



Kudos to Dick Baker for Moulton Falls:

Just wanted to drop a quick note and let you know how much my daughter, grandsons, and I enjoyed the Moulton Falls walk yesterday. The weather was perfect, the scenery magnificent and the walk very well organized.

Having two 10 year old boys along made it even better. Even though it was a 6.2 mile walk, my pedometer read 8.5 when we were done. I think it was because of the numerous "Come back here and look at this!" retracing of steps we made. It's amazing the things little boys eyes can spot.

Again, thanks for all your work. It is very much appreciated.

Georgia Standley

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From: WILLIS KORFF [korffs@wildblue.net](mailto:korffs@wildblue.net) (our Regional Director)

1. Some somber news:

An accident in New York has killed three volkssporters who were attending a weekly Wednesday walk. The following is from Doug Reynolds, the Northeast Regional Director:

“Although investigation is still underway, news articles being released by the media have been fairly accurate with the details (except they were 10K walkers). For additional information on the accident and photos of the area, the Albany Times Union ([www.timesunion.com](http://www.timesunion.com)) would be one good source, or Google search phrases such as "Voorheesville Walkers Accident".

Three ladies, Carol Lansing, Rosemarie Hume, and Frances Pallozzi, were all paid members of the ESCV. They had car pooled to this weekly Wednesday walk as they usually did with a fourth lady who was not involved in the accident. Upon arrival at the Start Point, at the end of a long registration line, Frances told Jackie

and me to go ahead of them. After they registered directly behind us, they went over to the church to the rest rooms. We keep asking ourselves, if only they had gone first, would that have made a difference?

However, this tragedy had given me new insights into Volkssporters. Of our AVA's three cherished "F's", Fun and Fitness both take a back seat to Friendship when a crisis occurs. I watched our walking colleagues, individually and in small groups, cooperating to get some very unfavorable tasks done, and also provide comfort to those in need of special attention. Their walking comrades do it best. This gives me added confidence that our international sport will survive, if we all follow our "friendship compass" that always points in the correct direction."

The driver was wearing flops and apparently they interfered with the gas pedal and possibly the driver's foot got stuck on the gas pedal causing the SUV to accelerate and go off the road in front of St. Matthew's Roman Catholic Church. The 2007 Toyota Highlander ran through part of a parking lot and hit the women as they waited near the church for their companion. The SUV continued 70 or 80 feet, dragging two bodies as it ran under a covered church entryway, smashed iron railings and crashed into the brick wall of the bell tower. It was a horrific scene.

## **2. DuPont Historical Society and Museum's Annual Hudson Bay Day and Salmon BBQ in DuPont!**

Save the Date for Sunday, September 25th for Hudson Bay Day and Salmon BBQ at DuPont's 1843 Fort Nisqually Site on Center Drive, DuPont. This free event is being held from 11:30 AM – 4:00 PM and features live music by the Straw Hats, kids' activities (including an "archeology dig"), historical demonstrations, an antique gun display and more! There will be a salmon BBQ with adult meals at \$12, and kids for \$6. Hot dog meals will also be available. Seating is limited so bring a lawn chair. No dogs are allowed on the site.

**Directions:** Take I-5 Exit 118 onto Center Drive, follow signs.

The 1843 Ft. Nisqually site property is made available for this event courtesy of the **Archeology Conservancy**.

### **Hudson Bay Day Volksmarch**

The Sunday Sept 25th event also includes a Volksmarch and sponsored by the Evergreen Wanderer's club. This year's volksmarch will cross the grounds of the former DuPont Explosives Plant. The walk passes three historic sites; an early 1800's cemetery, the original Ft. Nisqually site, built by British owned Hudson's

Bay Co. as a fur trading outpost in 1833 and the Wilkes Observatory, where American explorer Lt. Wilkes constructed an outpost while exploring and mapping Puget Sound. There will be a 5km trail (3.1 miles) and a 10km trail (6.2 miles). Special permission was needed to reach these sites and this may be the first and last volksmarch in this area until it is further developed in a few years.

**Sign-in** for the walk is at 9am to 1pm will at DuPont's 1843 Ft. Nisqually Site. For more information about the Volksmarch, call Jerry Williams at 253-320-8600.

