

## What is Volkssport?

People new to our club may wonder why the use of such words as AVA credit/non-credit, "volkssport," kilometers, and "volkswalking". The last three reflect its German origin. "Volks" means people. The organized sports as part of the International Federation of Popular Sports (IVV) came to the US primarily by US service people based in Germany.

Our club focuses on walking. Our 5K walks are 3.1 miles; the 10K, 6.2 miles. AVA clubs follow similar procedures in developing walks, preparing directions and maps, registration. Traveling throughout the US doing AVA walks is a great way to see areas favored by local residents. Walks can be done for free (non-credit) or for AVA credit. Contact the Club for AVA information or check [www.ava.org](http://www.ava.org).

Our walks are open to all with no age restrictions and are generally accessible for strollers and wheelchairs. Dogs on leashes are also welcomed. The walks are non-competitive with people walking their own speed and whenever they wish.

While the Club makes every effort to make our walks safe, enjoyable, and memorable, it is not liable for accidents, thefts and/or material damage.

## Our Logo

The Oregon State Capitol is seen in our logo. The walking figure represents the gold Pioneer statue on top of the Capitol Dome. He has left his position and his ax to begin a walk. Members can be seen wearing blue or teal club t-shirts bearing this logo.



## Willamette Wanderers'

### 2017 Eight Walks

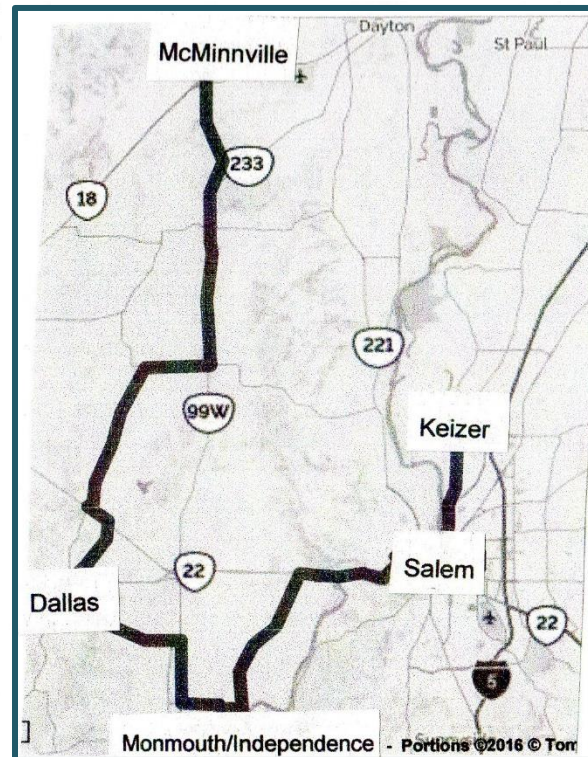
**Salem Hospital Walks: 2½ miles west from I-5, exit 253**

**Keizer Walk – 1¾ miles west from I-5, exit 260B (southbound) or exit 260 (northbound)**

**Independence & Monmouth Walks – 15 miles SW of downtown Salem to Independence via OR22 & OR51;**

**McMinnville Walk – 26 miles NW from Salem via OR221/OR233 or from OR221/OR99W; 37 miles SW from Portland via I-5 & OR99W (exit 294)**

**Dallas Walk – 10 miles NW from Independence or 25 miles SW from McMinnville via OR99W;**



Willamette Wanderers



★ Salem, Oregon

NW 362

& Keizer, Oregon

**Sponsor Eight  
2017 Self-Guided  
Year-Round Walks In  
Salem, Keizer, Dallas,  
Independence,  
Monmouth & McMinnville,  
Oregon**

**P.O. Box 13982  
Salem, OR 97309  
503-581-8444**

[www.willwander.weebly.com](http://www.willwander.weebly.com)



*Fun, Fitness, Friendship*

**AVA: America's Walking Club!**



## Who We Are

The Willamette Wanderers Club of Salem & Keizer is a 501(c)(3) non-profit, volunteer organization formed in 1986. The Club sponsors walks in the Salem area. It is affiliated with the American Volkssport Association (AVA), consisting of 200+ clubs which hold over 3,000 annual walks. AVA helps to promote our walks nationally and internationally especially for those walkers who wish to do walks in all the United States capitals.

