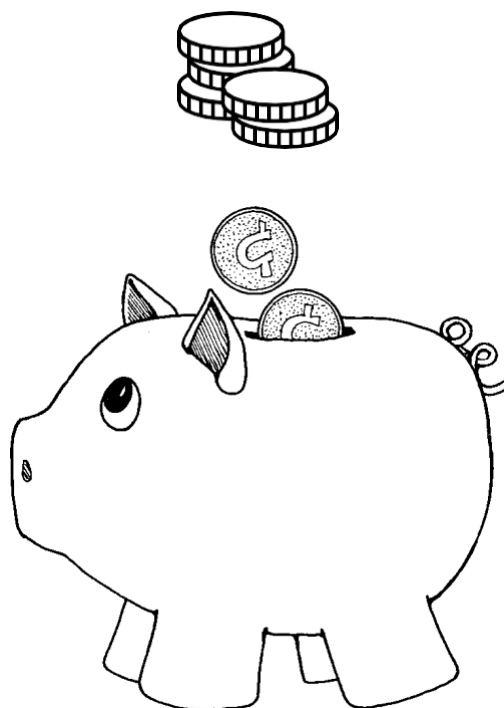


THE

NORTHWEST PATHFINDER

A Northwest Walking Guide and Newsletter

The money-saving black and white cover issue



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

NOVEMBER/DECEMBER 2022
Volume 8, Issue 3

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 for \$5.00 each. 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 will be 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.

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 Martha Korff: korff.sam@frontier.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).

© THE PATHFINDER VOLKSSPORT CLUB OF THE NORTHWEST
The materials in this publication may be copied or reproduced to inform others about these events without requesting permission. All pictures and award designs are copyrighted and may not be reproduced without permission of the artist who prepared it except to publicize Volkssporting events.

Published by:
**The Pathfinder Volkssport
Club of the Northwest**

6623 Riviera Court SE
Lacey, WA 98513
360-584-6446

NWPPathfinder@comcast.net

President: Chase Davis NWPPathfinder@comcast.net
Vice President: Helen Ross HelenJRoss@comcast.net
Secretary: Sandra Dunterman Dunterman@msn.com
Treasurer: Diane Wagner DianeSWagner@comcast.net

Please direct any questions about The Northwest Pathfinder membership
or newsletter mailing issues to eleanor borgardt at
eborgardt@comcast.net

State Organization:

Evergreen State Volkssport Association

1913 Green Park Drive
Ellensburg, WA 98926
esva.online

EvergreenStateVolks@gmail.com

President: Joe Blazek joeblazek1@gmail.com
Vice President: Todd Oberlander todd@smartsandcomputer.com
Secretary: Diane Howell Evans DEvansAVA@aol.com
Treasurer: Chase Davis ESVATreasurer@gmail.com

State Organization:

Oregon Trail State Volkssport Association

1350 NE Greenway Drive
Gresham, OR 97030
503-484-6475

walkoregon.org

oregon.trail.state.volkssport@gmail.com

President: Mary Reed donmar1953@yahoo.com
Vice President: Ed Hainline OpaHainline49@gmail.com
Secretary: Janet Epperson jeoao@aol.com
Treasurer: Karen McGehee kMcGehee@juno.com

National Organization:

American Volkssport Association

Doing business as

America's Walking Club

1008 S. Alamo St.
San Antonio, TX 78210
210-659-2112
my.ava.org

Chair: Nancy Wittenberg Puyallup, WA
Vice Chair: Susan Medlin San Antonio, TX
Board Secretary: Cecilia Miner Woodbridge, VA
Finance Chair: Ed McCabe Dipping Springs, TX
Chief Executive Officer: Henry Rosales Universal City, TX
NW Regional Director: Sharon Moats nw_rd@ava.org
s.moats@comcast.net
206-909-5176

CONTENTS

General Information
Forms
Event Deadlines / Advertising Information
Trail Ratings
Meetup Groups to walk with
NOVEMBER 2022 Events
Northwest Region Events Calendar
DECEMBER 2022 Events
Walk Challenges and Designations
Washington and Oregon Counties Lists
OTSVA Member Clubs
ESVA Member Clubs

Front Cover: Black and white cover.
Back Cover: Coordinate map.

Why the cover is in black and white:
We were forced to change printer. We now pay extra for the color cover and the cost was approaching \$2 per issue (with postage), so we're saving money by not printing the cover in color.

