

THE ROAMER

Rose City Roamers Walking Club News-
letter

JANUARY-FEBRUARY-MARCH 2022



CALENDAR

Feb 1 2022 General Meeting
7:00 pm Via Zoom (unless room availability changes)

CLUB NEWS

Our February 1, 2022 general meeting will be via Zoom once again. Meeting starts at 7:00pm. Meeting open to members and visitors.

WALKING CLUB DUES

It's a New Year and a great time to renew your membership in the Rose City Roamers Walking Club. Dues are \$6.00 per person or per family unit. Dues can be mailed to our treasurer at -
Rose City Roamers c/o
6975 SW Hyland Way
Beaverton, OR 97008

Where to Walk

You can find a list of guided group and traditional Event Walks on pages 2—5 and Year Round walks can be walked at anytime-find on page 7



Winter Walk Challenge 2022

The winter walk challenge is being offered again this year for both Washington and Oregon walkers. For further details see page 6

TRADITIONAL EVENTS

MLK JR MEMORIAL WALK

Vancouver USA
Volkssporters AVA-0557
GUIDED WALKING
EVENT This event has a traveling stamp.
Monday, Jan 17th, 2022



Honoring MLK Jr on his day on a walk by the MLK Jr Elementary School in Vancouver. Web: my.ava.org/event-view.php?sn=121206 Copyright 2022,
SANCTION #: SN: 121206

TIMES: Start table open: 10 am
DISTANCE: 5/10 km, Rating: 1A
CONTACT: Thomas R Baltes
TLBaltes@aol.com (505) 298-1256

COUNTY: SPECIAL PR: Walking with America's Veterans Restrooms: Yes Pets: Yes Strollers: Medium Wheelchairs: No AWARD: IVV CREDIT ONLY FEES: The fee for event credit is \$3. Anyone may participate for free, after signing the waiver, if no credit is desired. Donations are welcome but also not required. Event information This guided walk is designed to celebrate Martin Luther King Jr and will proceed through neighborhoods and parks surrounding the newly rebuilt MLK Jr Elementary School at 4801 Idaho St. Event conditions This event will take place regardless of weather conditions except if noted in the sanction.

Directions to the start table 6701 E. Mill Plain Blvd, Vancouver, WA. The Heights Shopping Center is located at the intersection of Mill Plain Blvd and N. Andresen Rd. From I-5 proceed 3.3 miles east on Mill Plain Blvd to the store on the right or from I-205 heading west for 2.2 miles to the store on your left.

Registration starts 30 minutes before walk time and will be done in the store parking lot toward Mill Plain Blvd.

HISTORIC AND SCENIC Springfield, OR
Albany Fitwalkers AVA-0474
GUIDED WALKING EVENT This event has a traveling stamp.
Tuesday, Jan 25th, 2022 For one day only
Web: my.ava.org/event-view.php?sn=121313

Copyright 2022,
SANCTION #: SN: 121313
TIMES: Start table open: 9:45 - 10 am
DISTANCE: 10k/5k, Rating: 1A
CONTACT: Don Reed donreed1946@yahoo.com (541) 974-5780
COUNTY: SPECIAL PR: No special programs Restrooms: Yes Pets: Yes Strollers: Easy Wheelchairs: Easy AWARD: IVV CREDIT ONLY FEES: The fee for event credit is \$3. Anyone may participate for free, after signing the waiver, if no credit is desired. Donations are welcome but also not required. Event information Walk along the Willamette River and through the 250 acre Historic Dorris Ranch, with 109 acres of Filbert Orchards. This Historic ranch was purchased by George Dorris and wife Lulu in 1892 and was developed into the first commercial orchards of Filberts in the United States.

Directions to the start table Lat. 44.033.558 long. 123.018548 Doris Ranch at the foot of 2nd Street. From Springfield take S. Second Street to end at the entrance of Dorris Ranch. After entering through the Arch and Gate take an immediate LEFT into the paved parking area near the rest rooms.

Event conditions This event will take place regardless of weather conditions except if noted in the sanction. Please check the website before traveling to the event using the URL on the bottom of the front page. Anything extraordinary will be noted there. There will be no refunds for pre-paid credit fees. Stipulations for the event This event is open to everyone.