**Hudson Bay Day** is sponsored by the City of DuPont Museum, the DuPont Historical Society and the City of DuPont Tourism Bureau.

**The Fall Festival** at Clock Tower Park will include Kids Day **Saturday Sept 24th 11am-3pm** at the Clock Tower Park. Come for pony rides, pumpkin carving, scare crow building, magic tricks, live music, food and more! Fall Festival is sponsored by the ROA.

For more information about Hudson Bay Day or Fall Festival Contact: Museum manager Joh Jones 253-964-2399 email: [joh200@msn.com](mailto:joh200@msn.com); Lee McDonald email: [leemcdonald\\_2@hotmail.com](mailto:leemcdonald_2@hotmail.com) or Amy Walker at: [awalker@ci.dupont.wa.us](mailto:awalker@ci.dupont.wa.us). Visit the museum's website at [www.dupontmuseum.com](http://www.dupontmuseum.com).

**Volunteers Wanted! Contact Joh, Lee or Amy.**

3. The National Executive Council has decided to hire a Director of Marketing to implement our vision statement that we are the premier walking association in America. In this regard, the NEC has determined that the current Interim Executive Director be designated as the Acting Executive Director. Further, the hiring of an Executive Director will be considered at a later date. The Executive Council, in concert with the Acting Executive Director, will develop a job description of the Marketing Director. The Executive Committee, with approval of the NEC, will hire the Director of Marketing. It is expected that the new Director of Marketing will be on board no later than February 28, 2012.

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President's Corner – Jan Breneman

## **PREZ SEZ**

Did you get out to walk at Moulton Falls? It was a resounding success, thanks to Dick Baker. He has had a lot going on this month, as you may know, but it helps to be super-organized. Now set your sites on Ridgefield coming October 8. Jean and Leah are deep in planning another great walk.

An Events Committee has been formed to plan next year's events and will be meeting later in September. The year 2012 is All Weather Walkers' big 20<sup>th</sup> anniversary and we'll be looking at ways to highlight the milestone. If anyone would like to help in the planning or has suggestions, now is the time to speak up. We want your input!

At August's meeting, members approved reinstating both the Ridgefield & Cape Horn Seasonal Walks next year. Ridgefield was last done in 2009 and Cape Horn just recently in 2010. Earl and Jean are working on resolving route issues at the Ridgefield Wildlife Refuge and an update will be coming in September. As for the Cape Horn trail, Linda and I scouted the 11km out a week ago and found that it keeps getting better and better, with trail upgrades, pedestrian tunnels, and other safety improvements. While not for the faint-of-heart, it is destined to be one of the most popular hikes in the gorge, and we believe that a couple of shorter/easier options will appeal to even casual walkers. But with just a short run of only two and a half months, don't let summer slip away before at least trying out this gem.

And last, sadly, you will read here in the newsletter about the recent tragedy in New York, when three women were killed while gathering for a weekly YRE group walk. Linda Barneson has sent a sympathy card to the Empire State Capital Volkssporters club on behalf of All Weather Walkers. Volkswalkers are all part of a large family, regardless of distance. Thoughts and prayers are most welcome.

## **KLICKITAT SHORT SEASONAL**

In mid-June, Nira Lang, Carol Jensen, and I traveled east to do the Klickitat Trail seasonal in Lyle. As I reported to you here soon after, we learned about another short seasonal on the trail further north and resolved to walk that 11km companion piece as well. This is another Rails-to-Trails route running only from September 1 through October 31 and **requires advance pre-registration**. This is unusual with any volkswalk so planning ahead is essential. More info is on their website at: <http://www.ava.org/clubs/dvva/dvva3.htm>.

Even though we don't have a date yet, anyone interested in learning more about this day trip east should contact me at [breneman@pacfier.com](mailto:breneman@pacfier.com) or (360) 835-9686. I will keep you informed with more details when available, and then handle all arrangements for the pre-registration. Others would also enjoy this trail and we would love to have you along!

### **The Age Factor**

A recent survey of comparative walking speeds between older and younger pedestrians crossing the road threw up the following results:

- The average walking speed for older pedestrians is 4.11 feet per second, compared with 4.95 for younger people.
- Older females have the slowest walking speed at 3.89 feet per second.
- The difference in speed between older men and older women is 0.42 feet per second; the difference between younger men and younger women is 0.32.

