

ALBANY FITWALKERS NEWSLETTER



APRIL

WALK ALBANY

2012

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

WALKER WEBSITES

FITWALKERS www.albanyfitwalkers.org **OTSVA** www.walkoregon.org **AVA** www.ava.org

MEETING Wednesday, April 11, 2012, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at Elmers, 2802 Santiam Hwy SE, Albany. Please order when you arrive, instead of waiting for everyone. This gives us plenty of time to arrive at the meeting by 7pm.

SUNDAY STROLL

April 29 - Brownsville

Start 2 PM

5 Km and 10 Km Rated 2B

Chevron Gas Station, 203 W. Bishop Way

Walk Historic Brownsville, first settled in 1846. This walk takes you 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. You will walk to the Pioneer Cemetery and see the resting place of the last full-blood Calapooia Native American.

Quadruple chocolate brownies, fruit and water served.

HAPPY BIRTHDAY

Nita - April 5, Jayne - April 13, Lolly - April 14

FITNESS

FUN

FRIENDSHIP

FOOD

COME WALK WITH US



THURSDAY WALKS

Carpool to YREs
Walk from 10:00am to 12:30pm

Thursday Walks are also posted on the Club calendar at www.albanyfitwalkers.org or contact Julia at pjwesterberg@comcast.net, or 541-967-3001.

April 5, Salem Y1413, 6/10K + 2K option, rated 1A

April 12, Eugene Gillespie Butte/Delta Bridge Y1970, 2 loops: 4K, rated 3B (steep hill), 6K, rated 1A.

April 19, Beaverton Summerlake Park Y1025, 10K, rated 1A, sponsored by Cedar Milers.

April 26, Portland West Side - Commonwealth Lake Y1436, 10K, rated 2A,



Walk with the Wanderers

willwander.weebly.com

Meeting the third Wednesday of each month, 7PM Room 1, Building D, Salem Hospital
Pre-meeting walk 4:30

Next meeting April 18, 2012

Salem Second Sunday Strolls

Willamette Wanderers Second Sunday Walk (Easter) is on the Third Sunday, this month, April 15.

April 15, Capital Waterways Walk, 2pm
6/10/12km, rated 1A.

AND WALK ALBANY

*Mosey
with the
Mossbacks*



Carpool requires reservations and fee. For more information call (541) 747-6470 or see www.mossbacks.org

April 4, Tues. Carpool to Newport South Bay YRE (7-4)

April 7, Sat. Carpool to Gresham Significant Trees Walk (8-5)

April 14, Sat. Carpool to Corvallis YRE (8-2)

April 15, Sun. Carpool to Salem YRE (12-6:30)

April 21, Sat. Carpool to McMinnville YRE (8-4)

April 28, Sat. Group walk in Eugene (9-11:30)



Build Lebanon Trails

Buildlebanontrails.com

Cheadle Lake Letterboxing

Saturday April 14
10am – 12pm

This special event is hosted by the local Girl Scout troop, introducing the community to the hobby of letterboxing. Letterboxing is an intriguing pastime combining navigational skills and rubber stamp artistry in a charming treasure hunt style outdoor quest.

Perhaps the truth depends on a walk around the lake. ~Wallace Stevens

Willamette Wanderers
Iris Festival Walk
May 19, 5/10km, rated 1A J

New Beginnings

Beginning April 1, Albany Fitwalkers members will receive a reduction in the cost of every Fitwalkers YRE and event credit.

The \$3 credit fee now only costs members \$2. This replaces the Albany Fitwalkers Coupon for a free Fitwalkers walk, as the coupons were rarely used. The program will be evaluated at the end of the year.

Build Lebanon Trails
Third Annual Cheadle
Lake 5K Fun Run &
Walk, May 5, 2012



Buildlebanontrails.com

Albany Fitwalkers is sponsoring the Cheadle Lake Fun Run & Walk at the Silver Level: \$250. There is a great deal of exposure to the public for the Fitwalkers buck. The name and logo will be on the back of the event t-shirt and on a medium sized kilometer/mile marker, plus information we provide about Fitwalkers is included in the awards bag given to all participant and verbal recognition of our sponsorship at the event awards ceremony.

Sponsorship not only promotes the club but also adds to the success of BLT, which in turn provides opportunities for our walking events.



CHECK THIS OUT

A short video *Freeing the Calopooia*.
<http://vimeo.com/38600677> showing the results of the removal of the dams feeding Shedd's Thompson Mills Flour Mill.

