



ALBANY FITWALKERS NEWSLETTER

MAY-JUNE

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 **OTSVA** www.walkoregon.org **AVA** www.ava.org

MEETING **Wednesday**, May 12, 2010, 7:00 at *Villa Courtyard & Brookdale Senior Living*.
Pre-meeting Eating a.k.a. The Workers Wok – **5:30** at Los Tequila,
2525 Santiam Hwy SE, Albany beside Cork's.

Please order when you arrive rather than waiting for everyone else.

Sunday Stroll - May 30, Parks & Lakes Walk - 2pm

5km & 10km, Rated 1.

Holiday Inn, 105 Opal Ct. NE, Albany

Quadruple chocolate brownies, fruit and water served.

May 1 Ankney Hill Walk Cancelled.

Nominations for OTSVA Flame Awards due by May 7

Happy Birthday

Jean – May 7, Phoebe – May 20

FITNESS

FUN

FRIENDSHIP

FOOD

The Golden Shoes Award

The First Quarter 2010 winner of the Golden Shoes Award is Nancy, the Thurs. & Sat. Walks Coordinator



Come Walk With Us!!!



THURSDAY & SATURDAY WALKS May 2010

Thursdays **10 -12:30** walk Year-Round Events in neighboring towns. Carpool/Walk info; Contact Nancy @ nanzzz06@yahoo.com or 503-930-4806

Editor's Note - I usually do the newsletter on the first week of the month, however, I'll be rafting on the Owyhee River at that time. Because the newsletter is early this month, the May walk dates were not available. See the Fitwalkers website calendar www.albanyfitwalkers.org or contact Nancy.

AND WALK ALBANY

HAPPY TRAILS

Judy F is going to Barcelona

Sandy heads East in May; home end of June.

**Mosey
With the
Mossbacks!!**



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

May 1 – Group Walk Eugene University of Oregon/Masonic Cemetery YRE 0413 5k/10k Rated 2 9am-12:30 Register at River Valley Inn, 1000 Valley River Way

May 8 – Carpool to Milwaukie Mother's Day Walk, 8-4:30, 5k/10k, rated 1+

May 14 – Mark trail for Rhodoendron Garden Walk, 9:30-12, Meet at Eugene Water & Electric, 500 E. 4th Ave.

May 21 – Road Trip – Ashland, play “She Loves Me”

May 22 – Road Trip – Ashland YRE, on to Yreka, CA

May 23 - Road Trip - Etna, CA YRE, on to Redding CA

May 24-26- Road Trip – 4 Redding YREs

May 27 - Road Trip – Return to Eugene

May 29 - Carpool to Carlton YRE, 8-4:30, 10k, rated 1+

**MAY 1 ANKNEY HILL
WALK CANCELLED**

American Volkssporting Association Notes from March AVA National Executive Council Meeting

The agenda item to require bike helmets on bike events passed.

The agenda item to change the name of AVA to the American Federation Popular Sports failed.

The agenda item to distinguish between a walk and a hike failed.

The agenda item to certify Trail Masters passed. The Training Committee hopes to have the training material ready by December 31.

Special Events approved to begin on January 1, 2011 are: (1) Grist Mills
(2) Baseball Walks – baseball fields/parks/stadiums from college level through minor leagues all the way up to and including the major leagues. (3) Walking America's Trails

Approximately ten AVA Special Events will end on December 31, 2010.

**Northwest Regional
August 8, 2010, Anchorage,**



**Conference, July 30 -
Alaska**

Changes in Start Points

(1) The name of the hotel where the Ritzville, WA walk starts been changed from LaQuinta to The Cedars.

(2) The YRE walk in Auburn, WA that starts at the OFC store has moved to the Union 76 Station, 2802 Auburn Way S., on the corner of Dogwood S and Auburn Way S.



May is AVA National Physical Fitness and Sports Month. Many AVA Clubs hosting an event in May will have this beautiful 3.5" patch available for participants. After May, an *Individual* may order patches direct if they were not available at a May event by sending \$5.00 per patch to: AVA, 1001 Pat Booker Rd, Suite 101, Universal City, Texas 78148, or call (210)659-2112 to order. No shipping charge, no discounts, no refunds, no returns. Patch design courtesy of Dorm Batson, Northwest Region.

