



THE ROAMER

Rose City Roamers
Walking Club Newsletter

September 2020

AVA Member

CALENDAR

- Sept 2 Hoyt Arboretum Walk
- Sept 29 Board Meeting
6:00 Patio Room or via Zoom
- Oct 6 Club Meeting
7:00 Patio Room (unless otherwise notified)
- Dec. 2 Guided Group Walk- National Walking Day, Start: End of the Trail Historic Site, 1726 Washington St., Oregon City OR

CLUB NEWS

Walking events may change, call ahead to verify.

CLUB MEETING our next club meeting will be on October 6

UPCOMING RCR WALKS

September 2 —Group Walk-Hoyt Arboretum

December 2 —End of the Oregon Trail

National Walking Day Guided group walk

Oregon City

PRESIDENT'S CORNER:

It has been a long time that we have been under Covid19 restrictions of some sort. For me I led a normal Wednesday Walk on 11 March 2020. After the walk and letting the news soak into my head, I decided that I would cancel the remaining group walks in March and all of April. Other clubs in the following 2 weeks started doing the same. In the following week, I talked with the Oregon City Pioneer Community Center and we jointly decided to cancel the April walk we had there looking to reschedule it in the fall. Other scheduled group walks we had planned for April, May and June were rescheduled for the fall.

One of the walks that were rescheduled was the Hoyt Arboretum Walk in May moving it to 2 September. We currently are going to try to hold this walk next week. Details in another article later in this newsletter.

We cancelled our general meeting in April and held just a board meeting using email with board members. In June and August, we did hold our general meeting at the Portland Adventist Medical Center using the outside eating area where we were spaced more than 10 feet apart and did have masks. In June those that attended each talked briefly about what was going on in their lives under Covid19 restrictions.

Most of our YRE's are open except for those at Good Sam Medical Center (Ed has the materials for the Good Sam Walks so contact him if you would like to do one of the walks. We do have Council Crest open for this quarter and it is a new route.) and Providence Portland Medical Center. I am not sure about the YRE's at Tryon Creek and Starbucks in Tualatin.

The Crater Lake Seasonal is up and running but not many have signed up for it. If you are interested in doing it, let me know and I can get you the maps, instructions and sign up materials.

Several clubs in Oregon have folded in the past few months or will by the end of the year including the Eugene-Springfield Mossbacks, Yachats Coastal Gems and The Turnaround Trekkers. Other clubs have taken over some of their YRE's.

The Regional Conference was rescheduled for May 2021. Details will be at a later date.

Barbara and I are fine. We do a 5 km volkswalks 3 to 4 times a week mainly in Vancouver. Haven't eaten inside a restaurant since March but have done take out a few times. Like so many others we have learned to use Zoom and other social media. I have been walking weekly with a small group of volkssporters in Vancouver on Thursday night starting in July but Barbara stays home.

I would love to hear from all of you. If you have time and something to share, please email me at

Barbara and I would like to know what this time is like for you. Dick Baker

TRADITIONAL OR GROUP WALKING

(EVENTS)

9/2/2020 Portland, OR Hoyt Arboretum

Event Type: Traveling Guided Walk

Event ID: 116314

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

Description: The route will be mainly on nature paths in the Hoyt Arboretum. A short section on sidewalk at the Rose Garden and along the Japanese Garden.

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

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

Start Times: 9:30 to 9:55 am

Location: Hoyt Arboretum - Wildwood Trailhead

HOYT ARBORETUM WALK on Sep 2, 2020



The Rose City Roamers is offering a group walk on next Wednesday. The walk is in Hoyt Arboretum and is a beautiful walk in the woods, along the Rose Garden, and Japanese Garden. I am hoping that many of you can make it. To members that can't make this date but would like to walk the route let me know and I will get you the information so that you can do it. If you can make the Sep 2 date follow, the instructions below. Group leaders are Ethel, Ed, Tom and Louise Baltes and myself. I will do the registration and last group leader. Dick

There are several changes to the walk on September 2.