KUDOS

Julia received the following comments in e-mails. These 2 women recently spent 2 days together here in Albany doing a few of our walks.

Astoria AVA walker: We really love coming to Albany and doing your walks. It's such an historic town with some really beautiful homes, and we love the canal running through the town.

Manzanita AVA walker: I think it's great the way the Albany Fitwalkers make frequent adjustments and changes to their walks.

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Magnificent Milestone

<u>AVA</u>	<u>Events</u>	<u>Distance</u>
Leroy	3,500	
Karen Mc	100	1000 km
Karen W.	125	1500 mm

Congratulation! Way to Walk!

You need special shoes for hiking - and a bit of a special soul as well. ~Terri Guillemets

CORRECTIONS

Thank you Nita for pointing out that the March Newsletter stated right on the front page that the monthly meeting would be held Feb. 8. It's good to know that someone reads the Newsletter so closely. I was able to correct the information on the Newsletters we send out to non-club places. Sandy

Walking Talking Waters

The Oct.13 date for the Talking Waters Walk was not available so scratch the date off your calendar. Instead the Walk is scheduled for **September 15**. Put that on your calendar.

It's APRIL

March came in like a lion, and went out almost like a lion. Hummm. The purchase of the Albany Fitwalkers black Hoodie can keep you cozy for \$28.25. Or how about the black sweatshirt, \$17.25, to wear with you Fitwalkers hat. Jan handles the sales.

Happy Easter Sunday, April 8

Each moment of the year has its own beauty ... a picture which was never before and shall never be seen again.

Ralph Waldo Emerson

Albany Fitwalkers Officers

President – Phoebe
Vice President – Karen
Secretary – Connie
Treasurer – Jan

Albany Fitwalkers

2012 WALKER WORKERS

Year Round Events - Loretta, Julia and Sue
Membership - Nancy H., Jan and Lolly
Thursday Walks - Phoebe, Julia, and Judy
Newsletter - Sandy and Julia
Publicity - Walk Chairmen
Albany Bicycle & Ped Committee – Nita
Historian - Stephanie
Website - Karen
Girl Scout Liason - LuAnn
Sunday Strolls - Rozy and Julia (5km)
OTSVA Rep. - Jan
New Walk Sleuths - Julia
BuildLebanonTrails - Shirley and Lolly

Are you on a committee?



M & Ms

From the Salem restaurant "Word of Mouth"
Fun Fact- (actually a little depressing)

"To burn off one plain M&M candy you will need to walk the entire length of a football field!"

Take a small bag of M&Ms and go to the back of the end zone at your local football field. Open the bag, take out one M&M and eat it. Now start walking to the other end of the football field and into the far end zone. You've just walked 120 yards and burned off one M&M. There are about 53 M&Ms in a small bag. That's 53 football fields! That translates to over three miles of walking. And each peanut M&M is two football fields."

You might wish you didn't know this fun fact but look at this way, a 5km walk will do the job on a small bag of M&Ms.

Once there were two chocolate bunnys and one had his ear bitten off. One said "Happy Easter!" What did the other one say? Answer - What?

Northwest home to largest volkswalker population, but sport is still largely unknown

Published: Saturday, March 17, 2012,



10:40 PM

By **Molly Harbarger, The Oregonian**

Molly Harbarger/The Oregonian, Steve Perry of Vancouver (left) and Orpha Grimsrude of Aloha (right) roped in their friend Kate Talbott of Vernonia for the St. Patrick's Day Walk in Beaverton, organized by local volkswalking club the Cedar Milers. It was Talbott's second volkswalk, but Perry and Grimsrude have been walking together for 20 years. They like it for the fitness and fun aspect. "I like it because I don't get lost," Perry said, jokingly. "Very much."

Shortly after the sun started cutting through the early morning chill Saturday, 8-year-old Ruoda Moler and her mom, Melanie, set out for a 10K walk around Beaverton. They joined dozens of volkswalkers, people who noncompetitively walk in groups year-round, for the St. Patrick's Day Walk organized by Beaverton's **Cedar Milers** volkswalking club.

Saturday marked Ruoda's seventh walk. She is one of the youngest walkers in the Northwest region. "We like (volkswalks) because they're family time," Melanie Moler of Hillsboro said.

