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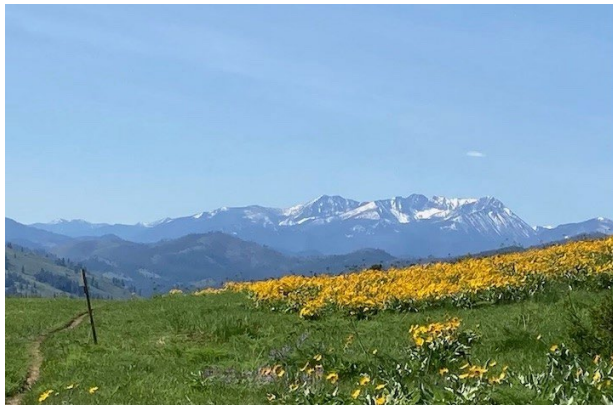
Limited Online Version

NORTHWEST PATHFINDER

A Northwest Walking Guide and Newsletter

May 9-11

Spring in Winthrop



Come enjoy the beauty of spring in the Methow Valley!



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

MAY / JUNE 2024
Volume 9, Issue 6

General Walking Information

VOLKSSPORTING (German for *sport of the people*) is an adventure in health, recreation, fellowship, and fun consisting of non-competitive events such as: walking, bicycling, swimming, and cross-country skiing. Each event has a pre-marked course, written directions, and/or a map to follow while enjoying the company of family, friends, and fellow Volkssporters. The **volkssporting philosophy** recognizes that everyone who participates is a winner and eligible for an award as described in the event ads.

IVV/AVA SANCTIONS: All events advertised in **THE NORTHWEST PATHFINDER** are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV) and are open to the general public. Anyone may participate as long as they are willing to follow the guidelines governing the event.

IVV RECORD BOOKS: IVV issues awards for participants who complete milestones of 10, 30, 50, etc. events and/or 500, 1000, 1500, etc. kilometers which are recorded in event and distance books. The awards consist of a lapel pin, patch and certificate acknowledging completion of each level of accomplishment. The event and distance books may be purchased at events. New walker packets containing a green event book, a blue distance book, three free credit coupons and other information about volkssporting may be purchased. Registration for the IVV/AVA stamp is \$3.00 for each event and gives the participant credit in both books. The stamp for each event book and distance book may be entered in the book(s) as many times as actually completed.

IVV CREDIT/"B" AWARDS: All participants may walk a "CREDIT ONLY EVENT". If the sponsoring club has chosen not to design an "A" award specifically for an event, a selection of awards from previous events ("B" awards) may be offered. Walkers may purchase as many "B" awards as wanted (see AVA Policy 4.09 II E).

PROCEDURES: At the event start, each participant must register to obtain a start card, which **must be filled out**. This card must be carried during the event and personally presented at the checkpoint(s) along the route. **All cards remain the property of the sponsoring club and must be turned in at the completion of the event.**
All events will take place regardless of weather conditions.

REGISTRATION and FEES: Any fees or awards are listed in each event ad. "A" AWARDS CANNOT BE SOLD OUTRIGHT; THEY MUST BE EARNED. Participants are encouraged to pre-register by the deadline listed in the event ad, using the form found in *The Northwest Pathfinder*. Clubs have the option of not reordering awards.

No refunds made to pre-registered persons who do not participate.

WAIVER: The sponsors are not liable for accidents, thefts, and/or material damage. Every effort will be made to make each event safe, enjoyable, and memorable. **ALL PARTICIPANTS MUST SIGN A WAIVER FORM FOR ALL EVENTS. A RESPONSIBLE ADULT MUST SIGN FOR A MINOR, THIS INCLUDES INFANTS. Children 12 and under must be accompanied at all times by an adult.**

HATPINS: Some clubs may provide an optional commemorative pin. Hatpins are not part of IVV/AVA sanctioning and may be purchased without taking part in the event. See each event ad for description and price.

STIPULATIONS: Check each event ad for information regarding strollers, wheelchairs, and/or pets. If pets are permitted, owners are responsible for leash and clean-up laws.

REFRESHMENTS: Water will be available at the start/finish and usually at checkpoint(s). It is recommended that water be carried en route. Refreshments may be offered for sale at the start/finish.

GROUP WALK: Occasionally clubs have specific times where individuals who do not wish to walk alone meet and walk together (sometimes called **Friendship Walks**).

YEAR-ROUND EVENT (YRE): Unlike other volkssport events limited to one or two days with a set start/finish time, a year-round event may be open daily, January through December. Also known as a "self-guided walk".

SEASONAL EVENT: A seasonal event is like a year-round event, but is open less than a full calendar year. Year-round/Seasonal events may not have an attendant to assist with registration, so look for exact registration location. **Be patient with the start location personnel.**

STATE CHALLENGES: Washington and Oregon States offer several challenge programs to encourage walker participation. **Information for Washington State Challenges can be obtained from: www.esva.online/challenges**
Information for Walk Oregon Challenges can be obtained from Dan Webster: CedarMilersWalkingClub@gmail.com.

Many of the past challenges have now expired and books are no longer being sold. There are a limited number of patches left for these challenges and will be given out on a first come-first get basis. Once the expired patches are gone, new ones will not be made. Recognition of those completing the challenge will still be made in *The Northwest Pathfinder*.

