

ALBANY FITWALKERS NEWSLETTER

NOVEMBER

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 & EATING

MEETING Wednesday, **November 10**, 2010 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok -**5:30** at Cappie's Brewhouse, 211 First Ave. SW, Albany. Downtown.

Please order when you arrive rather than waiting for everyone

Welcome New Members

Cathy BW,
LuAnn H.
Nancy H.
Bev H.
Barbara N.
Alice W.

Happy Birthday to Judy F. – November 5.

FITNESS

FUN

FRIENDSHIP

FOOD

Veterans Day Parade November 11, 2010

Albany Fitwalkers are invited to join the Bike and Pedestrian Commission in the Veteran's Day parade. Wear your club shirts and we'll carry our club banner. It should be great fun, and what better way to show people what the AVA and Albany Fitwalkers are all about: Fun, Fitness & Friendship! The more the merrier! Contact Nita for more information.

juanita.eggert106@gmail.com

Parade Route

The parade starts at the overpass on Pacific Highway, then right on Lyons, left on 2nd to Ferry St., left to 4th, ending at the Linn County courthouse at 300 3rd Ave. SW.

- **11:00 - Grand Parade**
"Their Service – Our Freedom"
(Pacific Blvd/Lyons St/2nd Ave/Ferry St/5th)
- **12:00 - Lunch for parade participants and veterans at Veterans of Foreign War Post 584**

With over 200 entries, and as many as 40,000 spectators, Albany hosts the largest Veterans Day parade west of the Mississippi. It is organized and run every year by the volunteer efforts of the Veterans Commemoration Association. The parade features veterans from wars past and present, marching units, military vehicles, and marching bands.

Veterans Day Breakfast Around Town

6:00 – 9:30 - Optimists Pancake Breakfast
West Albany High School Cafeteria

9:00 – 11:00 - Eagles Club Biscuits and Gravy Breakfast 127 Broadalbin St. NW

For more information about the Parade go to <http://www.cityofalbany.net/about/veteransdayparade.php>

Albany Bicycle and Pedestrian Commission Veterans Day Parade Announcement November 11, 2010

The **Albany Bicycle and Pedestrian Advisory Commission** is a volunteer commission established to advise the Albany City Council and to increase cycling and walking safety and awareness in the city of Albany. Cycling and walking are great ways to travel around our beautiful city.

The Commission members and city manager Wes Hare would like you to know that Albany is now an officially designated **Bicycle Friendly Community** by the National League of American Bicyclists. It is only one of 158 cities to receive this honor. The designation recognizes the school bicycle safety education program, the city street and path improvements and the bicycle mounted police as contributing to a healthy community and a better place to live.

The international **Safe Routes to School** program is devoted to getting kids safely walking and biking to school for better health, fitness and academic performance. As part of Safe Routes to School, these Fifth grade students from North Albany Elementary School recently completed Albany's **Bicycle Safety Education** program. They now have the knowledge and skills to ride their bikes safely anywhere, including to school. The program has been taught to fifth graders in Albany schools by Commission members and other volunteers for 6 years. Other schools will participate this spring.

Albany is a great place to walk as well. **Albany Fitwalkers** is a walking club, one of more than 300 clubs affiliated with the American Volkssport Association. They promote walking as a healthy and fun form of exercise. Their walks are non-competitive and open to all with no age restrictions. Children in strollers and dogs are usually welcomed.

The Commission urges everyone to please share the road with cyclists and pedestrians and learn how to ride and walk safely.

Mosey With the Mossbacks!!



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

Sat. Nov. 13 Carpool to Portland PGE Walk, 5/10km, rated 1+, 8am – 4pm.

Sun. Nov. 21 Carpool to Brownsville YRE, 5/10km, rated 2, 8am-4pm

Tues. Nov. 30 Carpool to Waldport Bayshore YRE, 10km, rated 2, 7am-3:30pm.

