



WILLAMETTE WANDERINGS

Walking Newsletter

Published Quarterly
November 2012

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(Next Issue February)

SUNDAY STROLLS

November 11th

December – 9th

(w/Albany Fitwalkers)

January 13th

February 10th

MEETING DATES

November 11th

December 17th

January 16th

7:00 PM
Building D
Salem Hospital

The public is invited
to attend.

*Pre-meeting walk
4:30 PM, Building A
Everyone welcome!*

Walk Opportunities

For several years, members of the Albany Fitwalkers Club have been traveling on Thursdays to the year-round event walks of other AVA clubs within the Willamette Valley, from Portland to Cottage Grove. They begin their walks at 10 AM after carpooling to the year-round starting places. The walks are generally 10Ks (6.2 miles), but sometimes 5Ks (3.1 miles) walks are also available. Participants walk at their own speed but with others. A 10K will usually take 2-2 ½ hours; and a 5K half of that. The group often enjoys lunch together afterwards, adding "Food" to the AVA goals of Fun-Fitness-Friendship.

In November, the group will start their winter schedule, walking closer to home in the Albany-Salem-Eugene area. Willamette Wanderers are welcome to join this group by contacting Julia at 541-967-3001 or pjwesterberg@comcast.net.

Like the Willamette Wanderers, Albany Fitwalkers (AFW) sponsors monthly Sunday Strolls. The club also has seven year-round, self-guided walks: four in Albany and one each in Brownsville, Lebanon, and Shedd (until 12/31/12). For more information about their strolls and year-round walks, visit their website at www.albanyfitwalkers.org or contact Julia.

Other Salem Area Walks

Besides the four walks sponsored by the Willamette Wanderers (increasing to six in 2013), there are also AVA walks in several nearby towns.

The Albany-area walks are mentioned above. Walks also exist in Sublimity, Stayton, Silverton, Canby, Wilsonville, and McMinnville, to name a few of the towns nearest to Salem. For more information, visit www.ava.org/ava_search.asp. Type a town's name under "Optional City." At the next screen, click to select a walk and the

details will appear. If you want to know all the walks in Oregon, just click on Oregon under "State," and the walks will appear.

At this time of the year, walks for both 2012 & 2013 appear. All "Event Types" will list both the weekend events and the year-round events for both 2012 & 2013. This is a great way to begin planning future walks.

Planning to visit another city? Check to see what walks are waiting for you there.

November Meeting Change

Due to the Thanksgiving holiday, no regular meeting will be held the usual 3rd Wednesday of November; however, a brief meeting will be held at 1:00 Sunday, November 11, prior to the stroll at the Willamette Mission State Park. Those interested in helping with the Keizer Lights Walk should plan to meet in the East Parlour of the Willamette Lutheran Home, 7693 Wheatland Road, Keizer.

January Presenter Planned

We have been very encouraged by the feedback since the special event at Gallagher's in August, that we decided to offer other walk related presentations on a regular basis. The next will be held in place of our January meeting, on the 16th, so mark your calendar and plan to attend. Our next special guest will be announced as soon as we receive confirmation, so save the date and plan to attend.

Sunday, November 11th, start 2 PM , 5K/10K, rated 1A

Willamette Mission State Park, on the National Register of Historic Places, is a great place to explore. Come walk among the walnut and filbert groves, along the Willamette River, past meadows and wetlands, and the site of the former Willamette Mission. See the giant Cottonwood tree and walk aboard the Wheatland Ferry. A carpool will leave Willamette Lutheran, 7693 Wheatland Road, at 1:30 to meet at the ferry. Parking on the I-5 side of the river is free along the road or \$5 in the parking lot. From I-5, take exit 263 - Brooklake Road toward ferry. Left on Wheatland Road to Willamette Lutheran carpool or right to ferry on Matheny Road N. Contact: Rozy wrozy@yahoo.com or 541-926-7890.

Saturday, December 8, start 5K 5:00-6:30 PM, 10K 5:00-7:30 PM, rated 1A

See the Keizer Christmas Lights Walk [brochure](#) for complete details.

Sunday, December 9, start TBA, 5K/10K, rated 1A

Walk historic Albany during the Christmas Parlour Tour

Sunday, January 13, start 2 PM, 5K/10K, rated 1A

Walk the new historic NE Salem beginning at Salem Hospital. See description below.

New walk for 2013.

Sunday, February 10, start 2 PM – 5K/10K, rated 1A

Keizer Fountains and Statues walk begins at Safeway on the corner of Chemawa and River Roads, with registration near Customer Service. Walk takes you through some residential areas, parks, and out into the wide-open countryside for a view of Mt. Hood and Staats Lake. A number of lovely water features and bronze statues commemorating important events and people significant to Keizer's history can be seen along the way.

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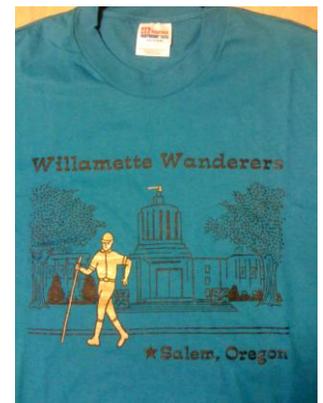
We were well represented at Salem Hospital's recent health fair. Julia used this nice display to promote walking, and was there to answer questions about our club.

