

# THE ROAMER

Rose City Roamers Walking Club News-  
letter

April-May-June- 2022



## CALENDAR

**April 5 2022 General Meeting**  
**7:00 pm Via Zoom** (unless room availability changes)

## CLUB NEWS

Join us at our April 5 2022 general meeting via Zoom once again. Meeting starts at 7:00pm. Meeting open to members and visitors.

## WALKING CLUB DUES

If you haven't yet there is still time to renew your membership in the Rose City Roamers Walking Club for 2022 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

## NW Regional AVA News & information

By RD Sharon Moats & DRD Ed Hainline

March 2, 2022 Many of our clubs are preparing for our National Walking Week, April 1-7. Hopefully all clubs can host a walk during that time whether it be a group walk of a YR or a planned event route. Invite your friends. Add the walk event to your neighborhood blogs and Facebook neighborhood groups. Washington state has some open slots in some areas so if Area Coordinators can get information to me, I will update the list and resend it later in the month. Take your own challenge and plan to attend walks in other areas also!

### Getting "on the road again"!

Time is getting close to get pre-registered for these upcoming multi-day events. Register now! A great opportunity to meet walkers from our NW Region and other states.

April 22-24, 2022, Wild and Woodsy, Lacey WA  
[https://www.capitolvolkssportclub.org/cvc\\_specialevents/wild&woodsy\\_wa\\_2022.html](https://www.capitolvolkssportclub.org/cvc_specialevents/wild&woodsy_wa_2022.html)

June 16-19, 2022, NW Regional Conference, Ashland, OR <https://www.walking4fun.org/nwrc-events.html>

Sadly, Preston Johnson, the founder of Volkssporting in WA and ESVA has passed away after declining health. Preston's entire family was and still is involved in Volkssporting. Watch for a future walk to honor his service to volkssporting.





## Rose City Roamers Meeting Minutes for February 1, 2022 Online via Zoom

Call to Order  
and Welcome 7:07 meeting started online via ZOOM.

Meeting minutes January minutes were sent out before meeting. No changes were made, so motion made and VOTED approved.

Treasurer Report Jim W. sent out the treasurer report. On the comparison chart for years 2017 through 2021, Ed mentioned that the Lake Oswego River Run walk was changed during that time period and is now Lake Oswego Neighborhood. So the walk should reflect both names, or split off the two into separate one. It could be confusing otherwise.

Old Business

CLUB OFFICERS The officers have been added online and renewed for the next year (2022).

New Business

2022 Events NATIONAL WALKING

DAY April 6, Wednesday. It is a Traveling Group Walk. The walk will start at the Senior Center. There is a need for Registration and Finish help on this walk. About three weeks, Dick will be asking for help. It takes at least three people, but more would be better.

WEEK

April 1, Friday – West Linn will be a Year-round event walk that starts from Willamette Coffeehouse. This is hosted by CRVC. April 2, Saturday – Vancouver Murals. This is a new walk and will be a Group walk hosted by Vancouver USA Volkswalkers. Have permission to start from the Columbian parking lot.

April 3, Sunday – Hosted by Cedar Milers and will be a TGW event. April 4, Monday – Battle Ground. This is a YRE walk hosted by VUV.

April 5, Tuesday – Fairview [Salish Ponds] YRE walk hosted by East County Wind Walkers.

April 6, Wednesday – Oregon City. RCR hosting as an event walk. April 7, Thursday – Wilsonville [Graham Oaks] Valley Volkswalkers will be hosting this YRE.

Rose Festival Walk has been sanctioned for June 11, but still need to get with Rogue Eastside Brewery about using their room and restrooms.

Crater Lake This is sanctioned as a TGW for June 20, 2022. Dick thought that the walkers would like to have the name “Crater Lake” on stamp. Will work on seeing if we can get this on the stamp. If not, we would need to change this to a seasonal to have the name. Tater Tours have scheduled this walk, so the funds for the stamp will be covered. More information will be given out at the Regional Conference.

The weather can be very variable and at that time of year could have lots of snow. Even so a portion may be available but won't know until the event.

Other Walks

Honor Walks Walks in honor of long time members are still in the works: Walt Otteson and Noreen Kirk. Another walk in honor of Beverly Cleary, who just recently passed.

West Linn Dick and Ed have been working on this and have the 5K done in West Linn from the City Hall. This is a new walk, though it's a bit hilly but goes into new housing and is very pretty.

Valley Volkssporters

The club only had about three active people are left. They made the decision to disband by June 2022. There are 7 YREs. Bonnie Church takes care of 5 of the walks. Two are Gladstone and are at her house. The others are Canby (5k & 10k), Oregon City (Providence Willamette Falls )10k; 5k remote start at Riverview Park, and Milwaukie 5k & 10k (Providence hospital). Ed has the two in Wilsonville (Graham Oaks, and the Town Center). All the walks will be transferred to RCR starting on the 3rd quarter. They are paid for except for the quarterly fees. These fees need to be discussed to determine if want to kept as YREs. All of the walks are online start box.

