

THE ROAMER

Rose City Roamers
Walking Club Newsletter



February - March 2021

AVA Member

CALENDAR

Feb 2 Club Meeting
7pm via zoom until further notice

Feb 6 Pre Super Bowl Walk

Feb Heartbreaker Walk-

Canceled



2021 Winter Walk Contest

This contest for 2021 is the same as last year (2020), allowing walkers from Oregon the 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 the OTSVA State Meeting (date and location to be determined), for every "10 Walks" they have completed. (See next paragraph on page # 2)

** 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 OTSVA) at the 2nd Quarter State Meeting and a notation of how many chits for each walker will be kept and maintained by the Recognition Chairperson OTSVA.

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 and challenging it can be.

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

CLUB NEWS

CLUB MEETING

Join us at 7pm for our club meeting on February 2 at 7pm. Until COVID restrictions are lifted we are holding this meeting via Zoom video conferencing. An email will be sent to those with email addresses. Visitors and members are welcome to attend.

Seasonal Walks from 1 April to 30 September

1.
Council Crest Walk
(Y2662) rated 3B that starts at the Good Sam Medical Center, 1015 NW 22nd Ave. Currently the Medical Center is closed but you can register using OSB or contacting the POC (active) - Ed Hainline.
Seasonal Walk from 1 July to 30 September

1.
Crater Lake Walk
(Y2577) rated 2B for the 6km and 4D for the 11km that starts at the Rim Village Visitor Center.
Register using the OSB system or contacting the POC (active) – Dick Baker
Year Round Events from 2 January to 30 December

1.
North Portland

–
St Johns Walk
(Y73) rated 2A and
University of Portland
(Y1298) rated 1A. Both walks start at
West Coast Fitness, 7522 N. Lombard
has reopened but limited hours.

A
sk at the counter for
the walk box and taking it outside to register, get maps and instructions, pay and stamp. If Covid 19
restrictions
close the facility, contact POC (active) – Dick Baker

2.
Northwest Portland

–
Landmark Walk
(Y410) rated 2B and
Parks Walk
(Y297) rated 1A (revised for 2021). Both
walks start at the Good Sam Medical Center, 1015 NW 22nd Ave. Currently the Medical Center is closed
but
you can register using OSB or by contacting the POC (active) - Ed Hainline.

3.
Northeast Portland

–
Hollywood/Rose City
(Y33) rated 1A (new route),
Hawthorne/Laurelhurst
(Y409 rated 1B)
and
Hollywood/Lloyd Center
(Y1708) rated 1A start at the Providence Medical Center, 4805 NE Glisan was open
on weekends for walkers but could close at any time. Register using PSB if open. If not, use the OSB or
contact
the POC (active) Dick Baker.

Notice – The Social Room located next to the start box is now being used for COVID
Vaccinations so it is busy.

4.
Southeast Portland

–
Hawthorne & Southeast Parks
Walk (Y998) rated 1A starts at Starbucks, 3639 SE

Hawthorne,
is closed

. Register using PSB asking for walk box at counter. POC is Susan Treacy

-

Reed College Walk

(Y1192) rated 1B starts at Safeway, 4151 SE Woodstock. Use PSB
to register at the Customer Service Counter. POC is Ethel Woods

-

Mt Talbert Walk

(Y1455) rated 2B (new route) starts at Clarion Inn and Suites at front desk, 9717 SE Sunnyside
Road, Happy Valley is open. Use PSB to register. POC is Judy DeBenedetti.

5.

Southwest Portland

-

Tryon Creek State Park Walk

(Y921) new route, rated 1B, starts at the Nature Center, 11321

SW Terwilliger Blvd. is currently closed. Register for walk using OSB or POC (active) – Ed Hainline

3 Cities, 3 Parks Walk,

rated

1A (new route, Y1864), starts at REI, 7410 SW Bridgeport Rd. Tualatin is open.

Register using PSB located at customer service or OSB. POC – Joe & Karen Kelly

Hedges Creek (Ice Age) Walk

(Y1431) rated 1A and

Ibach Park Walk

(Y2246) starting at Starbucks, 8639 SW

Tualatin –Sherwood Rd. is open. Register using PSB located near counter or OSB. POC – Joe & Karen
Kelly

TRADITIONAL OR GROUP WALKING

(EVENTS)

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

Be courteous to everyone and spread health!

****Face masks are required for Oregon and Washington when entering buildings, and also OUTDOORS when you may come within 6 feet of others.

This covering is to protect others from you, as you may be shedding the virus even if you have no symptoms. Protect others, and encourage others to do the same to protect you.

TO GET INSTRUCTIONS and MAPS

- For Walks in Clark County, WA, please contact the point of contact for the individual YRE (Year Round Event) walk by email for both the All Weather Walkers and Vancouver USA Volkssporters. If you do not know who the Point of Contact is, please feel free to contact Dick Baker or Ed Hainline at the below email addresses.
- For Walks in Oregon sponsored by CRVC contact Ed Hainline by email at opahainline49@gmail.com
- or Walks in Oregon sponsored by Rose City Roamers contact Dick Baker by email at dickbkr@q.com
- For Walks in Oregon sponsored by Willamette Wanderers of Salem, contact Julia Westerberg by e-mail at pjwesterberg@comcast.net

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

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 Monteith 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, Historic railroad Station.

Host Club: Albany Fitwalkers

Contact: Don Reed (541) 974-5780

Website: www.albanyfitwalkers.org

E-Mail Contact: donreed1946@yahoo.com

WALK OREGON CHALLENGES 2021

R's - Recreation Centers, Railroad, River and Roses:
S's - Salon/Spas, Skate park, Statues & Swimming Pools
T's - Tombstones, Totems, Trails & Trials
U's- Unique, University, Urgent Care & Used

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Four P's:
Palms, Parks, Pedestrian Bridges, Play
grounds

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Four Q's:
Quads, Quality, Queen, Quilts
2019

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Four N's:
Nature, Noodles, Nursery, Nuts

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Four O's:
Oceans, Orchards, Outlets, Overlooks
2018

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Four I's:
Images, Inks (tattoos), Irish, Italian

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Four louisedix@yahoo.com louisedix@yahoo.com J's:
Japanese, Java (must have Java in name)
Jewelry, and Justice (courthouses, attorney offices)



2021 Club Officer Directory

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

Vice President: Ed Hainline,
360-921-1909
opahainlin49@gmail.com

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

Secretary: Debbie Esmond, 503-777-2717
Esmond1@hotmail.com

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

Website Manager: Susan Treacy
503-975-9151
jsusan45@mac.com
M@L

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 2216 NE 110th St
Vancouver, WA 98686
Website: <http://www.rosecityroamers.org>

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

President
Louise Dix
louisedix@yahoo.com

American Volkssport Association
Mail: 1008 S Alamo St
San Antonio TX 78210
www.ava.org

NW Regional Director
Tom Baltes
NW_RD@AVA.org