What is Volkssport?

People new to our club may wonder why the use of such words as AVA credit/non-credit, "volkssport," kilometers, and "volkswalking". The last three reflect its German origin. "Volks" means people. The organized sports as part of the International Federation of Popular Sports (IVV) came to the US primarily by US service people based in Germany.

Walking for credit means a person pays $3 to do a club walk and to be eligible for AVA rewards. A non-credit walker doesn't pay this fee although a donation is recommended to help the club offset walk expenses.

Our club is a member of the national American Volkssport Association (formed in 1976) consisting of 200+ US clubs which hold over 2,500 annual walks. AVA promotes our walks in its annual printed directory and at its website, www.ava.org. Our walks are popular for those people doing the AVA Challenge of walking in all the United States capitals.

Our 5K walks are 3.1 miles; the 10K, 6.2 miles. AVA clubs follow similar procedures in developing walks, preparing directions/maps and in registration. Traveling throughout the US doing AVA walks is a great way to see areas favored by local residents. Contact the Club for more information or www.ava.org.

Our Logo

The Oregon State Capitol is seen in our logo. The walking figure represents the gold Pioneer statue on top of the Capitol Dome. He has left his position and his ax to begin a walk. Members can be seen wearing our club's short & long-sleeved t-shirts bearing this logo.

Our walks are dog friendly

Willamette Wanderers' 2020 Walks

Salem Hospital: 2½ miles west from I-5, exit 253; Salem Safeway: 2 miles west from I-5: exit 249

Independence & Monmouth Walks – 15 miles SW of downtown Salem to Independence via OR22 & OR51

McMinnville Walk – 26 miles NW from Salem via OR221/OR233 or from OR221/OR99W; 37 miles SW from Portland via I-5 & OR99W (exit 294)

Dallas Walk – 10 miles NW from Independence or 25 miles SW from McMinnville via OR99W

Willamette Wanderers

Sponsor Seven 2020 Self-Guided Year-Round Walks In Salem, Independence, Monmouth, Dallas & McMinnville & A Seasonal In Minto-Brown Island Park

P.O. Box 13982
Salem, OR 97309
503-581-8444
www.willwander.weebly.com

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Who We Are

The Willamette Wanderers Club of Salem & Keizer is a 501(c)(3) non-profit, volunteer organization formed in 1986. The Club sponsors 8 walks in the Salem area.

Besides sponsoring 8 self-guided walks, the club has a monthly Sunday Stroll on the 2nd Sunday. Club members are also participating in the weekly Thursday walks in other towns. Summer evening walks are also offered as well as a couple weekend special walks. It is more fun when walking with others. See our Calendar at our website for these walks.

While the Club makes every effort to make our walks safe, enjoyable, and memorable, it is not liable for accidents, thefts and/or material damage

Visit Us

at website: www.willwander.weebly.com. Click "Contact Us" to e-mail us. Club's newsletter is issued quarterly and is at the website. We are also on Facebook and on two Meetup sites: www.meetup.com/Willamette-Valley-and-Mid-Coast-Walkers/ and www.meetup.com/ Walking-Oregon-and-SW-Washington/. We will be glad to enter your e-mail address on our Friends' list to be notified of Sunday Strolls and special walks.

Meetings

Monthly meetings are held on the third Wednesday at 4:30 PM at Salem Hospital, 890 Oak St SE, in Bldg D (the location of the Creekside Grill) in the Support Group Room on the first floor in the rear. Free parking is in the hospital's parking garage. Meetings are open to the public and last one hour.

Membership

Membership information/application is at our website. Annual dues are $10 for individual membership, $15 for family membership. Club t-shirts are for sale to non-members as well.

Our Walks in 2020

People can do these walks on their own. Each walk below lists its starting place and the location of the registration book with instructions and the walking directions/map. Our walks are generally rated 1A; the "1" meaning relatively flat & the "A" meaning paved pathways.

Our Walks in Salem:

Three walks start from Salem Hospital, Bldg B, 665 Winter St SE, Salem. ***From I-5, take exit 253, turning toward Salem City Center. Follow Mission past 12th Street traffic light for three blocks. Turn right on Winter.*** Park in the parking lot on left before Bldg B. The Club's two-drawer cabinet is in Bldg B to the right of the Entrance by elevators/restrooms. There are notebooks for each walk.

1) **New walk: "Old South Salem"** Y1028, 5/K rated 1A & 10K rated 2A. Both routes go through Gaiety Hill/Bush's Pasture Park National Historic District with attractive houses/gardens. The 10K also continues to more lovely areas on hills.

2) **Capitol – Waterways**, Y1413, 6/10K, rated 1A. Both routes go to downtown, the carousel, Riverfront Park, veterans' memorials. & State Capitol. The 6K has been revised.

3) **Minto-Brown Island Park.** Y1264, 5/6/10K, rated 1B, **seasonal walk from 5/1 to 10/31/2020.** The 10K route starts from the hospital while 5K & 6K routes start elsewhere.

4) **South East Salem.** Y1499, 5K rated 1A; 10K rated 2A. Safeway, 5660 Commercial St SE, Salem. Black notebook binder is at the Customer Service. ***From 1-5 North/ South-bpund exit 249 on Kuebler Blvd, west to Salem. Left on Commercial Street to 2nd traffic light at Fabry Rd. Safeway Store on the left.*** Walk in lovely neighborhoods. Some short hills on the 10K. Restrooms only at the Start Point.

Walks in Polk & Yamhill Counties:

McMinnville, Y1916, 5/10K, rated 1A; Starts at McMenamins Hotel Oregon, 310 NE Evans St. ***Going north on 99W, right on 3rd; going south on 99W, left on 3rd. Park in garage at 4th & Evans***. Walk box is located at Evans entrance on the floor by cabinet on left. Enjoy a walk in this lovely town in Oregon's Wine Country with much public art.

Dallas–Historic & Nature Walk, Y1160, 5/10K, rated 1A, starts at Pressed Coffee & Wine Bar (closed on Sunday), 788 Main St, near the Courthouse. ***From OR22West & OR99W: west on OR223 (Ellendale Ave). Left on OR223/Main St at traffic light at Kings Valley Hwy. Avoid short-term parking at Courthouse Square.*** The walk box is in the lounge behind bookcase on right in the storage area near the restroom. Routes go to historic downtown, the Arboretum, City Park, Rickreall Creek Trail and residential areas

The below two Polk County walks start in Independence from the Hi-School Pharmacy, 1357 Monmouth Street. ***From I-5, exit 253 to Salem City Center. Right on Church; left on Marion to cross bridge in left lane to OR22 West & then OR51 South to Independence. Right on Monmouth St to Central Plaza Center at 13 St on left. N***otebook binder is at registers.

1) **Independence**, Y1669, 5/10K, rated 1A. Both routes go to the residential/downtown areas on the National Register of Historic Places, Riverview Park & Inspiration Garden in this small Willamette River town. There are summer routes (May-October) with the 10K including the Willamette River Trail.

2) **Monmouth**, Y1265, 5/10K, rated 1A. Both routes go to Western Oregon University, historic downtown and residential areas. The 5K route starts in the downtown. 10K goes through innovative Edwards housing addition.