Please read carefully and make the changes. The group leaders for this walk did walk the route on 25 August so we have fairly recent information.

1. Parking - Originally we had planned to park where we had parked last year for free. This area was recently changed to a "permit only" parking area so we will be unable to use it. The only area that is available nearby is the pay for parking at the Japanese Garden entrance located approximately at 370 SE Kingston Ave. We plan to use the spaces 235 to 250 and 306 to 340 or those located in the nearby area. There were a lot of parking spaces available on the 25th. The parking there is free to 9:30 am and then \$2 per hour thereafter. It took the group leaders about 2 hours and 30 minutes to do the walk. We would recommend that you allow this much time on the pay meters. We are eliminating a small distance at the Zoo to stay away from Zoo visitors. (We walked this area last year to have added restrooms but they are now closed due to Covid-19 restrictions).

2. Group Size - Last year we had 1 group for the 10 km walkers and 1 group for the 5 km Walkers. This year because of COVID 19, I am going to limit the group size to 8 walkers plus 1 leader. We will have up to 4 groups for the 10 km walkers and 1 group for the 5 km walkers.

The first group will register between 8:15 to 8:30 am leaving promptly at 8:30. This will be the fast group of walkers so that other groups won't catch up to them. This group will be walking faster than the normal Wednesday Walkers.

The second group will register from 8:30 to 8:45 am leaving promptly at 8:45. The third group of walkers will register from 8:45 to 9 am and leave promptly at 9 am. The fourth Group of walkers will register from 9 to 9:15 am and leave promptly at 9:15 am. The 2nd, 3rd and 4th group of walkers will walk at approximately the normal Wednesday Walking pace. There may be occasional short breaks, if the walkers in the group need it. The group leaders did take a couple of short breaks on the 25 of August as we were not used to climbing the hills.

The fifth group of walkers will be doing the 5 km route and register from 9:15 to 9:30 and leave at 9:30 am. We plan on walking at the normal Wednesday Walking pace, but will stop occasionally for short breaks.

3. Restrooms - There are restrooms near the start on the walking route and walkers will be given the chance to use them before entering the Hoyt Arboretum. There are also restrooms at about the 3 km distance and again walkers will be given the chance to use them. There is also a porta potty at about the 7.5 km area (archery field).

4. Bring with you. - I highly recommend that you bring good walking shoes or hiking boots, water, and maybe some snacks. Some might want to bring hiking poles but the group leaders did not need them when we walked on the 25th.

5. Masks are required for registration. You also might want to bring your own pen. We will have a few pens available that you can use but bringing your own will ensure less chance for Covid contamination. Once you have started walking and you can maintain social distancing, you may take them off until social distancing is not practical (meeting other walkers passing the opposite way). The group leaders did pass walkers going the other way several times and we had masks on.

6. The walk is rated 2B. However, because we were out of shape, most of the group leaders felt it was a 3B. **7.** To be assigned to a group, please contact Dick Baker at (360) - 991-8806 or email at dickbkr@q.com. Do not use the email on 2 Sep as I will not have my computer with me and I will be leaving home around 7am.

You must be assigned a group to walk.

We are trying to get back to somewhat normal walking while keeping all walkers as safe as we can. Please be understanding with us, but do offer suggestions that you think can make walkers safer, healthy, keep in shape, socialize, and have fun. Dick

Awards & Fees: IVV Credit Only

Comments: This event will take at least 30 minutes longer than the normal 10 km.

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Contact any walk organizers for events (including year-round events) to determine if they are still being held or there are alternate arrangements for registration. You can find that information for any event, any state at the AVA.org site

Rogue Valley Walkers group walks - contact
Willamette Wanderers Thursday group walks - contact
Wednesday Group Walks have been canceled for July.

East County Windwalkers Glendoveer & Parkrose Heights YREs that start at the Gateway Fred Meyer in Portland are temporarily closed. Someone took our book with the instructions and stamps.