Side discussion: Pay per participant. What that is and what makes it financially feasible.

All Weather Walkers

Club disbanded on December 31, 2021. In the process of closing them out. All the members and YREs of AWW are merging with VV. The AWW trailers is licensed in Washington and have been updated. The IRS and Wash-

ington Secretary of State have been notified about the closure. There was some expenditures as a farewell. The treasury, bank accounts are the last things that are done. There are many things that are required by AVA.  
OTHER INFO

Membership Ed noticed that the membership list that Jim sent out was pretty slim. There are some that are 'in the mail'.

RD Newsletter Ed also said that Sharon Moats will be sending out the newsletter with the future events and AVA changes a-happin'.

Website Susan thought she had two questions, but could only remember that the website was updated. Thanked Dick for the photos. It really helps to make the website. Also thanks to Susan for updating.

Wednesday walks for the next four months were sent out. The Peets coffee walk is one that some have done and have really enjoyed.

Susan remembered one of her questions was about membership.

Adjourned Good-byes at 7:45pm

REMINDER

NEXT MEETING: April 5, 2022 7pm



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# 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 Fitness  
7522 N Lombard St  
Contact Dick B 360-573-6048

\*\*

## PORTLAND-Northwest

Landmark Walk  
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.*

\*\*

## PORTLAND-Northeast

Hollywood -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

## 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](http://www.rosecityroamers.org)

## UPCOMING WALKS

6-Apr  
Pioneer Adult Community Center  
Event  
9:30AM  
615 5th St.  
Nat'l Walking Day  
Oregon City (Inside Gym)  
Rated 2A

13-Apr  
Columbia Sportswear Outlet  
YRE 873  
10:00 AM  
1323 SE Tacoma St.  
Three Bridges  
Portland, OR (in Parking lot)  
Rated 1A

20-Apr  
Safeway  
YRE 1192  
10:00 AM  
4515 SE Woodstock Blvd.  
Reed College  
Portland, OR (in Parking lot)  
Rated 1B

27-Apr  
Graham Oaks Park  
YRE 755  
10:00 AM  
11825 SW Wilsonville Road  
Graham Oaks  
Wilsonville  
Rated 1B

4-May  
David Douglas Park  
10:00 AM  
1016 N Garrison Rd  
Trillium Walk  
Vancouver, WA  
Rated 1A

11-May  
Tualatin Hills Rec - Athletic Center  
YRE 1439  
10:00 AM  
50 NW 158th  
Waterhouse  
Beaverton, OR (Outside Entrance)  
Rated 1B

8-May  
Home Depot

YRE 1640  
10:00 AM  
11633 NE Glenn Widing Dr.  
Cascade Sta/IKEA  
Portland, OR (Parking near Widing Dr)  
Rated 1A

25-May  
Home Depot  
YRE 1482  
10:00 AM  
25101 SE Stark St.  
Walt Morey  
Troutdale, OR (Parking near Burger King)  
Rated 1A

1-Jun  
Lacamas Heritage Park  
YRE 364  
10:00 AM  
303 NW Lake Rd.  
Lacamas Lake  
Camas, WA  
Rated 1B

8-Jun  
Albertson's  
YRE 1653  
10:00 AM  
16199 Boones Ferry Rd.  
Neighborhoods  
Lake Oswego, OR  
Rated 1B

15-Jun  
No Walk  
10:00 AM  
Regional Conference next day

22-Jun  
Legacy Meridian Park Hospital  
YRE 798  
10:00 AM  
19300 SW 65th Ave.  
Brown's Ferry Walk  
Tualatin, OR  
Rated 1A

29-Jun  
West Coast Fitness  
YRE 1298  
10:00 AM  
7522 N Lombard St.  
Univ. of Portland Portland, OR (Street Parking nearby) Rated 1A



## April 1 - 7, 2022, National Walking Week Events in NW Region

### Area 2: Central Washington Sun Striders Nat'l Walking Week Events.

Walkers can sign in and walk by themselves with directions/maps. Group walks will be led by a club member. Contact POC for particulars if interested in the group walks. joeblazek1@gmail.com

April 1: Suncadia Resort Trails. Start time 10 am.

April 2: Yakima Greenway River Trail and Arboretum. Start time 10 am.

April 3: Historic Downtown Yakima. Start time 10 am.

April 4: Vantage Palouse to Cascades St Pk Beverly Bridge walk across the Columbia River. Start time 11 am.

Discover Pass required. Bridge scheduled to open to rec use this spring. Check with POC for opening date.

April 5: South Cle Elum town and Palouse to Cascades St Pk Rail Trail. Start time 10 am. Discover Pass required.

April 6: Cle Elum and Coal Mine Rail Trail. Start time 10 am.

April 7: Ellensburg downtown and CWU campus. Start time 8 am.

