



WILLAMETTE WANDERINGS

Walking Newsletter

Published Quarterly
February 2013

THIS ISSUE:

- Upcoming Walks
- Future Events
- Club News

(Next Issue May)

SUNDAY STROLLS

March 10th

April 14th

MEETING DATES

February 20th

March 20th

April 17th

7:00 PM
Building D
Salem Hospital

The public is invited
to attend.



Fun, Fitness, Friendship

New Members Recognized, You Can be Too

Beth and Richard were both honored in American Volkssport Association's newspaper, *The American Wanderer*, for the completion of their first AVA event book. Both walk regularly on Thursdays with the group sponsored by the Albany Fitwalkers and Willamette Wanderers. Richard is also participating in the AVA's Centurion program challenging its participants to do 100 walks in 2013. He has just returned from San Diego where he did several AVA walks.

Most people are introduced to AVA walks through the occasional traditional events on weekends where walkers register and then follow written directions/maps along with arrows/ribbons. Willamette Wanderers had their last such event December 8th in Keizer. Year-Round Events (YREs) are self-guided walks which people can do throughout the year by themselves or with others, as with the Thursday group or the club's monthly Sunday Stroll.

In 2013 the Wanderers have five YRE's. Three starting from the Salem Hospital, one from Roth's on Liberty, near Kuebler, and one from the Keizer Safeway. All can be found in our flyer on the club's website: willwander.weebly.com. Walkers register at each starting place and walk for AVA credit or for non-credit/free. They take the written directions/maps and do either a 5K (3.1 miles) (sometimes a 6K) or a 10K (6.2 miles) route. There are no arrows/ribbons for these walks.

If you would like to walk for AVA credit or want more information about AVA credit, please contact Julia at pjwesterberg@comcast.net. She sells New Walker packets for \$5 which includes the first two AVA books (event/distance) and three free credit walk coupons. This packet is worth at least \$19, so is a real bargain. Julia can also give you information about the Thursday walking group.

New 2013 Event Walk Introduced

The Wanderers will be hosting a new walk as part of Keizer's 6th Annual RIVERfair event Saturday, August 10. Watch for details about RIVERfair as they develop at [Making Keizer Better](#). The location of the event, [Keizer Rapids Park](#) offers some great features for volkswalking. Mark your calendar and plan to get involved as this exciting new event comes to life.

Northwest May Host Two Big AVA Events

We are excited to learn that the Oregon Trails State Volkssport Association will host AVA's Northwest Regional Convention in Portland in 2014, and Salem is being proposed as the site of the AVA Biennial Convention in 2015. Both would bring great opportunities to welcome and walk with others from all over the United States and beyond.

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Grand Floral Parade... Another Great Opportunity

Volkssport clubs all over the Pacific Northwest will come together in a lead position during the Grand Floral Parade June 8, 2013, as the OTSVA Grand Floral Walk takes place in Portland. Each club will be wearing their colors and flying their banners, en masse. After our part at the start, we will be seated in a special section to watch the rest of the parade in style! Watch for details in the next issue. This is just one of many opportunities to represent the Willamette Wanderers wearing your club t-shirt. If you don't already have one, please consider getting one. After all, membership was free.

Wanderers Receive Invitation

The Willamette Wanderers have been invited to join the Albany Fitwalkers and Eugene Mossbacks for a special presentation Wednesday, March 13. This is a great opportunity for us, as Sam Korff will be on hand to share his vast knowledge of the American Volkssport Association. An avid volkswalker himself, Sam has served multiple terms as Director of AVA's Northwest Region, made up of Washington, Oregon, Idaho, and Alaska.

We will enjoy meeting and visiting with Sam and his wife Martha over finger-foods, provided by the members of all three clubs, beginning at 6:00 PM. Sam's program will follow at 7:00.

Brookdale Villas Courtyard
1929 Grand Prairie Rd SE, Albany
Craft Room "A"

In addition to AVA's rich history, Sam will share his hopes and dreams for the future of volkssporting in the US, as a candidate for President of the AVA. Elections will take place at the AVA 18th [Biennial Convention](#), April 29-May 3, 2013 in Orlando, FL.

Sunday Strolls

March 10th, start 2PM (sign in 1:45) 6K/10K, rated 1A

We will enjoy our own downtown [Salem Capital Governor's Mansion Walk](#) through historic neighborhoods and the capitol and the Willamette University grounds, and past the Governor's Mansion, tree shaded parks and the county courthouse. Arrive early to register for the walk in the lobby of Building "A" of Salem Hospital.

April 14, start 2:00 (sign in 1:45) 5K/10K, rated 1A

This will be our first time to enjoy this West Salem walk, made from the best parts of two former walks in the area. We will enjoy the old and explore the new, as we prepare to bring back a YRE to this part of town. Start point to be announced.



Thursday group walks have become a favorite with many. Here the group, led by Julia of the Willamette Wanderers and Albany Fitwalkers, heads out on the new Northeast Salem Walk, December 13. Organizing these walks, Julia does a great job of varying the locations. A calendar including Thursday walks can be found [HERE](#). Those planning to join Julia should let her know as plans can sometimes change unexpectedly.

Club t-shirts are still available for just \$10. Pick yours up at the next meeting or walking event.