AVA SPECIAL PROGRAMS: Detailed information can be found on the AVA website (my.ava.org).

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Front Cover: Photos courtesy of Interlaken Volkssport Club.
 Back Cover: Coordinate map.

Change in membership contact:

For issues not received or a change in address, please contact Chase Davis at NWPathfinder@comcast.net.

NOTE: These events are subject to government orders made after publication, and may be revised, postponed, or cancelled. If necessary, check with the contact person prior to the event.

What we're about:

The Northwest Pathfinder is a newsletter that provides information about upcoming group walks and walks that you can do on your own.

Please note:

**For renewal, address change, and issue not received,
please contact:**

**Chase Davis
NWPathfinder@comcast.net**

The Northwest Pathfinder is a newsletter published bi-monthly by
NW Pathfinder Club and is sent to all members.

Membership dues for associate members are \$14 / (foreign delivery--email for price, payable in US dollars).
Please make check or money order payable to: NW PATHFINDER CLUB.
Use the mailing form below or pay online with PayPal at esva.online.

CHANGE OF ADDRESS:

THE POSTAL SERVICE DOES NOT FORWARD STANDARD MAIL,
so you must notify us of address changes in order to continue
receiving your newsletter.

The month/year printed on the address label is the date of the last newsletter the
membership was paid for.

Renewals for July/August 2024 must be received by May 3, 2024.

Pay online at www.esva.online/nw-pathfinder-home-delivery/
or mail a check

NW Pathfinder Club MAILING FORM

\$14.00 / (foreign delivery -- email for current price-US Funds) / 6 bi-monthly issues

NOTE: A \$25.00 FEE WILL BE CHARGED FOR NSF CHECKS.

Name: _____ Telephone Number _____

Address: _____ Include 9-digit zip code

Email Address: _____

Make check payable and mail to:

**NW PATHFINDER CLUB
c/o CHASE DAVIS
6623 RIVIERA COURT SE
LACEY WA 98513-4965**

NORTHWEST REGION CALENDAR OF EVENTS

STATE/DATE	TYPE	LOCATION	CLUB	PHONE
WASHINGTON	W=Walk B=Bike GW=Guided Walk NW=Night Walk S=Swim			
May 5	W	Spokane - Volkssport at Bloomsday 48	Lilac City Volkssport	360-904-7236
May 7	GW	Olympia - Westside Nature Trails	Capitol Volkssport	360-918-2142
May 9-11	5W, 1B	Winthrop in the Spring	Interlaken Trailblazers	206-228-3915
May 14	GW	Rochester - Scatter Creek Wildlife Area	Capitol Volkssport	303-548-0788
May 18	W	Seattle - Bee Festival Walk	Emerald City Wanderers	206-310-2733
May 27	W	Seattle - Celebrate the Irish	Emerald City Wanderers	206-851-2101
June 8	W	Eatonville - Nisqually State Park	Daffodil Valley	253-347-0324
June 11	GW	Olympia - NW Beerwerks Walk	Capitol Volkssport	303-548-0788
June 15	W	Shoreline - Walking Woodway	Sound Steppers Volkssport Club	206-214-5274
June 18	GW	Lacey - Five Friendly Parks	Capitol Volkssport	303-548-0788
July 4	W	Seattle - Independence Day Walk	Emerald City Wanderers	206-851-2101
July 4	W	Vancouver - 4th of July	Vancouver Walking Club	360-798-8485
July 27	W	Renton - Renton River Days	Interlaken Trailblazers	
August 2-4	3W	Glacier - NW Hiking Weekend	Four Plus Foolhardy Folks	760-496-8610
August 14	GW	Seabrook	Capitol Volkssport	360-491-4767
August 14	GW	Moclips	Capitol Volkssport	360-491-4767
August 17	W	Puyallup - South Hills Parks	Daffodil Valley	253-347-0324
August 31	W	Seattle - Labor Day Weekend Walk	Emerald City Wanderers	206-789-1960
September 7	W	Auburn - Art and Park Walk	Sea-Tac Volkssports Club	206-788-7969
September 7	W	Anacortes	NW Tulip Trekkers	
September 14	W	Hyak (Snoqualmie Pass)	Central Washington Sun Striders	509-899-6535
September 14-19	W	Four Plus Foolhardy Folks	Port Ludlow - McCormick Loop	760-496-8610
September 19-22	4W	NW Regional Conference Kitsap County	ESVA	
September 28	W	Seattle - Shoreline	FS Family Wanderers	206-552-1775
October 5	W	Tumwater - Where the Salmon Run	Capitol Volkssport	360-485-3693
October 12	W	Easton - Lake Easton Fall Color Walk	Four Plus Foolhardy Folks	206-713-1564
October 26	W	Carnation - Remlinger Farms Halloween	Emerald City Wanderers	206-788-7969
November 9	W	Buckley - New White River Bridge	Daffodil Valley	253-347-0324
December 31	W	Seattle - New Year's Eve	Emerald City Wanderers	206-851-2101