Comments All walkers must register prior to walking. Pets are welcome, follow all leash and cleanup laws. Rest rooms available at the start and halfway points of the walk. A beautiful walk Spring, Summer or Fall mostly on paved trails and some earth trails through the orchards. WOC: Arches, Forests, Garden, Historic Home, Land Marks, Museum, Nature, Nuts, Nurseries, Orchards, Pedestrian Bridge, River, Trails, Unique, Waterways.

SLABTOWN Portland, OR
Columbia River Volkssport Club AVA-0242
GUIDED WALKING EVENT This event has a traveling stamp.
Saturday, Jan 29th, 2022 For one day only
TIMES: Start table open: 9:30am to 9:55am
DISTANCE: 5k/10k, Rating: 2B
CONTACT: Pat J scoutpjwriter@gmail.com (503) 453-6018
Directions to the start table 1040 NW 22nd Avenue, Portland.
COUNTY: SPECIAL PR: No special programs

Restrooms: Yes Pets: Yes Strollers: No Wheelchairs: No AWARD: IVV CREDIT ONLY FEES: The fee for event credit is \$3. Anyone may participate for free,

Comments 5k route is rated 1B / 10k route is rated 2B. Start at Level G by the Elevators. Parking Validation Passes will be available. Restrooms available at Level H entering from the Parking Garage only. Dogs are allowed on this walk, though they are not allowed in buildings along the walk or at the walk start.

PRE SUPER BOWL Portland, OR
Columbia River Volkssport Club AVA-0242 Invite you to a WALKING EVENT

Saturday, Feb 12th, 2022 For one day only
SANCTION #: SN: 121165
EVENT TYPE: Walk
TIMES: Start table open: 9:00am to 11:30am ONLY
DISTANCE: 5km/10km, Rating: 1A
CONTACT: Ed Hainline opa-hainline49@gmail.com (360) 921-1909



COUNTY: SPECIAL PR: No special programs Restrooms: Yes Pets: Yes Strollers: Medium Wheelchairs: No AWARD: IVV CREDIT ONLY FEES: The fee for event credit is \$3. Anyone may participate for free, after signing the waiver, if no credit is desired. Donations are

welcome but also not required.

Directions to the start table 5736 NE 33rd St, Portland 1-84 Eastbound from I-5: Exit #1 (NE 33rd Ave). Turn LEFT for 2 miles to the McMenemy Kennedy School at NE 33rd Ave and NE Jessup. Turn RIGHT onto NE Jessup to the McMenemy Kennedy School Parking lot on Left. If necessary on street parking is available. I-84 Westbound from I-205: Exit #2 (NE 43rd Ave). LEFT on NE Halsey St. RIGHT on NE Cesar E Chavez Blvd (formerly NE 39th Ave) to NE Broadway. LEFT on NE Broadway to NE 33rd Ave. RIGHT on NE 33rd Ave to McMenemy Kennedy School on the Right - corner of NE Jessup and NE 33rd Ave (see above).

Event information Walk on sidewalks and along street shoulders into some of the historic areas of older Portland and into Wilshire Park (10k route). The 5km route goes through the Alberta

District with its quaint shops and eateries, along with some older neighborhoods. Event conditions This event will take place regardless of weather conditions except if noted in the sanction. Please check the website before traveling to the event using the URL on the bottom of the front page. Anything extraordinary will be noted there. There will be no refunds for pre-paid credit fees. Stipulations for the event This event is open to everyone. With registration for these events, the participants accept the guidelines for AVA Volkssport events and agree to observe the principles of good sportsmanship. Littering is prohibited. Children under 12 must be accompanied by an adult. Event disclaimer The sponsors are not liable for accidents, thefts, and/or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. An AVA athletic waiver must be signed by those participating in any event. Room of the McMenemy Kennedy School. Pets are not allowed inside the McMenemy Kennedy School building. Walking routes will not be marked this year - Written instructions and maps will be provided.

VALENTINE WALK IN ORTING

Daffodil Valley Volkssport Association AVA-0336
WALKING EVENT Saturday, Feb 12th, 2022
SANCTION #: SN: 121366 EVENT TYPE: Walk
STATUS: Future event

TIMES: Start table open: 9:00 AM - 11:00 AM
DISTANCE: 5K / 10K, Rating: 1B
CONTACT: Carolyn Warhol jcwarhol@comcast.net (253) 347-0324

