

ALBANY FITWALKERS NEWSLETTER

SEPTEMBER/OCTOBER

WALK ALBANY

2011

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, September 14, 2011, 7:00 at *Villa Courtyard & Brookdale Senior Living*.
Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at Brewsters, 640 Hickory St., North Albany,
the turn below the Chevron Station. Please order when you arrive, instead of waiting for everyone to give us
plenty of time to arrive at the meeting by 7pm.

SUNDAY STROLL
September 18, 2011 Start 2 PM
Lebanon Samaritan Hospital YRE OT15
525 Santiam Hwy,
Lebanon, Oregon
6/11K Rated 1+

Quadruple chocolate brownies, fruit and water served.

HAPPY BIRTHDAY

September - Randy 9/4

October - Sandy 10/3, Donna 10/11

FITNESS

FUN

FRIENDSHIP

FOOD

COME WALK WITH US



THURSDAY WALKS

Carpool to YREs

www.albanyfitwalkers.org.

Julia at pjwesterberg@comcast.net or 541-967-3001
Phoebe at ranphoeb@pacifier.com or 541-926-1735

September

Sept. 1 – Gladstone - River Views, Y0773,
10km, rated 1

Weds. Sept. 7 - Corvallis – Help map new
Corvallis YRE. Meet at Avery Park, Corvallis at
9 a.m.

Sept. 15 - Mt Angel - Oktoberfest

Sept. 22 – Springfield – Ruff Magnolia Park
and Thruston Area, Y0800, 5/10km, rated 1+

Sept. 29 - Lake Oswego – Neighborhoods,
Y2013, 5/10km, rated 1+



Walk with the Wanderers

Salem Second Sunday Strolls

September 11, 5:00 PM – Walk through various
parks alongside Mill Stream and the Willamette
River and across the pedestrian bridge into Polk
County. Click [HERE](#) for complete details.

October 10, 4:00 PM – Sunday Stroll through
the historic Willamette Mission and along the
Willamette River. Click [HERE](#) for details.

November 13, 2:00 PM – Repeat the Capitol
Parks walk prepared to see the changes in colors
only experienced on a fall day in Oregon.

AND WALK ALBANY

*Mosey
with the
Mossbacks*



Reservations Required. For more
information call (541) 747-6470 or see
www.mossbacks.org

Great Columbia Crossing

Register for Great Columbia Crossing, the event
held Sunday, Oct 2, in Astoria, OR. Register
online at www.greatcolumbiacrossing.com.
There is a slight additional charge of online
registration. Or, register by mail. Cost is: Adults -
\$35, youth (8-17 years old): \$25. **Entry fee
includes:** parking, shuttle bus service to start of
race & parking, bib number, light snacks and 5
Clam Dollars that can be redeemed at
participating Chamber businesses September
30 - October 2, 2011.

It's On

The e-vote is in. The Christmas walk is on.

Annual Christmas Parlour Tour

Sun, December 11, 2011, 2pm – 7pm
Where Historic Downtown Albany Or ([map](#))
Description Enjoy the sights & sounds of an old-
fashioned Christmas while touring the parlours
of several historic homes. Horse drawn wagon,
vintage trolley, refreshments and entertainment
included in the ticket price. \$10 for adults and \$8
for seniors. Call 541-928-0911 for more
information or visit us online at www.albanyvisitors.com



Nita and Sue at Mossbacks Elkton Walk.
Photo by Sherwood Merrywalkers.



**Internationaler
VolkssportVerband**

**International
Federation of
Popular Sports**

IVV Congress of Delegates Meeting

The AVA delegation to the **IVV Olympiad** in Turkey, headed by Dave Johnston, is Claudia Johnston, Dale Boone, and Kevin Ross. The meeting is October 19, 2011 about it on <http://www.ivv-web.org>



"Moving together toward a healthier America"

Committee assignments are:

- Audit – Fred Sheets
- Standards & Evaluations – Dennis Michele
- By Laws – Ken Miles
- Awards & Recognition – Phyllis Olson
- Training Development – Sam Korff
- Youth Program – Nancy Wittenberg
- IT – Holly Pelking
- History – Liaison – Bill Hamilton
- Publicity – Bob Morrison

To serve on one of these committees contact Sam, the NW Regional Director, at korffs@wildblue.net

The National Executive Council has decided to hire a Director of Marketing to implement the vision statement that AVA is the premier walking association in America

It is expected that the new Director of Marketing will be on board by February 28, 2012. Also in this regard, the current Interim Executive Director has been designated as the Acting Executive Director.

AVA Convention 2013 will be in Orlando, FL on April 22 through 26. For convention 2015, there will be a bid from Virginia and Billings, MT.