NORTHWEST REGION CALENDAR OF EVENTS

OREGON				
May 3	GW	Sauvie Island - Warrior Rock Trail	Albany Fitwalkers	541-974-5780
May 4	W	Salem - Sheep to Shawl	Willamette Wanderers	541-967-3001
May 9	GW	Carlton - Small Town in Wine Country	Willamette Wanderers	503-437-5508
May 14	GW	Champoeg State Park	Columbia River Volkssport Club	503-453-6018
May 16	GW	Salem - Sunnyslope	Willamette Wanderers	971-239-8659
May 18	GW	Portland - Slabtown	Columbia River Volkssport Club	503-453-6018
May 19	GW	Corvallis - Adrienne's Walk	Albany Fitwalkers	541-974-5780
June 4	GW	Lyons City Park - Foot of Cascades	Albany Fitwalkers	541-974-5780
June 16	GW	Corvallis - Avery Park	Albany Fitwalkers	541-974-5780
June 18	GW	Clear Lake, Santiam - Lava Trail	Albany Fitwalkers	541-974-5780
June 20	GW	Portland 5-Ts walk	Capitol Volkssport	360-790-9733
June 22	GW	Gaston - Chehalem Ridge Nature Park	Columbia River Volkssport Club	503-649-7675
June 30	GW	Corvallis - Avery Park	Albany Fitwalkers	541-974-5780
July 13	GW	Albany - "Crazy Days" R & R	Albany Fitwalkers	541-974-5780
July 16	GW	Beverly Beach State Park - Punch Bowl	Albany Fitwalkers	541-974-5780
July 20	GW	Gresham - Arts Festival	East County Wind Walkers	541-951-0667
August 13	GW	Lake Shore Lanes - Albany Wellness Trail	Albany Fitwalkers	541-974-5780
August 18	GW	Philomath - Trail with a View	Albany Fitwalkers	541-974-5780
September 3	GW	Willamette Pass - "Water Falls"	Albany Fitwalkers	541-974-5780
September 14	GW	Salem - Governor's Mansion/Fairmount	Willamette Wanderers	541-967-3001
September 17	GW	Santiam Wagon Road - Walking History	Albany Fitwalkers	541-974-5780
September 24	GW	Corvallis - River and Lakes	Albany Fitwalkers	541-974-5780
October 8	GW	Philomath - Park and Wetland	Albany Fitwalkers	541-974-5780
October 17-20	2W	Shady Cove	CRVC-Rogue Valley Walkers	360-921-1909
ALASKA				
May 18	W	Anchorage - University Lake	Anchorage Volkssport Club	907-360-4077
IDAHO				
August 23-25	W	Wallace - Walking Event	Lilac City Volkssport	360-904-7236
BRITISH COLUMBIA				
October 12-14	W	Kelowna Wine Walks in BC	Surrey Trekkers	778-888-5376

TRAIL RATINGS

Part 1 – INCLINE

The following trail rating system is used to indicate the degree of incline and terrain for an AVA sanctioned event.

- [1] Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs.
- [2] Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs.
- [3] Some significant hill or stair climbing. Not suitable for strollers or wheelchairs.
- [4] Lots of significant hills or stair climbing.
- [5] Many steep hills.

Part 2 – TERRAIN

- [A] Almost entirely on pavement.
- [B] A significant part of the route is on well-groomed trails with very few obstacles.
- [C] A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand).
- [D] A significant part of the route is on very difficult terrain.
- [E] The majority of the route is on very difficult terrain.

Examples:

A route that is mostly on flat pavement would be rated 1A.

A beach walk would be rated 1C.

A route with moderate hills on well-groomed trails would be rated 2B.

PRECAUTIONS: Be aware that weather conditions will cause a variance in the trail/route rating. An unexpected hot or cold day can increase the degree of difficulty of a trail as much as one or two full points, so each participant should adjust accordingly. It is as possible to become dehydrated in cold weather as in hot weather.

It is advisable to carry water to all walking events.

**VOLKSSPORT AT BLOOMSDAY 48
MAY 5 (SUNDAY)**

IVV CREDIT ONLY

SANCTION #: 126785
SPONSOR: Lilac City Volkssport Association
LOCATION: Riverside Avenue
F2 SPOKANE WA
START TIME: DETERMINED BY BIB NUMBER
FINISH TIME: 1:00 pm
DISTANCE: 12 km (7.5 miles)

TRAIL: (2A) Walk/run on paved streets on the Bloomsday Racecourse. **Suitable for strollers and wheelchairs.**

AWARD: IVV credit is \$4.00. **(DO NOT INCLUDE WITH BLOOMSDAY REGISTRATION).**

PRE-REGISTRATION: AVA registration and paperwork associated with the AVA/IVV credit will be accomplished between **May 1 - 6 at Auntie's Bookstore, 402 W Main Ave. Bloomsday event registration is online only.**

MISCELLANEOUS: Water and restrooms at start/finish and along the route. **Pets NOT permitted.**

ALL PARTICIPANTS MUST REGISTER FOR AND ADHERE TO BLOOMSDAY ASSOCIATION REQUIREMENTS.

