

ALBANY FITWALKERS NEWSLETTER

AUGUST

WALK ALBANY

2010

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 **OTSVVA** www.walkoregon.org **AVA** www.ava.org

MEETING & EATING

Wednesday, August 11, come to a short meeting with potluck at the home of Leroy and Carol at 6PM. Chicken and mojos are provided by the club. Fitwalkers are asked to bring sides, salads, and desserts. Also bring your own table service if you don't want plastic & paperware, and a beverage. Though there are plenty of tables, but bring a chair if possible. Please let Leroy know by Monday, August 9, if you are attending.

2992 NE Newcastle Pl, Corvallis, OR 97330
Home: 541-753-0051 Cell: 541-908-1332

Thanks, Carol and Leroy, for opening your home to us.

Sunday Stroll

August 29 5PM North Albany YRE - Meet at Ray's, 621 NW Hickory St. Albany.
Triple Chocolate brownies, fruit and water.

Happy Birthday Helen McG – August 28

FITNESS

FUN

FRIENDSHIP

FOOD

Come Walk With Us!!!

THURSDAY & SATURDAY WALKS May 2010



Thursdays **10 -12:30** walk Year-Round Events in neighboring towns. Coordinators Phoebe, Judy, and Julia are rotating weekly walks. A walk will be cancelled if no one can attend and you will be notified of the cancellation on Wednesday evening by an e-mail.

August 5 -- Stayton with Phoebe coordinator, ranphoeb@pacifier.com

Aug. 12 -- Portland - West Side 31 Flavors with Phoebe coordinator, ranphoeb@pacifier.com

Aug. 19 -- Yachats 804 Trail with Julia coordinator, pjwesterberg@comcast.net

Aug. 26 -- Eugene Greenway with Julia coordinator, pjwesterberg@comcast.net

Any walks you would like to do in September and October? Please let us know.

Mosey With the Mossbacks!!



For more information call (541) 747-6470 or email www.mossbacks.org

Aug. 1-8 Northwest Region Volkssport Conference, Anchorage, Alaska

Aug. 15 Sun. Carpool to Aurora Walk, 7am-3:00 pm, 5/10km Rated 2. This small town in a pretty rural setting is a Mecca for antiques shoppers known as the Antique Capital of Oregon. The walk coincides with an outdoor art

show and antique fair, and offers a chance to visit the studios of Master Wood Sculptor Jim Barton.

Aug. 21 Sat. Carpool to Bend Walk, 7-4:30, 5/10km, rated 1+. This historic mill and ranching town has experienced rapid, well-planned growth in the last 30 years. The Deschutes River cuts through the middle of town, and the Cascade Mountains lie just west of town. Walk through historic downtown Bend, nearby neighborhoods, and along the Deschutes River Trail.

Aug. 24 Tues. Check Shotgun Creek Walk, 8:30-1:30.

Aug. 26 Thrs. "Riverwalk" year round event Group Walk, 8:30-11am. 10 km rated 1. Walk both sides of the Willamette River on wide paved paths. Starting at the Valley River Inn, the route crosses the Greenway Footbridge following the rushing river north to the Owosso Footbridge to return past the Delta Ponds to the start point. Wildlife and abundant waterfowl are seen all seasons of the year.

Aug. 28 Sat. Carpool to Silver Falls State Park YRE, 7-3:30 1/11km, rated 3+. A top 10 Volkswalks nationally, the walk begins with views of the South Falls, descends to the canyon, going behind South Falls and past seven more waterfalls to reach North Falls. A 1 km. option leads to still another falls. Return to the lodge along the canyon rim, through beautiful forests. Sturdy footwear and adequate water are recommended.

Aug. 31 Tues. Carpool to Winchester Bay YRE, 7:30-5 10 km, rated 2. Begin at a typical small town grocery, meander through the village and past the wharfs at the port. After walking for a distance along the Umpqua River near the Pacific Ocean, the trail heads uphill to the Coast Guard station and Umpqua Lighthouse with its fine view. Past the lighthouse, the route makes a complete circuit around pristine Lake Marie (part of the Umpqua Lighthouse State Park), then returns to the lighthouse, where a visit to the unique gift shop in the basement is a must! The route then returns along the river to the harbor, through a large marina.

