FEBRUARY WALK ALBANY 2017

Albany Fitwalkers, a member of the American Volkssporting Association, is a non-competitive group meeting the second Tuesday of each month at Brookdale Villas Courtyard, 1929 Grand Prairie Rd. SE, Willamette Room, Albany OR. Visitors are welcome. Yearly dues are $10.00.

WALKER WEBSITES

MONTHLY MEETING
TUESDAY, FEBRUARY 14, 2017

HAPPY VALENTINE’S DAY

7:00 at Villa Courtyard & Brookdale Senior Living. Pre-meeting Eating a.k.a. The Walkers Wok – 5:15 at Pizza More, 2212 Santiam Hwy. SE, Albany, by Sizzler. Please order when you arrive. This gives us time to arrive at the meeting by 7pm. To walk before the meeting, meet at 5:00 pm at Brookdale Start Box.

HAPPY BIRTHDAY
Karen W. – Feb. 8, Stephanie – Feb. 11, Loretta – Feb. 26

Sat. Feb 11 Portland – Heartbreaker Walk, 5/11, 1B/3C
Albany Fitwalkers Sunday Stroll
Feb. 26 – Timber Linn Park Walk
2 pm 5/10 km, 1A
Meet at Holiday Inn Express

FITNESS  FUN  FRIENDSHIP  FOOD
Hi Folks!
I’ve sanctioned a traditional walk for Dec. 10, date of Albany’s tour of homes. We’re givin’ it another go.

Consider a Saturday, June 17 walk in conjunction with the Carousel opening and promoting new lighting on the Dave Clark trail. No other walks are scheduled for that weekend as of yet.
I have designed a West Albany walk to include a bunch of challenges, including the walk Oregon challenge. H’s for this year. Also an Ice cream parlor.
The Convention in Billings is June 7-9 with pre and post walks. So.....I would like to hear from all club members if you think this is doable or not. The carousel is a big draw. Give it some thought.

Don Reed,
President Albany Fitwalkers
donreed1946@yahoo.com

Don’s Challenge 2017
Win a one oz. 2017 silver eagle coin issued by the United States Mint for walking the most Albany Year Round Events in 2017.

Let’s Go To Eastern Oregon
There are two events in April out East before the summer heat sets in. Walking Together U&I - 5/10 km, 1A, Sat. April 8, in Umatilla, OR. and, a few miles away on Sat. April 9, in Irrigon, OR. There are not many places to stay, so if you want to go for the weekend reserve NOW! To car poll contact donreed1946@yahoo.com

Albany Fitwalkers Sunday Stroll
Feb. 26 – Timber Linn Park Walk 2 pm
5/10 km, 1B,
Meet at Holiday Inn Express
New walk goes to Timber Linn Park with Veterans Memorial, Amphitheatre, dog park, fairgrounds and newer residential areas.

Golden Shoe Award
Sasquatch Rosy Received the Dec. 2016, quarterly Golden Shoe Award for her work and involvement (especially being Big Foot) in club activities. This after waiting 3 months to receive the coveted honor.

Not the Lottery But
Karen W won the January meeting door prize – a wine holder. Bottoms up. And be sure to come to the Feb. 14, meeting. It may be your lucky time to win.
Oregon Trails State Volkssporting Association
OTLSVA
OregonTrails.org
oregon.trail.state.volkssport@gmail.com

Winter Walk Challenges

!! OTSVA’s (AVA State Assn) 2017 Winter Walk to Win Contest which is open to all people walking in Oregon from Jan. 1, 2017 - March 31, 2017. Information/log sheets are at http://walkoregon.org/club-news/.

!! ESVA Winter Walking Contest
Jan 1-Mar 31, 2017
ALL events must be in Washington ONLY. See www.esva.org for more information

Year Long Challenges

Mid-Valley & Coastal Challenge
albanyfitwalkers.org
start walking...

Walk Oregon Challenges

H is the challenge for 2017: high schools, hospitals, hotels and historic homes

Mark Your Calendar

Rogue Valley Riches, May 12-14.
Seven walks available.

Get out and Walk Oregon

Walk Washington

2017 Seabreeze Walking Festival
Ocean Shores WA
Feb 18-20, 2017
START TIME: 8-1 Sat, Sun, Mon; FINISH: 5 pm Sat, Sun; 3 pm Questions? Contact Bonnie Tucker, bonniedale@comcast.net

Remember to send your “Tales from the Trails” to Sandy at cramerss2@aol.com by March 25.