BLOOMSDAY INFO AND REGISTRATION:
www.bloomsdayrun.org

CHALLENGES: ESVA: Strolling Along the Rivers

MORE INFO: Allan Heritage 360-904-7236
agheritage@hotmail.com

DIRECTIONS TO REGISTRATION POINT:

I-90 EASTBOUND: Exit #280 (Maple St). Take ramp for Maple St toward Lincoln S. Keep **STRAIGHT** on W 5th Ave. **LEFT** on S Walnut. **Bear RIGHT** on W 1st Ave. **LEFT** on S Lincoln St. **RIGHT** on W Main Ave. **Auntie's Bookstore on LEFT.**

I-90 WESTBOUND: Exit #280B. Follow signs for Lincoln St. **STRAIGHT** on S Lincoln St. **Continue as above.**

DIRECTIONS TO BLOOMSDAY EVENT:

Follow the information in the race packet as to when and where to be in the designated start area for your bib color. Parking away from downtown is available with shuttle buses for a small fee (highly recommended).

SPRING IN WINTHROP
MAY 9-11 (THURSDAY / FRIDAY / SATURDAY)
IVV CREDIT ONLY

SPONSOR: Interlaken Trailblazers
LOCATION: Winthrop Ice Rink/
Winthrop Town Trailhead
208 White Ave
D1 WINTHROP WA
START TIME: 9:00 am – NOON
FINISH TIME: Stamp at Start table

AWARD: IVV credit is \$4.00. All participants are welcome but must sign the event registration waiver. Guests are welcome to join us. Donations to support activities like this are appreciated. The walks are also available on the AVA Online Start Box from May 5 through May 20.

PRE-REGISTRATION: None.

MISCELLANEOUS: Water and restrooms available at start/finish. **Pets permitted but not in buildings. Owners responsible for leash and cleanup.**

CARRY WATER. THESE ARE MAP ONLY EVENTS and most include driving to the start point.

THESE ARE MAPPED WALKS. MAPS AND DIRECTIONS WILL BE PROVIDED. THERE ARE NO TRAIL MARKERS OR RIBBONS.

CHALLENGES: Listed at start and OSB.

MORE INFO: Irene Stanford 206-228-3915
irenestanford@msn.com
interlakentrailblazers.org

DIRECTIONS: WA20 / E RIVERSIDE ST: EASTBOUND:
After crossing Methow River bridge RIGHT on White Ave/Twin Lakes Rd to Winthrop Trailhead Parking Lot on right. WESTBOUND: WA20 / E RIVERSIDE ST:
LEFT on White Ave/Twin Lakes Rd to Winthrop Trailhead Parking Lot on right.

WINTHROP TOWN WALK

SANCTION #: 12662
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (1B)-5km (2B)-10km Walk on sidewalks, boardwalks and trails through this Western Town. **10km** features newer Meadowlark Trail with views above the town and wildflowers. **Suitable for strollers and wheelchairs.**

PATTERSON MT LOOP ROUTE

SANCTION #: 12676
DISTANCE: 13 km (8.0 miles)
11 km (6.8 miles)
4 km (2.5 miles)

TRAIL: (3B)-13 km (3B)-11km 1B-(4km)
13km/11km: Walk on natural trail with some challenging areas. The loop route takes you above the lake for beautiful views and flowers. 1,070 elevation gain on this trail. **Not suitable for strollers or wheelchairs.**
4km: Walk on natural trail around beaver pond. **Suitable for strollers and wheelchairs.**

REX DERR TRAIL/LAKE PEARRYGIN STATE PARK HIKE

SANCTION #: 126764
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (2B) Walk on well groomed trails and view the spring balsam root in the hills around Lake Pearrygin. **5km** is a shorter route above the lake. **Not suitable for strollers or wheelchairs.**
WASHINGTON PARKS DISCOVER PASS REQUIRED.

BIKE THE METHOW

SANCTION #: 126766
DISTANCE: 30 km (18.6 miles)
22 km (13.6 miles)
20 km (12.4 miles)
10 km (6.2 miles)

TRAIL: (2B) Ride on country roads on two routes going either north or south. River and mountain views on both routes

TWISP AND MAZAMA TOWN WALKS

SANCTION #: 126768
DISTANCE: 5 km (3.1 miles)
5 km (3.1 miles)

TRAIL: (1B) This walk consists of two **5km** segments that are 22 miles apart.

Twisp **5km** route is mostly flat on natural trail, sidewalks, and roadsides. Explore this artsy town featuring artwork. If you walk on Saturday, you can visit the Farmers Market along the route. **Not suitable for strollers or wheelchairs.**

Mazama **5km** This route is along the flat Community Trail on paved trail and natural surface showcasing the mountains around you. **Suitable for strollers and wheelchairs.**

LEWIS BUTTE/RISER LAKE LOOP WALKS

SANCTION #: 126769
DISTANCE: 10 km (6.2 miles)
6 km (3.4 miles)

TRAIL: (2B) 10km #1 Walk on groomed switchback trails partway up the butte but traversing to the backside for beautiful blooms and views.

(3B) 10km #2 Walk on groomed switchback trails up to the butte for awesome views and flowers and return down the other side for a loop.

6km (2B) Walk on natural trail around Riser Lake with spring blooms.

NOTE: These are best walked early in the day due to busy parking lot and no shade. **Not suitable for strollers or wheelchairs.**

WASHINGTON PARKS DISCOVER PASS REQUIRED.