AND WALK ALBANY

Workers' Schedule
Two Rivers Run Through It
Event Date: September 11, 2010

Day/Date	Task	Time	Workers	
Friday, September 10	Mark trail	4:00 to ??	1. Phoebe 2. Jim 3. ***	4. *** 5. *** 6. ***
Saturday, September 11	Central Command/ "Gofer"	8:00 to ??	Jean	
	Registration/ Start Table	7:30 to 10:30	1. Nita 2. Sue	
		10:30 to 1:30	1. Linda 2. Mary Ann	3. Margaret F. (when able)
	New Walker Table	8:00 to 10:30	1. Phoebe	
		10:30 to 1:00	1. ***	
	Check Point	8:30 to 12:00	1. Donna 2. Frances	
		12:00 to 3:30	1. Jayne 2. ***	
	Finish Table	9:00 to 12:30	1. Jim 2. ***	
		12:30 to 4:00	1. *** 2. ***	
	Trail Sweep	3:00 to ??	1. Ann 2. ***	3. *** 4. Rozy
	Trail Marking Supplies		Terry	
	Start Table Supplies		Phoebe	
Snacks/Water/ Tables/Chairs		1. Karen 2. Phoebe 3. Rozy	4. *** 5. *** 6. ***	

Two Rivers Run Through It September 11, 2010

On September 11, see a different side of our town as well walk along two rivers (Calapooia and Willamette), in two counties (Linn and Benton), starting at the Two Rivers Market, 250 Third Avenue SW. between 8am and 1pm and the finish is by 4pm.

The city has just finished developing an attractive promenade. The trail also goes along both sides of the Willamette River. On the north side is a golf course, with feasts of wild blackberries. Along the south side is the newly developed Dave Clark walking trail and the Willamette Community Gardens. The 5km distance stays on the south side of the rivers, while the 10 km goes into North Albany.

Week End Carpools From Albany

Aug. 15, Sun. Aurora Event, 5/10km

Aug. 21, Sat. Walk around Bend Event, 5/10km - 1+ . Walks are along a paved path, city sidewalks in Historic Downtown and neighborhoods. Walk through Drake Park and on the Deschutes River trail.

U.S farmers take heat for their pesticide use, but the country's home owners recklessly slather on the stuff in far greater concentrations. According to the EPA, households apply 85 million pounds to 17 million residential acres, or 5 pounds per acre, while farmers use about 1.4 pounds per acre on 815 million acres of crops and pasture.

DON'T FORGET YOUR SHADES

You've probably heard this before: Ultraviolet (UV) rays are really bad for your eyes. These rays can burn your cornea, the surface of your eye. UV rays also can lead to the development of cataracts which cause hazy vision, and age-related macular degeneration, the leading cause of blindness in older Americans. But a safeguard is simple: Buy sunglasses with labels that clearly state they protect you from 99%-100% of UVA and UVB light.

Consider wraparound sunglasses to stop UV rays entering from the sides of the frame. Some are designed to go over regular glasses and cost about \$30. A dark lens does not necessarily offer UV protection. The glasses much say it does on the label.

And a hat, too

A wide-brimmed hat or cap can further protect you from the sun's harmful rays, especially those that hit the eyes from above your sunglasses.

From Eye Care Magazine, Summer 2010

The September Bike Commute Challenge is coming soon. Plan to sign up and introduce some coworkers to bike commuting.



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American Volkssporting Association



**NICOLE ROGERS IS THE NEW
EXECUTIVE DIRECTOR OF THE
AMERICAN VOLKSSPORTING
ASSOCIATION.**

Nominations for the AVA Recognitions Awards are due by November 1. The AVA Certificate of Appreciation Award recognizes individuals, organizations, and businesses for service to AVA on a regional, state or club level. Submit to our regional director. Sooner would be better.

YREs 2011

New Year Round Event routes must be submitted to AVA by August 31. Sue suggests the Thompson Flour Mill in Shedd. She has spoken the new Park Ranger Daryl Patton (Doug Crispin has retired) who is excited about the idea of Mill as a YRE start point and is getting the OK from superior. Sue has volunteered to pick up the monies each month. Adjustments to last year's Shedd Walk route can easily be redone making with the Mill the start. And Grist Mills are a new 2011 walk challenge.

The College Walk could be de-commissioned for a couple of years. The city plans to work on the wet spots next year, and would close the area for construction.

Phoebe would like help modifying the Parks and Lakes Walk.

The Phoenix is back!

When you are planning your walks for 2011,
we invite you to come to the

Victoria Volkssport Phoenix Festival



April 15- 17, 2011

In beautiful Victoria, B.C.
Hosted by 3 local Volkssport Clubs:
Garden City Victoria, Juan de Fu
Wanderers Pathfinders 'Y'
and the Volkssport Association of British Columbia

10 walks, distances from 5 km to 42 km

Great social events!