9/8/2020 Florence, OR Washburne State Park

Event Type: Traveling Guided Walk

Event ID: 116478

Distance - Trail Ratings: 10K - 2A

Description: Walk along to beach, through a campground, through a pristine forest, down to the beach and finish at the campground. Bring poles and water. Restrooms at the start.

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

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

Start Times: 1:00 PM

Location: Carl G. Washburne State Park/Picnic area

Start Point / Driving Directions: 93111 US Hwy 101, Florence, OR

The start point is 14 miles North of Florence, OR. on Hwy 101. We will start at the picnic area on the west (ocean side) side of the highway across from Washburne State Park

Awards & Fees: IVV Credit Only

Comments:

Host Club: Columbia River Volkssport Club

Contact: Dick Koonce (503) 679-9473

9/9/2020 Florence, OR Sweet Creek Falls Hike

Event Type: Traveling Guided Walk

Event ID: 116479

Distance - Trail Ratings: 10K - 2B

Description: We will meet at the Quality Inn at 8:00 am and drive about 25 miles to the start point at the Homestead trailhead for the Sweet Creek Falls hike. Sweet Creek Rd, Mapleton, OR

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

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

Start Times: 8:00 am

Location: Quality Inn

FEW PEOPLE KNOW HOW TO
TAKE A WALK. THE
QUALIFICATIONS ARE
ENDURANCE, PLAIN CLOTHES,
OLD SHOES, AN EYE FOR
NATURE, GOOD HUMOR, VAST
CURIOSITY, **GOOD SPEECH,**
GOOD SILENCE AND
NOTHING TOO MUCH.
~ RALPH WALDO EMERSON WWW.VERYBESTQUOTES.COM

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

Year Round walks can be done by individuals or families at any time . Maps for walks can be found in the Walk Box located at the listed Starting Location. Payments can be paid via mail or you may now pay online.

Rose City Roamers Club Meeting Minutes

August 4, 2020



Call to Order

and Welcome

Dick B, president called meeting to order at 6:30pm with a welcome to all.

Meeting minutes

June 2 Minutes were handed out, and a motion was made and **VOTED** approved as written.

Treasurer Report

Treasurer, Jim W. handed out the treasurer's report ending July 28. Highlights were because of the restrictions in place due to Covid there were no deposits or checks written for May; a small deposit was made but no checks were written for June. Checking account balance was \$4865 as of June 30.

There are second quarter reports to AVA that were unable to be completed due to Covid (start locations closed or no reports from YRE contact persons).

The funds received from the Portland Marathon have been moved to the CD (Certificate of Deposit).

Old Business

2020 YREs

The two sanctioned seasonal walks (Council Crest for 2nd & 3rd quarter; Crater Lake for 3rd quarter) are available to do. There have already been some who have walked these. The contact for Council Crest is Ed H; and contact for Crater Lake is Dick.

New Business

2020 Walks

These walks will be traveling group ones.

The **Grotto** walk was scheduled for August 5. and has been rescheduled to October 7.

Starvation Creek was scheduled for August 19, and is now scheduled for October 21.

Hoyt Arboretum was originally scheduled for May 27 and is scheduled for September 2.

2021 Walks

There are two walks which have been already sanctioned: **National Walking Day** - April 7, 2021, and

Rose Festival Walk - June 12, 2021.

These walks are in various stages so are not yet ready to be sanctioned: Rhododendron; North Portland; TV Filming locations; West Linn (City Hall); 5-Ts or SW Ramble.

2021 YREs

Discussion about whether it made sense to keep the YREs as year-rounds. Numbers of walkers doing them is small unless a group walk happens.

We currently have about 16 walks with 1 seasonal (Crater Lake). The walks are being looked at and checked over to make sure they are safe to do, new challenges are updated, and if there should be other changes.

These are some of the changes: **Tryon Creek** will be having a change. Another will be **Mt. Talbert**. The **Lake Oswego (Albertson's)** will remove one walk (River Run) and add back another (Neighborhood). **Crater Lake** will probably become one that is done every other year since the snow makes it difficult to start this walk until July.