For convention 2017, Oregon is considering a bid.

San Antonio is the primary location for NEC meetings in 2012. The next National Executive Council (NEC) is on January 20 and 21, 2012. Clubs will have the opportunity to submit agenda items.

Questions:

- # The concept of creating a Speakers Bureau
- # Technology Committee will investigate the possibility of creating a members only space on the AVA website.
- # Starting Point 2013 continue the book or not

Sam is designing an award (patch or pin) for Certified Trailmasters. In addition to a Certificate of Completion.

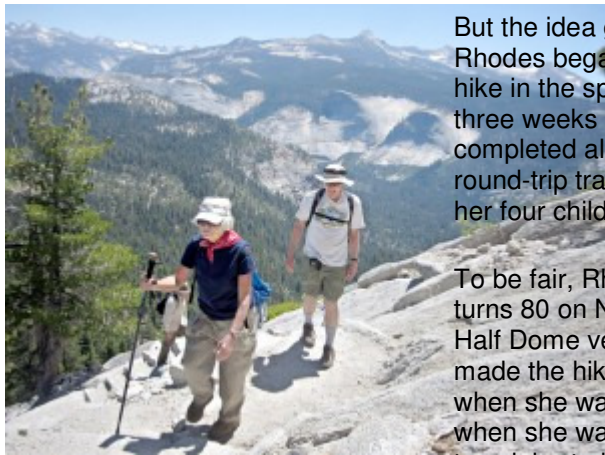
OCTOBER IS NATIONAL VOLKSSPORT MONTH

Walk a walk and earn a patch.

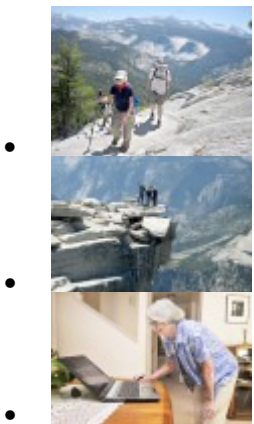


Half Dome at 79? No problem for Corvallis woman

By [GAIL COLE, Corvallis Gazette-Times](#) | Friday, August 19, 2011 9:00 am |



Ann Rhodes hikes towards the cables that lead to the summit of Half Dome. Her son, Ron, follows close behind.



Yosemite peak proved no obstacle on birthday hike

When Ann Rhodes' children asked her earlier this year how she wanted to celebrate her 80th birthday, she was ready with an answer: She wanted to hike Yosemite National Park's Half Dome, a sheer granite rock face that rises 8,800 feet above sea level.

"It was a joke at first; I didn't think I could do it," Rhodes said Thursday.

But the idea grew on her, and Rhodes began training for the hike in the spring. And about three weeks ago, she completed all 17 miles of the round-trip trail with three of her four children.

To be fair, Rhodes — who turns 80 on Nov. 1 — is a Half Dome veteran. She made the hike to the summit when she was 54, returned when she was 67 and at 69, to celebrate her 70th birthday.

Rhodes became familiar with Yosemite National Park over the 30 years she lived in the San Francisco Bay Area. She moved to Corvallis in 2005.

She's no stranger to trekking, either. Rhodes hikes with friends about three days a week, although those trips are in the far less technically challenging McDonald-Dunn Forest. She wore a pack. As the August Yosemite adventure date neared, she was hiking 2½ half hours a day, three days a week, with up to 20 pounds in her pack. That was on top of the hikes she did with friends, just for fun.

"I gave up my gym membership because I was spending so much time hiking," she said.

On Aug. 3, she joined her sons, Ron and Steve, and her daughter, Julie, at Yosemite's Glacier Point to camp overnight before hiking six miles to Little Yosemite to camp for the night. Rhodes said she always camps while hiking Half Dome.

The next morning, the group set out for the three-mile hike to the top. They navigated the sheer granite with the help of the park's cable handrails and wooden steps that help hikers climb the final 400 feet to Half Dome's magnificent summit.

Rhodes' son, Ron, an avid mountain climber, gave her tips to make it to the top and encouraged her to rest when her arms felt tired during the ascent. When she finally reached the summit, Rhodes found a piece of shade and decided to rest.

"I sat there and let everyone else do what they wanted," she said.

The group hiked back to their camp and returned to the valley floor Aug. 5 by way of a trail that passed Nevada Falls and the 670 steps of the Vernal Falls' Mist Trail.

So how did she feel, making that climb? "I felt wonderful during the whole hike," she said.

The only downside to this year's hike? Her three children brought along digital

cameras and snapped many photographs of Rhodes, who admits to being a bit camera shy and reminisced about her previous Half Dome hikes.

