

GENERAL INFORMATION

Who are the Albany Fitwalkers?

Our walking club is one of more than 300 clubs affiliated with the American Volkssport Association offering over 3,000 US walking events. Our walks are non-competitive and open to all with no age restrictions. Children in strollers and dogs on leashes are usually welcome. For more information, visit www.albanyfitwalkers.org. E-mail us by clicking the "Contact Us" tab. By phone, contact Phoebe at 541-926-1735.

Our monthly meeting at Brookdale Villas Courtyard, the 2nd Wednesday at 7PM, is open to the public.

Do you like to walk but are unsure where?

Consider the seven self-guided walks developed by the Albany Fitwalkers Club in Albany, Lebanon, Brownsville, and Shedd. This brochure describes these walks, which are measured in kilometers (K), and the places where they start. You have a choice of a 5K (3.1 miles) or a 10K (6.2 miles).

There is no cost unless you wish to receive credit for these walks from the American Volkssport Association. Contact the club for AVA information. Please complete the registration sheet before taking walking instructions/map.

Do you like to walk but not alone? Check the calendar on our website and consider carpooling with the Albany Fitwalkers Club Members to walks in other towns on Thursdays. For information contact Julia at 541-967-3001 or pjwesterberg@comcast.net.

Consider joining the Fitwalkers at their Sunday Stroll of the walks listed in this brochure. For information contact visit albanyfitwalkers.org or call Karen at 541-979-8277.

Disclaimer: Although every effort is made to make these self-guided walks safe, enjoyable and memorable, the Albany Fitwalkers are not liable for accidents, thefts, and material damage. Please use caution and take a friend along.

FUN • FITNESS • FRIENDSHIP

Albany Fitwalkers

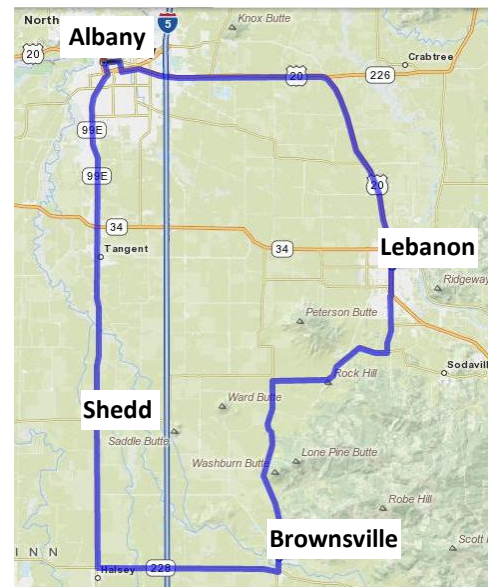


Volkssports Club NW474

features

Seven Self-Guided Year-Round Walks January 1 - December 31, 2012

Historic Albany Y0215 (revised)	5 & 10K - rated 1A
West Albany Y1285 (new)	5 & 10K - rated 1A
North Albany Y0934	5 & 10K - rated 1A
Southeast Albany Y0377	5 & 10K - rated 1A
Brownsville Y1272	5 & 10K - rated 2B
Lebanon Y0775	5 & 10K - rated 1A
Shedd: Historic Flour Mill Y2030	5 & 10K - rated 1A



Albany Fitwalkers Volkssports Club
P.O. Box 1218
Albany, Oregon 97321
www.albanyfitwalkers.org



NOTE: These walks are available from dawn to dusk daily. Maneuvering wheelchairs and strollers could be difficult as not all curbs are cut and some walks include dirt/gravel paths. For the latest walk information and for the AVA Challenges met by these walks, visit www.ava.org. For Walk Oregon Challenges, visit www.walkoregon.org.

Walks in Albany:

Historic, West & North Albany Walks

Register/Start: Ray's Food Place, 621 NW Hickory Street, Albany. Open 6AM-10PM daily.

Directions: From I-5 take exit 233. Turn west and follow the signs for Hwy 20, City Center & Corvallis. Follow Lyon Street over the Willamette River bridge. At the second stoplight, turn right on North Albany Road. Pass Hickory Street. Take the next right into the parking lot of Ray's Market. The wood file cabinet is to the left of customer service counter.