**BEE FESTIVAL WALK
MAY 18 (SUNDAY)**

IVV CREDIT ONLY

SANCTION #: 124788
SPONSOR: Emerald City Wanderers
LOCATION: High Point Commons Park
West Seattle Bee Garden
SW Graham St and Lanham PI SW
SEATTLE WA
C2
START TIME: 9:00 AM to NOON
FINISH TIME: 3:00 pm
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (2A)-10km (1A)-5km Walk on paved surfaces as you celebrate bees at the Bee Festival in Seattle's High Point neighborhood. Enjoy sweeping views, pocket parks, and the highest point in Seattle. **5km suitable for strollers. 10km not suitable for strollers. Not suitable for wheelchairs.**

AWARD: IVV credit is \$4.00. All participants are welcome and must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

PRE-REGISTRATION: None.

MISCELLANEOUS: Water and restrooms at start/finish and along the route. **Pets permitted but NOT in buildings. Owners are responsible for leash and clean up laws.**

CHALLENGES: ESVA: On the Road Again/
That's Entertainment

MORE INFO: Jane Carpenter 206-310-2733
jrcarpenter79@outlook.com

DIRECTIONS: I-5: NORTHBOUND Exit #163/
SOUTHBOUND Exit #163A and cross the West Seattle Bridge. Keep in left lane up the hill. LEFT on 35th Ave SW (first stoplight). LEFT on SW Morgan St (approximately 1.2 miles). In 1.5 blocks, LEFT into Holiday Bridge Park/Senior Living parking lot for parking. Additional parking options around High Point Commons Park and parking behind Neighborhood House (6400 Sylvan Way NW). METRO Route #21: get off at 35 th Ave SW and SW Raymond St. Head east (past library) on SW Raymond St. RIGHT on Lanham PI SW.

**NATIONAL GET OUTDOORS DAY WALK
JUNE 8 (SATURDAY)**

IVV CREDIT ONLY

SANCTION #: 126661
SPONSOR: Daffodil Valley Volkssport
LOCATION: Nisqually State Park
43371 Mashel Prairie Rd
EATONVILLE WA
C3
START TIME: 9:00 am – NOON
FINISH TIME: 1:00 pm
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (1C) Walk on rough trails to celebrate National Get Outdoors Day with a trail walk in Washington's brand new state park. This new state park is a "gem in the rough" but has some great trails for walking. **Not suitable for strollers or wheelchairs.**

AWARD: IVV credit is \$4.00. All participants are welcome and must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

PRE-REGISTRATION: None.

MISCELLANEOUS: Water and restrooms at start/finish. **Pets permitted but NOT in buildings. Owners are responsible for leash and clean up laws.**

NOTE: This is NOT the Billy Frank Jr. Nisqually Wildlife Refuge. This is a new state park outside of Eatonville.

Because this is National Get Outdoors Day, no Discovery Pass will be needed.

CHALLENGES: Posted at start.

MORE INFO: Carolyn Warhol 253-347-0324
jcwarhol@comcast.net

DIRECTIONS: I-5 Exit #127 (WA512). Continue on WA512 east towards Puyallup. Take the 2nd exit (Parkland/Pacific Hwy/WA7). RIGHT on WA7/Mountain Hwy./Pacific Ave. for 27+ miles. RIGHT on Mashel Prairie Rd. LEFT into the Nisqually State Park parking lot.

**WALKING WOODWAY
JUNE 15 (SATURDAY)**

IVV CREDIT ONLY

SANCTION #: 126656
SPONSOR: Sound Steppers Volkssport
LOCATION: Richmond Beach
Congregational Church
1512 NW 195th
C2 **SHORELINE WA**
START TIME: *9:00 am – 11:00 am
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (2B) Walk on sidewalks, paved roads, and dirt trails featuring views of Puget Sound and the Olympic Mountains from Richmond Beach Saltwater Park bluff. Next enter the Town of Woodway with its tree lined streets and beautiful homes. Continue into Kruckeberg Botanic Garden

AWARD: IVV credit is \$4.00. All participants are welcome and must sign the event registration waiver. Guests are welcome to join us. Donations to support activities like this are appreciated.

PRE-REGISTRATION: None.

MISCELLANEOUS: Water and restrooms at start/finish. **Pets permitted but NOT in buildings. Owners are responsible for leash and clean up laws.**

*Books will be stamped at the start.

CHALLENGES: ESVA: On the Road Again
AVA: Par for the Course

MORE INFO: Neil Smith 206-214-5274
neil.smith@comcast.net

DIRECTIONS: I-5 NORTHBOUND: Exit #176. LEFT ON N 175th. RIGHT on Meridian Ave N. LEFT on N 185th (becomes Richmond Beach Rd). Richmond Beach Congregational Church on RIGHT. Enter at 15th Ave side.
I-5 SOUTHBOUND: Exit #177. RIGHT on NE 205th. LEFT on Meridian Ave N. RIGHT on N 185th (becomes Richmond Beach Rd). Continue as above.

**5-Ts WALK
JUNE 20 (THURSDAY)**

IVV CREDIT ONLY

SANCTION #: 126828
SPONSOR: Capitol Volkssport Club
LOCATION: Portland Union Station
800 NW 6th Avenue
C5 **PORTLAND OR**
START TIME: *11:00 am
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (2B) Walk on sidewalks, paved surfaces, and dirt trails in the downtown Portland area. Participants will ride on a train, trolley, and tram and will walk on trails and across the Tilikum Crossing Bridge. Both the **5km** and **10km** routes include all 5 of these T events. **Not suitable for strollers or wheelchairs.**

AWARD: Participant fee is \$3.00 per walk, which includes IVV credit. All participants are welcome but must sign the waiver.