"There were no digital cameras in those days; it was much more pleasant," Rhodes said with a chuckle.

So how does she plan to celebrate the next milestone of 90? "With some adjustments."

"I told (Ron), 'On my 90th, you can push my wheelchair up to the top,'" Rhodes said.

Rhodes is grateful that her good health has allowed her to continue her adventures.

"I'm quite happy my body doesn't feel 80."

**Congratulations
Ann!
You are an
inspiration to the
rest of us.**

In case you didn't recognize her in those newspaper photos, try this one.



Ann trekked a number of club walks before joining the Albany Fitwalkers in 2007. She worked jointly with Julia as the Year Round Events coordinator for several years. She has also worked at many an event walk as well as attending regular meetings.

Oktoberfest in Albany

Brookdale Senior Living and the Albany Senior Center invite you to join in on Wednesday, October 5, 2011 at 5:30 p.m., at the Villas of Albany for an Oktoberfest extravaganza. The Villas is located at 1560 Davidson St. SE.

This event includes live entertainment, delicious food and beer. Several raffle drawings will be held (presence is not required to win). Tickets are available at the Albany Senior Center for \$6. Space is limited to the first 60 people. Call 541-917-7760 for more information.

New NW Award

Sam, the NW Regional Director, korffs@wildblue.net is creating a new award in 2011 for the Northwest Region, "Best New Walk." After walking the nominated events, he will make his decision, and present the award at the Northwest Regional Conference in 2012.

Albany Fitwalkers Officers

**President – Jim
Vice President – Rozy
Secretary – Karen
Treasurer – Jan**

2011 COMMITTEES

Year Round Events - Nancy
Membership - Jean and Jan
Thursday Walks - Phoebe, Julia, and Judy
Newsletter - Sandy and Julia
Publicity - Rozy and Karen
Albany Bicycle & Ped Committee - Nita
Historian - Stephanie
Website - Karen and Jim
Girl Scout Liason - LuAnn

THE PURSE HOOK



**\$16 each Gold or
Platinum**

Contact Sandy

www.cramerss2@aol.com

DATES TO REMEMBER -SEPTEMBER & OCTOBER 2011

HOSTED EVENTS 2011

Event Location and Name	Date(s)	Host Club	Click for Details
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SEPTEMBER

Lake Oswego - Hazelia Field at Luscher Farm **9/3/2011** Walk Rose City Roamers [View Details](#)

Estacada - Murals and Geocaches **9/10/2011** Walk East County Windwalkers [View Details](#)

Portland - Sunday Parkway - Northeast Portland **9/25/2011** Rose City Roamers [View Details](#)

OCTOBER

Astoria - Great Columbia Crossing **10/2/2011** Oregon Trail State Volkssport Assn. [View Details](#)

Ridgefield - BirdFest and Bluegrass Walk **10/8/2011** Walk All Weather Walkers [View Details](#)

Cottage Grove - Covered Bridge Festival **10/8/2011** Eugene Springfield Mossback s [View Details](#)

Portland - Portland Marathon, Half & 10K (pre-register) **10/9/2011** Marathon OTSVA. [View Details](#)

Portland - Apple Festival **10/15/2011** Walk Columbia River Volkssport Club [View Details](#)

Longview - Fall Foliage Soup Walk **10/22/2011** Walk Border Crossers [View Details](#)

Sherwood - Fall Foliage and Soup Walk **10/23/2011** Walk Sherwood Merrywalkers [View Details](#)

Yachats - Halloween Walk **10/29/2011** Yachats Coastal Gems Volkssport Club [View Details](#)

Vancouver - Veterans Parade Walk **11/5/2011** Walk Vancouver USA Volkssporters [View Details](#)

Sunday Stroll

September 18 – Lebanon Sept 18, 2011 Sunday Stroll in Lebanon YRE 0775 Rated 1, 6/11K,

Trail: Historic Lebanon, including Cheadle Lake area. Meet: Lebanon Samaritan Hospital.

October 16 Shedd Historic Grist Mill, 32655 Boston Mill Rd, Shedd, Oregon
5/10 Km Rated 1, Start 2 PM

Quadruple chocolate brownies, fruit and water served.

Other Albany Fitwalkers Sunday Strolls

November 20– Brownsville, December 18– Historic Albany

Northwest Regional Conference - Aug 16-19, 2012

ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

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

Volkssports are family-oriented, amateur athletic events. They are casual, though well-organized adventures in health, recreation, fellowship and fun. Volkssports evolved to be non-competitive from running races in Germany, and have spread to 28 other countries.