



ALBANY FITWALKERS NEWSLETTER

January

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, Jan.11, 2012 (or 1/11/12), 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at **Cascade Grill**, 110 Opal Ct. SE, Albany. Please order when you arrive, instead of waiting for everyone to give us plenty of time to arrive at the meeting by 7pm.

HAPPY NEW YEAR 2012

Hmmm. A new year. Have you paid your dues for 2012? Only \$10 per family. Says Pat, retired Albany Fitwalker president during 1995 “What! Dues are still \$10. That’s the best deal in the nation!!”

SUNDAY STROLL

January 29 - New West Albany

Stroll through West Albany and the lovely shaded residential neighborhood developed during the 1950s-1970s.

Start 2 PM

2 Rivers Market between 2nd & 3rd & Ferry , Albany, OR

two 5 Km, 10 Km, Rated 1A

Quadruple chocolate brownies, fruit and water served.

FITNESS

FUN

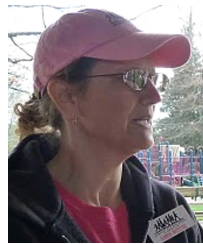
FRIENDSHIP

FOOD

2012 Albany fitwalkers Officers

President – ???

**Vice President
Karen**



**Secretary
Connie**



**Treasurer
Jan**

YEAR ROUND EVENTS YRE

The Timber Linn Park walk was dropped in 2012 and replaced by the revised West Albany walk. Also the Historic Albany walk has been revised. New 5Ks for North Albany and Lebanon walks have new 5km sections.

The seven year round walks in 2012 are:

Historic Albany (revised) - starts at Two Rivers Mall

West Albany (new) –starts at Two Rivers Mall

North Albany – starts at Ray's Market

Southeast Albany Parks – starts at Brookdale Villas Courtyard

Lebanon – starts at Samaritan Lebanon Hospital

Brownsville – starts at the Chevron Gas Station

Shedd Historic Flour Mill – starts at Thompson Mills

All YREs have a 5km and 10km route.

West Albany has two 5km routes. Lebanon also has a 2km option. All are rated 1A with the exception of Brownsville which is rated 2B.

Christmas Parlour Tour Walk

The December 11, Christmas Walk in Albany was attended by almost 80 walkers. Many thanks to all the helpers that made the walk a success.

Trail markers - Connie, Nancy, LuAnn, Jim and Rozy. Costumed Greeters - Stephanie and Kassadee. Tables manned by - Jan, Lolly, Sue, Phoebe, Bev, Jim, Sandy, Jayne, Bill, Alice. Goodies – Stephanie, Donna, Nita, Rozy, Sue and Phoebe. Trail Sweep – Julia, Donna, Evie, Michael and Nita.



Christmas Walk Workers



Ping Party after the Walk

Happy Birthday

ROZIE

JAN.9

JIM

JAN. 10

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 walk information, contact Julia, pjwesterberg@comcast.net, 541-967-3001.

January 5, 2012, Canby

Sherwood Merrywalkers. 5/10km, rated 1A.

January 12, 2012, To Be Announced

January 19, 2012, Wilsonville

Graham Oaks Nature Park/Villebois Y0755 sponsored by Sherwood Merrywalkers. 5/10km, rated 2B.

January 26, 2012, Forest Grove

5/10km, rated 1A, sponsored by Tualatin Valley Volks..



Walk with the Wanderers

Salem Second Sunday Strolls

January 8, 2012, 2pm Stayton, Covered Bridge Walk YRE 1936, 5/10km, rated 1A

February 12, 2012, 2pm Sublimity, Quiet Town with Duck Pond, YRE 1935, 5/10km, rated 1A

Next meeting January 18, 2012
third Wednesday of each month
7:00 PM

Room 1, Building D, Salem Hospital
Pre-meeting walks suspended until Spring
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

Jan. 7, Sat. (9AM -11:30AM) Group walk - Eugene's new Gillespie Butte/Delta Bridge new YRE. 4 km to the Butte, rated moderate, then 6 km across the pedestrian bridge and along the river, rated easy. Start - Valley River Inn, 1000 Valley River Way, Eugene.

Jan 8, Sun. (Noon-7PM) Carpool to new **Stayton** YRE. New route goes north across the Santiam River into Linn County. 5 km/10 km rated easy.

