

ALBANY FITWALKERS NEWSLETTER



MARCH

WALK ALBANY

2014

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, March 12, 2014, 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, near Comfort Inn and Holiday Inn. Please order when you arrive, instead of waiting for everyone. This gives us plenty of time to arrive at the meeting by 7pm. To walk before the meeting, meet at 5:00pm at Brookdale Start Box

ALBANY FITWALKERS SUNDAY STROLL

March 23, 2014 Parks & Lakes Walk

Start 2 PM, at Waverly Park Restrooms

5/10K Rated 1B

Walk through Swan Lakes, Waverly Park and Talking Water Gardens

WELCOME NEW MEMBERS

Larry & Susan, Don & Mary and Denise & Steve

HAPPY BIRTHDAY

Sue - March. 8

Leroy W.- March 23

NW Regional Conference. June 23-27

Register now

www.walkoregon.org

FITNESS

FUN

FRIENDSHIP

FOOD



Albany Fitwalkers News

2014 Albany Fitwalkers Officers
President- Rozy, Vice President - Karen W,
Secretary - Bev, Treasurer - Jan

2014 FITWALKERS CHALLENGES

Rozy threw down the gauntlet to all Albany Fitwalkers to boost our Year Round Event participation. The Fitwalker doing the most Club YREs in 2014 shall be named Walker of the Year. Those waking 10 or more of our YRE receive attractive certificates.

Rozy herself resolves to walk each Fitwalkers YRE at least once a month. Now there's another challenge to meet.

MAGNIFICENT MILESTONES

<u>75 Events</u>	<u>1,000 KM</u>
Bev	
Lolly	Lolly
!!!!!!	

History is one long regret. Everything
might have turned out so differently!
Charles Dudley Warner

ART AND AIR WALK, FRIDAY EVENING AUGUST 22, 2014

The Armory parking lot is reserved. Now we need someone, or two, to act as patrol, making sure no non-walkers try to use the lot.

Remembering the Snow Storm

Now don't you wish you were wearing an Albany Fitwalkers Black hooded sweatshirt around the house during the latest snow storm. Get one (or 2). Only \$29. Let Jan know you need one (or 2). jmhagemeister@msm.com

Party Time. Albany Fitwalkers are celebrating Christmas in May. at the potluck meeting **May 14.**

The Way We Were

AFW Newsletter March 1995

WALK WORKERS UNITE: THE EAGLE WALKS

Or the workers walk the Eagle Trail, Albany's '95 AVA Convention Walk.[based in Portland]. United with us on Sat., Mar. 11....Sign in at West Albany High School.

....

And talk about united, Eugene/Springfield Mossbackers will join Fitwalkers and [Corvallis] Cruisers for lunch at the Wine Depot, Two Rivers Mall, Albany, to coordinate all the helping hands (and feet) for the June Convention Walk.

Because of the 1995 Portland AVA Convention, an estimated 2,000 walkers are expected for the June walks. OTSVA suggests 60 volunteers to cover the walk and swim. We are fortunate to have 30 Boy Scouts serve as lap counters at our Convention swim.

COME WORK WITH US

2014 Albany Fitwalkers Workers

Secretary Backup - Connie,
Committees (The more help the merrier):

- Membership - Lois
- Newsletter - Sandy, Julia, Bev, Lolly
- Year Rounds - Nancy,
- Historian - Sandra
- Website - Facebook - Meet-Up - Karen W and Nancy
- Publicity - Everyone
- Thursday Walks - Julia, Dorothy and Bill
- Sunday Strolls - Rozy, Karen W and Nancy
- Bike/Pedestrian - Nita,
- Regional Trails, Lebanon BLT - Shirley
- Walk Developer - Julia, Beth, Karens, Nancy, Helen, Sheena, Carol and Bob
- Traditional Events:
Apr. 5, Millersburg Walk - Karen W
May 31, Peony & Hosta Walk - Phoebe
Aug 22. Fri.Night, Art & Air Walk - Nancy and Karen W.

Happy Saint Patrick's Day

**OREGON TRAILS STATE
VOLKSPORTING
ASSOCIATION
OTSVA**

otsva@walkoregon.org

OTSVA MEETING

Meetings are now scheduled 4 times a year, next one April. Last two are in July (at the annual meeting), and October. They will begin 3 hours after the walk start time.