Come Walk With Us!!! THURSDAY & SATURDAY WALKS 2010



Thursdays **10 -12:30** walk Year-Round Events in neighboring towns. Coordinators Phoebe, Judy, and Julia are rotating weekly walks. A walk is cancelled if no one can attend and you will be notified of the cancellation on Wednesday evening by an e-mail. **Or go to** www.AlbanyFitwalkers.org

TUESDAY NOV 9

Since the Fitwalkers will be walking in the Veteran's Day Parade on Thursday, Nov 11, the Thursday Walk will be on Tuesday. We will walk in south Corvallis that goes along the Willamette River and through residential areas, an easy 1+ & 10 or 12K. We will probably do just 10K. Meet at 9 a.m. at the Book Bin at 215 SW 4th St. in downtown Corvallis.

The weather forecast is for clear skies, great weather for walking. Please let me know if you are planning on walking with us.

Phoebe at ranphoeb@pacifier.com

Sat. Nov. 13 Carpool to Portland PGE Walk, 5/10km, rated 1+, 8 am – 4pm.

AND WALK ALBANY



Build Lebanon Trails Saturday, November 13

Second Saturday Hikes: Project Walden

Join BLT on Saturday, November 13, at 10 A.M. for the Project Walden Hike!

To reach the trailhead take the Grant Street Bridge past Gills Landing and continue ½ mile North on Brewster Road. Watch for BLT event signs on the west side of the road!

This is a 3 mile hike on uneven terrain. Well socialized, leashed dogs welcome.

For more information go to www.BuildLebanonTrails.com

Cheadle Lake North Shore Trail

In October the Cheadle Lake North Shore Trail was closed. The Association of Northwest Steelheaders installed a pump station and piping across the trail.

The pump station will help keep water in the lake, greatly enhancing the outdoor wildlife experience at the lake.

MORE GREAT NEWS: The City of Lebanon is building 2400 feet of paved trail at Cheadle Lake North Shore. The new trail connects the existing gravel trail starting at North Park to the Lebanon Community Foundations, Festival Site at the south side of the lake.

TIME FOR STARTING POINTS

The **2011 Starting Points** books detail all of the year rounds and many of the seasonal walks in all 50 states. Sign up now for your copy. The cost this year is \$20.

The book makes a wonderful gift for walker friends. Mine has been invaluable to me as I keep track of the walks I do, who with & when, right on the pages. Please contact me if you'd like one. Phoebe at ranphoeb@pacifier.com

American Volkssporting Association



Moving toward a healthier America together.

From Sam Gram #18, Bits From the Five Year Strategic Planning Meeting in Albany, New York

We have a new mission: “To serve as a national steward of healthy living thru non-competitive sports for all Americans and our global partners.”

We have a new Tag Line: “Moving toward a healthier America together.” Although the Tag Line is new, we may continue to use the “Fun, Fitness, Friendship” Tag Line. Both describe what we are about.

Our new Strategic Directions:

1. Standardizing policy thru effective governance.
2. Gaining recognition through marketing and collaborative partnerships.
3. Reformulating leadership and internal communications.

With these new directions, the new Executive Director (CEO), must now formulate an action plan to achieve these ends. It is the Action Plan that will give us change that we desperately need.... Two things need to be remembered –

1. Change is necessary, because of the gradual reduction in participation. In the Northwest, the reduction hasn't been as severe, but participation is slowly going down....
2. Changes will occur over a five year period. Change will not happen tomorrow, but change is coming. We must embrace the change to transform our sport into one that supports our mission.

Regarding the motions that were before the National Executive Council,only one passed: Item c. A sanction request is required for each route. Each route may have different distances or deviations to accommodate persons with special needs (e.g. to avoid stairs) and pets (e.g. to bypass pet prohibited areas) but separate routes

Vancouver Discovery Walk Festival April 9, 2011



Discovery Walk Festival

PO Box 2009

Vancouver, WA 98668

Phone 1-360-818-4280

www.discoverywalk.org

email: info@discoverywalk.org

2011 Changes to the April Discovery Walk Festival

For 2011, we have scaled back the Discovery Walk Festival to be a single-day walk/bike/swim event on April 9, 2011.

We will host the events from Hudson's Bay High School in Vancouver, Washington, USA.