Jan 14, Sat. (9 AM-2PM) Carpool to new **Cottage Grove** YRE featuring three bridges over the Coast Fork of the Willamette River; one, the newly-rebuilt unique Chambers Covered Railroad Bridge. 10km/6km, rated 1A.

Jan. 21, Sat. (9AM-11:30AM) Group walk: **Springfield** YRE has a 4 km. loop through the Washburn Historic District and downtown, rated easy; and a 6 km. loop to and from the Dorris Filbert Ranch, rated moderately easy. Start - Courtsports, 2728 Pheasant Blvd., Springfield

Jan. 28, Sat. (8AM-3PM) Carpool to new **Roseburg Park Paths** YRE Includes new parts of the historic downtown, a new route through parks, the VA Medical Center grounds, and a path along the South Umpqua River. 11 km. rated easy.

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/10 km., both rated easy.

AND WALK ALBANY

Get Better Faster

Patients 70 and up who walked around the hospital ward shortened their stay by an average of a day and a half, compared with those who stayed in bed.

AARP Magazine, Dec. 2011 Jan. 2012



**BLT
Mid Willamette
Valley Regional Trails
Meeting**



Join Build Lebanon Trails Saturday, January 14, to hear presentations from 10am -12am and meet the speakers from 12 to 1 pm at Samaritan Lebanon Community Hospital (SLCH) Healing Garden room, 525 N Santiam Hwy, Lebanon, OR

Hear about existing and future multi-use public hiking and bicycling trails in the mid Willamette Valley. Twelve speakers will provide commentary and hand out materials about their individual efforts in providing trails and access to the great Oregon outdoors and how you can get involved. Join us in bringing in the New Year by exploring the numerous outdoor facilities available in our area.

Linn County Parks and Recreation and Build Lebanon Trails are hosting this community event along with Benton County Parks, Sweet Home Community Trails, Oregon State Parks, US Forest Service, Corvallis Parks and Recreation, Oregon State University / College Forests, Corvallis C 2 C Trail, Lebanon Community Foundation, Greenbelt Land Trust and the Lebanon Bicycle and Pedestrian Committee.

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

OTSVA

Oregon Trail State Volkssport Association

2012 Opening Year Challenges.

1. Walk 12 Oregon Year Round Events 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 three walkers with the most Oregon walks receive gift certificates from REI.

2. Be the first **credit** walker at an Oregon Year Round. All credit walkers on that first day will be credited... **Friendship**, you know. So if the Wednesday walking group were the first to walk the YRE on Jan 4, all of them would qualify as first walkers. Support smaller clubs by being the first credit walker at their YRE.

Report completed walks to OTSVA@yahoo.com by **March 5**. Questions? otsva@yahoo.com or 541-981-3794

Rozy Weatherby, OTSVA President



Fun, Fitness, Friendship

Northwest Regional Conference Aug 16-19, 2012

Next year the Evergreen State Volkssport Association (ESVA) – Washington State - hosts the 2012 NW Regional Conference. It's time to add this event to your vacation plans!

The Conference is centered at Camp Berachah in Auburn Washington. The Hillside lodge is central headquarters. We are planning to have walks in NW Trek, Crystal Mountain (maybe gondola ride to the higher elevations and hike down), Downtown Tacoma and an event around the camp area. There are many other YR's a short distance away.

The camp has an indoor swimming pool so we can host a Swim Event. We are planning to keep your time filled with other highlights in the area. The camp has a "dunk tank" and Sam is already asking if he can get credit for this! There is a campfire ring so s'mores are on the menu. Any guitar players out there?

Save the date and join us for this event!

ESVA Planning Committee www.esva.org



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DATES TO REMEMBER - JANUARY 2012

JANUARY 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-Friday State Park Walk, Seabreeze Bike, Capitol Volkssport Club	2/19/2011 - 2/21/2011	View Event 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 2011

June 2, 2011, Brooks Peony Walk - Judy

SUNDAY STROLLS THROUGH MARCH, 2012

January 29 - New West Albany - Two 5Ks, 10K - Rated 1A. Stroll starts at Two Rivers Market and goes through West Albany and the lovely shaded residential neighborhood developed during the 1950s-1970s

February 26 - Lebanon - 5K/10K with 2K option - Rated 1A. See many historic buildings, 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. Start at Samaritan Lebanon Hospital, rear hospital entrance.

Sunday Stroll - March 18 - Historic Albany

5K/10K - 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.

Northwest Regional Conference - Aug 15-19, 2012

Camp Berachah, Auburn, WA

ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

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

JOIN US!