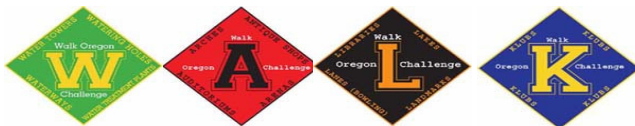
**GET OUT AND
WALK OREGON**

“Today well-lived, makes every yesterday a dream
of happiness, and every tomorrow a vision of
hope...Sanskrit Poem

Albany Fitwalkers Newsletters
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Health Tip

A 15-minute walk after eating can lower your blood sugar level for hours, and significantly reduce your risk of diabetes. More important, taking a short walk after meals can be much more effective at preventing blood sugar spikes than taking one 45-minute walk daily.

April 2 is National Walking Day

Almost National Walking Day

Meandering

Millersburg

with the Fitwalkers

April 5, 2014 5/10km rated 1A

Quadruple chocolate brownies served there.

**2014 Portland Marathon Filling
Up
Register Now!**

The 2014 Marathon & Half Marathon takes place on Sunday, **Oct. 5, 2014!** Register now for the best in the Northwest & make this your year!

**2014 MARATHON
REGISTER GO!**

**2014 HALF MARATHON
REGISTER GO!**

**NW Regional Conference
June 23-27**

Be sure to register for the NW Regional Conference. Not only is it a good time but it is the dry run for the 2015 National Conference.

Albany Fitwalkers will sweep trail at the **June 24** NW Regional Conference Walk at Silver Falls. Please let Rozy know if you can help out. wrozy@yahoo.com.

What use are cartridges in battle?
I always carry chocolate instead.
George Bernard Shaw

**American Volkssporting
Association**



New National Executive Director

Stephanie Sánchez Sinclair

For more than a decade, Ms. Sinclair has worked in community relations, communications, and fund development roles for major nonprofits and corporations in San Antonio, Texas. In senior nonprofit management positions, Ms. Sinclair has implemented individual donor campaigns, grants, special events, alumni relations, advocacy, social media, public relations, general operations, board development, and has extensive experience working with volunteer-driven organizations.

The Next Generation: What's in the AVA's Future?

“There will always be need for fun, family outings that revolve around physical fitness. Here's why we need to keep our children and grandchildren on the same trail.”

Plus Finding Device-Free Time Is Difficult
And AVA Walks Defy Modern Isolation

From the AVA Blog by Dr. Michael Nirenberg, practicing podiatrist. Go to AVA.Org to read the entire Blog.

There is this to be said for walking: It's the one mode of human locomotion by which a man proceeds on his own two feet, upright, erect, as a man should be, not squatting on his rear haunches like a frog. ~Edward Abbey

Call for Photos from all AVA Clubs

Would you like to see a photo of one of your Club's events featured on the AVA national website homepage?

So would we! We want to see your photos featuring beautiful scenery, points of interest, and/or smiling faces.

Please send us one or two of your Club's best shots along with your Club name, event title, and event city/state to us at avawebmaster@ava.org or via the Contact Us button at www.ava.org.

Disclaimer: by submitting photos to the American Volkssport Association (AVA), you agree to release all photo rights to the AVA and allow AVA to publish the photo on the Internet, its social media sites, and/or marketing materials.

THE MERRY MONTH OF MAY

May 8 is World Walking Day. To

celebrate the occasion, the IVV (International Volkssporting)

has certificates for anyone doing a Volkswalk Thurs. May 8 through Sunday May 11. The

Thurs. Walk on May 8 will be Historic Albany and Willamette Wanderers Mother's Day Sunday Stroll is on May 11. Come earn your certificate.



The Albany Fitwalkers will have 50 certificates waiting to be claimed by walkers.

You can refill an 8-Oz glass of water approximately 15,000 times for the same cost as a six-pack of soda.

Check out <http://www.therighttrail.org/> for area walking trails. Walks not sanctioned by AVA.

Just One Minute!

