

ALBANY FITWALKERS NEWSLETTER

JULY

WALK ALBANY

2010

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 **OTSVVA** www.walkoregon.org **AVA** www.ava.org

MEETING Wednesday, July 14, 2010, 7:00 at *Villa Courtyard & Brookdale Senior Living*.
Pre-meeting Eating a.k.a. The Workers Wok –**5:30** at Ginza Sushi, 2218 Santiam Hwy SE
Albany in the BiMart Plaza catty-corner to Sizzlers.

Please order when you arrive rather than waiting for everyone.

*Sunday Stroll - July 25 - Brownsville 5:00 pm
5km & 10km, Rated 1+
Quadruple chocolate brownies, fruit and water served.*

New Walk Oregon T-shirts designed by our own Karen W. are now available for \$10 in green and blue.

Welcome New Members Linda and Mary Ann

Happy Birthday

TERRY MCGOVERN

JULY 4 AND

STEVE CRAMER JULY 10

FITNESS

FUN

FRIENDSHIP

FOOD

Come Walk With Us!!!

THURSDAY & SATURDAY WALKS May 2010

Thursdays **10 -12:30** walk Year-Round Events in neighboring towns. Nancy is not coordinating the Thursday walks due to her new work schedule. Instead, Phoebe, Judy, and Julia rotating weekly walks. They will contact you via e-mail regarding the walk for that Thursday. Please let the coordinator know if you plan to attend the walk. A walk will be cancelled if no one can attend and you will be notified of the cancellation on Wednesday evening by an e-mail.

July 8 -- Eugene Roses & History with Phoebe coordinator, ranphoeb@pacifier.com

July 15 -- Silver Falls State Park with Judy coordinator, fergusonjudy@msn.com

July 22 -- Silverton with Judy coordinator, fergusonjudy@msn.com

July 29 -- Lake Oswego, Iron Mountain, Julia coordinator
pjwesterberg@comcast.net

August 5 -- Stayton with Phoebe coordinator, ranphoeb@pacifier.com

Aug. 12 -- Portland - West Side 31 Flavors with Phoebe coordinator,
ranphoeb@pacifier.com

Aug. 19 -- Yachats 804 Trail with Julia coordinator, pjwesterberg@comcast.net

Aug. 26 -- Eugene Greenway with Julia coordinator, pjwesterberg@comcast.net

Any walks you would like to do in September and October? Please let us know.

Magnificent Milestones

Julia - 150 Events, Distance 1,500 km
Leroy – 3,200 Events, 45,000 km
Way to Walk!!

Mosey With the Mossbacks!!

For more information call (541) 747-6470 or email www.mossbacks.org

July 10 – Carpool to Yachats Fish Fry & Music Festival Walk 7k/10k Rated 2+ 9am-6:30 pm.

July 17 – Springfield Summerfest Walk, 7-3:30, 5k/10k, rated 1+

July 24 - Finley National Wildlife Refuge Walk, 8:30-2, 4k rated 2, 6k rated 2+.

July 30. 31 Northwest Region Volkssport Conference, Anchorage, Alaska

AND WALK ALBANY

Two Rivers Run Through It

The Corvallis Fairgrounds-Madge Cramer Walk scheduled for Sept. 11 has been replaced.

On September 11, see a different side of our town as we walk along two rivers (Calapooia and Willamette), in two counties (Linn and Benton), starting at the Two Rivers Market, 250 Third Avenue SW. between 8am and 1pm and the finish is by 4pm.

The city has just finished developing an attractive promenade. The trail also goes along both sides of the Willamette River. On the north side is a golf course, with feasts of wild blackberries. Along the south side is the newly developed Dave Clark walking trail and the Willamette Community Gardens. The 5km distance stays on the south side of the rivers, while the 10 km goes into North Albany...

American Volkssporting Association



2010-2011 Walk-Together Patch

The Girl Scout Walk-Together patch for 2010-2011 is available for events starting in September, 2010. The patch design came from Kendra Wardon, of troop 1107 in Phoenix, Arizona, part of Girl Scouts Arizona-Cactus Pines council.



Northwest Regional Conference,



July 30 - August 8, 2010,
Anchorage, Alaska

Happy Trails

Donna S. enjoyed a spring walking trip in Spain.

Rewalk YREs

Six months have past in 2010 so the "+" sign from YRE stamps has been removed. Sooo walk those Year Round Events you've already done and get Event Credit again. Distance credits can be earned every time you walk a YRE. However Event Credits are limited to twice a year. Sooooo get out there and rewalk those YREs.

Fitness

There is still time to get the National Physical Fitness and Sports Month patch issued at some June walks. Coupons do not expire until August 1. Mail to AVA-NPFMS, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148 Include \$5.00 for each patch. Patch design courtesy of Dorm Batson, Northwest Region.