Besides sponsoring 8 self-guided walks, the club has a monthly Sunday Stroll on the 2nd Sunday. Club members are also participating in the weekly Thursday walks in other towns. It is more fun when walking with others. See our Calendar at our website for these walks.

## Visit Us

at website: [www.willwander.weebly.com](http://www.willwander.weebly.com). Click "Contact Us" to e-mail us. We are also on Facebook & [www.meetup.com/Walking-Oregon-and-SW-Washington/](http://www.meetup.com/Walking-Oregon-and-SW-Washington/). We will be glad to enter your e-mail address on our Friends' list to be notified of our Sunday Strolls and special walk events.

## Meetings

Monthly meetings are held on the third Wednesday at 5:30 PM at Salem Hospital, 890 Oak St SE, in Bldg D (the location of the Creekside Grill) in the Classroom on the second floor. Free parking is to the right of the building. Meetings are open to the public.

## Membership

Membership information/application can be found at our website. Annual dues are \$5 for individual membership, \$10 for family membership.

## Our Walks in 2017

Each walk below lists where you go to register and get the walking directions. You can walk for AVA credit or for free.

### Our Walks in Salem:

Three walks start from Salem Hospital, 890 Oak St SE, Salem. **From I-5, take exit 253, turning toward Salem City Center. Follow Mission past 12th Street traffic light for two blocks. Turn right on Capitol.** Park for free in parking garage. The Club's small oak two-drawer cabinet opposite the Information Desk in Building A (Admissions/ER) contains the three registration notebooks.

- 1) **Capitol - Governor's Mansion**, Y1028, 6/10K, rated 1A. This walk was revised in 2016. Both routes go south to historic houses & Governor's Mansion. 10K also goes north to downtown, the Capitol, and Willamette Univ;
- 2) **Capitol - Waterways**, Y1413, 6/10K, rated 1A. Both routes go to downtown, the carousel, Riverfront, and over pedestrian RR bridge. Veteran memorials are on 10K route.
- 3) **Historic NE Salem**, Y1499, 6/10K, rated 1A. Both routes go to the Court-Chemeketa Historic District; 10K goes to Oregon State Hospital campus & lovely NE residential areas.

### Our Walk in Keizer:

"Five Parks and a River," Y1264, 5/10K, rated 1A starts at the Keizer Rapids Park after registering at Safeway, 4990 River Rd. **I-5 Northbound exit 260; Southbound 260B, turn towards Keizer. After the RR tracks, turn left at the next light onto Chemawa Rd. Continue on Chemawa thru 4 way stop intersection to Safeway, on the left, just before River Road. The walk box is at Customer Service.** Directions to Rapids Park (1½ miles west) are given. 10K route goes

through five parks while the 5K route goes through two parks. Attractive residential areas are seen along the Willamette River.

### New Walk in Dallas and Continued Walks in Monmouth, Independence & McMinnville:

**Dallas-Historic & Nature Walk**, Y1160, 5/10K, rated 1A starts at Pressed Coffee & Wine Bar, 788 Main St. **From OR22 West & OR99W: west on OR223 (Ellendale Ave). Left on OR223/Main St at traffic light at Kings Valley Hwy. Start point on left near Courthouse. Walk box in lounge behind the book case on right.** Both routes go through historic downtown, Delbert Hunter Arboretum, City Park & Rickreall Creek Trail.

**McMinnville**, Y1916, 5/10K, rated 1A starts at Hotel Oregon, 310 NE Evans St. **Going north on 99W, right on 3rd; going south on 99W, left on 3rd. Enter side entrance on Evans; walk box located next to information table left of registration desk.** Enjoy a walk in this beautiful town in Oregon's Wine Country.

The below two Polk County walks start in Independence from the Hi-School Pharmacy, 1357 Monmouth Street. **From I-5, exit 253 to Salem City Center. Right on Church; left on Marion to cross bridge in left lane to OR22 West & then OR51 South to Independence. Right on Monmouth St to Central Plaza Center at 13 St on left. Ask for blue/black notebook binder from staff at registers.**

1) **Independence**, Y1669, 5/10K, rated 1A. Both routes go to the residential/downtown areas on the National Register of Historic Places & the attractive Riverfront Park in this small Willamette River town.

2) **Monmouth**, Y1265, 6/11K, rated 1A. Both routes go to Western Oregon Univ., the historic downtown and residential areas.