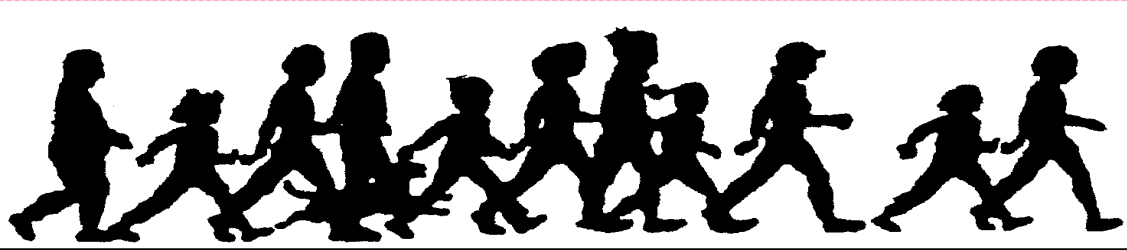


ALBANY FITWALKERS NEWSLETTER



FEBRUARY

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, Feb. 8, 2012, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at **House of Noodles**, 2025 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.

STRANGE BEGINNINGS

The first Albany Fitwalkers meeting in 2012 was a bit unusual. Because of the Brookdale quarantine our regular meeting room was not available. Fortunately the banquet room at the Cascade Grill was available. Because Fitwalkers had no President, the brand new Vice President Karen single handedly ran the meeting and she did a fine job. **2012 President:** In the meeting **Phoebe** volunteered to fill the open Albany Fitwalkers Office of President. The acceptance and vote were unanimous and quick.

One of the original Albany Fitwalkers, Phoebe, comes well qualified for the Presidency. In 1989 she was on a Walk Clean Up Committee and has been on Walk Clean Up ever since. She has been Historian and Hospitality Chairperson and done YRE Boxes. Among her many other contributions to Albany Fitwalkers Phoebe was President for at least two years.



For the past several years Phoebe has been one of the three Fitwalkers covering Thursday Walks, a month at a time.

Duties of the president include developing an agenda for and presiding over the monthly meetings, community liaison and club representative as well as being sure all the cogs and wheels of Albany Fitwalkers are working in a timely manner. It's clear no one else wanted to take on the task so let's give Phoebe a helping hand in every way possible. Thank you very much, Phoebe.

SUNDAY STROLL

February 29 - Lebanon

Start 2 PM

Samaritan Lebanon Hospital, rear entrance

5 Km, concentrates on historic north area.

10 Km goes to south Lebanon and Cheadle Lake

2Km option at the Lake. All Rated 1A

Quadruple chocolate brownies, fruit and water served.

FITNESS

FUN

FRIENDSHIP

FOOD

Just One Minute!

One-minute Volkssport news

Editor IVV Office IVV Web Site



Welcome to Just One Minute!, a news bulletin published at irregular intervals to give IVV members headlines, important dates and reminders. More complete details will be published in the next quarterly issue of World Report, expected by mid-February 2012.



Latest News

1. A new IVV Executive Presidium was elected [2011-2015] in Antalya, Turkey: President - Giuseppe Colantonio [Italy]; Vice-President - Graham Fawcett [Canada]; Secretary - Raymond Claude [Luxembourg]; Treasurer - Walter Motz [Germany]. Minutes of the Congress will be published on the Internal [Members only] page of the IVV web site.
2. The new IVV Executive Presidium will meet in Altötting, Germany on Dec 17-18. Major items to be discussed include: [1] Cooperation with the Continental Associations, [2] development of an international promotion strategy, [3] communications, [4] finances, and [5] various reports, among others. Minutes of the meeting will be published on the Internal [Members only] page of the IVV web site.
3. The European Volkssport Federation [EVV] has opened its own website.
4. The new IVV Continental Associations in Europe and Asia have organized the first 'European Europiade' and the first 'Asianpiad'. See below for dates and locations.