COUNTY: SPECIAL PR: Mayflower - 400th Anniversary Walk Rails-To-Trails Rockin' Around the Clock Town Halls / City Halls Walking with America's Veterans Restrooms: Pets: Strollers: Wheelchairs: AWARD: IVV CREDIT ONLY FEES: The fee for event credit is \$3. Anyone may participate for free, after signing the waiver, if no credit is desired. Donations are welcome but also not required. Event information This is a map walk. Event conditions This event will take place regardless of weather conditions except if noted in the sanction. Please check the website before traveling to the event using the URL on the bottom of the front page. Anything extraordinary will be noted there. There will be no refunds for pre-paid credit fees. Stipulations for the event This event is open to everyone. With registration for these events, the participants accept the guidelines for AVA Volkssport events and agree to observe the principles of good sportsmanship. Littering is prohibited. Children under 12 must be accompanied by an adult. Event disclaimer The sponsors are not liable for accidents, thefts, and/

or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. An AVA athletic waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18.

Directions to the start table Train St. SW & Washington Ave. SE. From I-5: Take Puyallup/SR 512 exit. At the end of SR 512, merge onto SR 167. Immediately stay to the right and follow signs to Sumner/SR 410. Take 2nd Sumner exit to Orting/SR 162. RIGHT to Orting. The gazebo will be at the intersection of Train St. SW and Washington Ave. (SR 162). Parking in the park lots or along the street.

Comments Bring your valentine and go for a walk. The route goes along the Puyallup River, the Carbon River and through the town of Orting. It includes sections of the Foothills Rails-to-Trails route, the new City Hall, and a possibility of seeing eagles along the rivers.

COLUMBIA PLATEAU TRAIL Cheney, WA
Lilac City Volkssport Assn. AVA-0326
GUIDED WALKING EVENT This event has a traveling stamp.

Saturday, Mar 5th, 2022 For one day only
SANCTION #: SN: 121286
TIMES: Start table open: 9:00 am
DISTANCE: 10K, Rating: 1A
CONTACT: Allan G Heritage agheritage@hotmail.com (509) 465-2690

Directions to the start table Follow the signs in Cheney. This trailhead is south of town on the Cheney Spangle Road.

COUNTY: SPECIAL PR: Rails-To-Trails Restrooms: Yes Pets: Yes Strollers: Hard Wheelchairs: No AWARD: IVV CREDIT ONLY FEES: The fee for event credit is \$3. Anyone may participate for free, after signing the waiver, if no credit is desired. Donations are welcome but also not required. Event information The parking lot for this trailhead is near the railroad tracks and does have a restroom facility. The direction to be walked will be determined by those in attendance. Event conditions This event will take place regardless of weather conditions except if noted in the sanction. Please check the website before traveling to the event using the URL on the bottom of the front page. Anything extraordinary will be noted there. There will be no refunds for pre-paid credit fees. Stipulations for the event This event is open to everyone. With registration for these events, the participants accept the guidelines for AVA Volkssport events and agree to ob-

serve the principles of good sportsmanship. Littering is prohibited. Children under 12 must be accompanied by an adult. Event disclaimer The sponsors are not liable for accidents, thefts, and/or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. An AVA athletic waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18. Comments This walk is on the Columbia Plateau Trail. This walk is walk 1 using the 2022 Traveling Guided Walk Stamp. Registration will begin at 8:30 with the guided walk beginning at 9:00 am

ST. PATRICK'S DAY TEDDY BEAR Beaverton, OR
Cedar Milers AVA-0549
WALKING EVENT Saturday, Mar 19th, 2022 For one day only
SANCTION #: SN: 121170 EVENT TYPE: Walk
TIMES: Start table open: 9:30 am to 12 pm
DISTANCE: 11/6k, Rating: 1B
CONTACT: Dan Webster cedarmilerswalkingclub@gmail.com (971) 221-4994
Directions to the start table 3205 SW Cedar Hills Blvd., Beaverton, OR
COUNTY: Washington County SPECIAL PR: Town Halls / City Halls Restrooms: Yes
Pets: Yes Strollers: Medium Wheelchairs: No AWARD: IVV CREDIT ONLY FEES: The fee for event credit is \$3. Anyone may participate for free, after signing the waiver, if no credit is desired. Donations are welcome but also not required. Event information Celebrate St. Patrick's Day (a few days late) with a walk in SW Beaverton and the Highland neighborhood. Walk on sidewalks, road shoulders, and a few park paths on dirt and grass. Please consider donating a small to medium teddy bear for the Dougy Center. Event conditions This event will take place regardless of weather conditions except if noted in the sanction. Please check the website before traveling to the event using the URL on the bottom of the front page. Anything extraordinary will be noted there. There will be no refunds for pre-paid credit fees. Stipulations for the event This event is open to everyone. With registration for these events, the participants accept the guidelines for AVA Volkssport events and agree to observe the principles of good sportsmanship. Littering is prohibited. Children under 12 must be accompanied by an adult. Event disclaimer The sponsors are not liable for accidents, thefts, and/or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable



event. An AVA athletic waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18. Comments WOC: High School, Ink, Irish, Italian, Japanese, Java, Jewelry, Noodles, Parks, Playgrounds, Trail, Vietnamese Food, Yoga, Yogurt ESVA: Frontline Heroes (Essential, Sustenance) Pets OK but not in building; follow pick-up rules.

Salem, OR

Willamette Wanderers AVA-0362 Invite
GUIDED WALKING EVENT This event has a traveling stamp.

Saturday, Mar 26th, 2022 For one day only
SANCTION #: SN: 121323

DISTANCE: No distance or rating provided!

CONTACT: Julia Westerberg pjwesterberg@comcast.net (541) 967-3001

COUNTY: SPECIAL PR: No special programs
Restrooms: Pets: Strollers: Wheelchairs:
AWARD: IVV CREDIT ONLY FEES: The fee for event credit is \$3. Anyone may participate for free, after signing the waiver, if no credit is desired. Donations are welcome but also not required. Event information None provided Event conditions This event will take place regardless of weather conditions except if noted in the sanction. Please check the website before traveling to the event using the URL on the bottom of the front page. Anything extraordinary will be noted there. There will be no refunds for pre-paid credit fees. Stipulations for the event This event is open to everyone. With registration for these events, the participants accept the guidelines for AVA Volkssport events and agree to observe the principles of good sportsmanship. Littering is prohibited. Children under 12 must be accompanied by an adult. Event disclaimer The sponsors are not liable for accidents, thefts, and/or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. An AVA athletic waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18.

Regional Conference: Have you signed up yet?



Other organizations that support walking

Volks Walk Come walk with the clubs and walkers of the American Volkssport Association. Meet friends and walk scenic trails at your own pace for health, fitness, and fun.

Mazamas Our mission is simply to provide a comprehensive climbing program with allied activities that enhance and protect the participants and the environment.

Oregon Walks Oregon Walks (formerly the Willamette Pedestrian Coalition) is a non-profit advocacy organization dedicated to promoting walking and making the conditions for walking safe, convenient, and attractive for everyone.

America Walks America Walks is a national coalition of local advocacy groups dedicated to promoting walkable communities.

Walk Your Kids to School To support the national goal of better health through physical activity, CDC's Nutrition and Physical Activity Program has developed

Center for Bicycling and Walking This site tells you how to help create neighborhoods and communities where people walk and bicycle.

Metro Trails A brief description of the trails and greenways in the regional system with links to more information.

The Intertwine The Intertwine is our connected network of parks, trails and natural areas in the Portland, Oregon and Vancouver, Washington region.

AND MORE WALKING INFORMATION..

Oregon Pedestrian Law Guide This legal resource highlights pedestrian traffic laws, rights and obligations plus much more.

Oregon Pedestrian, Bicycle and Driver Rules A summary of Oregon law as it relates to pedestrians, bicyclists, and drivers.

2022 Winter Walk Challenge Contest

Sponsored by Evergreen State Volkssport Association
and Oregon Trails State Volkssport Association

Walking Contest for 2022

When: January 1 through March 31, 2022

Who: Paid Credit Walkers and Participants WHO make at least a \$1.00 Donation to an Event, Traveling Guided Walk or YRE/Seasonal Walk. ALL Walkers may do any walk in the 4 states of the Northwest Region (Alaska, Idaho, Oregon and Washington).

What: Prizes awarded to winners at the drawing held in the State of Washington. 1 st - \$100.00 VISA Gift Card 2 nd \$75.00 VISA Gift Card 3 rd - \$50.00 VISA Gift Card

Why: To benefit the walking clubs of Washington and Oregon, encouraging walkers 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.