PRE-REGISTRATION: None.

MISCELLANEOUS: Water and restrooms at start/finish and along the route. **Pets NOT permitted.**

*MAP WALK. NO TRAIL MARKINGS. Registration ends promptly at 11:00. Books will be stamped at the start. Registration closing and start time may be delayed if the 10:33 am southbound Amtrak train (Amtrak Cascades #505) into Portland is late. We will meet inside the train station to sign the waiver.

ADDITIONAL FEES REQUIRED FOR RIDING ON THE TRAIN, TRAM, AND TROLLEY.

CHALLENGES: Posted at start.

MORE INFO: Pam Greig-Davis 360-790-9733
greigenterprises@msn.com

DIRECTIONS: I-5: Exit #302A (Broadway/Moda Ctr). NORTHBOUND LEFT/SOUTHBOUND RIGHT on Broadway. After crossing bridge, KEEP LEFT on Broadway. LEFT on Irving St. LEFT on 6th Ave. LEFT into Union Station parking lot or use on-street parking.

**CHEHALEM RIDGE NATURE PARK
JUNE 22 (SATURDAY)**

IVV CREDIT ONLY

SANCTION #: 126812
SPONSOR: Columbia River Volkssport Club
LOCATION: Chehalem Ridge Nature Park
 38263 SW Dixon Mill Rd
 C5 GASTON OR
START TIME: *9:00 am
DISTANCE: 10 km (6.2 miles)
 5 km (3.1 miles)

TRAIL: (2A-5km) (3A-10km) Walk on old roads through the nature park forest to see metal sculptures of the Kalapuyan story of the 3 Elders. **Not suitable for strollers or wheelchairs.**

AWARD: IVV credit is \$3.00. All participants are welcome but must sign the event registration waiver. Guests are welcome to join us. Donations to support activities like this are appreciated.

PRE-REGISTRATION: None.

MISCELLANEOUS: Water and restrooms at start/finish only. **Dogs NOT permitted.**

***THIS IS A GUIDED WALK:** Registration opens at 9:00 am. Allow time to register, use the restrooms, and be ready to walk at 9:30 am. Maps and instructions will be available for those that wish to walk at a different speed or on their own. Books will be stamped at the start.

CHALLENGES: Posted at start.

MORE INFO: Carolyn K. & Diane S.
503-649-7675

DIRECTIONS: I-5 NORTHBOUND: Exit #292A (OR217N). Exit #4 (Scholls Ferry Rd). LEFT on OR210W/SW Scholls Ferry Rd. LEFT on OR10W. RIGHT on OR219N. LEFT on SW Unger Rd. LEFT on SW Dixon Mill Rd. Entrance to Chehalem Ridge Nature Park on RIGHT. After the road turns to gravel, look for start point in the parking lot.

SOUTHBOUND: Exit #302B (I405/US30). Follow signs for US26. Exit to US26W (Beaverton). Exit #69A (OR217S). Exit for #2A (OR8/Canyon Rd) toward OR10W. RIGHT on OR10W/Farmington Rd for 10.5 miles. Continue as above.

CHALLENGE DESIGNATIONS

Oregon-sponsored Challenges (WOC)

4 Vs:
 Vegetables VG
 Veterinarian VT
 Victorian House VH
 Vietnamese Food VI

4 Xs:
 eXpos XE
 fedeX, UPS XF
 taX preparers XT
 Xrays XR

4 Ys:
 Yarn Shops YA
 Yeti YE
 Yoga YO
 Yogurt YT

4 Zs:
 Zero in Sign ZE
 Zodiac ZD
 Zone ZN
 Zoo / Aquarium ZO

36 Counties (every event qualifies)
 Peace Poles (new) PP

Washington-sponsored Challenges

ON THE ROAD AGAIN:
 Multi-day Events MDE
 Holiday/Festival HOL

FRONTLINE HEROES:
 Delivery Services DE
 Essential Services ES
 Medical Facilities ME
 Sustenance SU

Link Light Rail LLR
 Strolling Along the Rivers RIV

THAT'S ENTERTAINMENT: (new)
 Crafts/Hobbies CRA
 Cultural CUL
 Fairgrounds FAI
 Sports Venues SPO

39 Counties (every event qualifies)

AVA Challenges *Redeem by 12/31/2024.