FOR MORE INFORMATION:

Web site: www.vvpf.ca

Email: vvpf@telus.net

Phone: 250 598 4316 David Cattrall

ALBANY FITWALKERS 2010 OFFICERS

**PRESIDENT - JIM W
VICE PRESIDENT - ROZY W.
SECRETARY - KAREN W.
TREASURER - JAN H.**

OTSVVA met in conjunction with Yachats Event

Rozy was reelected president of OTSVA for another two year term. Hooray! Karen Highfield also returns as secretary.

Recipients of the Flame Awards were announced at the meeting.



Albany Fitwalkers were awarded the small trophy for Club Excellence



Rozy received a large trophy for Enthusiasm and Karen was awarded a certificate



Phoebe received a certificate for Inspiration to others.



Pathfinders Awards – Right – Jan H

For Individual Excellence Julia and Nancy, were awarded certificates at the July Fitwalkers meeting.

Helen McGovern received two Oregon challenge awards. Not only was she the first person at five different YREs in January, she was also first to complete ten walks in January.

Congratulations to all.



Julia, Paul and friend from Denver at Yachat Walk

Photos by Sherwood Merrywalkers

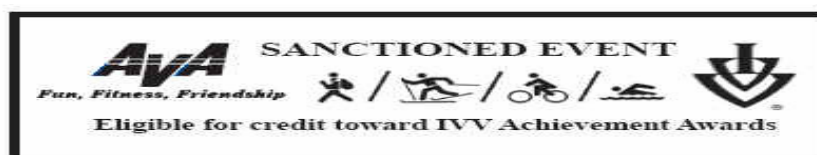
The next OTSVA steering meeting is in Oregon City on August 14.
Next state meetings are September 26 and November 6 in Portland. All coincide with scheduled walks.

**Wanted - Awards Coordinator for
Albany Fitwalkers**

Contact Jim at albanyfitwalkers@gmail.com.

AUGUST 2010 DATES TO REMEMBER

**HOSTED
EVENTS
2010**



August



2010 NW Regional Conference

Aug 3-7 6 Wks.bk. Sw Walk Anchorage Volkssport Club Anchorage, AK
8/3/2010 300-METER VOLKSSWIM Swim
8/3/2010, 8/8/2010 University Lakes & Trails Walk
8/4/2010 Portage Valley - Trail of Blue Ice Walk
8/5/2010 Anchorage - Alaska Native Heritage Center Walks
8/5/2010 Anchorage - Glen Alps Power Line Trail Walk
8/6/2010 Anchorage - Wild Salmon on Parade walks
8/7/2010 Girdwood - Alyeska Ski Resort Walks
8/7/2010 Girdwood - Girdwood to Indian Creek Volksbike Bike

Aug 11 Vancouver, WA- Moulton Falls, 5/10km, rated 1+, Vancouver USA Volkssporters
Aug 14 Oregon City - Canemah Park Walk 4/6/10km, rated 3, Rose City Roamers
Aug 15 Aurora, Oregon Walk, 5/10km, Silverton Walk Abouts
Aug 18 Portland - Trolleys, Trains, Trails and Tram Walk, 6/10km, rated 2, Vancouver USA Volks.
Aug 21-22 Bend Walk, 5/10km, 1+, Ponderosa Pathfinders
Aug. 24 Hillsboro – Tuesday Market Fun Walk, 5/10km, 1+, Tualatin Valley Volks
Aug 25 Portland - Gabriel Park Guided Walk 5/10km, 2+, Walk Vancouver USA Volkssporters
Sept 4-6 Toutle, WA-Mt. St. Helens-SilverLake/Seaquest State Park Walk, 5/10km, 2+ All Weather Walkers
Sept 4-6 Toutle, WA - Mt. St. Helens- Coldwater Lake Walk, 5/10/13km, 2, All Weather Walkers
Sept 4-6 Toutle, WA -Mt. St. Helens-Hummocks/Boundary Trail Walk, 5/7/20km, 4, Vancouver USA Volks.
Sept 4-6 Toutle, WA -Spirit Lake Walk, 6/12km, 4, Vancouver USA Volkssporters
Sept. 11 Albany, OR – Two Rivers Run Trough It, 5/10km Albany Fitwalkers

Sunday Stroll

August 29, 5PM, North Albany YRE- Meet at Ray's, 621 NW Hickory St. Albany

REGISTER FOR THE PORTLAND MARATHON BY AUGUST 15 TO RECEIVE A
CUSTOM NAME BIB. Portlandmarathon.org

ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

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

JOIN US!!