### Area 3: North West Area Events for National Walking Week:

Meetup: <https://www.meetup.com/walkers-574/>

Meetup: <https://www.meetup.com/NW-Tulip-Trekkers-Walking-Club/events/>

Meetup: <https://www.meetup.com/meetup-group-xevTilbx/>

April 2: Sound Steppers – Lynnwood, Pine Ridge Park, Register 9:00- 10:00

April 2: NW Tulip Trekkers – Semiahmoo . Blain WA Register 9:45- 10:00

### Area 4: Central Puget Sound Events for National Walking Week:

Meetup: <https://www.meetup.com/walkers-574/>

Walks registration is 9:45, walking at 10:00 unless noted otherwise.

April 1: Interlaken Trailblazers - City of Sammamish YR3058. Sammamish YMCA

April 2: Sound Steppers – Lynnwood, Pine Ridge Park, Register 9:00- 10:00

April 3 – ITVC – Sultan – Explore Sultan Register 12:30 - 1:00. Walk at 1:00.

April 4 - ?

April 5 - ?

April 6 – Emerald City Wanderers – Meet at Gasworks Park, more info coming

April 7 – FS Family Wanderers – Top of Queen Ann. Register at 9:30- 10:00.

### Area 5: South Puget Sound Events for National Walking Week:

Meetup: <https://www.meetup.com/South-Sound-Walkers/>

Walks will start at 9:45 unless noted otherwise.

April 1: Check Meetup groups for walk or head out to do a favorite YR walk

April 2: Daffodil Valley Volkssport Association - Lakeland Hills of Auburn, Traditional Event – see Sanction or NW Pathfinder Start: 9:00- Noon.

April 3: Evergreen Wanderers: Proctor Neighborhood Group Walk at 1:45pm

April 4: DVVA – Puyallup Riverwalk Group walk at 9:15.

Capitol Volkssport – Olympia Local City Walk 1:45pm

April 5: Over the Hill Club – Auburn White River Trail Group Walk at 9:45am

April 6: DVVA – Olympia Woodard Bay, 9:45am

April 7: CVC – Shelton Historic Walk, 9:45am

### Area 6 and Oregon: SW Washington and Oregon Events for National Walking Week

Meetup: <https://www.meetup.com/Walking-Oregon-and-SW-Washington/>

All year - round walks will be at 10 am, while you'll want to consult the sanctions for the TGWs and traditional event for start times.

April 1: CRVC - West Linn - Historic Willamette YRE (Y2041)

Willamette Coffee House 2120 8th Ct West Linn, OR 97068

April 2: VUSAV - Vancouver - Murals Walk TE (1375)

Columbian Parking Lot at 701 W 8th St, Vancouver, WA 98660

April 3: Cedar Milers - Webfoot Wanderings TGW (1403)

Tualatin Hills Athletic Center at 15707 SW Walker Rd, Beaverton, OR 97006

April 4: VUSAV - Battle Ground YRE (Y0398)

Safeway Store at 904 W Main St, Battle Ground WA 98001

April 5: East County Windwalkers - Salish Ponds YRE (Y1489)

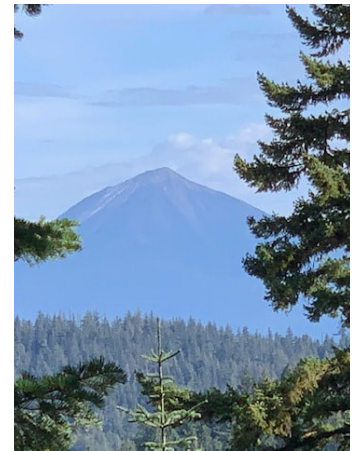
Wood Village Fred Meyer, 22855 NE Park Ln

April 6: Rose City Roamers - Oregon City TGW (1176)

Pioneer Community Center at 615 5th St, Oregon City

April 7: Valley Volkswalkers - Graham Oaks YRE (Y0755)

Safeway at 8255 SW Wilsonville Rd, Wilsonville, OR 97070



# 5 surprising benefits of walking

June 10, 2021



The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you've been doing since you were about a year old is now being touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention.

Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

**1. It counteracts the effects of weight-promoting genes.** Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

**2. It helps tame a sweet tooth.** A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research con-

firms that walking can reduce cravings and intake of a variety of sugary snacks.

**3. It reduces the risk of developing breast cancer.** Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

**4. It eases joint pain.** Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

**5. It boosts immune function.** Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

Image: gradyreese/Getty images  
Article Harvard Health Publishing





## *Spring Came Walking*

*By Annette Wynne*

*Spring came walking through the  
grass;*

*I heard her happy footsteps pass;  
I went outside and took her hand,  
And followed her across the land.  
And everywhere we took our way,  
The flowers called a holiday.*



*Spring Walk in the Park,  
painting by Ohla Artmajeur*

## 2022 Club Officer Directory

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

**Vice President:** Ed Hain-  
line, 360-921-1909  
opahainline49@gmail.com

**Treasurer:** Jim  
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**Secretary:** Debbie Esmond, 503-777-2717 Esmon-  
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**Membership Manager, Cheri Stone**  
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*(M@L=Member at Large)*

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Website: <http://www.rosecityroamers.org>

**Oregon Trails State Volkssport Association (OTSVA)**  
[www.walkoregon.org](http://www.walkoregon.org)

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