



# The WILLAMETTE WANDERINGS

## Walking Newsletter

Published Quarterly  
May-July 2014 Issue

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- Upcoming Walks
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Next issue May

### SUNDAY STROLLS

June	8 <sup>th</sup>
July	13 <sup>th</sup>
August	10 <sup>th</sup>

5:00 PM

### MEETING DATES

June	18 <sup>th</sup>
July	16 <sup>th</sup>
August	20 <sup>th</sup>
7:00 PM	
Building D	
Salem Hospital	

Pre-meeting walks begin at 4:30 in the lobby of building A. Confirm with Nancy, 503-949-5487



## Columbia River Gorge/NW Conference in June

Just a reminder that the Columbia River Gorge walks will be held from June 19 to 22. The AVA North West Conference in Portland will follow the Gorge events from June 23 to 28. Information about the Gorge walks can be found at [www.columbiagorgewalks.com/](http://www.columbiagorgewalks.com/) (a beautiful River view at sunset in the background). These walks attract people from all over the US & Canada and even some from Europe.

Although the Conference is geared for AVA club members in Alaska, Washington, Idaho and Oregon, it is also opened for members from other states. Information about the North West Conference is at <http://walkoregon.org/regional-conference/>. You don't have to attend all walks/happenings at both events. Day trippers are welcomed too.

Conference registration: <http://walkoregon.org/wp-content/uploads/2011/09/2014-NW-Conference-Registration-outside.pdf>  
<http://walkoregon.org/wp-content/uploads/2011/09/2014-NW-Conference-Registration-inside.pdf>

Note Salem walk on June 24, starting at 9 AM at Grand Hotel.

## Greet Alisa Johnson & Family on Sat, June 28 at 9 AM

Alisa Johnson and her family will be undertaking the daring and admirable task of visiting all 50 US Capitals and the District of Columbia in 51 days. They will be walking the routes designed by local AVA clubs. Walking the United States (50 states/51 capitals) is an AVA Challenge. It normally takes walkers doing this Challenge months and even years to finish this Challenge. Alisa and her family will do it in 51 days.

Alisa wants her 2 teenaged sons to see the United States. She says "I can't wait to share the history and beauty of the U.S. with the guys. For me the people we'll meet along

the way will be the highlight."

Alisa will be attending the North West Conference. Then on Sat., June 28 they will have their kick-off walk in Salem. They will be at the Salem Hospital at 9 AM (Building A by the lobby piano) to do one of the Willamette Wanderers' walks.

Come and greet them to our beautiful Salem, making their first walk a memorable occasion.

Alisa has calculated that the capital city to capital city distance is 13,343 miles or almost 10 days of non-stop driving. They will fly to Juneau and Honolulu but within the 51 days.

**Reminders will be sent shortly before each walk. NOTE June 8<sup>th</sup> walk!**

**June 8, 5:00 PM – 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 4:45, Roth’s Fresh Market, 4555 Liberty Road, South Salem.

**June 29, 5:00 PM – Fitwalkers’ Brownsville Walk, Rated 2B**

Join the Albany Fitwalkers for a walk through Historic Brownsville, first settled in 1846. Go through Pioneer Park and the charming downtown streets where "Stand By Me" was filmed. Visit the Linn County Museum and the Moyer House while you are there. 3K option to Pioneer cemetery.

**July 13, 5:00 PM – Wanderers’ Five Parks and a River in Keizer, Rated 1A**

The walk starts at Keizer Rapids Park, 1 1/2 miles to the west on Chemawa from River Road. New 10K route goes through 4 Keizer parks and 1 Salem park, with 4 parks by the Willamette River. 5K route goes to 2 river parks. Both routes go through attractive residential neighborhoods.

**July 20, 5:00 PM – Fitwalkers’ Walk in Jefferson, Rated 1B**

Walk in small friendly town known as the Mint Capital of the World and the Frog Jumping Capital of Oregon. The walk will go through residential neighborhoods, up a gravel road to a pioneer cemetery that overlooks farm fields. Walk across the Santiam River on the Jacob Conser Bridge.

**August 10, 5:00 PM – Wanderers’ Governor’s Mansion, Rated 1A**

The route follows city sidewalks and paved paths with one hill. The 10km passes the Capitol grounds, Willamette University, the Governor’s Mansion, tree shaded parks and the county courthouse. The 12KM option includes a cemetery. A 6KM route is available but doesn’t go to the Capitol/University.

## 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 on the first floor in Building D at Salem Hospital at 7PM on these Wednesdays:

- June 18
- July 16
- August 20
- September 17
- October 15
- November 19
- December 17

**Mark  
Your  
Calendar**

## IVV World Walking Day

Thanks to those Wanderers who came to the Sunday Stroll on May 11 in Silverton. There were 23 walkers on a beautiful, perfect walking weather to enjoy the routes designed by the Silverton Walk Abouts in the town known for its murals.

## Membership Dues are Due:

By now you have received Beth’s e-mail reminding people that the 2014-2015 dues are due as of July 1<sup>st</sup>. \$5 for an individual, \$10 for a family. Those people joining in May & June will be covered for the next year. T-shirts are available for \$10.

**Check our website under Journal for additional info/photos.**

**US MAIL:**  
PO Box 13982  
Salem, OR 97309

**PHONE:**  
(541) 967-3001

**E-MAIL:**  
via website below

**WEBSITE:**  
[WillWander.weebly.com](http://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](mailto:pjwesterberg@comcast.net) to be added to her list.

## **Worth Repeating:**

June 19-22  
[Gorge Event](#)

June 23-28  
[NW Regional Conference](#)

June 28  
[Greet Alisa](#)