One-minute Volkssport news [Editor IVV Office IVV Web Site](#)

Welcome to Just One Minute!, a news bulletin published to give IVV members headlines, important dates and reminders. More complete details will be published in the next issue of World Report.
Number 011

Latest News

1. Have you seen the new menu button on the IVV website? Clicking on '[Search for IVV Events](#)' takes you to a listing of all IVV member countries where you may link to their information for Permanent Trails and / or Scheduled Events in 2014. Website visits have increased 20% since mid-December. Important updates have recently been made by Japan and Luxembourg. Some 42 IVV National and Direct members have contributed their printed information, or you may link to their websites.

2. IVV database update: work on developing the new online database of Permanent Trails and Scheduled Events has begun. A more detailed outline of the process and development schedule will soon be sent to IVV members. Vice-President Fawcett will soon ask for volunteers to share electronic data for 2014 so testing may begin in March. Member countries participating in this early stage have a direct influence on the end product. A full presentation will be made at the IVV Congress in September in Hamburg, and the online database is expected to open on Dec.1, 2014.

3. To date, no IVV member has yet applied for the 2016 IVV Congress nor the 2017 IVV Olympiad.

4. New awards for World Cup program: The IVV program World Cup is very successful. It requires 2 IVV events each in 3 different continents and 2 IVV-Olympiads. Walkers have done the program twice, or even a third time. As tribute and new award for the program, there are new caps, labelled "World Cup II" or "World Cup III". Pictures will be available in the next World Report and on the IVV website '[World Cup](#)' information page.

Important dates and deadlines



1. The following important dates relative to the September Congress in Hamburg have been announced by the IVV office: (i) Submission of Motions: May 18, 2014; (ii) Submission of names of Delegates by member country: July 1, 2014; (iii) Applications for next Congress of Delegates 2016: July 1, 2014; (iv)

Applications for IVV-Olympiad 2017: March 18, 2014; (v) Entry Deadline and Hotel IVV-Congress of Delegates in Hamburg: May 19, 2014.

2. The date for the second '[Europiade](#)' has been set for **June 20 - 22, 2014** in [Marostica](#) and [Breganze](#) Italy.

3. The location of the next IVV Congress of Delegates is [Hamburg, Germany](#) **September 18 -21, 2014**.

4. IVV-Asia has announced that the second Asianpiad will take place **Nov 1-3, 2014** in [Higashi-Matsuyama](#), Saitama, Japan. This city has been twinned with [Nijmegen](#) in the Netherlands since 1996.

Update: M. Kawauchi, President of the Japan Volkssport Association, wishes to announce the following program details: the Asianpiad is held in conjunction with the Japan IML Three-Day March. The venue will be the Matsuyama Daiichi Elementary School, in Higashi-Matsuyama City, Saitama Prefecture, Japan. Events will include Walking (5, 10, 20, 30, and 50km (all days), Cycling (14, 28km) and Swimming, Aqua walking (300, 500, 1000m).

5. [Chengdu, China](#) was chosen at the recent Congress of Delegates for the location of the 2015 Olympiad. The date has been set for **September 26-29, 2015**. Official city government link [here](#).

OFFICIAL PEDOMETER OF THE AVA





COME WALK WITH US

ALBANY FITWALKERS

THURSDAY WALKS

Carpool to YREs

Walk from 10:00am to 12:30pm

See weekly e-mail or contact Julia at pjwesterberg@comcast.net, or 541-967-3001. (on Thurs with cellphone: 541-979-0139)

March Schedule (subject to change)

March 6 – Stayton Covered Bridge YRE, 5/10km, rated 1A

March 13 - Beaverton: Waterhouse YRE, 10km, rated 1B

March 20 - Canby Walkin' On Both Sides of the Track YRE, 5/10km, rated 1B

March 27 - Monmouth (not an AVA walk)

Mosey with the Mossbacks



For Mossbacks walk information see www.mossbacks.org. Calendar for walks and car pool (Reservations Required) information, or call (541) 747-6470.

