



The WILLAMETTE WANDERINGS

Walking Newsletter

Published Quarterly
Nov 2015– Jan 2016 Issue

IN THIS ISSUE:

- Upcoming Walks
- Club News
- and More

**Next issue
January**

SUNDAY STROLLS

Nov 8th – 2 PM

Dec 13 – 3 PM

Jan 10 – 2 PM

MEETING DATES

Nov 18

No Dec meeting

Jan 20

7:00 PM
Building D
Salem Hospital

Meeting reminders
will be sent.



WANDER WITH THE WILLAMETTE WANDERERS

A question the club is often asked is what kind of walks do you do? Besides receiving basic information about the American Volkssport Association walks, since the club is an AVA member, an inquirer is told about the club's Thursday walks and the monthly Sunday Strolls.

The weekly Thursday walks were started by a member of the Albany Fitwalkers AVA Club probably in 2006. Since then it has gradually become a group of walkers primarily from Salem/Keizer and the Portland area.

The walkers, with carpooling from Salem, meet at a walk's starting point at 10 AM. Besides walking local 5/10K AVA routes, the group also walks in the Portland area. The group normally numbers around 10-12 walkers each week. Besides meeting the AVA goals of Fun, Fitness, and Friendship, the group increases communication among clubs. Sociable dogs can come too.

The Sunday Stroll normally occurs on the 2nd Sunday of each month and at 2 PM at the starting point for one of the club's designed walks in the Salem area. Again, dogs are welcomed. There is no charge for either the Stroll or the Thursday walks except for helping with gas if carpooling.

Check Calendar at www.willwander.weebly.com for details. Or contact Julia, pjwesterberg@comcast.net, 541-967-3001.

Dallas Event & Willamette Wanderers' Walks for 2016

After weeks of no rain, it decided to rain on Sat, Aug 29th, the day of the Dallas walk event. But it didn't rain during the walk's hours although the dire weather forecast did stop some walkers from coming. We did have 108 people from 32 towns doing the walk. A Dallas resident remarked that the walk took her to a section she had never seen. Many walkers had never been to Dallas and were impressed with the town. Thanks to the Wanderers who helped with the event.

The club will have eight walks next year. Six walks will remain the same but the Governor's Mansion 6K/10K routes will be revised to make the climb to the Governor's Mansion

easier to do. The eighth walk is the 5K/10K walk in McMinnville which was formerly sponsored by the Sherwood Merrywalkers. The routes will be revised during 2016 since the 10K has remained the same for several years. The other six walks remaining the same are the Capitol: Waterways, NE Salem, West Salem, Independence, Monmouth, and Keizer.

The club is planning to sponsor the popular iris walk event at Schreiner's Gardens in May. Details will be forthcoming. This walk will also be the site for celebrating the club's 30th year anniversary. This may be a good time to buy that club t-shirt that you have been thinking of buying – only \$10 for a blue or teal t-shirt ☺.

Upcoming Willamette Wanderers' Sunday Strolls. Strolls are

subject to change. Reminders will be sent before each walk. At the club's website there is a Calendar which also lists the monthly Sunday Strolls by the Corvallis and Albany clubs. Thursday walks are also listed as well as Saturday walk events being held in other Willamette Valley towns including Portland/Vancouver, WA. Info: Julia, 541-967-3001, pjwesterberg@comcast.net.

Sun, Nov. 8, 2:00 PM – Sunday Stroll at Keizer Rapids Park. “Five Parks & a River,” 5/10K, rated 1A. You can also see the new Big Toy Playground which is amazing.

Sun., Dec. 13, 3:00 PM – Sunday Stroll in Keizer – 5K to see holiday decorations in the residential neighborhood participating in Keizer's Miracle of Christmas Lights. Details will be forthcoming.

Sun., Jan. 10, 2:00 PM – Revised Governor's Mansion, 6K/11K, rated 2A. Walk will begin at Salem Hospital in Bldg A by piano in lobby.

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Membership Update: Thanks to those who renewed their membership. If you know anyone who might wish to become a member, contact Debra at BARNEVE@aol.com, 503-581-8444. Membership information/application also at club website under Join Us.

News at Our Walks: The Eola Drive road construction in West Salem was completed but the road work on Winter by the Salem Hospital is still being done as well as work at the bridge on High St near Boon's Tavern on the Waterways walk. These projects have affected our walks but they can still be walked with slight modifications.

Are you aware there is an airpark community in Independence where residents have hangars for their airplanes besides garages for cars?

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. We need your ideas/assistance.

Nov 18
No Dec meeting
Jan 20 in classroom kitchen

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

**Mark
Your
Calendar**

Recent Club Photographs



Top: Thurs Group in Albany
Bottom: Dallas Event



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WillWander.weebly.com

Club t-shirt for only \$10 in blue or teal



A 5K is 3.1 miles; a 10K is 6.2 miles. At the Sunday Strolls and on Thursday walks, people walk at their own speed. Usually a 10K can be walked in about 2 hours and a 5K in an hour.

AVA: www.ava.org
Oregon walks/clubs: www.walkoregon.org

Worth Repeating:

The Wanderers will be sponsoring 8 year-round walks in 2016. Revised Governor's Mansion plus walk in McMinnville with continued walks in Salem, Keizer, Independence & Monmouth.

Happy Holidays!!