



# The WILLAMETTE WANDERINGS

## Walking Newsletter

Published Quarterly  
Feb-April 2015 Issue

### IN THIS ISSUE:

- Upcoming Walks
- Club News
- and More

### Next issue May

### SUNDAY STROLLS

Feb 8th -- 2 PM

March 8th – 2 PM

April 12th – 2 PM

(there might be an  
added time)

### MEETING DATES

Feb 18

March 18

April 15

7:00 PM  
Building D  
Salem Hospital

No pre-meeting  
walks  
during winter



## AVA CONVENTION IS COMING TO SALEM THIS JUNE

The Convention will be in Salem at the Grand Hotel from Mon., June 15, and will end on Fri., June 19. There are 2 pre-Convention walks on June 13 & 14 at Bend and Clear Lake and 2 post-Convention walks on June 20 & 21 at Mt. St. Helens and Portland. During the Convention there will be walks in the morning and then workshops in the afternoon. The walks will be Silver Falls Park (Mon), Vancouver (Tues), Eugene (Wed), Lincoln City (Thurs) and a special Salem walk on Friday.

The Wanderers are sponsoring the Friday (June 19) walk. An e-mail will be sent to club members so they can sign up to greet walkers at the start, at the half-way point, and at the finish. On-the-job training will be provided. This will present an excellent opportunity for the several hundred walkers from other states and countries to experience warm Salem hospitality.

Everyone is welcome to do these 9 walks including those who do not walk for AVA credit. There are special fees for workshop/social events. Check the Convention website at [www.nationalavaconvention2015.com/](http://www.nationalavaconvention2015.com/) for more information or contact Julia at [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net).

## Club News: Officers and Upcoming Saturday Events

**2015 Club Leaders:** President: Jim Westcott; Vice President: Julia Westerberg; Secretary-Treasurer: Susan Hoskins; Membership: Beth Negrey; Meetup: Nancy Hamby; Website: Karen Wusstig; AVA/OTSVL Liaison: Rozy Weatherby.

Click [here](#) for the Club's 2015 self-guided walks flyer. There are four walks in Salem: Waterways, Historic NE Salem, Governor's Mansion, and West Salem and one walk in Keizer. New for 2015 are the walks in Monmouth and Independence.

The Club will be sponsoring two Saturday events in the summer. On June 6th (OR Parks free day), there will be a 5/10K walk at the Willamette Mission State Park. Then on August 29th there will be a walk in Dallas starting at the City Park (thanks to Maaik & Dick for their help in arranging this).

More information will be provided in the next newsletter. The Club will also be helping in the Keizer RIVERfair on August 8th by offering guided walks. We will be having a very busy summer! Members' help will be invaluable to make these successful events.

**Upcoming Willamette Wanderers' Sunday Strolls: For Thursday walks' schedule, contact Julia, [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net)**

**Strolls are subject to change. Reminders will be sent shortly before each walk. There might be additional start times. Info: Julia, 541-967-3001, [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net).**

**February 8, 2:00 PM – Keizer: 5 Parks & a River, 5/10K, rated 1A (flat walk)**

The 10K walk features five Keizer/Salem parks and attractive residential areas bordering the Willamette River. The 5K goes through two Keizer parks. Meet at the boat ramp at Keizer Rapids Park at the end of Chemawa Rd but take the Walsh's Landing driveway to the parking lot where signing in will start at 1:45.

**March 8, 2:00 PM – Independence, 5/10K, rated 1A (flat walk)**

Both routes will go through the national historic residential/business district, the Riverfront Park, with the 10K continuing to a newer residential area. This is a new walk. Meet in front of Hi-School Pharmacy, 1357 Monmouth St (OR 51) near 13th St., Independence, with signing in beginning at 1:45.

**April 12, 2:00 PM – Salem: Waterways, 6/10K, rated 1A (flat walk)**

This is the Club's most popular walk which goes along Pringle Creek, the Riverfront and over the RR pedestrian bridge into West Salem before returning by the way of the Capitol and Willamette University. The 10K also includes several veteran's memorials. Meet by the piano in the Lobby of Bldg A (Admissions/ER) Salem Hospital to sign in beginning at 1:45.

**ALBANY FITWALKERS' SUNDAY STROLLS:**

**February 22, 2:00 PM – Timber Linn Park, Albany, 5/10K, rated 1A (flat walk)**

This is a new walk in Timber Linn Memorial Park which includes the Veterans Memorial and newer residential areas. Walk begins at Holiday Inn Express, 105 Opal Ct NE. Signing in begins at 1:45.

**March 29, 2:00 PM – Brownsville, 5/10K, rated 1A for 5K, 2B for 10K (a hill & dirt path)**

Explore this attractive and historic small town. Meet at the Chevron Station, 203 W Bishop Way (OR 228), but don't park at the gas station. Signing in begins at 1:45.

**CORVALIS CRUISERS' SUNDAY STROLLS:** Contact [Rozy@wrozy@yahoo.com](mailto:Rozy@wrozy@yahoo.com) for their schedule.

**Don't Miss A Meeting**

Club meetings are always opened to members and the public. Mark your calendar and plan to attend on the 3rd Wednesday of each month at 7 PM in the Creekside Overflow Room on the first floor in Building D at Salem Hospital.

February 18

March 18

April 15 – to be announced later at the Hospital's request.

Park for free in the lot just east of Building D.

**Mark Your Calendar**

**NW Conference/Gorge June 2014 Figures**

The 22nd Columbia River Gorge Biennial 13 walks/1 bike event attracted 630 walkers from 26 states and 8 other countries. Then the NW Conference in Portland with 7 walks/1 swim event had 345 walkers from 20 US states, Norway & 2 Canadian provinces.

Below: Thurs walkers at Mission Park Oct. 2014 (Dar, photographer)



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**Thursday Weekly Walks :**

*If you wish to do 5K or 10K walks on Thursdays at 10 AM in other towns, contact Julia for information/schedule, 541-967-3001, [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net)*

**Pre-meeting**

**Walks:** No pre-meeting walks during the winter when it is too dark to walk. As it becomes lighter, a walk may be possible. If interested, contact Julia, 541-967-3001 or [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net)

**Worth Repeating:**

**AVA Convention  
June 13-21, 2015  
Grand Hotel, Salem**

**Visit the  
[Convention Website](#)  
or  
[Like us on Facebook](#)**