Reprinted from the *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 35.

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Next Meeting: Sep 13 - ALL ARE WELCOME! details and map are now [here](#)

Sections that rarely change are also at this link: AWW Challenge information, AWW Challenge results, list of officers/valued associates, and Weekend Walking description.

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### **Upcoming Club Event/Weekend/Wednesday Walk Calendar:**

October 8, 2011 Ridgefield/BirdFest  
October 27, 2012 - Cedar Creek Grist Mill

Group Walks: Wednesday Walks -  
<http://home.comcast.net/~titone7604/Wed/wed.htm>

9/7/11 Beaverton Waterhouse  
9/14/11 Silverton Silver Falls State Park  
9/21/11 Gladstone Neighborhoods  
9/28/11 Vancouver Burnt Bridge Trail East

Weekend Walking: <http://home.comcast.net/~titone7604/weekend/weekend.htm>

9/4/11 Tigard Three Cities, Three Parks  
9/11/11 Wilsonville Gardens and Memorial  
9/17/11 North Bonneville  
9/18/11 Sherwood Town and Country  
9/24/11 Charbonneau Village

### **NORTHWEST REGION'S CALENDAR OF EVENTS –**

Sep 3 Wk Emerald City Wanderers Seattle 206-789-1960  
Sep 3 Wk Rose City Roamers Lake Oswego 360-921-1909

360-756-0470:

Sep 9-10 Wk NW Tulip Trekkers Bellingham – City and Bay  
Sep 10 Wk NW Tulip Trekkers Bellingham – Cornwall Park  
Sep 10 Wk NW Tulip Trekkers Bellingham – Ferry Route

Sep 10 Wk East County WW Estacada 503-665-0950  
Sep 10 Wk Anchorage Volkssport Club Anchorage  
– University Lake 907-522-0219  
Sep 17 Wk Columbia River Volks Mt Angel - CANCELLED  
Sep 17 Wk Kitsap Volks Kingston MOVED DATE - CANCELLED  
Sep 17 Wk Northwest Striders Bellevue – Lake to Lake 253-854-5263  
Sep 24 Wk Interlaken Trailblazers Kirkland 425-827-7018  
Sep 24-25 Wk Yakima Valley SS Prosser, WA 509-965-4980  
Sep 25 Wk Evergreen Wanderers DuPont – Ft Nisqually 253-320-8600  
Sep 25 Wk Rose City Portland – Sunday Parkways 360-991-8806  
Oct 1 Wk Olympic Peninsula Ex. Quilcene - CANCELLED  
Oct 2 Wk OTSVA Astoria-Bridge Crossing 541-926-7890  
Oct 8 Wk AWW Ridgefield-Bird and Blues Fest 360-687-9261  
Oct 8 Wk Eugene-Springfield Cottage Grove, OR 541-747-6470  
Oct 8 Wk PEO Pathfinders Federal Way 253-517-8560  
Oct 9 Wk OTSVA Portland – Marathon 541-926-7890  
Oct 15 Wk Columbia River Portland-Apple Festival 503-230-1387  
Oct 15 Wk FS Family Wanderers Seattle 425-256-5284

253-838-3554:

Oct 15-16 Wk Four Plus Foolhardy Yakima – Umtanum  
Oct 15-16 Wk Four Plus Foolhardy Yakima – Umtanum

Oct 22 Wk Border Crossers Longview 503-728-0400  
Oct 23 Wk Sherwood MerryW Sherwood 503-625-8986  
Oct 29 Wk Emerald City W Carnation 206-789-1960

Oct 29 Wk Treasure Valley Volks Boise 208-345-8259  
Oct 29 Wk Yachats Coastal Yachats – Halloween 541-547-4532

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September Birthdays: Titone, Joe 9/22	Achievements: >Nira Lang & Cheryl Snodgrass completed the AWW Challenge for the 1 <sup>st</sup> half >Don Webb: 75 events and 500 km <a href="#">please contact the editor with event and distance milestones</a>
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Welcome to new members: none reported

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Minutes: next month

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