



The WILLAMETTE WANDERINGS

Walking Newsletter

Published Quarterly
February 2014 Issue

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- Upcoming Walks
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Next issue May

SUNDAY STROLLS

February	9 th
March	9 th
April	13 th
May	11 th

2:00 PM

MEETING DATES

February	19 th
March	19 th
April	16 th

7:00 PM
Building D
Salem Hospital

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



Introducing Our New President

Congratulations Jim W. our new Willamette Wanderers President. Sharing a little about his walking experiences, Jim said that he and his wife Debra started walking in May 2001 for fun and exercise. Since then, they have walked over 1,200 events and over 13,000 kilometers. Jim's favorite walk is in his hometown of Vale, Oregon. A favorite of Debra's was the Independence/Monmouth walk, because it went by her former home and though the WOU campus where she went to college.

Asked if he has any advice for new walkers, Jim says, "By walking for credit, walkers can participate in special programs to earn patches, and support AVA." Every good volkswalker knows this is the best way to ensure that great new walks will continue to be available in the future. Regarding his recent completion of the Centurion Challenge (100 walks in 2013), Jim said, "When you set a goal of completing 100 walks, it motivates to get out and walk." Certainly, we can all use a little extra motivation!

Jim also wishes the membership to know that anything anyone can do to support him as president will be greatly appreciated. To new vice president, Bonnie and secretary, Susan, we also extend our congratulations and support.

New Executive Director Leads the AVA

At the January National Executive Committee (NEC) meeting, in Tuscan, Arizona, Stephanie Sinclair was unanimously approved as the new Executive Director of AVA.

Stephanie was chosen from the 33 candidates screened during the search. After the Hiring Committee reviewed all resumes and held telephone interviews with the top 10 applicants, the top five candidates were selected for interviews, in San Antonio.

Stephanie comes to AVA from Girl Scouts where she was working as Director of Philanthropy and Community Relations and Grants Manager for the San Antonio Girl

Scout Council. She has a Masters Degree in nonprofit management, a second Masters in communications studies, and a Bachelor of Arts in English communications arts.

Stephanie comes with great credentials, and she was barely able to contain enthusiasm for volkssporting and for her new position.

Her volkssporting experiences began when she was a child walking with her grandmother and mother in Texas. Learn more about Stephanie from the official announcement and article in [The American Wanderer](#).

In the meantime, please join us in giving Stephanie a warm welcome to her new position leading the AVA!

February 9, 2:00 – Wanderers’ Sunnyslope Walk, Rated 2B

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. Walk through the beautiful Belcrest Memorial Cemetery. Sign in begins at 1:45, Roth's Fresh Market, 4555 Liberty Road, South Salem.

February 23, 2:00 PM – Fitwalkers’ SE Albany Walk, Rated 1A

Join the Albany Fitwalkers for a walk through several parks and quiet residential areas, and along Periwinkle Creek. Route is okay for strollers. Sign in begins at 1:45, Brookdale Villas Courtyard, 1929 Grand Prairie Road SE, Albany.

March 9, 2:00 PM – Wanderers’ NE Historic Salem Walk, Rated 1A

The 10K route passes by Thomas McKay Woolen Mill, thru the Court-Chemeketa Historic Residential District, and then Oregon State Hospital. The 5K primarily in the Court-Chemeketa Historic District. Sign in at 1:45 in the main lobby of Building A, Salem Hospital, 890 Oak Street SE, Salem.

March 23, 2:00 PM – Fitwalkers’ Parks and Lakes Walk, Rated 1B

Walk starts at Waverly Park, Pacific Avenue, Albany. Both 5K and 10K routes go to the Swan Lakes, Waverly Park, and Talking Water Gardens, a renowned man-made wetland park. Arrive early to sign in.

April 5, Start: 8 AM-1 PM – Meandering Millersburg w/the Fitwalkers

Join the Albany Fitwalkers for this traditional event in the peaceful, little community of Millersburg. Walk offers two 5K loops, each bringing you back to the start point at the Millersburg Park. [Click here](#) for a brochure with complete details.

April 13, 2:00 PM – Wanderers’ New West Salem Walk, Rated 1A/5K & 2B/10K

Routes go through Wallace Marine Park, along the Willamette River, and on the Edgewater Trail. The 5K is primarily lower/older residential/business areas. The 10K continues to the hilltop Audubon Nature Reserve. Meet at W Salem Courthouse Athletic Club 300 Glen Creek NW, Salem, 1:45 to sign in.

Don't Miss A Meeting

Following is a list of meetings scheduled for the Willamette Wanderers for 2014. Mark your calendar and plan to attend in the Creekside Overflow Room at 7PM on these Wednesdays:

- February 19
- March 19
- April 16
- May 21
- Jun 18
- July 16
- August 20
- September 17
- October 15
- November 19
- December 17



Plan to Walk 10:11, 12-13-14

The NEC has begun working on a new nationwide event prompting folks to be out walking at 10:11 AM, December 13, 2014. One suggestion for memorializing this rare moment in history is for a status report from each club contributing to the total number of walkers participating in an AVA event at that exact moment in time. What a great way to be part of history. The NEC hopes to receive even more great ideas from clubs as plans continue.

Sure, it's nearly a year away; but you know how fast calendars fill up, especially in December. So, mark your calendar and plan to be a part of this momentous occasion. Together, we can make history!

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WillWander.weebly.com

Start Point Changes

Already changes to several start points have been publicized. It is suggested that, when considering walks out of the area, start points are verified using the event search tool at AVA.org.

Thursday Walks Always a Hit!

Julia sends information about these weekly walks via email. Contact her at 541-967-3001 or pjwesterberg@comcast.net to be added to her list.

Worth Repeating:

June 19-22
Gorge Event

June 23-28
NW Regional
Conference