit Only

Comments: A group walk will be held at 10:15 for those who would like to walk with a group.

Host Club: Vancouver USA Volkssporters

Contact: Dick Baker (360) 573-6048

Website: www.vusav.club

E-Mail Contact: dickbkr@q.com

1/1/2020 Yachats, OR Salute to the New Year

Event Type: Guided Walk

Event ID: 116062

Distance - Trail Ratings: 5km 10km -

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

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

Start Times:

Location: Cape Perpetua Visitor Center

Start Point / Driving Directions:

Awards & Fees:

Host Club: Yachats Coastal Gems Volkssport Club

Contact: Maryann Brown (541) 961-4279

Website: yachatscoastalgems.org

E-Mail Contact: yachatscoastalgems@gmail.com

2/1/2020 Portland, OR Pre Super Bowl

Event ID: 113794

Distance - Trail Ratings: 5K / 11K - 1A

Amenities: Strollers: medium | 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: McMenamins Kennedy School

Start Point / Driving Directions:

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.

Host Club: Columbia River Volkssport Club

Contact: Ed Hainline (360) 921-1909

Website: www.walking4fun.org

E-Mail Contact: opahainline49@gmail.com

WOC: Gazebo

Host Club: Willamette Wanderers

Contact: Julia Westerberg (541) 967-3001

Website: www.willwander.weebly.com

E-Mail Contact: pjwesterberg@comcast.net

different route. We walk along the water front, Washington Park, NW, cross over the eastside. Members walk at their pace, falling in step with others. Several members use poles.

WOW Walk Club is a registered USAT&F Racewalk Club for those desiring to compete. You do not need to be a racer to racewalk. The WOW Walk Club is for all walkers.

Annual dues: \$80.00
70+: \$65.00

Download the Walk Club Registration Form
Visa, Master Card, Discover, and American Express accepted, call 503-282-1677

WOW Walk Club offers you the following benefits
Community Walking - Weekly group walk

A special WOW brand back pack

Weekly email tips on training, goal setting and other "need to know" information

Life Balance Membership,
www.lifebalanceprogram.com/wow which includes savings from over 1000 vendors and retailers nationwide; Check out the savings from the LifeBalance Membership. Attend one free technique critique offered quarterly: Attendance incentives USAT&F Racewalk Club, Monthly WalkQuest e-newsletter and more.

How much easier is it to be somewhere or do something if you know 'someone' is waiting for you, will meet you? The club provides the community encouraging each other to succeed.



2019 Club Officer Directory

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

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

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

Secretary: Debbie Esmond, 503-777-2717 Esmond1@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 Deedlene@comcast.net M@L

(M@L=Member at Large)
Website: <http://www.rosecityroamers.org>

For membership dues mail to: Rose City Roamers 14868 SE 130th Dr. Clackamas, OR. 97015

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

