



THE ROAMER

Rose City Roamers
Walking Club Newsletter

July - September
2021

AVA Member

CALENDAR

July 27	Board meeting?
August 3	Club Meeting
7:00 pm	Advent Health Café Patio

CLUB NEWS

Walking events may change, call ahead to verify.

CLUB MEETING our next club meeting will be on August 3, 2021 at 6:00pm. This will be our annual potluck meeting and will be in person. It will be at Advent Health on their Cafeteria Patio. Bring your favorite picnic fare and serving utensils. Beverages will be provided.



ROSE FESTIVAL WALK

The weather treated us right for our walk on June 12th. Although it was predicted to sprinkle during the morning, it turned out to be mainly overcast turning to sun. Temperatures were great for walking. 64 walkers turned out for the walk - a little disappointing but due to the lack of activities for the Rose Festival, COVID restrictions still somewhat in place, and predication of sprinkles, it was about what was expected. I would like to thank the following volunteers for helping me with the walk Ed Hainline for helping me set up, helped me with registration, checkpoint, and finish the entire day; Joe and Karen Kelly with assist from Tom and Louise Baltes for marking one 5 km loop; Ed Hainline and Carolyn Smith for marking the other 5 km loop; and Jim and Jeanette Wolf for sweeping both loops. A special thanks to the Rogue Eastside Pub and especially their manager, Karly, that day, who came in early at 8 am to get everything ready. Karly even provided a jug of ice water to refill walker bottles.

I would also like to thank all the walkers that came to the walk and those that stayed and had lunch at the Rogue Eastside Pub. We did have a group that came by train from Seattle for the weekend doing our walk and also several of the YRE's in the Portland area. Dick



YEAR ROUND WALKS

(YREs)

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 pay online at rosecityroamers.org

Rose City Roamers 2021 Self-Guided YRE's and Seasonal Walks

Terms used:

1. **POC** - the Point of Contact is a member of our club in charge of maintaining the walk.
When listed below as a POC (active), you would be able to contact the member and register, get maps with instructions and complete the walk including stamping your record books. If the POC is not active, they can answer questions but would not be able to physically register you for the walk.
2. **PSB** - the Physical Start Box located at the starting point for the walk. In many cases the Physical Starting Point is now closed due to Covid 19 restrictions. Once the restrictions are over, you would normally register here - get maps with instructions, complete the walk and stamp your record books.
3. **OSB** – Online Start Box – is using the web to register for the walk by going to rosecityroamers.org and clicking on events. There are detailed instructions on how to register and get maps with instructions. It does require that you set up an account and fund it using Pay-Pal. You also are required to pay \$2 to get the maps and instructions then another \$1 after you have completed the walk to obtain your credit stamps. The first time you use this method, it seems cumbersome but after you do it once or twice it gets easy. For members walking 10 of the Rose City Roamer YRE's for AVA credit using the OSB can be reimbursed \$10 so that their total cost for credit will be \$2.

Seasonal Walk 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 and is currently open. Register using the PSB by asking 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.
4. **Southeast Portland – Hawthorne & Southeast Parks Walk** (Y998) rated 1A starts at Fred Meyers, 3805 SE Hawthorne, is open. Register using OSB 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. **SW 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

Wednesday Walks & more

Saturday July 10 at 9:00 am

North Bonneville Gorge Days

Location Start at North Bonneville, WA

Baseball field (sign for Strawberry Island Trailhead and Baseball fields)

Hosted by Carolyn A.

Self-guided event with 2 5K loops rated 1B or you can join a group walk at 9:20 am.

Wed, July 14 9:30 am

Hayden Island Walk

Red Lion on the River Jantzen Beach

2 groups join a 5K or a 10K group to walk with.

Options! lunch.at the Island Café 250 NE Tomahawk Is. Dr.

Thursday, July 15, 2021 6:30pm

Hazel Dell Burnt Bridge Creek Neighborhoods

Black Rock Coffee Bar Hazel Dell

7710 NE 5th Ave Ste 122, Vancouver WA

5K guided walk rated 2A moderate.

Wednesday, July 21, 2021

9:30 am

Tech Center Park

Fred Meyer

16600 SE McGillivray Blvd, Vancouver WA East Entrance Garden Area

5 or 10 K guided walk with an optional lunch

Thursday, July 22 6:30 pm

Lacamas Lake Park

303 NW Lake Rd Camas WA

Join a 6k group evening walk on a Heritage trail. Rated 1A easy

Thursday, July 29, 6:30pm

Princess Ilchee

Ft. Vancouver National Historic Site Visitor Center

6 K guided evening walk Rated 1A easy.

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,

7/17/2021

City / State: Gresham, OR

Event Name: Gresham Arts Walk

Event Type: Walk

Event ID: 114022

Distance - Trail Ratings: 10K 2A 5K 1A - 1A

Description: There are 2 5K routes. The Downtown (Art Festival Walk) will take you through the Art Festival and the Farmer's Market. Rated 1A. The Bella Vista Park will take you through Bella Vista Park & through beautiful Gresham neighborhoods. Rated 2A. There is not a restroom at the start but there are some on the Art Festival Walk, but none on the Park route. NO DOGS ON THE ART FESTIVAL WALK. THEY ARE OKAY ON THE PARK WALK.