A-MAZE-ing Labyrinths (New) MAZ
 Appalachian Trail AP
 Border Crossings* BC
 Great Lakes* GR8
 Lighthouses II LH
 Par for the Course PAR
 Rails-to-Trails RTT
 Step to the Beat (New) STP
 Town Halls/City Halls TH
 Walking the United States (51 Capitals) SC
 Walking with America's Veterans VET
 Walking USA A – Z (every event qualifies)

Highway Designations

Interstate I
 Washington Highways WA
 Oregon State Highways OR
 US Highways US

Evergreen State Volkssport Association Clubs

CAPITOL VOLKSSPORT CLUB

360-357-9185

711 Eastside St. NE, OLYMPIA 98506
2nd Thursday/5:00 pm
See website for meeting time and place.
jcyounkins@comcast.net
capitolvolkssportclub.org/

CENTRAL WASHINGTON SUN STRIDERS

509-966-4547

PO Box 10523, YAKIMA 98909-1523
2nd Wednesday monthly
Contact for location/time.
russ.elaine24@gmail.com

DAFFODIL VALLEY VOLKSSPORT ASSOCIATION 253-347-0324

8718 159th St. E., PUYALLUP 98375
Monthly every 2nd Monday afternoon
Contact for meeting location.
jcwahol@comcast.net
daffodilvalleyvolkssport.com

EMERALD CITY WANDERERS

206-851-2101

PO Box 16221, SEATTLE 98116
2nd Thursday/7:00 pm
Contact for meeting location.
m.nagan@comcast.net
emeraldcitywanderers.org

EVERGREEN WANDERERS

253-225-9398

3204 90th St. S., LAKEWOOD 98499
Quarterly 3rd Wednesday
Contact for meeting location.
Crick94et@comcast.net

FOUR-PLUS FOOLHARDY FOLKS

760-496-8610

17634 122nd Pl SE, RENTON 98058
2nd Wednesday/7:00 pm/Call for location
jensenholmespa@gmail.com
<https://fourplushikers.weebly.com>

FS FAMILY WANDERERS

206-523-2207

6311 20th Ave NE, SEATTLE 98115
3rd Tuesday/Noon
Cafe Arta, 6504 20th Ave NE
michellero1956@gmail.com

INTERLAKEN TRAILBLAZERS VOLKSSPORT CLUB 206-228-3915

25320 SE 184th St, MAPLE VALLEY 98038
1st Wednesday/7:00 pm
Contact for meeting location.
Irenestanford@msn.com
interlakentrailblazers.org/

INTERNATIONAL WANDERERS

360-260-9393

PO Box 871000, VANCOUVER 98687
fun@walkingadventures.com

LILAC CITY VOLKSSPORT ASSOCIATION

509-465-2690 / 360-904-7236

12508 N. Denver Dr., SPOKANE 99218-4701
1st Tuesday/7:00 pm
Manito Park Conservatory Annex
agheritage@hotmail.com
lilaccityvolks.com

NW PATHFINDER CLUB

360-584-6446

6623 Riviera Court SE, LACEY 98513
NWPPathfinder@comcast.net

NW TULIP TREKKERS

360-491-5560

533 Rainbow Dr, SEDRO WOOLLEY 98284
Contact for meeting location.
nwtclub@gmail.com

OLYMPIC PENINSULA EXPLORERS

210-204-9301

PO Box 1706, SEQUIM 98382
Check website for location and time.
cbaulch31@gmail.com
opevolkssport.org

SEA-TAC VOLKSSPORTS CLUB

206-788-7969

PO Box 25101, FEDERAL WAY 98093
4th Tuesday/7:00 pm
Contact for meeting location.
fran55carson@gmail.com

SOUND STEPPERS VOLKSSPORT CLUB

425-697-3728

PO Box 3405, LYNNWOOD 98046-3405
2nd Thursday of the month 6:15-7:15pm
Contact for meeting location.
Sgogur@gmail.com
Soundsteppers.org

THE OVER-THE-HILL GANG VOLKSSPORT CLUB 253-875-3064 / 253-444-8515

32506 Meridian E, GRAHAM 98338
4th Wednesday
Contact for meeting time and location.
dianeswagner@comcast.net

VANCOUVER USA VOLKSSPORTERS

505-298-1256

PO Box 2121, VANCOUVER 98668-2121
2nd Thursday/6:30 pm
Contact for meeting location.
dsteedle@aol.com
vusav.club

Oregon Trail State Volkssport Association Clubs

ALBANY FITWALKERS

541-974-5780

PO Box 1218, ALBANY 97321
2nd Wednesday/7:00 pm
Brookdale Villas Courtyard, 1929 Grand
Prairie Rd SE
albanyfitwalkers@gmail.com

CEDAR MILERS

503-591-5893

1195 SW Jay Ct, ALOHA 97003
2nd Monday/6:45 pm/Cedar Mill Library
Check website for updates/changes
cedarmilerswalkingclub@gmail.com
cedarmilerswalking.club

COLUMBIA RIVER VOLKSSPORT

360-921-1909

11410 SE 90th Ave, #1511, HAPPY VALLEY 97086
2nd Monday Feb/Apr/June/Aug/Oct.
Check website for meeting information.
opahainline49@gmail.com
walking4fun.org

CORVALLIS CRUISERS

541-981-3794

517 NW 10th, CORVALLIS 97330
1st Wednesday except December 5:30 pm
Timberhill Athletic Club, 2855 NW 29th St
silverwalker@webtv.net

EAST COUNTY WINDWALKERS

503-475-6382

PO Box 854, GRESHAM 97030-0192
2nd Thursday Jan./April/June/October - 1:00 pm
Mt. Hood Medical Center 24800 SE Stark St.
ecwindwalkers@yahoo.com
<https://eastcountywindwalkers.weebly.com/>