A logo for Pegastian Press featuring a fairy with wings and a wand.

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MAGNIFICENT



MILESTONES

IVV AWARDS

EVENTS: 175– Terry Mc. & 450 - Helen Mc. DISTANCE: 5,000 Km – Helen Mc.

Congratulations! Way to Walk!

INTERNATIONAL FEDERATION OF POPULAR SPORTS The World of IVV

WISCONSIN AWARD

Leroy will received the 2010 Community Spirit Award at the June 5, 2010 Walk Wisconsin Event in Stevens Point, WI. **Congratulations! Way to Walk!**

Here's how it happened.

Leroy and Brant Bergeron met last year on the 2009 marathon walk. Brant is on the planning committee, but walked a few miles with Leroy as they headed past the ½ way mark.

“It was a pleasure meeting you and talking about your many walking adventures. When I shared your story with the committee, they were equally inspired.

We'd like to present you with the 2010 Community Spirit Award at this year's Walk Wisconsin event. It would beat the bandshell before the marathon walk. We'd read a brief bio and ask you up on stage to receive the award.

Please consider this award with our congratulations.

Brant Bergeron"

Says Leroy, "Anyone interested in going to Stevens Point WI to walk at least part of the Walk Wisconsin marathon with me? :-)

Join Leroy at the 6th annual Walk Wisconsin, June 5, offering a marathon, half marathon and quarter marathon. (Or if you can pass as a youngster, there is a kid's walk.)

For more information or to register on line by June 1 at www.walkwisconsin.com.

The Centers for Disease Control estimate that more than 2,600 Americans die every day — that's one person every 33 seconds — from heart disease. According to the American Heart Association, regular exercise can help lower blood pressure, stabilize cholesterol levels, prevent heart disease and reduce obesity.

Volkssports Associate Membership

Individual: \$25 per year, includes 6 issues of the newspaper *The American Wanderer (TAW)* and 10% discount on most merchandise. **Family:** \$30 includes 6 issues of the newspaper and 10% discount on most merchandise. **Life:** cost varies depending on your age. Add your spouse to a Life membership for only \$100.00. May be paid in 3 installments. Includes newspaper and 15% discount on most merchandise. A **subscription** is \$20 for 6 issues of the newspaper.

Grand Floral Walk

You are invited to an easy walk in Portland on Saturday June 12. The Sherwood Merrywalkers has joined with Regence Blue Cross Blue Shield of Oregon in Portland's fitness parade – the sanctioned Grand Floral Walk! Both the 6km and 10km walk have a 1 Rating. Bring your club, families and grandkids and be apart of the Grand Floral Parade. Wear your club emblems and carry a banner. Check out the web site and read all about it.



<http://www.grandfloralwalk.com/info.htm>. Come and join in the fun! **Credit Walkers: You will need to send a self addressed stamped envelope and include your confirmation number with \$3 to: Sherwoodmerrywalkers 16004 SW Tualatin-Sherwood Rd. #222, Sherwood, OR 97140**

There will be someone at the start at 6:30 a.m. till 7 a.m. and then there will be someone at the end from 4p.m. to 6 p.m. Fitwalkers, wear your shirts, caps, etc. **You must register online by May 24.** There is an extra charge for a t-shirt. Your books could be stamped at the end of the walk.

April Sunday Stroll – The Seasonal College Walk



The wetlands wetness suggests this seasonal should begin in May next year.

HELP WANTED

A member of Fitwalkers to go to the Build Lebanon Trails (BLT) monthly meetings the (second Tues) to enhance our relationship with them. Contact Rozy, www.wrozy@yahoo.com

Represent OTSVA at this event.
This is in our "territory" and it would make a great walk some year!