Important dates

1. The first 'Asianpiad' sponsored by KAPA [Korean Volkssport Federation] and co-host Suncheon-city, Cheolla-Namdo, South Korea will be held from **May 25-27, 2012**.
2. The next IML 4-day walk in Nijmegen, Holland will take place from **July 17-20, 2012** and will once again offer Volkssport credit.
3. The first 'Europiade' sponsored by IVV-Europe will take place **September 7-9, 2012**.
4. IVV Congress of Delegates 2012: Zhaoqing, China – the proposed dates of **October 19-21, 2012** are confirmed by the IVV Presidium. The location of the IVV Olympiad for 2015 will be chosen at this next Congress.
5. IVV Olympiad 2013 in Val Gardena, Sud Tyrol [Italy] - **June 25-29, 2013**.



A member of the International Federation of Popular Sports (IVV)

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. For more information, contact Julia at pjwesterberg@comcast.net, or 541-967-3001.

Feb. 2, Portland Sunnyside YRE, 5/10 km, rated 1A.

Feb. 9, McMinnville Wildcat-Parks YRE, 10 km, 1A.

Feb. 16. Portland Reed College YRE, includes Crystal Springs Garden, 5/10 km, rated 1B.

Feb. 23, Tualatin Browns Ferry YRE, 11 km, rated 1A.



Walk with the Wanderers

willwander.weebly.com

Meeting the third Wednesday of each month, 7:00 PM

Room 1, Building D, Salem Hospital
Pre-meeting walks suspended until Spring
Next meeting February 15, 2012

Salem Second Sunday Strolls

Feb, 12, Sublimity YRE, 2pm Quiet Town with Duck Pond, YRE 1935, 5/10 km, rated 1A

March 11, Historic Albany YRE, 2pm, 5/10km, rated 1A. Start at Two Rivers Market, Albany

April may be third Sunday, April 15, as the second Sunday is Easter.

Regular Events - Keizer - Iris Walk 5/19/2012
Willamette Wanderers [View Details](#)

Mosey
with the
Mossbacks



Carpool requires reservations and fee. Meet at WAAC, 215 West C St., Springfield. For more information call (541) 747-6470 or see www.mossbacks.org

Feb. 4, Sat. (8AM-5PM) Carpool to **Portland Pre-Super Bowl Walk** Starting from McMenemy's Kennedy School, the walk goes through the lovely Alameda neighborhood and along NE Fremont St. 5 km/10km., both rated easy.

Feb. 7, Tues. (7AM -4PM) Carpool to Newport Historic YRE. 10km, rated easy.

Feb. 11, Sat. (8 AM-5PM) Carpool to Portland Heartbreaker Walk. 5km, 10km, 13km.

Feb. 12, Sun. (Noon-7PM) Carpool to Willamette Wanderer's Sublimity YRE. 5 /10km, rated 1A.

Feb. 18, Sat. (8AM-4PM) Carpool to Winchester Bay YRE. 10km, rated moderately easy.

Feb. 25, Sat. (8AM-11PM) Group Walk: Eugene's #1 Premier YRE, U of O/Hendricks Park YRE. 6 km/11km. rated easy to moderate. Meet at Valley River Inn.



Third Annual Cheadle Lake 5K Fun Run & Walk

May 5, 2012

Sign up now

BuildLebanonTrails.com



More Albany Sunday Strolls

Feb. 26 2 PM Lebanon
Mar 11 2 PM Historic Albany
Apr 29 2 PM Brownsville – 5/10KM, 2B
May 27 2 PM North Albany– 5/10KM, 1A
June 24 5 PM Shedd – 5/10KM, 1A
July 5 PM SE Albany – 5/10KM, 1A

AND WALK ALBANY

Dear Fitwalkers,

I love all the pictures from the Christmas party! It is so great to see all the familiar faces and also a few new ones. Everyone looks great!