ROGUE VALLEY WALKERS

541-772-8311

35 Fooths Creek Rd, GOLD HILL 97525
Group walk every other Saturday.
mjwhyme@gmail.com
RogueValleyWalkers.com

ROSE CITY ROAMERS

360-991-8806

2216 NE 110th St, VANCOUVER, WA 98686
2nd Wednesday/7:00 pmFeb/Apr/June/Oct/Dec
Portland Adventist Medical Center,
dickbkr@q.com
RoseCityRoamers.org

SILVERTON WALK ABOUTS

503-769-5380

1708 Wilshire Place, STAYTON 97383
2nd Monday/Santiam Memorial Hospital and
alternating Restaurants in Silverton
mcdermot@wvi.com

WILLAMETTE WANDERERS

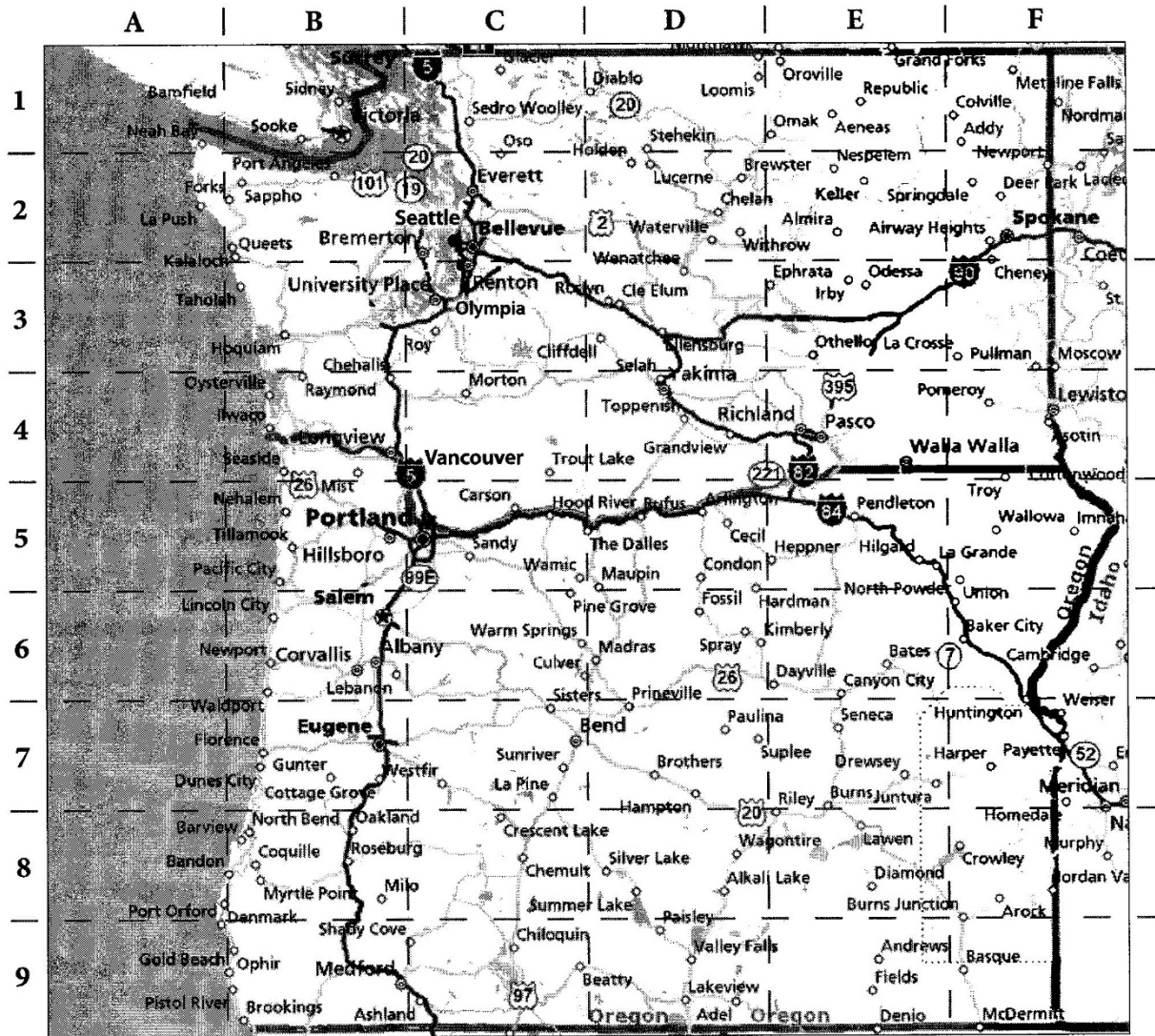
PO Box 13982, SALEM 97309-9998

3rd Wednesday/1:00 pm
Salem Library
585 Liberty Street SE, Salem
BARNEVE@aol.com
willwander.weebly.com

NONPROFIT ORG
US POSTAGE
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PUYALLUP WA
PERMIT NO 39

WASHINGTON/OREGON STATES EVENT LOCATION MAPS

The purpose of this map is to assist participants in locating event start points in unfamiliar areas.



This is the coordinate map used in walk events to designate the area where the event will be held. When you see the letter and a number (like D7) shown on the left side on the line below "LOCATION", please refer to this map.