



The WILLAMETTE WANDERINGS

Walking Newsletter

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SUNDAY STROLLS

August 12th
September 9th
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MEETING DATES

September 19th
October 17th

7:00 PM
Building D
Salem Hospital

The public is invited
to attend.

*Pre-meeting walk
5:30 PM, Building A
Everyone welcome!*

No Regular
August Meeting
due to Gallagher
event. Pre-event
walk begins 5:30
at Gallagher's.

Volkswalk?

Volkswalks are just one of many popular volkssports. Volkssporting started in Germany. Simply defined, it is a personal fitness sports and recreation program offering noncompetitive walks, hikes, bike rides, swims, and in some regions cross-country skiing. Walking – also called “volksmarching” – is the most popular of all the volkssporting activities.

Volkssporting in the United States is sponsored by the American Volkssport Association (AVA) which has a nationwide, grassroots network of about 300 active clubs presenting more than 3,000 volkssporting events each year.

Many people have adopted volkssporting as part of their lifestyle, and have tracked the completion of hundreds of events and thousands of kilometers. While most begin walking for fitness, they continue because of the friendships they develop.

It is not uncommon to find two or three generations of walkers at AVA events. Adults with children participate in walks as a family, while young adults enjoy more extreme hikes and longer distances.

Most record their progress and participate in the International Achievement Award Program, further motivating participation.

Why We Join

Julia W., a member of the Wanderers enjoys doing walks developed by local AVA clubs in other areas. “They know their areas very well and know which areas they want visitors to see. Their walks take you not only to the “touristy” parts of a town but also to beautiful neighborhoods and parks,” says Julia.

Earlier this year she and her husband Paul did two year-round events (YRE's) in Tampa, FL and, more recently, three in Vancouver, BC., a beautiful place to walk.

If you like to walk and you are going to travel, Julia suggests the AVA website at: www.ava.org/ava_search.asp to gather information about events in the area where you plan to visit. The AVA provides walks all over the US, Canada and in many other parts of the world.

Julia suggests printing events from the AVA website and using Mapquest to prepare an itinerary to follow along while vacationing. Over time, some have been known to walk in all 50 state capitals.

Do You Know What's Best for Your Feet?

Bring your favorite walking shoes for a free evaluation Wednesday, August 15, 7PM at Gallagher Fitness Resources,



135 Commercial St. NE, Salem. Although usually closed by then, the store will remain open for the Wanderers,

as Susan Gallagher and Kyle Boyd help us understand how to best protect our feet for the kind of walking we do.

Space is limited, so RSVP to 503-949-5487 or Nancy@HambyRealty.com by August 11 to reserve your seat.

A 10% discount will be offered to those purchasing shoes or socks at this event.

Walk Schedule

Sunday, August 12, start 5 PM, 5K/10K, rated 1A

The Willamette Mission State Park is on the National Register of Historic Places, and is a great place to explore. The park's diverse ecosystem creates an equally diverse wildlife habitat. Come walk among the walnut and filbert groves along the Willamette River, past meadows and wetlands, and the site of the former Willamette Mission established in 1834. See the giant Cottonwood tree and walk aboard the Wheatland Ferry. Meet at the ferry landing on the I-5 side of the river. Parking is free along the road, or pay \$5 to park in the lot. Directions: From I-5, take exit 263. Northbound turn left (southbound, right) onto Brooklake Rd NE. Right on Wheatland Rd N. Left on Matheny Rd N to destination. Contact Rozy wrozy@yahoo.com or 541-926-7890 with questions.

Sunday, September 9, start 5 PM, 5K/10K, rated 1A

Walk the historic town of Silverton just 15 miles northeast of Salem. This route meanders through town and into the Oregon Garden for a look at the Frank Lloyd Wright house and passing through the manmade arch. (For a fee, you can continue around the garden, which is not part of the walk). Along the way, you'll cross Silver Creek on a covered footbridge and pass the water tower, library, railroad depot, cemetery, fire station and antique shops, restaurants, and a bakery. Walk begins at Safeway, 301 Westfield Street, Silverton. From Salem, take exit 256 east on Market Street to Lancaster Drive. Left on Lancaster. Right on Silverton Road. Right on Westfield Street, Silverton. Contact Karen Wusstig at 541-979-8277 or kiwusstig@msn.com with questions.

Sunday, October 14, start 2 PM – 5K/10K, rated 1A

South Salem Walk – Mark your calendar and watch for details via email at a later date. This will be our first time for this walk.

Note start time change due to early nightfall.

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

NE Salem Walk – Mark your calendar and watch for details via email at a later date. This is another first time walk for a Sunday Stroll.

The Gorge Walks

Enjoying the beautiful view from the Mosier Tunnel Walk, east of Hood River. Be sure this awesome event is on your calendar for June of 2014.



First Annual Club Picnic

Good food, perfect weather and a great group of folks make for a very good time at our first annual club picnic. But we couldn't end the evening without a walk.



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Walkers finish the Iris Festival Walk – a huge success with over 280 walkers participating.



Shirts will be available for \$10 at the Iris Festival Walk, or ask how you can receive one for free.