Bob and I are doing great, also. We are both working and are just about to move into a house on a treed acre. There is plenty of room for guests so let me know if any of you vacation in Az. We live in Prescott which has over 300 trails in town and outside in the mountains.

Unfortunately, there is no volkswalk club here but we do a lot of hiking and walking trails.

I miss you all and get so homesick whenever I see pictures or read the newsletter. Please keep me on the e-mail list.

Have a very Happy, healthy and prosperous New Year!

Love,
Annie

JEFFERSON WALK

The Jefferson Festival of Flowers was proposed by Nancy as an event walk. But the Mossbacks have the same date with their Creswell walk. The walk could be approved if we hosted it for two days, which would mean hosting a two day walk for a one day festival, so we declined. When the date is confirmed for Jefferson's next Festival of Flowers we can try again.



NEWS FROM BROWNSVILLE

By Julia

I went to the Brownsville Linn County Historical Museum to check on some Brownsville history. While waiting to talk to a staff person, I noticed there were 4 young Japanese men talking with her about the Stand By Me movie. They were given the walking guide to the movie and she explained the sites they would see in the town. After they left, I expressed surprise that they were interested in the movie. She said that the movie is very popular in Japan and many, many Japanese come to Brownsville because of the movie. It is like a life-long dream to come to Brownsville. She once asked why so much interest in the movie. She learned that the movie is seen as being a good representative of the true America, not those American films with violence, sex, etc. The Museum even has a Stand By Me guide in Japanese.

Then she said recently 2 men from the Middle East countries came to Brownsville in a taxi from Eugene for the same purpose. They spent 1 ½ hours touring the town while the taxi waited for them.

Paul & I ate at the Brownsville Saloon for the first time because Bella Cucina, our favorite, was closed for the day. The Saloon serves good food. The building used to be the Linn Theater so qualifies for the AVA Challenge Classic Cinemas. We drove to the cemetery since we have never done the 10Km. I now know why 10kmers say it's quite a hill to the cemetery. But it does provide beautiful views and is truly a historic gem.



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Welcome Returning Members Pat and Shirley and New Member Jerry.

Pay your 2012 dues to continue receiving the Albany Fitwalkers Newsletter and a Coupon for a free Fitwalkers walk in 2012. Dues are still \$10 after all these years.

(Please ignore this notice if your dues are paid.)

Magnificent Milestones

	<u>Events</u>	<u>Distance</u>
Karen Mc:	50 events,	500 KM
Nancy	75 events	
Julia	225 events,	2500 KM

Way to Walk!

What is your favorite type of exercise?

Beside dancing and aerobics, running and jogging, bicycling, weight lifting and training, walking took the lead.

<u>Age 45-54</u>	<u>Age 55-64</u>	<u>Age 65-plus</u>
42%	54%	55%

This from a Poll about exercising conducted by SSRS in a survey of 1,000 adults in Nov, 18-27, 2011.

The more you walk, the better you feel (fitness), ...the better you feel, the more fun you have, ...the more fun you have, the more friends you make....so let's all walk more in 2012

HAWAII

Rozy and Jim are back from their trip to Hawaii, though they haven't written us an article about it yet. However, the old files hold an article that appeared in the Dec. 1991, Albany Fitwalkers Newsletter. Frances and Nita took their trip leaving Seattle on Nov. 9, 1991. Here is their article. The first paragraph missing due to space.

Volkswalking In Hawaii

By Frances Hice and Nita Eggers

Our first three days and nights were spent in Kapaa, Kauai. Beautiful, beautiful! Our hotel was located on the Coconut Plantation, right on the beach. The walk took us along beach trails and walking paths, with the Pacific in sight most of the time.

We spent two days and nights at Lahina, Maui. That walk was in the center of the city. We walked past parks, shops, the harbor, a Buddhist Temple and a very old Buddhist cemetery which was very interesting. We walked this one two times.