Sat. Mar. 1 (8-3) Carpool to Florence YRE

Tues. Mar. 4 (7-5) Carpool to Depoe Bay YRE, 10km, rated 2B

Sat. Mar. 8 (8-2:30) Carpool to Corvallis YRE, 10/13km, rated 1A

Sat. Mar. 15 (8-4:30) Carpool to Portland Walk

Sat. Mar. 22 (8-4) Carpool to Amity Daffodil Festival Walk,

Sat. Mar. 29 (8-5) Carpool to Winchester Bay YRE, 10km, rated 2B

Tues. Apr. 1 (7-4) Carpool to Newport YRE, 10km

Eugene-Springfield Mossbacks walk for the fun of it.

Build Lebanon Trails

Buildlebanontrails.com

Lebanon Trails Committee

Public Meeting

Lebanon Samaritan Lebanon Hospital

Tues. Mar. 4, 2014 ~ 7:00pm-8:30pm



Sweet Home Trails Walk

March 8, 2014 at 10:00am

Silver Striders Walks

Albany Parks & Recreation program at the

Albany Senior Center

Tues. and Thurs. 9:30 Guide - Helen



Walk with the Wanderers

willwander.weebly.com



Meeting the third Wednesday of each month
7:00pm – 8:30pm
Bldg D, Salem Hospital,
890 Oak St, Salem

Everyone Welcome. **Meeting Wed, Mar. 19**
Pre-meeting walks at 4:30 in the lobby of Building A

Willamette Wanderers'

Salem Second Sunday Stroll

March 9, 2:00 PM NE Historic Salem Walk, Rated 1A. 10km route passes by Thomas McKay Woolen Mill, through the Court-Chemeketa Historic Residential District, and then Oregon State Hospital. The 5km primarily in the Court-Chemeketa Historic District. Sign in at 1:45 in the main lobby of Building A, Salem Hospital, 890 Oak Street SE, Salem.

Willamette Wanderers' 2014 Self Guided Walks (YRE)

New! West Salem, rated 1A for 5K, 2B for 10K)

Walk in West Salem, Polk County to an area formerly renowned for its fruit orchards and canneries. Routes go through the Wallace Marine Park along the Willamette River before entering West Salem on the Edgewater Trail. 5K goes on the lower/older residential/business part of the town. 10K continues to the hilltop at Audubon Nature Reserve and the newer residential area. Start: West Salem Courthouse Athletic Club (walk binder at club's check-in desk), 300 Glen Creek NW, Salem. Contact: Julia (541) 967-3001 or pjwesterberg@comcast.net.

New! Five Parks & One River, rated 1A (5K/10K): Walk in Keizer on parks bordering the Willamette River. 5K goes to 2 Keizer parks; 10K continues to 2 other Keizer parks & a Salem park. Parks are connected by attractive residences bordering the River. Register: Safeway, 4990 River Rd (corner of Chemawa & River Rd), Keizer (walk box at Customer Service). Remote start: Keizer Rapids Parkboat ramp, 1½ miles west on Chemawa. Contact: Julia (541) 967-3001 or pjwesterberg@comcast.net.

South Salem/Sunnyslope, rated 2B (5K/10K): Walk in the Sunnyslope area of South Salem, designed by a local resident. See attractive homes surrounded by parks, shade trees, hidden paths and great views near the beautiful Belcrest Memorial Cemetery. The 10km provides views of Mt. Hood. Both include ups and downs, but the 5K has only one short hill. Start point: Roth's Fresh Market 4555 Liberty Road South (binder at Customer Service). Contact: Susan (503) 364-3475 or 2susanhoskins@comcast.net.

Three Walks Below Start from Salem Hospital, 890 Oak St. SE: Park in visitors' parking structure. Registration materials are in filing cabinet across from the information desk in the main lobby of Building A.

NE Salem Historic District, rated 1A, (6K/10K): Walk historic Court-Chemeketa

District, the state hospital, and parks, crossing streams and passing through a shady residential area. On the 10K walk by the Thomas McKay Woolen Mill to explore the Court-Chemeketa Residential Historic District before heading to the Oregon State Hospital, where *One Flew Over the Cuckoo's Nest* was filmed, and an attractive residential area. The 5K concentrates on the Court-Chemeketa Historic District. You will not pass the Capitol building. Contact: Julia (541) 967-3001 or pjwesterberg@comcast.net.