Historic Albany Walk: NW 2012/0215, 5K/10K - Rated 1A. This revised walk starts in downtown Albany at Two Rivers Market and goes along the Willamette riverfront and through three historic districts: Downtown, Monteith and Hackleman. See many styles of beautifully restored historic homes and the revitalization of the riverfront.

West Albany Walk: NW 2012/1285, 2 5Ks, 10K - Rated 1A. This new walk complements the Historic Albany YRE. Also starting at Two Rivers Market, this walk takes you through West Albany and the lovely residences in the shaded residential neighborhood developed during the 1950s-1970s.

North Albany Walk: NW 2012/0934, 5K/10K - Rated 1A. This walk starts at Ray's. The 10K passes two golf courses, goes through residential and rural areas with views of the valley, Christmas tree farm and hazelnut grove. The 5k route has been revised and includes a forested residential area.

Southeast Albany Parks Walk

NW 2012/0377, 5K/10K - Rated 1A

Register/Start: Brookdale Villas Courtyard, 1929 Grand Prairie Road, SE, Albany.

Directions: From I-5 take exit 233. Turn toward City Center .5 miles. Turn left on Waverly Drive. At 1.2 miles turn right on Grand Prairie Road. At .4 miles turn right into Brookdale Villas Courtyard. Park in the visitor area. The wood file cabinet is inside the main entrance on the left. This walk goes through several parks including the new Kinder Park and along Periwinkle Creek and quiet residential areas. It is all on pavement and would be okay for strollers. ****CLUB MEETINGS** on the second Wednesday at Brookdale Villas Courtyard, 7 PM. All are welcome to attend.

Walks in Other Towns: These three towns are close to Albany and to each other, and can be walked in 1-2 days. Restaurants and motels are available in Albany, Lebanon and Brownsville.

LEBANON

NW 2012/0775, 5K/10K with 2K option - Rated 1A
Register/Start: Samaritan Lebanon Hospital, 525 N Santiam Hwy, Lebanon.

Directions: From I-5 take exit 233. Turn toward Lebanon and drive nine miles. Hospital is on the left as you enter Lebanon. Park in the back and use the back entrance. Wood file cabinet is near Information Desk at front door. See historic churches, homes and a canal. 10K goes to south Lebanon and Cheadle Lake and offers a 2K option at the Lake. Revised 5K concentrates on historic north area.

BROWNSVILLE

NW 2012/1272, 5K/10K - Rated 2B
Register/Start: Chevron Gas Station, 203 W Bishop Way, Brownsville

Directions: From I-5 take exit 216. Turn toward Brownsville. Go nearly four miles on Hwy 228, which becomes Bishop Way. The Chevron Station is on the right. Walkers should park on Washburn Street, not in parking lot. Ask attendant for binder. Walk around Historic Brownsville, settled in 1846 and nestled in the foothills of the Cascades in the mid-Willamette Valley. This walk goes through Pioneer Park and the attractive downtown streets. The movie *Stand By Me* was partly filmed here. Walk to the pioneer cemetery and see the resting place of a prominent Calapooia Native American. There are many charming homes, shops and restaurants along the way.

SHEDD - HISTORIC FLOUR MILL

NW 2012/2030, 5K/10K - Rated 1A

Register/Start: Thompson Mills State Heritage Site, 32665 Boston Mill Road, Shedd, except when closed New Year's, Thanksgiving and Christmas days.

Directions: From south I-5 take exit 228. Turn right onto Hwy 34. Take OR-99E ramp toward Albany and Junction City. Turn right at 99E stoplight and travel six miles south to Shedd. Turn left on Boston Mill Drive. Follow signs to Mill 1.4 miles east of Shedd. From north I-5, take exit 216. Turn left on Hwy 228. Turn right onto Hwy 99E to Shedd. Turn right onto Boston Mill Drive and follow signs to Mill. Wood file cabinet is in entry to the Mill, built in 1858 and Oregon's oldest surviving water-powered mill. Walk also winds through the countryside and the small town of Shedd.