Get Going to Prevent Gallstones

Exercise may ward off those pebble-like growths, which can block the flow of bile from the liver to the intestines, sometimes causing pain and infection. Researchers who followed some 25,000 people for up to 14 years found that the most active ones were 70 percent less likely than the least active to develop painful stones.

May 2010 Consumer Reports on Health

ALBANY FITWALKERS 2010 OFFICERS

PRESIDENT - JIM W
VICE PRESIDENT - ROZY W.
SECRETARY - KAREN W.
TREASURER - JAN H.

Annual Portland Rose Parade



On June 12, six Albany Fitwalkers joined at least 50 volkssporters to participate in the Annual Portland Rose Festival Parade. Thanks to Dar Parrow, we had neon club signs besides banners to show the announcers along the route. It is great to hear your club's name announced to the crowd! What a way to publicize our sport and each individual club!

The extra expense (\$17.72) is more than worth it and some of the money benefits a wonderful cause: The Dougy Fund. Besides a t-shirt, goodies and water at the end of the parade, there is a Rose Festival pin to let us into all waterfront events through the next day. (Otherwise a \$5 entrance fee each day.) At the meeting place, we could get caps, clappers, a floral lei, a real rose, balloons and more.

Plus it's great fun to see and smell beautiful floats, hear bands (one on horseback), and be entertained by clowns, marching groups, and queens and princesses in cars and on horseback.

We are ready to sign up for next year's Portland Rose Festival Parade. Try to include this wonderful opportunity in your 2011 plans...

The June 5, 2010 Brooks **Peony & Hostas** Walk was a success with 200 walkers participating, 116 of whom walked for credit (10 using coupons). Twenty-three Albany Fitwalkers attended this event. Thank you hard working chairman Judy and committee members Julia and Phoebe!

The OTSVA State Meeting in Yachats at 1:30 on July 10 included:

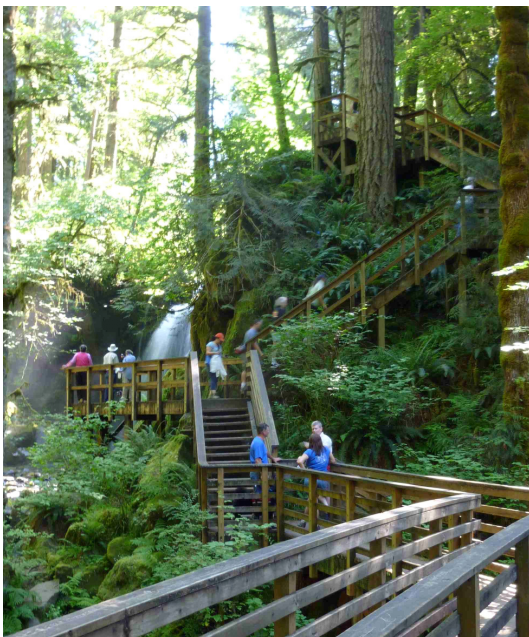
A training session by Sally Ross and the Eugene-Springfield Mossbacks have been asked to present 'Fun in Clubs', a session they presented at the National Convention in Texas.

There will be election of officers for positions of President and Secretary and the 2010 Flame awards will be presented to outstanding clubs and members.∞

McDowell Creek Trail Hike

Albany Fitwalkers Steve and Sandy C. and Donna S. joined members of Build Lebanon Trails Sat. morning, July 10 to hike 3 miles of trail in this lush green park at McDowell Creek outside Lebanon. The trail rewarded hikers with the beautiful vistas of Royal Terrace and Majestic Falls from bridges and viewing decks.

The crystal clear water of McDowell Creek Park offers exceptional scenery for hiking, nature study, and picnicking pleasure. Some fishing and wading is also available in the pools below the falls. The knowledgeable and friendly Linn County Parks and Recreation Ranger provided a wonderful accounting of the park's trail system and recent land donations.





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Wanted - Awards Coordinator for Albany Fitwalkers

Contact Jim at albanyfitwalkers@gmail.com.

Standing By Brownsville

Brownsville is celebrating the 25th Anniversary of the film, *Stand By Me*, on July 24. Because this is the same day as the AVA Event in Corvallis, the Finley Wildlife Refuge Walk, put on by the Eugene-Springfield Mossbacks, Fitwalkers will not sponsor a walk at the celebration. Instead Jim, Nita and Jean have volunteered to man a table in Brownsville, displaying walking information, and discussing the route of our YRE walk.

This is good advertising for our Sunday Stroll the following evening. The Brownsville YRE, with 5 and 10 km routes rated 1+ starts at 5 pm in an effort to help beat the heat. Water, quadruple chocolate brownies, and fruit will be available.∞

Albany earns bike-friendly designation

Albany has been selected as a 2010 Bicycle-Friendly Community by the League of American Bicyclists.