Online Walk

Continued on last page

Oregon/SW Washington Events and Clubs
<http://www.walkoregon.org>

To change your email address, send a blank email from the new address to:
walkoregon-subscribe@yahoo.com

To unsubscribe an address, send a blank email from the address you are unsubscribing to:
walkoregon-unsubscribe@yahoo.com (removing the spaces in that address)

The walkoregon@yahoo.com group list exists to announce upcoming non-competitive volkssport walking, biking, and swimming events in Oregon and SW Washington. These events are open to the public - everyone is invited, so pass this along to your friends.

This is an announcement-only group. I pull the information from the ava.org site for traditional volkssport events, but do so a month or more before the event, so please alert me to changes (send to walking@teleport.com).

If you are a walking club leader, please send group walks to be listed to walking@teleport.com and I will add them to the weekly email and, when warranted, special announcements (such as event closures, start box changes, weather cancellations, etc.) If you are a club officer and wish to post more details about walks to this group, contact walking@teleport.com to ask for moderator access.

Spread the word, others can join by sending a blank email to:
walkoregon2-subscribe@yahoo.com

You can access the messages at any time on the web, go to
<http://groups.yahoo.com/group/walkoregon>

We have a Facebook page:

<http://www.facebook.com/OregonWalking>

You may also want to visit the official web sites of volkssport clubs in Oregon and Washington

<http://www.walkoregon.org>

<http://www.esva.org>

AllThingsWalking

Calendar of Oregon walking events -- volkssporting and more

<http://www.allthingswalking.com/calendar.html>

If you do not wish to belong to walkoregon, you may unsubscribe by sending an email to
walkoregon-unsubscribe@yahoo.com

You may also visit the Yahoogroups web site to modify your subscriptions:
<http://groups.yahoo.com/group/walkoregon>

Put your email message delivery on hold for a group:
Send a blank message to walkoregon-nomail@yahoo.com

Change your subscription to individual emails:
Send a blank message to walkoregon-normal@yahoo.com

Messages for the list-owner should be sent to walking@teleport.com

A huge advantage is the Web interface for the group

<http://groups.yahoo.com/group/walkoregon>

- you will be able to view all archived messages.
- You will also be able to set for yourself the settings so you can get
- Each message as it is sent
- a digest of the messages daily instead
- Never get them via email, but be able to read them from the web interface only.
- You can also browse or search all of the messages sent to the list.
- You can send messages to the list
- You can unsubscribe
- You can set it to nomail when you go on vacation.
- You can change your subscribed address.

If you wish to see the official web site for volkssport walking in Oregon and SW Washington, visit <http://www.walkoregon.org>

Best wishes,

Registration

Discussion about doing walks online. The price that the walker pays is a little bit more than being able to do it in person. So overall the best option is to put more money into your 'account'. The costs are \$2.00 for the walk map, and \$1.00 if you want the award.

Since there is limited ability for walkers to access the Good Sam and Providence Hospital as they are not allowing visitors into the facility. These walks will now have online registration.

Online Walk

Fees

It was brought up that RCR walkers are only charged \$2.00 per walk and the online walks will cost our members \$3.00. A motion was made and VOTED approved to reimburse those that complete 10 walks with a check for \$10.

Big Give

The National AVA is having the Big Give in September. Are we interested in supporting this again? Last year we donated \$100. A motion was made and VOTED to support the Big Give with the same donation amount of \$100.

Adjourned

7:08 pm

REMINDER
2020 7pm

NEXT MEETING: October 6,
Patio Room (if allowed)

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 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
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 ore-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



Walk A Mile A Day

Small habits repeated daily can go a very long way. For example, walking for just a mile a day may not seem much at first, but if you walked a mile every day for a year, by the end of the year you would have walked 365 miles...in ten years you would have walked 3,650 miles. Imagine the benefits to your body, your respiratory system, your heart, your muscles, your joints and your weight, if you were to walk just one mile a day

MotiveWeight.Blogspot.com