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.

Coronavirus precautions:

If you have any symptoms such as a cough or fever, it is best not to go out in public, to protect those who are vulnerable.

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.

PRE-REGISTRATION FORM

EVENT SANCTION NUMBER: SPONSOR:		EVENT DATE(S):			
NAME (LAST/FIRST)	AWARD (See ad for price) (Price includes credit)	CREDIT (See ad)	FREE	HATPIN	SPECIAL OFFER (See ad)
ADDRESS:		TELEPHONE NUMBER:			

The Northwest Pathfinder is a newsletter published bi-monthly by
 The Northwest Pathfinder Volkssport Club of the Northwest and is sent to all members.
 Membership dues for associate members are \$14 / (foreign delivery--email for price, payable in US dollars).
 Make check or money order payable to: **THE NORTHWEST PATHFINDER.**
 Use mailing form below or pay online with PayPal.

CHANGE OF ADDRESS: THE POSTAL SERVICE DOES NOT FORWARD BULK MAIL, so you must notify us in order to continue receiving your newsletter.

The date printed on the address label is the renewal date.
 Renewals for JANUARY/FEBRUARY 2023 must be received by **DECEMBER 2, 2022.**

Join and pay online!

www.esva.online/nw-pathfinder-home-delivery/

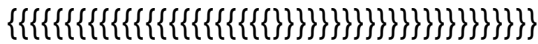
<i>The Pathfinder Volkssport Club of the Northwest</i> MAILING FORM \$14.00 / (foreign delivery -- email for current price-US Funds) / 6 bi-monthly issues <small>NOTE: A \$25.00 FEE WILL BE CHARGED FOR NSF CHECKS.</small>	
NAME: _____	Telephone Number _____
ADDRESS: _____	
Make check payable and mail to: _____	Include 9-digit zip code _____
THE NORTHWEST PATHFINDER 4430 S 263rd STREET KENT WA 98032-7159	
N/D	

Editor **Contact Info**

Send all event ads
and other information for
The Northwest Pathfinder
to:

The Northwest Pathfinder
c/o Chase Davis
6623 Riviera Court SE
Lacey, WA 98513

NWPathfinder@comcast.net
360-584-6446



ADVERTISING RATES

Due to changes at our printing company, the size of The Northwest Pathfinder is smaller. Ad sizes are proportionally smaller, but the exact dimensions aren't known yet.

FULL PAGE		\$150.00
3/4 PAGE		\$125.00
1/2 PAGE	(wide)	\$100.00
1/2 PAGE	(narrow)	\$ 75.00
1/4 PAGE	(wide)	\$ 50.00
1/4 PAGE	(narrow)	\$ 40.00
3/16 PAGE		\$ 35.00
1/8 PAGE	(wide)	\$ 30.00
1/8 PAGE	(narrow)	\$ 20.00
1/16 PAGE		\$ 15.00

FRONT COVER or BACK COVER
Front or Back Cover - Black/white-\$100.00
Color-\$250.00

PLACE 5 ADS AND GET THE 6TH ONE FREE.

To have an ad placed in **THE NORTHWEST PATHFINDER**, send a **COMPUTER-GENERATED IMAGE**, or **CAMERA-READY** artwork along with payment in the amount of the ad to be placed. For further information contact:



THE NORTHWEST PATHFINDER Publication and Mailing Information:

The **JANUARY/FEBRUARY 2023** issue will be mailed in **DECEMBER 2022**.

NOTE the following due dates:
January/February 2023

Event Ads and Articles	October 28
Commercial Ads	November 4

Event Ad due dates:	
March/April 2023	December 30
May/June 2023	February 24
July/August 2023	April 28
September/October 2023	June 30
November/December 2023	August 25
January/February 2024	October 27

THE NORTHWEST PATHFINDER Committee reserves the right to edit materials for publication and print on a space-available basis.

All event ads will be returned to clubs for review prior to publication.

IT IS THE RESPONSIBILITY OF EACH CLUB TO SUBMIT EVENT ADS TO MEET PRINTERS' DEADLINES. ELECTRONIC ADS MUST BE IN MICROSOFT WORD FORMAT. ITEMS RECEIVED AFTER THE DEADLINE DATE MAY NOT BE INCLUDED.