There will be Three (3) Washington winners selected in a random drawing to be held at the Annual ESVA Board of Directors Meeting on April 23, 2022 in Lacey. Three (3) Oregon winners will also be selected in a random drawing to be held at a time and date to be determined at a later and 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 no later than April 8th, 2022, via email or "snail" mail:

Ed Hainline,
11410 SE 90th Ave #1511,
Happy Valley OR 97086-4604
opahainline49@gmail.com ,

360-921-1909 (if no answer, please leave a message)

Is this your first time doing the Winter Walk Challenge? If yes, you will be given an additional chit (ticket) for the upcoming monetary drawing on April 23, 2022, at the ESVA meeting. You do not have to be present to win.

** 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 the walks you do. By doing so you might earn another chit. All chits earned will be placed into a container by the Challenge Contest Chairperson for the drawing and drawn by the President of ESVA at the ESVA Annual State Meeting on April 23, 2022. A record of how many chits and the number of walks for each walker will be kept by the 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.

NOTE: 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). The other sheet is unnumbered for those who 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 **).

Please make copies of the contest information sheet and log sheet(s) for your friends who are not a member of a walking club. There will be copies available at upcoming traditional walking events in the State of Washington.

** ALL Year Round and Seasonal Event monitors are asked to place some copies of this challenge contest in the physical walk location or locations they take care of for easier access to all who would like to participate in this walking challenge contest.

Year Round Walks

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 Sue C 403-289-5888

**

PORTLAND-Northwest

Crosstown, Downtown, Four Parks
Start: Legacy Good Samaritan Hospital
1015 NW 22nd Ave

ONLINE START BOX ONLY

Contact: Ed H 360-921-1909
*-PARKING ON STREET ONLY - PARKING IN
HOSPITAL PARKING STRUCTURES WITHOUT
A PASS WILL SUBJECT YOU TO A \$65 FINE.*

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PORTLAND-Northeast

Hawthorne Blvd District, Rose City Walk
Laurelhurst-Hawthorne Walk
Providence Medical Center
4805 NE Glisan
Contact: Dick B 360-573-6048

PORTLAND-Southeast

Hawthorne & SE Parks Walk
Start: Fred Meyer
3805 SE Hawthorne

ONLINE START BOX ONLY

Contact: Susan T 503-975-9151

PORTLAND-Southeast

Reed College Walk
Start: Safeway
4515 SE Woodstock Blvd
Contact: Ethel W 503-774-8013

PORTLAND-Southwest

Tryon Creek State Park

Start Tryon Creek State Park
11321 SW Terwilliger Blvd
Contact Ed H 360-921-1909

LAKE OSWEGO-

Lake Oswego Neighborhoods
Start: Albertsons
16199 SW Lower Boones Ferry Rd
Contact Ed H 350-921-1909

LAKE OSWEGO-

Mountain Parkways Roller Coaster
Start; New Seasons Market
3 Monroe Parkway Ste H
Lake Oswego
Contact Joe K 503-260-7033

TUALATIN

Ice Age (Tualatin) Walk

Start Starbucks at Hedges Creek
8639 SW Tualatin Sherwood Rd
Tualatin OR
Contact Joe K 503-260-7033

TUALATIN

Three Cities, Three Parks
Start REI/Tualatin
7410 SW Bridgeport Rd
Tigard OR
Contact Joe K 503-260-7033

**** BUSINESSES MAY HAVE RESTRICTED ACCESS DUE TO COVID MANDATES**

NOTE: THIS YEAR THERE ARE WALKS THAT CAN BE REGISTERED VIA AVA HOSTED ONLINE START BOX (OSB) OR CAN BE REGISTERED AT THE PHYSICAL START BOX (PSB). Any changes will be posted to the Event Details as stated on the AVA.org website. Maps available at www.rosecityroamers.org

Footsteps

*Walker, your footsteps
are the road, and nothing
more.*

*Walker, there is no road,
the road is made by walking.
Walking you make the road,
and turning to look behind
you see the path you never
again will step upon.
Walker, there is no road,
only foam trails on the sea.*

Antonio Machado, trans. Willis Barnstone
from Antonio Machado, *Border of a Dream:*
Selected Poems, Copper Canyon Press,
2004



2022 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
jimwolf@frontier.com

Secretary: Debbie Esmond, 503-777-2717 Esmon-
dd1@hotmail.com

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503-777-2717
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[M@L](#)

(M@L=Member at Large)

For membership dues mail to:

Rose City Roamers c/o
6975 SW Hyland Way
Beaverton, OR 97008
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.my.ava.org

NW Regional Director
Sharon Moats
NW_RD@AVA.org