- * Walk: 5K/10K Family Fun Walk Start 8 am - 12 pm.
- Bike: 15K/25K/50K distances Start 9 am - 12 pm.
- Swim: two 300-meter swims Start 1:15-3:30 pm

All events are IVV volkssport sanctioned, but will not have IML Walking Association sanctioning for 2011. To see IML sanctioning continue for the Discovery Walk Festival in 2012 and beyond, join our organizing committee.

Our pricing for 2011 makes the medals and IVV credit optional. Anyone is welcome to participate at no cost. Donations are welcome. New Walker coupons are welcome for use for IVV credit.

There will be no group discounts, as we are offering the free option.

There will be no pre-registration. Please register at the event.

Categories	Price per person	
Free - any walk, bike, swim, any age.	Free	
IVV credit - each event walk, bike, two swims	\$3 per event	
Medal award - each event, includes IVV credit	\$10 per event	

Oregon's Bike Commute Challenge Results

From: Mickelsen, Troy
[mailto:troy.mickelsen@cityofalbany.net]

The Albany teams were Albany ODOT, ATI Wah Chang Albany, City of Albany, Georgia Pacific Albany, and Linn Benton Community College.

The City of Albany team finished in 33rd place out of 131 teams in our category, with 16 active riders totaling up 182 commutes for total mileage of 1,784 miles. Our workplace commute rate was 2.2%.

Rival team, City of Corvallis, edged us out again this year. They placed 20th. Their team had 27 active riders, 330 total commutes, 1,824 miles, and a workplace commute rate of 3.8%. 37 teams signed up in Corvallis.

Overall, 1,283 Oregon teams competed in this year's challenge. There were 10,833 riders. 1,166,247 miles were ridden.

The winner of this year's distance award was from Salem. He commuted 1,818 miles in 24 days of commuting, about an average of 75 miles per day.

Here are some results from our City of Albany team in years past:

2007: 13 riders
2008: 24 riders
2009: 21 riders
2010: 16 riders

2007: 136 total commutes
2008: 253 total commutes
2009: 213 total commutes
2010: 182 total commutes

2007: 1,158 total miles ridden
2008: 2,126 total miles ridden
2009: 1,694 total miles ridden
2010: 1,784 total miles ridden

2007: 1.5% commute rate
2008: 3.3% commute rate
2009: 2.6% commute rate
2010: 2.2% commute rate



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ALBANY FITWALKERS 2010 OFFICERS

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

**Wanted – Recognition/Awards
Coordinator for Albany Fitwalkers
to maintain list of members eligible
for club, state, and AVA awards.**
Contact Jim at albanyfitwalkers@gmail.com.



brazos-walking-sticks.com

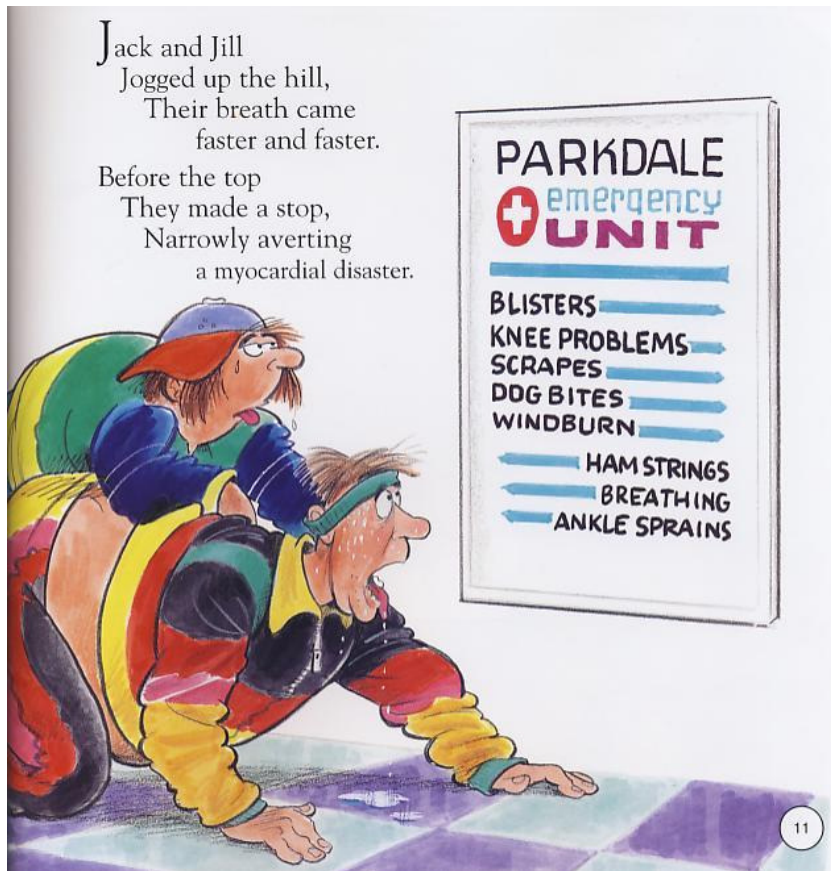
**Walk Seasonals While You Can
YRE Ending November 15
Silverton's Silver Falls – 11/12lm.3+**