REMINDER: ALL SANCTION REQUESTS, BROCHURES, AND AWARD DESIGN MUST BE APPROVED BY REGIONAL DIRECTOR 60 DAYS PRIOR TO EVENT BEFORE AN AD CAN BE PUBLISHED IN THE NORTHWEST PATHFINDER.

PHOTOGRAPHS FOR THE COVER: Include brief description of photo, name of photographer, AND SIGNED RELEASE FROM PERSON(S) IN PHOTOS

“Strolling Along the Rivers”

A NEW ESVA Special Program



Program runs from Jan. 1, 2023 – Dec. 31, 2025
Cost: \$10

Complete 20 AVA sanctioned events where the route goes by a river or creek.

Events walked in WA, OR, ID & AK are allowed.

Books on sale now!

Check <http://www.esva.online/strolling-along-the-rivers/>



Find a group in WA and OR to walk YR Walks with:
Click on the group area.

[North Puget Sound](#)

[South Puget Sound](#)

[Bellingham and Skagit County](#)

[Olympic Peninsula/Kitsap County](#)

[Spokane area](#)

[SW Washington and Oregon](#)

[Willamette Valley and Mid-Coast](#)

[Southern Oregon-Rogue Valley](#)

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.

**OPT OUTSIDE ON THE SUMNER LINK TRAIL WALK
NOVEMBER 25 (FRIDAY)**

IVV CREDIT ONLY

SANCTION #: 121726
SPONSOR: Daffodil Valley Volkssport
LOCATION: REI Sumner Distribution Center
1700 45th Street East
C3 SUMNER WA
START TIME: *10:00 am
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (1A) Walk on the paved Sumner Link Trail along the White River. Sumner is very proud of this trail. This is an out-and-back walk and will help you shed some of that turkey and dressing from the day before. **Suitable for strollers and wheelchairs.**

AWARD: IVV credit is \$3.00. 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 porta-potty at start/finish. **Pets permitted but not in buildings. Owners responsible for leash and clean up laws.**

*THIS IS A MAPPED WALK. MAPS AND DIRECTIONS WILL BE PROVIDED. THERE WILL BE NO TRAIL MARKERS. BOOKS WILL BE STAMPED AT THE START TABLE.

CHALLENGES: Posted at start.

MORE INFO: Sue Opp 918-718-9819
Sue.Opp@hotmail.com

DIRECTIONS: I-5: Exit #127 (Puyallup/WA512). At the end of WA512 merge onto WA167N. Exit 24th St E/W Valley Hwy. **RIGHT** on 24th St E. **RIGHT** onto 142nd Ave E. At "Y", **LEFT** over bridge onto Tacoma Ave E. Get in **LEFT** turn lane. **LEFT/STRAIGHT** on 45th St E. **STRAIGHT** into REI parking lot.

I-405 Exit #2 (Kent/WA167S). Exit 24th St E/W Valley Hwy. **RIGHT** on W Valley Hwy. **RIGHT** on 24th St E. Continue as above.

**SOUND STEPPERS ANNUAL TURKEY TROT
NOVEMBER 26 (SATURDAY)**

IVV CREDIT ONLY

SANCTION #: 121754
SPONSOR: Sound Steppers Volkssport Club
LOCATION: Edmonds United
Methodist Church
828 Caspers Street
C2 EDMONDS WA
START TIME: *9:00 – 10:30 am
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (1A) Walk on sidewalks and paved surfaces on two loops. **Suitable for strollers. Wheelchairs may have difficulty.**

LOOP #1: Along the waterfront and ferry terminal with views of Puget Sound and Olympic Mountains, returning through downtown Edmonds.

LOOP #2: Through the beautiful Olympic View neighborhood, ending with a sweeping view of the Olympic Mountains and Puget Sound.

AWARD: IVV credit is \$3.00. 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 and along Loop #1. **Pets permitted but not in buildings. Owners responsible for leash and clean up laws.**

*THIS IS A MAPPED WALK. MAPS AND DIRECTIONS WILL BE PROVIDED. THERE WILL BE TRAIL MARKERS. BOOKS WILL BE STAMPED AT THE START TABLE.

We gladly accept cash donations or non-perishable food for the Edmonds Food Bank.