You are cordially invited to attend the
Foster Lake Trail Luncheon
Saturday, May 15, 12:30 - 2:00
at
Jim Riggs Community Center
880 18th Avenue
Sweet Home, Oregon

RSVP to Ian Rollins at 541-971-3973 or idrollins322@gmail.com

Cohort 3 of the Ford Institute Leadership Program in East Linn County is developing plans for enhancement and renovation of a portion of the Foster Lake Trail. We understand that you also are vitally interested in this trail system, Foster Lake, and preserving the scenic abundance of East Linn County. Please join us to discuss our vision for this portion of the trail, and together develop a shared plan for moving forward. Lunch will be provided by the Ford Institute for Community Building

Wanted - Awards Coordinator for Albany Fitwalkers

Lebanon Needs Volunteers For Parks Committee

The Lebanon Parks Committee/Tree Board is seeking two people to fill vacancies. The Parks Committee is influential in improving community parks and trails. The committee meets once a month or less for one to two hours.

Candidates can be either city residents or nonresidents living within the 97355 ZIP code. The terms of these positions run until June 30, 2014.

The park committee/tree board reviews parks development proposals, promotes parks and preservation of trees, and acts in an advisory capacity to assist the city council in assessing needs and planning for parks and tree maintenance.

To apply, complete an application available at the Community Development Center, 853 Main St., in Lebanon, or online at www.ci.lebanon.or.us under documents/forms. Submit your application to: City Clerk, 925 Main St., Lebanon OR 97355 or by e-mailing lkaser@ci.lebanon.or.us. The deadline for submitting applications is May 7.

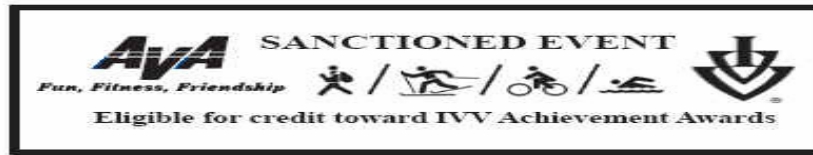
MAY 2010

DATES TO REMEMBER



MEETING Wednesday, May 12, 2010, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:30 at Los Tequila, 2525 Santiam Hwy SE, Albany beside Cork's. Please order when you arrive rather than waiting for everyone else.

HOSTED EVENTS



2010

May

May 1 Sat. Fitwalkers **Ankney Walk Cancelled**
May 1 Sat. Vancouver - May Day Walk , All Weather Walkers
May 8 , 9 Sat & Sun Milwaukie – Mother's Day Spring Flower Walk , 5/10km , rated 1+
May 15 Sat. Eugene - Rhododendron Garden Walk ,6km rated 1+, 11km rated 2+
May 22 Sat. Ashland – Around Ashland Walk, 5/11km, rated 3, Rogue Valley Walkers
May 22 Sat. Troutdale – Sandy River Delta Walk, 5/10km, rated 2, E. County Windwalkers
May 23 Sun. Keizer – Iris Walk, 5/10km, rated 1+, Willamette Wanderers
May 30 Sun. Fitwalkers Sunday Stroll – Parks & Lakes

June

June 5 Sat. Brooks – Peony, Hostas, & More Walk, 6/10km, rated 1+, Albany Fitwalkers
June 6 Sun. Astoria – Hollywood Comes to Astoria Walk, 5km rated 1+, 10km rated 2
June 12 Sat. Portland – Grand Floral Walk, 6/10km, rated 1+, Sherwood Merrywalkers
June 17-19, Thurs., Fri., & Sat. Columbia River Gorge Biennial Classic, 9 events rated 2- 3+
June 26-27, Sat. & Sun. Lake Oswego Arts Festival Walk, 5/10km, rated 2+, Valley Volkswalkers
June 27 Sun. North Portland Walk, 5/10/12km, rated 1, Rose City Roamers

Albany Fitwalkers Planned Event Walks

June 5, 2010 Brooks - Peony & Hostas — Chair: Judy, Julia and Phoebe
Sept. 11, 2010 Corvallis Fairgrounds/Midge Cramer Trail – Chris and Karen

Sunday Strolls

June 27 – SE Albany (5:00 PM)
July 25 – Brownsville (5:00 PM)

ALBANY FITWALKERS VOLKSSPORT CLUB
POST OFFICE BOX 1218, ALBANY OR 97321

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

JOIN US!