



# The WILLAMETTE WANDERINGS

## Walking Newsletter

Published Quarterly  
November 2013 Issue

### IN THIS ISSUE:

- Upcoming Walks
- Club News
- and More

Next issue February

### SUNDAY STROLLS

|          |                  |
|----------|------------------|
| November | 10 <sup>th</sup> |
| November | 27 <sup>th</sup> |
| December | 8 <sup>th</sup>  |
| January  | 12 <sup>th</sup> |
| February | 9 <sup>th</sup>  |

2:00 PM

### MEETING DATES

|          |                  |
|----------|------------------|
| November | 20 <sup>th</sup> |
| January  | 15 <sup>th</sup> |
| February | 19 <sup>th</sup> |

7:00 PM  
Building D  
Salem Hospital

Pre-meeting walks begin at 4:30 in the lobby of building A



## November Meeting Brings Guest Speaker

You won't want to miss our next meeting Wednesday, November 20. Doctor Carol Cooper, D.C. will be joining us to address physical concerns associated with walking and other fitness activities. Dr. Cooper, whose office is located in the One2One Health Center in Keizer, will share her expertise in the field of chiropractic treatment and injury prevention. Bring a friend along with your questions, and come prepared to learn how to improve your physical wellbeing.

## Member Achievements

In the fall issue of the American Wanderer, the official newspaper of the American Volkssport Association, our own Jim W. was recognized for completing 1150 events as well as for walking 12,000 kilometers. His wife Debra was also recognized for these same achievements.

Congratulations to Jim and Debra who, a few months ago, also completed the Centurion Challenge – 100 walks each in 2013. Congratulations to you both!

## Membership News

The Willamette Wanderers is now 36 members strong! Election of officers will take place following the special presentation at our November meeting. The nominees are:

Jim W., President  
Bonnie O., Vice President  
Susan H., Secretary  
Margaret P., Treasurer

## The Walking Revolution

Click [HERE](#) to view this inspiring new video worth sharing with friends & family.

## Regional Conference Brings Fun, Fitness & Friendship to OR

The [AVA Northwest Regional Conference](#) will be held June 23-28, 2014, at Portland State University. Along with it, the conference brings many opportunities to walk. The list includes Salem, as well as opportunities to see the Portland Waterfront, Silver Creek Falls,

Oregon Garden, and several major Portland landmarks. We will also have a chance to experience a special Portland treat, the unique 4Ts (Train, Trolley, Trail, and Tram) Walk; and the final day will include two events at Mount St. Helens. Coach transportation to these great walks will be available.

## **November 10, 2:00 PM – New Keizer Walk: Five Parks & a River**

This will be our first opportunity to do this new walk being introduced in 2014. Walk your choice of 5K or 10K, rated 1A beginning at Keizer Rapids Park (1900 Chemawa Road N, Keizer) boat ramp parkinglot. The 10K route goes through four Keizer parks and one Salem park, four of them along the Willamette River. Two river parks are included on the 5K route. Both routes go through attractive residential neighborhoods.

## **November 27, 2:00 PM – North Albany**

We will be joining the Fitwalkers in North Albany for their revised walk through newer housing developments to North Albany Park. The 10km includes Countryman Circle, an attractive rural residential area. The 5km is rated 1A, 10km 2A. From I-5, take Exit 233 (Hwy 20). Follow signs for City Center & Corvallis. Follow Lyon St. over the Willamette River Bridge. Turn right at the second light after the bridge. Continue on N. Albany Rd to traffic circle near the top of the hill. Go left at the traffic circle onto Gibson Hill Rd. Fire Station is on the left at 2850 Gibson Hill Road NW.

## **December 8, 2:00 – Historic Albany Parlour Tour with the Fitwalkers**

This walk is held annually by the Fitwalkers in conjunction with Albany's Historic Parlour Tour. This walk follows The Tour route through two historic districts, past specially selected vintage homes. Those wishing to take a look inside these seasonally decorated, beautifully restored homes and businesses may do so for the price of a Parlour Tour ticket. Tickets have been discounted for walkers in the past, and may be again. Start point will be Two Rivers Market parking lot, between 2<sup>nd</sup> and 3<sup>rd</sup>, off Ferry Street.

## **January 12, 2:00 PM – New Salem Waterways Route, Rated 1A**

Join a group to enjoy a 6K or 10K on natural trails with slight inclines and uneven surfaces. The route visits small and larger parks and the Capitol building, crosses the Willamette River on a pedestrian bridge into Polk County, and passes several monuments along the way. Meet at 890 Oak Street, SE (Salem Hospital, Bldg. A) at 1:45 to sign in.

## **February 9, 2:00 PM – Salem Sunnyslope Walk, Rated 2B**

Join a group to enjoy a 5K or 10K with some ups and downs, but only one short hill. Walk on a trail designed by a local resident in the Sunnyslope area of South Salem. See beautiful homes surrounded by parks, shade trees, hidden paths and great views. Visit the Belcrest Memorial Cemetery. Sign in begins at 1:45 at Roth's Fresh Market, 4555 Liberty Road, South, Salem.

# **Iris Festival Event Planned for May 17, 2014**

Plans are once again in effect for this popular walk event hosted by the Wanderers at the Schreiner's Iris Garden. This year's event will include a ride to and from Keizer Station and the heart of the festivities. Excluded from this year's route is the very busy stretch of road from Schreiner's into Keizer, along the freeway. This will allow more time to walk among the blooms.

## **For Your 2014 Calendar**

June 19-22  
[Gorge Event Walks](#)

June 23-28  
[Northwest  
Regional  
Conference](#)

*Click [HERE](#) to read a great article by Rozy, our president, published in the last issue of the American Wanderer newspaper.*

## **Thursday Walks Still a Favorite**

Information about these walks is shared weekly via email. To get on the recipient list, or for more information, contact Julia at 541-967-3001 or [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net)

### **US MAIL:**

Willamette Wanderers  
PO Box 13982  
Salem, OR 97309

### **PHONE:**

(541) 979-8277

### **E-MAIL:**

via website below

### **WEBSITE:**

[WillWander.weebly.com](http://WillWander.weebly.com)