

Sunday Parkways; Walking Through PDX Neighborhoods

In June of 2008, the City of Portland held the first Sunday Parkways along six miles of streets in North Portland connecting four beautiful parks. The event was a huge success with 15,000 participants enjoying a traffic free two-way route to walk, bike, run, and roll, and activities in the neighborhood parks.

The City of Portland is planning three Sunday Parkways events this year.

North Portland Sunday Parkways June 21, 2009

The scenic Willamette bluff, Arbor Lodge, and Peninsula neighborhoods will be featured on the 4.5 mile loop, and a second 3.2 mile Kenton loop has been added. Featured parks/activity areas: Arbor Lodge, Peninsula, and Kenton Parks.

Northeast Portland Sunday Parkways July 19, 2009

The first Sunday Parkways for Northeast Portland will showcase the Vernon, Concordia, Cully, Alameda, Sabin, and Beaumont-Wilshire neighborhoods. The two-way route will also feature the Ainsworth parkway, Alameda bluff and will cross the Alberta,



Beaumont and 42nd Avenue business districts. Featured parks/activity areas: Alberta, Fernhill, and Wilshire Parks.

Southeast Portland Sunday Parkways August 16, 2009

The first Sunday Parkways for Southeast Portland will feature two loops. A five-mile relatively flat loop through portions of our wonderful close in neighborhoods using the SE Ankeny, Salmon and Clinton bike boulevards. A second, more challenging, three-mile Mt. Tabor loop will go up and over Mt. Tabor.

The SPIbelt

Everyone remembers the dreadful fanny pack trend of the '80s. Well, strap yourself into the 21st century with SPIbelt, a new and improved waist pack. Featured on the *Today Show*, *The Rachel Ray Show*, and the *Big Idea* with Donny Deutsch, SPIbelt is the brainchild of personal trainer Kim Overton.

The SPIbelt, which stands for Small Personal Items (SPI), is an expandable pack that efficiently holds your possessions when training and racing. Sleek in its design, the SPIbelts' stretchy spandex fabric expands to hold larger items like a camera for scenic hikes, but shrinks when all you have are keys and your I.D. Remarkably, the pack can hold five energy gels, a phone (or two), an iPod or any combo of small items, including a passport. SPIbelt can also double as a race belt when you purchase the race hooks.

The route will also cross the SE Hawthorne, Division, and Belmont business areas. Featured parks/activity areas: Laurelhurst, Colonel Summers, Sunnyside, and Mt. Tabor Parks.

Join the Rose City Roamers, who will be participating with a Volk-

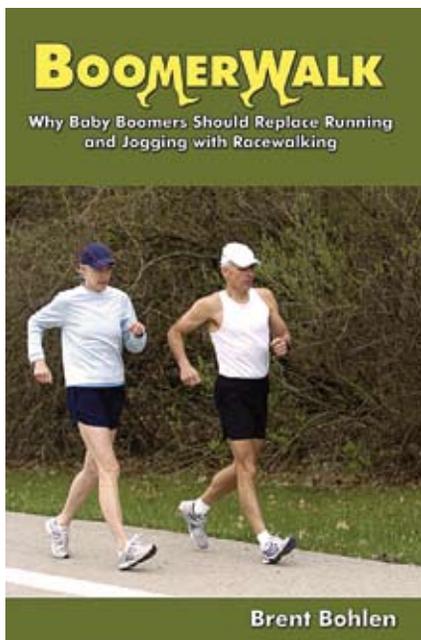
What we love about SPIbelt is that it does exactly what Overton designed it to do. When *Walk About* tested SPIbelt on the more intense activities like hiking, and even a full day of snowshoeing, the elastic band fit comfortably snug around the waist — the SPIbelt didn't bounce, ride up, or shift.

The SPIbelt retails for \$19.95 and comes in two sizes: small/medium for a 20-32 inch waist and medium/large for a 31-45+ inch waist. New to the collection this year are SPIbands that fit around the upper arm, and the safety reflective SPIbelt. With 15 different color combos for men, women, and children, you're sure to find a color that compliments your fashion sense.

SPIbelt is available at specialty running and walking retail stores nationwide, and at www.spibelt.com.

swalk for each event. The Parkways events are free but the city is looking for volunteers.

To register as a volunteer, visit www.gettingaroundportland.org and click on Sunday Parkways for more information.



BoomerWalk

On the cover of the book it states, "Why baby boomers should replace running and jogging with racewalking," but after reading Brent Bohlen's book I know that racewalking can benefit anyone, regardless of age.

Bohlen explains racewalking in simple terms. "You will burn calories and get wonderful cardiovascular exercise but the joints in your body won't be abused like they are from running and jogging." To anyone suffering from injury due to running, racewalking seems the perfect compromise. At its best, racewalking is a vigorous aerobic exercise with all of the benefits but hardly any of the risks of a high impact sport. This compact yet highly informative book will teach you how to begin the sport of racewalking, including necessary techniques, equipment you may need, where to racewalk, how to improve your time, and competing.

Racewalking began long ago. From the late 16th and early 17th century, upper class Englishmen would employ "footmen" to walk alongside their carriages. Their primary purpose was to notify the estates and inns of the aristocrat's arrival beforehand, so staff could prepare for their stay properly. During the late 18th century, walking races became popular, and thus the world of racewalking as a competitive sport began.

Read testimonials from racewalkers themselves, such as Jean Brunnenkant from Kansas, who began racewalking at age 75, and who still competes today at more than 90 years old. You will be inspired to begin a sport that will put you in fantastic shape, increase your energy, and add years to your life.

BoomerWalk is available from Amazon.com for \$15.95, ISBN: 978-0-9655328-4-6.