2010	Brownsville	College	Historic	North Albany	Parks & Lakes	SE Albany	Lebanon	Total
JULY	8 credit +2 free*	3+0	3+0	7+0	1+0	1+0	2+0	25+2
AUGUST	4+0	4+1	3+0	11+6	3+0	0+0	4+0	29+7
SEPTEMBER	0+0	3+0	6+3	2+0	3+0	5+0	12+1	31+4
3rd Quarter	12+2	10+1	12+3	20+6	7+0	6+0	18+1	85+13
Year to Date	44+11	31+6	49+25	41+25	30+14	33+13	47+3	275+97

***how these numbers are to be read**

2009	Brownsville	College	Historic	North Albany	Parks & Lakes	SE Albany	Lebanon	Total
JULY	10+0	2+1	2+0	0+0	3+0	5+0	3+0	25+1
AUGUST	8+0	3+0	17+36	7+0	4+0	5+0	1+0	45+36
SEPTEMBER	23+4	0+1	3+0	0+0	2+1	5+0	6+0	39+6
3rd Quarter	41+4	5+2	22+36	7+0	9+1	15+0	10+0	109+43
Year to Date	87+13	22+13	44+42	30+7	30+8	35+4	29+8	277+95

In summary, when compared to last year's totals at the end of Sept., we had 2 less credit walkers but 2 more free walkers in 2010. So, there is a total of 372 walkers for both years by the end of September. If you have any questions, contact Julia.



NOVEMBER 2010 DATES TO REMEMBER



Sunday Strolls

Sunday Nov. 21 Brownsville YRE, 5/10km, rated 2, 2am-4pm.
Triple Chocolate brownies, fruit and water on both walks!!

HOSTED EVENTS November 2010

- Nov. 6 Vancouver WA - Veterans Day Parade Walk, Vancouver USA Volkssport Club
- Nov. 6 Portland - Rock Creek Walk, Cedar Milers
- Nov. 13 & 14 SE Portland - PGE Fun Walk, 4-D's Volkssport Club
- Nov. 27 Edmonds WA, Turkey Trot Walk, Sound Steppers
- Dec. 4 Sherwood - Christmas Lights and Festival Night Walk, Sherwood Merrywalkers
- Dec. 11 Camas WA- Lacamas Holiday Lights Walk, All Weather Walkers
- Dec. 18 Portland - Portland Christmas Ships Walk, Columbia River Volkssport Club
- Dec. 19 Longview WA- Christmas Soup Walk, Border Crossers
- Dec. 31 Vancouver WA - New Years Eve Walk, Vancouver USA Volkssporters

Fitwalkers Events for 2011

- April 2, 2011, Millersburg Walk Chairs - Rozy, Nancy and Karen..
- June 4, 2011, Brooks Peony Walk



← **Sunday Stroll, 10-31-10**
College Walk YRE
Photo by Karen Kelly

**ALBANY FITWALKERS
VOLKSSPORT CLUB**
POST OFFICE BOX 1218,
ALBANY OR 97321
Volkssport Information Lines
<http://www.ava.org>

JOIN US!

Happy Thanksgiving !!!