Pay your $10 dues so fitwalkers can pay their dues to OTLSVA and AVA

2016 Fourth Quarter YRE Participation

Albany Historic – 43
Albany Southeast Parks - 8
Albany Talking Waters - 21
Albany Timber Linn - 10
Brownsville Historic - 0
Jefferson Town - 9

Love is a gift
We all have to give
The Mission of AVA is to promote and organize noncompetitive physical fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.

www.ava.org

President Dennis Michele NC, Vice President Holly Pelking CA, Secretary Sam Korff OR, Treasurer Lawrence Lehman MO, Executive Director Henry Rosales TX
NW Regional Dir. Nancy Wittenberg

And You Are AVA
Get involved. Offer ideas, help, support, and energy.

AVA Biennial Publicity Contest – 2017

AVA anticipates interesting and unique entries in the Biennial Publicity Contest! Winners of our 2017 national competition will be recognized at the 19th AVA Biennial Convention, June 7-9, in Billings, Montana.

All entries must be taken from January 1, 2015 to December 31, 2016. Specific rules and submission category guidelines and summation forms are available in the January AVA Checkpoints. All entries submitted to the contest become the property of AVA and may not be returned. All submitted entries must arrive at AVA National Office no later than April 14, 2017. Mail them to the American Volkssport Association, 1001 Pat Booker Road, Ste. 101, Universal City, Texas 78148, Attention: Publicity Contest or email with the subject line “Publicity Contest Entry” to hector@ava.org.

IVV ACHIEVEMENT AWARDS

Magnificent Milestones

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<tr>
<th>Events</th>
<th>Distance</th>
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<tr>
<td>Mary Kate</td>
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<td>Karen Mc</td>
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Congratulations
Way to Walk !!

24-26 February 2017 San Antonio, TX
TEXAS TRAIL ROUNDUP
sueammed@aol.com

Click here for more info and to visit the official 20th Biennial Convention website.

AVA Special Programs Ending 2016

ALTERNATIVE CAPITALS [2014-2016]
CITIES IN SONG [2014-2016]
HONORING THE FLAG [2014-2016]
LAKES AND RESERVOIRS [2014-2016]
TREKKING WITH THE TREES [2014-2016]
WATER TOWERS [2014-2016]
YOU’LL NEVER WALK ALONE [2014-2016]

The divine drink, which builds up resistance and fights fatigue. A cup of this precious drink (cocoa) permits a man to walk for a whole day without food.

Montezuma II, Aztec Emperor
MORE: BIGGER, YOUNGER BRAIN

A study of nearly 900 men and women with an average age of 71 found that those who had exercised moderately or vigorously over 5 years — jogging, hiking, swimming, dancing — performed on a par with someone a decade younger on tests of memory and other brain skills.

These studies support the prevailing theory that heart health and brain health are linked. Regular exercise helps prevent high blood pressure and stiffening of the arteries, and keeping blood vessels healthy ensures an optimal flow of blood to the brain. In addition, aerobic exercise creates higher levels of a protein known as brain-derived neurotrophic factor, or BDNF, which helps repair and protect the brain, explains Marilyn Albert, director of the division of cognitive neuroscience at Johns Hopkins Hospital in Baltimore, Md.

Strength training seems to help by sending pulses of blood into your brain, says Teresa Liu-Ambrose, director of the Aging, Mobility, and Cognitive Neuroscience Laboratory at the University of British Columbia in Vancouver. She conducted a study that found that women who did moderate strength training at least once a week showed a 15 percent improvement on mental-skills tests.


**Willamette Wanderers 2017 YREs**

The new Year-Round Event in **Dallas** is 5/10Km, 1A, routes. Start at Pressed Coffee & Wine Bar, 788 Main St. The walk box is in the lounge on the bookcase on the right near the restroom.

3 walks Start from the **Salem** Hospital
Capital- Governor’s Mansion -6/10/12 km, 1A
Capital-Waterways -6/10/12 km, 1A
NE Historic District – 6/10 km, 1A

2 walks start from Hi-School Pharmacy,
1357 Monmouth St, Independence
**Independence-5/10 km, 1A**

**Monmouth** 6/11 km, 1A.
**McMinnville** 5/10 km 1B, Start McMenamin’s Hotel Oregon, 310 NE Evans St.
**Keizer** -5/10 km, 1A, Start Safeway, 4990 River Rd.

