

**ALBANY FITWALKERS**  
6 Self-Guided Year-Round Events  
(YRE's) for 2014:

Register for 2 5K/10K walks at Starbucks, 633 NW Hickory St., in North Albany:

- 1) Historic Albany Walk in 3 historic districts in the downtown area
- 2) North Albany Walk (**revised**)

Southeast Albany Parks: 5K/10K Walk starts at Villas at Courtyard, 1929 Grand Prairie Rd SE.

Albany Parks/Lakes: 5K/10K **New Walk.** Register at Holiday Inn, 105 Opal Ct NE. Walk starts at nearby Waverly Park.

Brownsville: 5K/10K Walk starts at Chevron Gas Station, 203 W. Bishop Way (Hwy 228) in Brownsville

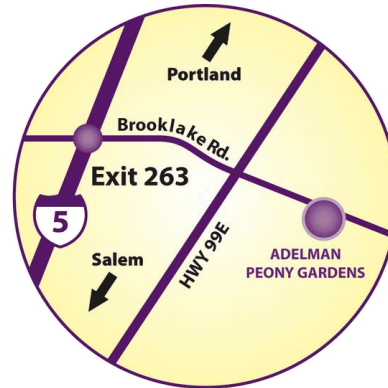
Jefferson: 5K/10K Walk starts at Jefferson Thriftway Grocery Store, 1030 Old Pacific Hwy, Jefferson

Albany Fitwalkers  
P.O. Box 1218  
Albany, OR 97321

**Directions to Registration:**

Adelman Peony Gardens  
5690 Brooklake Rd. NE,  
Brooks, Oregon 97305

From I-5 (north or south) take exit 263 (Brooks exit). Turn east toward Brooks on Brooklake Rd. Go for 1½ miles, crossing OR Hwy 99E. Driveway is on the right. Look for walk signs. Registration inside the barn behind house.



Information:  
Phoebe, 541-926-1735  
[ranphoeb@gmail.com](mailto:ranphoeb@gmail.com)  
Julia, 541-967-3001  
[pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net)

Visit us at:  
[www.albanyfitwalkers.org](http://www.albanyfitwalkers.org)  
[www.sebrightgardens.com](http://www.sebrightgardens.com)  
[www.peonyparadise.com](http://www.peonyparadise.com)

OR:



**Albany Fitwalkers**  
**Present the**  
**11th Annual**  
**“Peonies, Hostas,**  
**& More” Walk**

**Saturday,**  
**May 31, 2014**

**Adelman Peony Gardens**  
**5690 Brooklake Rd. NE**  
**Brooks, Oregon 97305**

**Event # NW14-97569**

**5K/10K (Rated 1B)**

**Start time: 8 AM to 1 PM**  
**Finish time: 4 PM**



### **Walk Description:**

Enjoy a walk in the countryside through fields of beautiful and colorful peonies at the award-winning and world-renowned Adelman Peony Gardens. There are nearly 250 varieties in 20 acres. Explore the unique display garden with waterfalls. Peonies are available for purchase in bouquets and in potted containers.

The 5K/10K routes have been revised with both routes going through the peony fields and display gardens.

**There is no walking on Brooklake Rd.** The 10K route will also take you on country roads to nearby Sebright Hosta Gardens with several hundred varieties of hostas, ferns, and other shade-preferred plants for purchase.

You will also see such sights as irises in bloom in the Mid-America Garden, a hazelnut grove, different agricultural fields, remnants of Lake Labish and perhaps Mt. Hood.

### **CHALLENGES: WOC:**

Arches, Flowers, Lakes, Marion County, Mountains, Water Towers

### **AVA National Challenges:**

A-Z, Honoring Our Flag, Lakes & Reservoirs, Trekking with the Trees, Water Towers, You'll Never Walk Alone,

**Other:** Birds & Beasts

### **Registration & Fees:**

This event is open to everyone, children accompanied by an adult. This function is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). Those wishing to receive IVV/AVA credit must pay a \$3.00 fee.

All participants must register, sign the waiver and carry a start card. Please turn in the card when you finish the event.


Restrooms/water will be available at the start/finish and checkpoint.

**Not suitable for strollers or wheelchairs. Dogs on leashes with good doggy manners are permitted.**

### **Stipulation/Disclaimer:**

The sponsor is not liable for accidents, thefts and/or material damage. Reasonable effort will be made by the sponsor to make this a safe, enjoyable and memorable event.



For the Albany Fitwalkers' YRE brochure, club's calendar and newsletters, see our website at [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org) and  us on Facebook.

### **What are Volkssports?**

Non-competitive outdoor events for all people, regardless of age or athletic ability, to promote fun, fitness, and friendship. See the AVA website at [www.ava.org](http://www.ava.org) for more information on volkssporting events.

### **Record books for walking:**

Volkssporters enjoy keeping track of the walks they have done. An Event Book keeps track of the number of events walked and a Distance Book keeps track of total kilometers walked. This is called "walking for credit" and the walker pays a \$3 credit fee for each event. When a book is filled, it is sent to the AVA. The walker then receives a hat pin, a patch and a certificate. The walker's name is also published in AVA's "The American Wanderer." This club sells New Walker packets and record books.