Our last three days and nights were spent on Waikiki Beach in Honolulu where we walked their two year round events (YRE). We walked a mile to the start point of the first one. It took us along Waikiki and all the way around Diamond Head. This was a 12 Km walk. Along the way we saw a lot of ocean and private beaches below and were able to stop at some viewpoints and watch the surfers. On the return route, we walked along Ala Wai Canal. From the finish we had our mile back to the hotel. After all our walking around and sightseeing, we figured we had walked no less than 20 miles that day.

The second YRE was way across town and we attempted to go there the same day as the above walk but got on the wrong #6 bus and ended up in the wrong place. The next day we started again and got caught in miles of traffic jams. The Thunderbirds performed over Waikiki and literally thousands of people turned out to watch. (They put on a fantastic show for us.) We finally found the start point of the walk and couldn't believe we were really there after having had so much trouble finding it.

This 10 km walk wound through the beautiful campus of the University of Hawaii. Darkness overtook us about halfway through the walk. We are told the last part had some great views and picturesque homes, but we'll never know unless we return and walk it again.

We recommend this trip to all of you. Honolulu has a third YRE starting on Jan.1, 1992. There were 38 of us on this J and L Adventure tour with time to do some sightseeing and we did our best to see it all.

Hawaii 2012 has 11 Year Round Events

BLT
Mid Willamette
Valley Regional Trails
Meeting



At the meeting held in Lebanon Saturday, January 14, organization leaders and community residents came together, sharing their goals for existing and future multi-use public hiking and bicycling trails in the mid Willamette Valley.

About 80 people attended, including our own Lolly. She says" It as amazing what Rod and Raylene Sell, Lebanon Samaritan, BLT and others have put together! They gathered entities from surrounding cities, counties, State and foundations groups to share information on what they are currently doing so that some 'connectivity' can be accomplished which means financial savings and faster results for all, especially citizens!"

Who knew there has been a 26 year effort to develop the Corvallis to the Sea Trail (C2C)? There is a ruff basic 60 mile trail from Corvallis to Ona Beach. Hope there are camp sites along the way.

Linn County Parks Director Brian Carroll emceed the event and admits that Linn Country has some catching up to do with Benton County.

"It is really exciting," Lolly states, "and I would hope that the Fitwalkers could and would take part in this effort. I am happy to be that connection."

For more information contact Rod Sell at 541-409-1302, visit www.buildlebanontrails.com or on Facebook.

NEW MAP

A revised Albany and Mid-valley Bicycle and Pedestrian Map will be ready for free distribution at the beginning of the summer. The map's cover photo is the same as 4 years ago – the Thompson's Mills State Heritage Site on Boston Mill Drive.

OTSVA

Oregon Trail State Volkssport Association

Opening Year Challenges Still Going

Walk 12 Oregon YRE or Traditional Event walks in the first **2 months** of the year. Certificates will be awarded to those completing 12 or more walks. The top 3 walkers with the most Oregon walks receive gift certificates from REI. Report completed walks to OTSVA@yahoo.com by **March 5**.
Rozy - OTSVA President



Fun, Fitness, Friendship

[The American Wanderer \(TAW\)](#)

It is the official newspaper of the American Volkssport Association. The American Wanderer (TAW) is included with a paid National Volkssport Associate Membership. Receive six issues bi-monthly. USA - \$25/year Individual, \$30/year Family, Life membership depends on your age.

What's in it?? TAW lists all upcoming traditional events nationwide, has color photos, articles about health, fitness, walking and about people who have walked all 50 states. It includes lists of Individual Achievement Awards nationwide (distance and events), information about upcoming special events and a list of clubs nationwide.

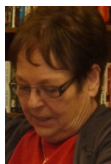
Albany Fitwalkers Publicity Committee contributes articles about their up and coming walks. Individual articles are also welcome.

The AVA's 300 Clubs provide more than 3,000 Walking Events, Bikes, occasional Swims, and Snowshoes every year in most of our 50 states. All events are open to the public.