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

Special Programs: Little Free Libraries, Walking the USA A - Z

Start Times: 9 am - 1 pm

Location: Gresham City Hall

Start Point / Driving Directions: 1333 NW Eastman Parkway Gresham, OR. Taking I-84 from the east or west take the exit for 181st St. From the east turn left and from the west turn right. Continue on 181st to Burnside. Left on Burnside and follow for 3-4 miles to Eastman Parkway. Right on Eastman Parkway to City Hall. MAX: Take MAX to the Gresham Transit Center. When you exit the train go to the street and turn left to City Hall.

Awards & Fees: IVV Credit Only

Comments: Challenges: AVA: Both walks: Walking USA A-Z. Art Festival Walk: Ice Cream Parlor. Park Route: Free Little Libraries, Birds & Beast. WOC: Both walks: Parks & Playgrounds. Art Festival Walk: High School & Noodles. Park Walk: Deli & Nature. Washington: Whiskey-Vino-Brew: Art Festival Walk. California, Idaho & Alaska challenges are also accepted.

Host Club: East County Windwalkers

Contact: Jean Jensen jmjensen333@comcast.net or 503-475-6382 (See the my.ava.org Event Listing for further contact information.)

Website:

7/20/2021

City / State: NF-775 Sisters, OR

Event Name: wilderness walk

Event Type: Traveling Guided Walk

Event ID: 118984

Distance - Trail Ratings: 10k - 1C

Description: We will Register at the parking area prior to walking. Rest rooms are available at the start and at 2.5k near the boat ramp. This walk is a great walk completely around the lake with nice views in pristine forest with just a few stretches of rough lava trail, making it a 1C rating. Clear lake was formed by lava flows that blocked the river with trees that had grown in

the area visible in places at the bottom of the lake. Many photo ops. on this walk.

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

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

Start Times: 11:00 am

Location: Clear Lake, McKenzie

Start Point / Driving Directions: Clear lake day Use area. NF-775 (92F2+8H) Santiam Junction. From Springfield: East on Hwy. 126. From 69th street 4-way, drive 63.2 miles and Right at Clear Lake Resort sign. From Hwy. 20 Sweet Home: At 18th Street 4-way drive 43.7 miles Then Right on Hwy 126 for 3.6 miles and Left into Clear Lake resort. From Salem I-5 and Hwy. 22 junction: Drive 82.5 miles to Santiam Junction and Right onto Hwy. 20, then 3 miles and Left onto Hwy. 126 then 3.6 miles and left into Clear Lake resort right into day use Parking.

Awards & Fees: ZZ

Comments: If coming to the walk we will be having a picnic lunch after the walk. under the shelter if available or at one of the picnic tables in the day use area. its advised to bring a folding chair if needed.

Host Club: Albany Fitwalkers

Contact: Don Reed donreed1946@yahoo.com or 541-974-5780 (See the [my.ava.org Event Listing](http://my.ava.org/Event_Listing) for further contact information.)

Website:

7/31/2021

City / State: Alsea Falls Campground, OR

Event Name:

Event Type: Walk

Event ID: 118950

Distance - Trail Ratings: 5K, 10K -

Description:

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

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

Start Times:

Location: Alsea Falls Recreation Site Take Hwy 99 15 miles south of Corvallis. Right on Alpine Rd.

Start Point / Driving Directions:

Awards & Fees:

Comments:

Host Club: Corvallis Cruisers

Contact: Rozy Weatherby wrozy@yahoo.com or 541-981-3794 (See the [my.ava.org Event Listing](http://my.ava.org/Event_Listing) for further contact information.)

Website: No Website Listed

8/3/2021

Event Status: RESCHEDULED - Rescheduled for August 3, 2021.

City / State: Jefferson, OR

Event Name: Jefferson 150th Anniversary

Event Type: Walk

Event ID: 116041

Distance - Trail Ratings: 10k/6k - 2B

Description: This walk consists of a 10k/6k distances along country roads and Historic parts of town. The walk will be mostly on pavement and sidewalks with some well maintained trails. Both 10k and 6k will take you up to the old cemetery and stopping at a Native American Museum with an excellent overlooking view of the surrounding Valley.