CHALLENGES: ESVA: SNOHOMISH County
AVA: Little Free Libraries/Rockin' Around the Clock/
Town Hall/Walking with America's Veterans

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

DIRECTIONS: I-5: Exit #179 (220th SW). NORTHBOUND LEFT/SOUTHBOUND RIGHT. **RIGHT** on 9th Ave S. **LEFT** on Caspers St to Edmonds United Methodist Church on LEFT.

ANNUAL OLYMPIA HOLIDAY WALK DECEMBER 10 (SATURDAY)

IVV CREDIT ONLY

SANCTION #: 121467
SPONSOR: Capitol Volkssport Club
LOCATION: Harbor House
217 Thurston Avenue NW
C3 OLYMPIA WA
START TIME: 10:00 am – NOON
FINISH TIME: 3:00 pm
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (2B) Walk on sidewalks (some uneven), boardwalks, and well-groomed trails along the waterfront, through the Capitol Campus, south Olympia neighborhoods, and the Farmer's Market. **Strollers and wheelchairs may have difficulty.**

AWARD: IVV credit is \$3.00. 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: Restrooms available at start point and along the route. **Pets permitted but not in buildings or Farmers Market. Owners responsible for leash and clean up laws.**

MAPS AND DIRECTIONS WILL BE PROVIDED. THERE WILL BE NO TRAIL MARKERS.

CHALLENGES: ESVA – On the Road Again/
Sustenance

AVA: Little Free Libraries/
Walking with American Veterans

MORE INFO: Sheila Morrison 360-888-9822
sheila.morrison@comcast.net

DIRECTIONS: I-5 NORTHBOUND: Exit #105 (State Capitol/City Center). Keep LEFT, toward City Center. At the traffic circle take the second exit to stay on 14th Ave SE. RIGHT on Capitol Way S. LEFT on Thurston Ave NW (15 blocks). Thurston Ave ends at Columbia St NW. Harbor House is ½ block ahead, but not accessible by car. USE ON-STREET PARKING.

I-5 SOUTHBOUND: Exit #105A (State Capitol/City Center). Keep LEFT. Continue as above.

CHRISTMAS SHIPS WALK DECEMBER 17 (SATURDAY)

IVV CREDIT ONLY

SANCTION #: 122761
SPONSOR(S): Columbia River Volkssport Club
LOCATION: Lloyd Center Mall – Food Court
Upper Level by Dickey's BBQ
2311 Lloyd Center
B5 PORTLAND OR
START TIME: *2:30 pm – 4:00 pm
DISTANCE: 10 km (6.2 miles)
6 km (3.7 miles)
5 km (3.1 miles)

TRAIL: (1A) Walk on sidewalks to the Willamette River, crossing over the river using the Steel Bridge to the Tilikum Crossing Bridge for viewing the Christmas Ships Parade. Both the Columbia River and Willamette River Ships Fleet will be in the area for parade viewing. **Strollers may have difficulty. Not suitable for wheelchairs.**

AWARD: IVV credit is \$3.00. 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 responsible for leash and clean up laws.**

***THIS IS A MAPPED WALK. MAPS AND DIRECTIONS WILL BE PROVIDED. THERE WILL BE NO TRAIL MARKERS. BOOKS WILL BE STAMPED AT THE START TABLE.**

Lloyd Center Closes at 6pm sharp!

The 5km will not see the combined fleet, they will only see the Columbia River Fleet on their way to Riverplace Marina. If doing the 10km/6km you need to depart the Lloyd Center by 3:30 pm and 5km depart by 4:00 pm. If you leave later, you will miss seeing the boats.

CHALLENGES: Posted at start.

MORE INFO: Judy Koonce 503-230-1387
koonceorama@gmail.com
Ed Hainline 360-921-1909
opahainline49@gmail.com
Dick Baker 360-991-8806
dickbkr@q.com

DIRECTIONS: I-5: Exit #302A. NORTHBOUND RIGHT/SOUTHBOUND LEFT on NE Weidler. RIGHT on NE Tenth Ave. CROSS NE Halsey St to enter Lloyd Center Parking Garage.