**ALBANY FITWALKERS YEAR ROUND EVENTS**

**Albany Historic** - 6/10 km, 1A. Starts at Pops Branding Iron
**Albany Southeast Parks** - 5/6/10 km, 1A.
Start at Brookdale Villa Courtyard.
**Albany Talking Waters** - 5/10 km, 1B.
Walk begins at Waverly Park about 1/2 mile from the Holiday Inn Express, but register at the hotel.
**Albany Timber Linn** - 5/10 km, 1A.
Start at Holliday Inn Express.
**Brownsville Historic** - 5/10/13 km, 2B.
Start at Brownsville Gas and Mini-Mart.
**Jefferson Town** - 5/10 km, 1B. Start at Jefferson Thriftway Grocery Store.

**SEASONALS 4/01/17 – 9/30/17**

**Albany Wellness Trail Seasonal** - 5/10 km, 2B,
Start at Java Network.
**Millersburg Seasonal Bike** - Helmet required.
26 km, 1B. Register at Holiday Inn Express.

**Opportunities to Rest and Meditate**

Build Lebanon Trails helped add more benches to Lebanon Trails along with the Rotary Club of Lebanon, and community volunteers recently completed the last of 10 concrete bench pads placed along the trail between the hospital campus and the Santiam River.

Four additional benches were installed, 3 on the river and one near a parking area. Plus, 2 rotted log benches were replaced at Cheadle Lake. This makes a total of 12 benches.

Faith is believing that after winter comes the spring.
Be Ready For Winter Outages

Water – one gallon per person, per day
Food- non-perishable
Medications and required medical items
Oil lamps, candles, camping lights
Battery operated radio
Flashlights, fresh batteries
Bottled water, juice

College Greenies

Ten years of doing something will invariably make you better at it. And so it goes with Sierra’s ranking of America’s greenest colleges….These are the colleges working hardest to protect the planet in 2016.

From the Top 100

#14 Portland State University
#16 Lewis & Clark College
#18 University of Oregon
#36 University of New Hampshire
#72 Southern Oregon University
#78 Oregon State University

Avital Andrews

Two walk events are scheduled in 2017.

The May 6 Minto Island Bridge event was expected to occur several months after the bridge opened. But delays occurred when the weather didn’t cooperate. As of now a “soft” formal opening occurs in April and the “formal” opening in August. How this delay affects the event is under review.

June 3 event at Willamette Mission State Park, a free day,” occurs with the co-sponsorship of the Oregon State Dept. of Parks. This is a repeat of the successful 2015 event where many people kept the two 5 Km directions and maps to use for their own future walks in the Park.

Get Scared

Did you know that some of the buildings in downtown Independence are haunted by ghosts/spirits? Read Marilyn Morton’s interesting book Haunted Independence, Oregon. She also leads the annual Ghost Walk at the town’s September Hop and Heritage Festival.

Have you signed up for a committee yet?

COME WORK WITH US
2017 Albany Fitwalkers Workers
Committees The more help the merrier
Membership – Jan E.
Newsletter – Sandy, Julia, Bev
Year Rounds – Connie and Julia,
Historian – Sandra
Website and media – Karen W and Nancy,
Publicity – Everyone,
Thursday Walks – Julia, Dorothy & Bill
Sunday Strolls – Rozy, Karen W and Nancy
Walk Developers – Julia, Bev, Karens, Nancy,
OTSVA Rep – Karen Mc
Bike/Pedestrian Commission – Help Wanted
Regional Trails, Lebanon BLT – Help Wanted

Historian Sandra considered resigning from her post. After discussion at the January meeting Sandra agreed to a test run of the more abbreviated position. So, come on, send your pictures to her!
COME WALK WITH US

THURSDAY WALKS
Carpool to YREs
Walk from 10:00am to 12:30pm
See weekly e-mail or contact Julia at pjwesterberg@comcast.net, or 541-967-3001; Thurs
541-979-0139 RSVP: By Tues evening. Carpooling from Salem can be arranged. Scheduled subject to change.
Feb 9 – Lake Oswego – 6/10 km, 2B
Feb 16 – Stayton – Covered Bridges, 5/10 km, 1A
Feb 23 -- Gladstone – 5/10 km, 2A

Albany Fitwalkers Sunday Stroll
Feb. 26 – Timber Linn Park Walk
2 pm 5/10 km, 1A
Meet at Holiday Inn Express

Corvallis Cruisers Sunday Stroll
No Stroll This Month

Next Month
Corvallis Cruisers Sunday Stroll
March 5, Special COCoa Cookies

Albany Fitwalkers Sunday Stroll
Feb. 26 – Timber Linn Park Walk
2 pm 5/10 km, 1A
Meet at Holiday Inn Express

Corvallis Cruisers Sunday Stroll
No Stroll This Month

Silver Striders Walks
Albany Parks & Recreation Program at the Albany Senior Center
Tues. and Thurs., 9:00.
Guide Helen & Terry
hikingmac@yahoo.com

Walk with
The Wanderers
willwander.weebly.com
Meeting Wed., February 15,
5:30, Bldg. D Salem Hospital, 890 Oak St, Salem. Park
free in the lot just east of Building D. Meetings in the
2nd floor classroom.