Albany Fitwalkers Officers

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

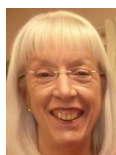
Year Round Events Committee



Loretta is taking care of the YRE boxes, collecting the money and seeing to supplies.



Julia will do her detailed and informative quarterly reports.



Sue covers the Shedd Historic Flour Mill Walk. The fields at Shedd are flooded. Call before planning to walk there.

Albany Fitwalkers 2012 WALKER WORKERS

Year Round Events - Loretta, Julia and Sue
 Membership - Jean, 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

Many hands make light work and it takes many hands and feet to put on walks and have a smooth running club.

Are you on a committee?

**Help with those above or
sign up for one below.**

New member mentors
 Brochure Design
 New Walk Sleuths
 Newspaper Publicity
 Car pool Coordinator

Perhaps you have a special talent to contribute to Albany Fitwalkers. Just let Phoebe know.

Happy Birthday

Karen	February 08
Stephanie	February 11
Loretta	February 26

**PORTLAND
MARATHON**
 mark your calendars for
october 7
 our 41st annual event!

Due to a registration page glitch, we are extending the **deadline for the Portland Marathon Half registration**. The 3rd Annual Portland Marathon HALF, limited to 3,000 participants, will close end of day **Feb. 5th—Super Bowl Sunday**. We are nearly full, so **hurry and register today**

As part of your training leading up to the Portland Marathon on October 7,* we recommend participation in the [Oregon Wine Country Half Marathon](#) on Labor Day weekend in gorgeous wine country! Held in the rolling hills of the Yamhill Valley, less than an hour's drive from Portland, the event offers the perfect mix of work(out) and play! Runners enjoy a course with breathtaking scenery, the reward of a music and wine festival at the finish.



Registration is now open. The field is limited to 2,500—register now to secure your spot!

**OREGON WINE COUNTRY
HALF MARATHON
SEPTEMBER 2, 2012**

Presented by



2011 OREGON TOP 10 ATTENDED HOSTED WALK EVENTS (TOTAL WALKERS)

Albany Fitwalkers Peoney, Hostas & More held on June 4 in Brooks with 263 participants came in Fifth!!

DATES TO REMEMBER - FEBRUARY 2012

FEBRUARY HOSTED EVENTS 2012



Event Location and Name	Date(s)	Host Club
Portland - Pre Superbowl Walk	2/4/2011	Columbia River Club View Event Details
Portland – Heart Breaker Walk	2/11/2011	Columbia River Volkssport Club View Event Details
Ocean Shores WA - Beach Walk, Bayside Walk, Damon Point State Park Walk, Griffiths-Priday State Park Walk, Seabreeze Bike, Capitol Volkssport Club	2/19/2011 - 2/21/2011	View Details
Amity Daffodil Festival Walk	3/17/2012 - 3/18/2012	Walk Mac Trackers View Details
Beaverton	3/17/2012	Walk Cedar Milers View Details
Sherwood	3/31/2012	Walk Sherwood Merrywalkers 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

SUNDAY STROLLS THROUGH MARCH, 2012

.February 26 – Lebanon – 5km/10km with 2km option - Rated 1A. See many historic buildings, churches, homes and a canal. 10km goes to south Lebanon and Cheadle Lake and offers a 2km option at the Lake. Revised 5km concentrates on historic north area. Start at Samaritan Lebanon Hospital, rear hospital entrance.

Sunday Stroll - March 11 - Historic Albany

5km/10km - Rated 1A. Revised since last year, this stroll starts at Two Rivers Market and goes along the Willamette riverfront and through three historic districts: Downtown, Monteith and Hackleman. Along the way see many styles of beautifully restored historic homes and the revitalization of the riverfront. In conjunction with Willamette Wanderers Second Sunday Strolls.

Apr 29 2 PM Brownsville

May 27 2 PM North Albany

June 24 5 ?PM Shedd

July SE Albany

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

ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

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

JOIN US!