The sport originated in Germany and is goal-oriented. It's not a race, although Ruoda sometimes likes passing other teams. The **American Volkssport Association** and regional organizations offer challenges, though, such as walking in 26 cities starting with letters A to Z or walking past bakeries and libraries.

The **Northwest chapter** comprises Oregon, Washington, Idaho and Alaska, and boasts 60 out of more than 300 clubs in the U.S. There are 11 in the Portland area.

Regional Director Sam Korff attributes the number of clubs in the region to the beautiful hikes -

- Silver Falls State Park is listed as one of the top 10 volkswalks nationally -- and the decent weather, as long as you dress for rain. "Another part of it, though, is we're outdoor people," Korff said, standing at the start at 8 a.m. Saturday. Korff, a 25-year walker from Clatskanie, is an early bird, with most people showing up after 10 a.m. Regional events draw about 70 to 80 people, a sharp decline from the late 1980s when they could draw upwards of 500 people.

Some people can't find the time or pick outdoor activities not accessible decades ago, but, Korff also thinks the noncompetitive nature turns some people off. "It seems to be counter to the American psyche," Korff said.

Dedicated volkswalkers, though trek for decades and hundreds of miles. They fuel a small tourism industry of vacations across America and internationally. One of the oldest participants in the region at 87, Marge Bergeron of Lake Oswego walked the Great Wall of China.

She used a cane to assist her Saturday on as much of a 5K as she can manage, and said that walking has kept her active. "I blame it all on walking," Bergeron said. "It's so good for your health."

Carol Reed says walking saved her life after a close-call with a heart condition. She survived because she walks so much, her doctor said. In 20 years, Reed's visited all 50 states on volkswalks. Now 73, she gave herself until 75 to complete the capitals -- she only has four left. "I'm a latecomer, but I'll slowly get there," she said.

Looking around Saturday, though, 73 years old seems to be average. **East County Wind Walkers** president Regina Blake is 69, but started in her 40s. She has watched people come and go since the Gresham club started in 1989, and is now trying to recruit new members. "The big massive wave has gone through and now you mostly see the die-hards who have been doing it years," Blake said. Her club shrank from 30 people when it started to 18 now. But she doesn't see the sport dying.

Other than friendships formed on the path, participants relish seeing new facets to their communities they miss while driving. "The things that are open to volkswalkers when they have a walk are not generally open to the public," Blake said.

It's all about marketing, **Columbia River Volkssport Club** president Dick Koonce said, touting growth to about 70 members. They are hitting the proverbial pavement to continue the upswing.

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**OREGON TRAILS STATE
VOLKSPORTING
ASSOCIATION
OTSVA**



Fun, Fitness, Friendship

They're Back !

The YRE's at Good Samaritan Hospital are now back up and available for walking, the Rose City Roamers of Portland announced. The temporary closure of three YREs starting at Good Sam Hospital : Council Crest, NW-Crosstown, and NW-Downtown was due to the disappearance of their Starting Point box.

Dorris Ranch Closed

If you are considering walking the Mossbacks' Springfield: Dorris Ranch/Historic Downtown YRE be sure to do it on a weekend or Fri. after 5 pm. The Ranch is closed weekdays Oct. 31 due to construction of the Middle Fork Path.

Oregon Flame Award Nominations

There is still time to vote for OTSVA annual awards to deserving members for the Oregon Flame Awards. Let's go for the trophies!

- a - Club Excellence – not Fitwalkers
- b - Individual Excellence
- c - Inspiration
- d - Enthusiasm

Email your nominations to Ed by **May 18**.
edhainline@yahoo.com.

**GET OUT AND
WALK OREGON**



Annual AVA Club Dues

Club Dues are \$50.00 and cover for the period of July 2012 through June 2013.

AVA Website Under Construction

If you haven't been to the official website lately, you might want to check it out www.ava.org. We're making changes to the site and have added two new links on the homepage.

Click on "**Newsroom**" and you will see recent news on selected matters of interest to AVA.

Then go to the "**What's Happening**," link, where we are listing photos and articles sent in from other AVA organizations. This gives us the opportunity to list more material and ensures more timely posting of your information.

Other major changes are coming up. If you have any suggestions on what you would like to see on your official AVA headquarters website, drop a note to marketing@ava.org.

**National Physical
Fitness & Sports
Month (NPFSM) is
May**



Dorm Batson from Federal Way, Washington designed another beautiful patch for the 2012 National Physical Fitness & Sports Month held in May.