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

Special Programs: Bridges - Spanning the USA, Mayflower - 400th Anniversary Walk, Take a Walk In a City Park, Walking with America's Veterans

Start Times: 9:00 AM to 12 noon finish by 3

Location: 114 N. Main St. Jefferson OR

Start Point / Driving Directions: From I-5 South or North Bound: Take Exit 238, turn Left at stop sign. Enter Jefferson and Left at stop Light on Main Street. follow walk signs parking along Street.

Awards & Fees: ZZ

Comments: WOC: Bank, Barber Shop, Bike Shop, City hall, Deli, Engines, Entertainment, Emergency, Festival, Forest, Fire-house, Gallery, Gazebo, High School, Historic Homes, Images, Justice, Java, Klubs, Library, Landmark, Museum, Orchard, Overlook, Park, Playground, Quilts, Railroad, River, Rec Center, Salon, Swimming Pool, Statue, Trail, Tombstones, Unique, Victorian, Water hole, Zones, Water Tower, Waterway. ESVA: Frontline Heroes (available in May). Restaurants.

Host Club: Albany Fitwalkers

Contact: Bev Haven msbhaven60@gmail.com or 541-619-8044 (See the my.ava.org Event Listing for further contact information.)

Website:

8/5/2021

City / State: Keizer, OR, OR

Event Name:

Event Type: Traveling Guided Walk

Event ID: 118964

Distance - Trail Ratings: 5k/10k -

Description:

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

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

Start Times:

Location: Keizer Rapids Park

Start Point / Driving Directions:

8/26/2021

City / State: Carlton, OR

Event Name:

Event Type: Traveling Guided Walk

Event ID: 118965

Distance - Trail Ratings:5k/10k -

Description:

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

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

Start Times:

Location:Carlton

Start Point / Driving Directions:

Awards & Fees:

Comments:

Host Club: Willamette Wanderers

Contact: Julia Westerberg pjwesterberg@comcast.net or 541-967-3001 (See the [my.ava.org Event Listing](https://my.ava.org) for further contact information.)

Website:

9/8/2021/

City / State: Hillsboro, OR

Event Name:Orenco Parks

Event Type: Traveling Guided Walk

Event ID: 119007

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

Description: The walk is on sidewalks in the Orenco area of Hillsboro and passes through many of the area parks and beautiful residential areas.

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

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

Start Times: 9 to 9:25 AM for the 10 km and 9 to 9:55 AM for the 5 km.

Location:New Seasons Market

Start Point / Driving Directions: 1453 NE 61st Ave. Take OR Hwy 26 west to Exit 62 A. RIGHT (south) on Cornelius Pass Rd. RIGHT on NE Cornell Rd. RIGHT on NE 61st Ave. LEFT into parking lot. Park away from New Seasons Market.

Awards & Fees: IVV Credit Only

Comments:

Host Club: Vancouver USA Volkssporters

Contact: Dick Baker dickbkr@q.com or 360-991-8806 (See my. ava.org Event Listing for further contact information.)

Website:

Walks, Walks and more Walks

CRATER LAKE NATIONAL PARK, OREGON -- SEASONAL WALK

START: CRATER LAKE - RIM VILLAGE VISITOR CENTER

SEASON DATES: July 1, 2021 until September 30, 2021

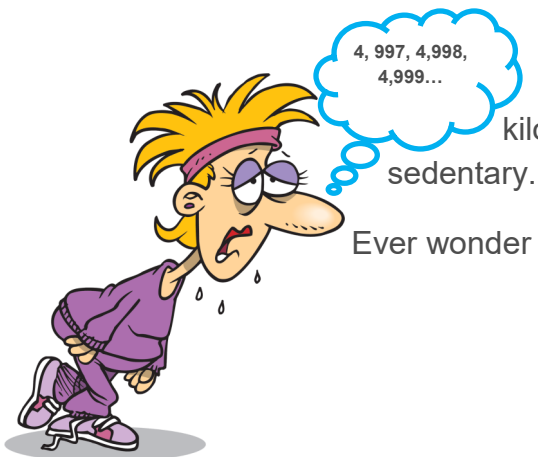
REGISTRATION: By Online Start Box (OSB). Event details are [HERE](#).

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



FUN FACTS:

Kunitz Shoes in Edmondton AB has a line of shoes they named "Volks Walkers". Do Volks Walker shoes help Volks Walkers walk more Volkswalks?



An average walker takes approximately 1000 steps per kilometer. Taking less than 5,000 steps a day is considered sedentary.

Ever wonder why Volkswalks start at 5-K?

SAVE THE DATE!



Club Officer Directory

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