Salem Second Sunday Stroll
Feb. 12 – N. E. Salem Historic District,
2 pm 6/10 km, 1A

For More Salem Walks
www.justwalksalem.com

Mosey with the Mossbacks
www.mossbacks.org,Calendar
Reservations Required. Call (541) 747-6470.
Sat. Feb 11 Portland – Heartbreaker Walk, 5/11,
1B/3C. Carpool – 8 am
Fri - Sun Feb. 17-20, Seabreeze Festival, Ocean
Shores, WA – 3 days, 6 walks and a bike, carpool.
Sat. Feb 18, 2017 Dorris Ranch/
Clearwater Park YRE, 13 km. (8 miles) OR
LESS, rated easy, 9 AM to 12 PM
Sat. Feb 25, Salem YRE, Capital -Waterway.
6/10/12 km, all 1A. Carpool- 8 AM - 2:30 PM
Tues. Feb 28, Depot Bay YRE, 10 km,
2B, carpool 7:00 AM to 4:30 PM

Build Lebanon Trails
Buildlebanontrails.com
6pm-7pm on the 1st Tuesday of every month-
meeting at Lebanon Community Hospital
Meeting rooms.

Sat. Feb. 11, 2017, 9 am - 11 am
Trail Volunteer Day
At beautiful Cheadle Lake Park help spread mulch
and perform other trailside tasks. You’ll have the
satisfaction of admiring your work every time you
walk at Cheadle Lake Park!
DATES TO REMEMBER

AVA TRADITIONAL EVENTS 2017

Other AVA Walks

Sat. Feb 4 – Portland, Pre-Super Bowl Walk, 5/10 km, 1A
Sat. Feb 11 – Portland, Heartbreaker Walk, 5 km, 1B, 11 km, 3C
Feb 18-20 - Seabreeze Walking Festival, 6 Walks, a bike, Ocean Shores, WA
Sat. Feb 25, Salem YRE, Capital - Waterway, 6/10/12 km, all 1A. Mossbacks

Sat. March 18 – Hillsboro, St. Pat’s Walk, 5/10 km, 1B

SUNDAY WALKS

Corvallis Cruisers Sunday Stroll
No Stroll This Month

Willamette Wanderers
Salem Second Sunday Stroll
Feb. 12 N.E. Salem Historic District
2 pm  6/10 km, 1A

Albany Fitwalkers Sunday Stroll
Feb. 26 – Timber Linn Park Walk
2 pm  5/10 km, 1A
Meet at Holiday Inn Express

FUTURE EVENTS

Coming in 2017
May 12-14 - Rogue Valley Riches, 7 walks
May 20 - The Fitwalkers Peony Walk
June 7-9 AVA Convention 2017
Billings, MT
July 15, 2017 - Sweet Home Walk.

TUESDAY & THURSDAY Striders Walks

Albany Parks & Recreation Program at the
Albany Senior Center
Tues. and Thurs. 9:00, Guide Helen & Terry
hikingmac@yahoo.com

THURSDAY WALKS

Feb 2 – Corvallis - Parks & Campus, 5/10 km, 1A
Feb 9 – Lake Oswego – 6/10 km, 2B
Feb 16 – Stayton – Covered Bridges, 5/10 km, 1A
Feb 23 - Gladstone – 5/10 km, 2A

NON-AVA SATURDAY WALKS

Build Lebanon Trails
Sat. Feb. 11, 2017, 9 am - 11 am
Trail Volunteer Day

INTERNATIONAL FEDERATION OF POPULAR SPORTS
IVV World Cup Program

15th Volkssport Olympiad
in Koblenz by Rhine and Moselle from June 6-10, 2017

Come Join Us
ALBANY FITWALKERS
VOLKSSPORT CLUB
POST OFFICE BOX 1218
ALBANY OR 9732
www.albanyfitwalkers.org