Salem Capitol/Governor's Mansion, rated 1A (6K/10K, with 2K extension): Walk city sidewalks and paved paths with 2 hills. 6K passes Deepwood Estate, Bush House, and Governor's Mansion. It does not go to the Capitol. The 10K continues to downtown Salem passing government buildings, the Capitol grounds, Willamette University, and tree shaded parks. The optional 2K includes a cemetery. Contact: Susan (503) 364-3475 or 2susanhoskins@comcast.net.

Salem Capitol Waterways, rated 1A (6K/10K, with 2K extension): Walk on sidewalks and natural trails through small and larger parks with many military monuments, across the Willamette River on a pedestrian bridge into Polk County, and onto the Capitol grounds and Willamette University campus. Contact: Susan (503) 364-3475 or 2susanhoskins@comcast.net.

Keizer Willamette Mission State Park Seasonal Walk, May 15 - November 30, rated 1A (5K/10K): Walk through this historic park on natural and paved paths. Register at Willamette Lutheran Home, 7693 Wheatland Rd, Keizer. Registration cabinet is in entry of the main entrance. Register and then drive to start point. \$5 park fee. Contact: Beth (503) 989-3940 or bethnegrey@comcast.net.

Iris Festival Event

May 17, 2014

Walk among the blooms



DATES TO REMEMBER - FEBRUARY 2014

AVA Hosted Events 2014

3/15 - Portland – St. Patrick's Walk & Teddy Bears,
Columbia River V. Club, [View Details](#)

3/22&23 - Amity – Daffodil Walk, Eugene Springfield
Mossbacks [View Details](#)

4/5 - **Millersburg – Meandering Millersburg Walk, Albany Fitwalkers**, [View Details](#)

4/12 - Portland - Discovering Rockwood, East County Windwalkers [View Details](#)

5/10&11- Portland – S.E.Sunday Parkways Walk , Rose City Roamers

5/17- Keizer Schreiner's Iris Festival Walk, Willametter Wanderers



Other Saturday Walks Build Lebanon Trails (BLT) – March 8, 10am, Sweet Home Trail

ALBANY FITWALKERS 2014 YEAR ROUND WALKS

Albany - Historic - 5/10km, **Start : Starbucks, 633 NW Hickory**

North Albany - 5/10km, **start : Starbucks, 633 NW Hickory**

Southeast – Parks – 5/10km, **Start : The Brookdale Villas Courtyard**

Parks & Lakes - 5/10 km, **Start : Holiday Inn Express Hotel near the airport.**

Brownsville Historic - 5/10km - 2B, Start Brownsville Chevron Gas Station and Mini-Mart, 203 W. Bishop Way.
Brownsville

Jefferson - 10 km, 5 km, **Start : Jefferson Thriftway Grocery**

Thursday Walks

March Schedule (subject to change)

March 6: Stayton

March 13: Beaverton: Waterhouse

March 20: Canby

March 27: Monmouth (not an AVA walk)

Canadian Convention 2014 Banff, Alberta

Canadian Volkssport Federation Convention,
May 30 - June 1, 2014. Click [HERE](#) to visit the
website and register.



Sunday Walks

Salem Second Sunday Stroll, with Willamette Wanderers

March 9 - NE Historic Salem, **April 13** - 4 West Salem, **May 11** - Silverton
(Mother's Day Walk)



Albany Sunday Strolls

Mar. 23 – Parks & LakesWalk



Future Events 2014

Albany Fitwalkers Traditional Events –

April 5 - Millersburg Walk Karen W.

May 31 – Brooks Peony and Hosta Walk - Phoebe

Aug. 22 – Art and Air Walk - Nancy and Karen W.

Northwest Regional Conference, **June 23-28, 2014** in Portland OR, www.walkoregon.org

Columbia River Gorge Biennial Classic, **June 19-22**, at Cascade Locks, OR, www.columbiagorgewalks.com

PORTLAND MARATHON 10:5
2014

The Ultimate Source for your Marathon Experience

www.Portlandmarathon.org

Coming in 2015

19th AVA Biennial Convention, June, Salem, Oregon. at the Phoenix Grand Hotel

ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321