Youth Program

The new 2011-2012 Girl Scout Walk Together patch and requirements are revised to 6 walks per 12 month period for the Master Walker Program.

OLD MCDONALD'S CARBON FOOTPRINT

Beef is the big bugaboo when it comes to climate-altering food stuffs – but that's only because we eat so much of it. When the Environmental Working Group dug into the numbers (in its report *Meat Eater's Guide to Climate Change and Health*), it found that lamb was an even worse offender. It turns out the sheep produce less meat per pound of "live weight" than cattle, yet emit similar amounts of methane. An even bigger surprise is the number-three offender: cheese. Its production entails many of the same greenhouse sins as beef's (feed, fertilizer, manure, etc) and isn't very efficient – it takes nearly 10 pounds of milk to produce a single pound of cheese.

If everyone in the country abstained from meat and cheese one day a week, the report calculates, it would be the same as taking 7.6 million cars off the road. Figures below are kilograms of CO2 – equivalent per kilo of food consumed.

Lamb – 39.2, Beef – 27, Cheese - 13.5
 Pork – 12.1, Fish – 11.9, Turkey – 10.9
 Chicken – 6.9, Eggs – 4.8,
 Peanut Butter – 2.5, Tomato – 1.1

Paul Rauber, *Sierra Magazine*, Nov/Dec 2011

Maybe if we did a better job of listening, history wouldn't have to repeat itself.

IMAGINE YOUR WALKING STORY HERE.

Due April 25 for the May/June Newsletter
Cramerss2@aol.com

B12

Everyone knows that vitamin B12 is a very important vitamin. What most people don't know is that the very common and inexpensive form, cyanocobalamin is difficult for the body to absorb and the small amount that is absorbed usually fails to find its way into the cells, where it can perform its intended tasks.

When purchasing B12 supplements be sure it is the Methylcobalamin variety. You won't find these on the average supermarket shelves or COSTCO for that matter. Health food stores should carry them and it is worth the search for the health benefits.

PICTURE YOUR WALK PHOTOS HERE.

Due April 25 for the May/June Newsletter
Cramerss2@aol.com

Year Round Events 2011 Final Totals

2011	Brownsville	Historic	North Albany	Parks & Lakes	SE Albany	Lebanon	Shedd	Grand Total
Total	70	97	56	68	58	96	143	588
Credit	56	77	43	50	49	75	87	437
Free	14	20	13	18	9	21	56	151

Total Sunday Strolls - 269

DATES TO REMEMBER - APRIL 2012

APRIL HOSTED EVENTS 2012



Event Location and Name	Date(s)	Host Club
Gresham	4/7/2012	Walk East County Windwalkers View Details
Grants Pass	5/12/2012	Walk Rogue Valley Walkers View Details
Keizer - Iris Walk	5/19/2012	Willamette Wanderers View Details
Brooks - Peony Walk	6/2/2012	Walk Albany Fitwalkers View Details

Fitwalkers Events for 2012

June 2, 2012, **Brooks Peony Walk** - Judy, Phoebe, Julia

September 15, 2012 *Walking Talking Waters* - Julia

SUNDAY STROLLS 2012

April 29 - Brownsville 2pm, 5/10KM, 2B REVISED walk Historic Brownsville, first settled in 1846. This walk takes you 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. You will walk to the Pioneer Cemetery and see the resting place of the last full-blood Calapooia Native American.

May 27 - North Albany 2pm, 5/10KM, 1A (with one long gradual hill). Beginning at 621 NW Hickory Street, this stroll takes you through North Albany in Benton County, passing two golf courses and residential and rural farming areas. The 10K passes Thornton Lake, a Christmas tree farm, a hazelnut grove and various other farmlands. Walk begins at **5:00 PM**, rain or shine, so arrive early to sign in.

June 24 - Shedd 5pm, 5/10KM, 1A

July 22 - SE Albany 5pm, 5/10KM, 1A

Willamette Wanderers Second Sunday Walk (Easter) is on the Third Sunday, this month, April 15.

Build Lebanon Trails **Third Annual Cheadle Lake 5K Fun Run & Walk**
May 5, 2012 Sign up at BuildLebanontrails.com



Iris Festival Walk

May 19, start 8 - 1, finish by 4 -5/10km, rated 1A

Northwest Regional Conference - Aug 15-19, 2012
Camp Berachah, Auburn, WA

ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

Volkssport Information Lines <http://www.ava.org>

JOIN US!