The Bicycle-Friendly Community program began in 1995. There are now 140 bicycle-friendly communities nationwide.

City officials submitted a 17-page application to the league earlier this year, and Albany received the organization's entry-level or bronze designation.

The league considered items such as bike routes, education, encouraging of cycling, enforcement of regulations and planning for bike transportation. Albany's most notable efforts are in bike education.

Bill Pintard, former chairman of the city's Bicycle and Pedestrian Advisory Commission, credited the efforts of the commission and the Public Works Department. Pintard noted that the bicycle is an efficient and non-polluting form of transportation as well as a means of healthy recreation.

Oregon has more bicycle friendly cities than any other state; Ashland, Beaverton and Salem hold bronze designations, which is what Albany received. Bend and Corvallis are ranked at the silver level, Eugene is gold, and Portland has the highest award designation at platinum.

From Democrat-Herald, May 11, 2010

Open Wide and Say "Ah"

The next time you're tempted to stifle a yawn, don't. According to Patt Lind-Kyle, author of *Heal Your Mind, Rewire Your Brain* (Energy Psychology Press, 2009), yawning isn't rude. It's actually one of your body's coolest tricks – and brings with it a host of benefits for your body, mind and even your relationships.

"The truth is, yawning has earned a bad rap," observes Lind-Kyle. "It's actually the body's way of rejuvenating the brain so that it can function more effectively."

With a yawn, what you're doing, says Lind-Kyle, is stimulating a neural area of the brain that plays a major role in being more conscious and self-reflective, and that also aids in relaxation, alertness and maintaining a good memory.

Yawning helps the brain maintain balance. Research has found that yawning helps cool down an overactive brain as it attempts to regulate its temperature and metabolism.

Yawning can lift your mood. When you yawn, your dopamine levels rise. This activates oxytocine, or pleasure and relationship-bonding chemicals. The more these chemicals are activated, the more frequently you yawn. Yawning is also contagious, because it triggers the mirror neurons that literally prompt you to reflect another person's behavior or emotional state.

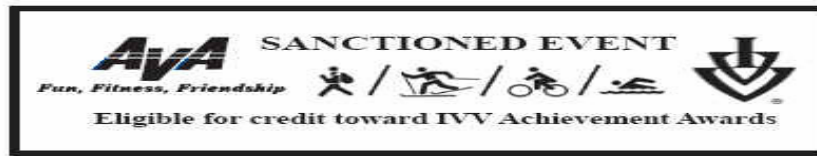
Yawning helps you "reset" yourself. When you yawn, you help regulate your body's circadian rhythms, or the roughly 24-hour cycle of human behavior and geological activity.

"When you're traveling by plane and changing time zones, remember to yawn to help reset your circadian rhythms," says Lind-Kyle. "Yawning will help to reduce the effects of jet lag." ✨

JULY 2010

DATES TO REMEMBER

**HOSTED
EVENTS
2010**



July

- Jul 17 Sat. Gresham – Art Festival Walk, 5km rated 1+, 10km rated 2, East County Windwalkers
- Jul 17 Sat. Sherwood – Robin Hood Festival Evening Walk, 5/10km, rated 1+, Merrywalkers
- Jul 18 Sun. Portland – Sunday Parkways – Outer SE Portland, 5/10km, rated 1+, Rose City Roamers

2010 NW Regional Conference

- Aug 3-7 6 Wks, bk, Sw Walk Anchorage Volkssport Club Anchorage, AK
- 8/3/2010 300-METER VOLKSSWIM Swim
- 8/3/2010, 8/8/2010 University Lakes & Trails Walk
- 8/4/2010 Portage Valley - Trail of Blue Ice Walk
- 8/5/2010 Anchorage - Alaska Native Heritage Center Walks
- 8/5/2010 Anchorage - Glen Alps Power Line Trail Walk
- 8/6/2010 Anchorage - Wild Salmon on Parade walks
- 8/7/2010 Girdwood - Alyeska Ski Resort Walks
- 8/7/2010 Girdwood - Girdwood to Indian Creek Volksbike Bike



- Jul 24 Sat **Corvallis- Finley Wildlife Refuge Walk, 4km rated 2, 6km rated 2+, Mossback**
- Jul 31 Sat Oregon City -First City Celebration & Art Fair, 5/10km, rated 1+, Valley Volkswalkers

August

- Aug 11 GW Vancouver, WA- Moulton Falls, 5/10km, rated 1+, Vancouver USA Volkssporters

Albany Fitwalkers Planned Event Walks

Sept. 11, 2010 Two Rivers Run Through It – Chris and Karen

Sunday Strolls

July 25 – Brownsville (5:00 PM)

REGISTER FOR THE PORTLAND MARATHON BY AUGUST 15 TO RECEIVE A
CUSTOM NAME BIB. Portlandmarathon.org

ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

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

JOIN US!