Two New Walks Introduced in 2013



Walkers head out on the new South Salem walk during the October 14th Sunday Stroll. The weather was perfect for exploring this great new walk for 2013.

The new historic Northeast Salem walk will take in the Mission Mill Museum and the area to the east, including some of Salem's first neighborhoods. Along with the attractive architecture of these older homes, we'll also have the mature gardens and the old mill stream to enjoy.



Shirts are available for \$10. Contact Karen to request one. She can bring it to the next walk or meeting. Ask how you can earn one free.

Keizer Walk Back by Popular Demand

The Willamette Wanderers sponsored a volksswalk through the lighted neighborhoods of Keizer's annual festival for years before taking the last few years off to concentrate on reviving interest and increasing membership.

Hosting an event such as the Keizer Christmas Lights Walk requires a great deal of planning and the help of a good many volunteers to make it a success. The Wanderers are now a club with the membership to handle such an event.

The start location for the Keizer Lights walk will be indoors at the Countryside Christian Church, a nice warm place for those of us who will be helping out at registration, the check point, and the finish table. This is always a fun time, visiting with all the walkers.

If you haven't already, be sure to sign up for a shift at one of these areas, or plan to help mark the route ahead of time. Want to help out but you are not available that night, you can contribute by providing snacks.

Lights, Lights & More Lights

If you enjoy the lights and walking at night, you should consider some of the other walks available only once a year. For some time, the Merrywalkers of Sherwood have hosted a walk through lighted neighborhoods that seem to get better every year. This year the [Sherwood Christmas Lights Walk](#) will be held December 1st.

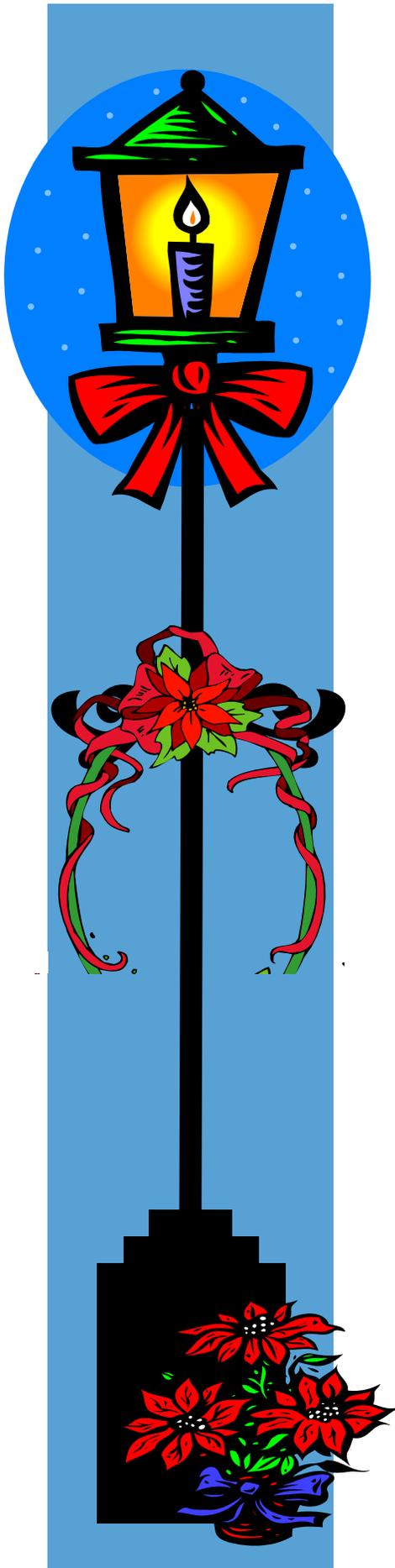
Another favorite is the [Portland Christmas Ships Walk](#) hosted by the Columbia River Volkssport Club. You'll enjoy walking along the Willamette River and seeing the annual parade of lighted boats. This walk will be on December 15.

Do you have a suggestion for a future presentation?

We are interested in your ideas for future presenters. If you have an idea for a great walk-related presentation, we'd like to hear about it. If you know someone who has tips to share with walk enthusiasts, we'd like to get in touch with them. Share suggestions [here](#).

Get the *2013 Starting Point*

The *Starting Point* is your guide to over 1870 self-guided walking and biking trails throughout the USA, published by the American Volkssport Association (AVA). It makes a great Christmas gift, but is available for a short time only. Order a copy today, using the form on the next page.



Starting Point 2013 - \$20.00

Extra copies are available while supplies last

Starting Point features Year Round and Seasonal Events (YREs/SEs), which are events that are generally available any day of the year. There are some restrictions, most notably closures during holidays at some locations. Seasonal events, as the name suggests, are open during a limited time frame (less than 11 continuous months) usually due to weather conditions.

- AVA Clubs receive a 20% Discount.

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Next Day Air minimum of \$25 added to regular rates.

Second Day Air minimum of \$15 added to regular rates.

Rates are subject to change based on size, weight and distance of rush orders.

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