

ALBANY FITWALKERS NEWSLETTER



AUGUST

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

HAPPY BIRTHDAY Kassadee - August 23

**MEETING &
EATING, EATING &
MEETING
WEDNESDAY,
AUGUST 8, 2012**



The Club's Annual August Picnic starts at 6 PM on Wed., Aug. 8. Phoebe and Randy have graciously agreed again to host it at their house, 1410 SE Lehigh Way in Albany. Please RSVP to Phoebe at ranphoeb@gmail.com or 541-926-1735. The club provides Izzy's fried chicken being bought by Jan. She, too, needs an RSVP at jmhagemeister@msn.com or 541-924-3847. **Please RSVP to both women.**

Spouses and significant others are welcomed. Bring a side dish or dessert, your dinnerware, silverware and beverage. Decaf coffee will be available. Phoebe asks that some people arrive earlier to help set up the tables and chairs.

A brief business meeting to discuss the list of 2013 YRE's to be submitted to AVA by Aug. 31 will be held. Questions include whether to keep the Lebanon YRE, and the Shedd walk which has parking problems. And what about bringing back the East Albany YRE? Also at the meeting, the OTSVA Flame Awards will be presented.

Please wear your Albany Fitwalkers shirt for a group picture. Don't miss out!

FITNESS

FUN

FRIENDSHIP

FOOD

DATES TO REMEMBER - AUGUST 2012

AVA HOSTED EVENTS 2012



Elkton - **8/11/2012** Walk Eugene Springfield Mossbacks [View Details](#)
Vancouver - Burnt Bridge Trail **8/15** Guided Walk Vancouver USA [View Details](#)
[NW Regional Conference Walks - Camp Berachah](#) **8/18 - 8/19** [View Details](#)
Hillsboro - Dawson Creek **8/22/2012** Guided Walk Vancouver USA Volkssporters [View Details](#)
Longview - **8/25/2012** Walk Border Crossers [View Details](#)
Portland - The Grotto/Rose City Walk **8/29/2012** Guided Walk Vancouver USA [View Details](#)
Lake Oswego - Hazelia Field at Luscher Farm **9/1/2012** Walk Rose City Roamers [View Details](#)
Portland - Gabriel Park Guided Walk **9/5/2012** Guided Walk Vancouver USA [View Details](#)
Canby - Dahlia Walk **9/8/2012 - 9/9/2012** Walk Valley Volkswalkers [View Details](#)

September 15, 2012 *Walking Talking Waters* - Julia

MONDAY AFTER WORK WALKS

Aug 13 5:30 at the Senior Center parking lot. 5km Downtown Walk and potluck picnic while listening to the concert at Monteith this week **Ellen Whyte & Reflex Blue**.
Aug 20 5:30 start at Rays Market, 5/10km North Albany walk. Last concert at Monteith Park.
Aug 27 5:30 at Brookdale Villas Courtyard, 5/10km Southeast Parks Walk

THURSDAY WALKS

Aug. 9 Champoeg YRE 10-12:30, new 10Km, rated 1B, also a 5K/13K/18Km routes. Dorothy is the contact person for this walk-driscoll53@q.com or 503-362-0922. This is a great country walk.
Aug. 16 No walk because of the AVA Regional Conference in Washington.
Aug. 23 Lake Oswego, 9-11:30am, 10Km, rated 3
Aug. 30 Forest Grove , 10-12:30, 5/10 Km, rated 1.

NO ALBANY SUNDAY STROLL

Salem Second Sunday Stroll

Aug. 12, starts 5 PM - 5K/10K Sunday Stroll rated 1A. Meet at [Willamette Mission Start Park](#) 0991 Wheatland Road NE, Gervais, OR 97026 for a walk along the Willamette River and through this historic state park. Walkers may want to carpool as a \$5 per vehicle parking fee is charged.

Willamette Wanderers Monthly Wednesday Walks

Aug. 15 , Before the monthly meeting a 5km group walk begins at the lobby of building "A" at 5:30.

Build Lebanon Trails (BLT) Aug. 7 - The newly established Lebanon Trails Committee meets every month on the first Tuesday at the Lebanon Community Hospital from 7 to 9 AM, beginning on August 7. Meet at the back of the Hospital. Signs direct you to the room. Help shape the future of the Lebanon Trails 50 mile Project
Saturday, August 11- BLT hiking tour of the proposed West River Trail, beginning at River Park in Lebanon on East Grant Street at 10 AM. It follows the Santiam River Upstream to Riverview Park and then returns. The hike is on a primitive but established dirt trail. The hike is 2 1/2 miles each way.

ALBANY FITWALKERS VOLKSSPORT CLUB
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