NEW YEAR'S EVE WALK ON ALKI DECEMBER 31 (SATURDAY)



SANCTION #: 120875
SPONSOR: Emerald City Wanderers
LOCATION: St. John The Baptist
Episcopal Church
3050 California Avenue SW
SEATTLE WA
C2
START TIME: 4:00 pm – 7:00 pm
FINISH TIME: 10:00 pm
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (2A)–10km (1A)–5km

Walk on sidewalks along our traditional New Year's Eve route walking the Alki waterfront with spectacular views of the lights of Magnolia, downtown Seattle, and ship traffic, as well as residential holiday decorations. **5km** route goes through The Junction shopping area and lots of holiday decorations, but not down to Alki. **5km suitable for strollers and wheelchairs. Strollers and wheelchairs will have difficulty on 10km.**

AWARD: An embroidered two-segment patch, designed by Dorman Batson. NYE segment **ONLY** is \$10.00. The full uncut patch is \$18.00. **30 AVAILABLE. NO REORDERS.** IVV credit only is \$3.00. 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: Must be postmarked by December 23rd. Make check payable and mail to: Emerald City Wanderers, c/o Dave Madsen, 1112 NW 61st, Seattle, WA 98107.

MISCELLANEOUS: Water and restrooms at start/finish. **Pets permitted. Owners responsible for leash and clean up laws.**

FLASHLIGHT HIGHLY RECOMMENDED.

Join us for hot soup and treats after the walk! (SUBJECT TO CHANGE).

This New Year's Eve walk is part of a 2-day event – join us for a different walk on New Year's Day.

CHALLENGES: ESVA: Delivery Services/
Essential Services/Holiday&Festival/
Medical Facilities/Multi-Day Event/Sustenance
AVA: Rockin' Around the Clock/
Walking with America's Veterans

MORE INFO: Mike Nagan 206-851-2101
m.nagan@comcast.net

DIRECTIONS: I-5: NORTHBOUND Exit #163/
SOUTHBOUND Exit #163A and cross the West Seattle
Bridge. Exit at Admiral Way. LEFT on California Ave SW
(major intersection). After 3/10 mile LEFT into West
Seattle High School parking lot. Start is at St. John The
Baptist Episcopal Church adjacent to the lot. May also use
West Seattle High School as a GPS destination.

NEW YEAR'S EVE WALK DECEMBER 31 (SATURDAY)

IVV CREDIT ONLY

SANCTION #: 123475
SPONSOR: Columbia River Volkssport Club
Vancouver USA Volkssporters
LOCATION: SELLWOOD RIVERFRONT PARK
1221 SE OAKS PARK WAY
PORTLAND OR
B5
START TIME: *9:00 AM
DISTANCE: 10 km (6.2 miles)
5 km (3.1 miles)

TRAIL: (1A) Walk on sidewalks and paved trails on the Greenway Corridor to OMSI. The **5km** route goes part of the way on the Greenway Corridor. **Suitable for strollers. Not suitable for wheelchairs.**

AWARD: IVV credit is \$3.00. 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.

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

***THIS IS A GUIDED WALK.** Registration opens at 8:30 am. Allow time to register, use restrooms, and be ready to walk at 9:00 am. **BOOKS WILL BE STAMPED AT THE START TABLE.**

May be cancelled or rescheduled if ice or snow.

CHALLENGES: Posted at start.

MORE INFO: Dick Baker 360-991-8806
dickbkr@q.com
Ed Hainline 360-921-1909
opahainline49@gmail.com

DIRECTIONS: I-5 NORTHBOUND: Exit #298 (Corbett Ave). RIGHT on Corbett Ave. LEFT on SW Nebraska (approx. 1 mile). RIGHT on SW Macadam Ave. Exit RIGHT to Sellwood Bridge. LEFT on Sellwood Bridge. LEFT ON SE 6th Ave. LEFT on SE Spokane (1 block). CROSS railroad tracks and IMMEDIATE RIGHT on to SE Oaks Parks Way. LEFT into Sellwood Riverfront Park.

I-5 SOUTHBOUND: Exit #299A (OR43/Lake Oswego). Exit becomes SW Hood Ave. Move to far-right lane, following OR43S. Keep right as Hood Ave becomes Macadam Ave. Continue as above.

NORTHWEST REGION CALENDAR OF EVENTS

W=Walk B=Bike GW=Guided Walk NW=Night Walk S=Swim

STATE/DATE	TYPE	LOCATION	CLUB	PHONE
------------	------	----------	------	-------

WASHINGTON

January 1	W	Vancouver - New Year's Day	Vancouver USA Volkssporters	360-991-8806
January 1	W	Seattle - New Year's Day	Emerald City Wanderers	206-851-2101
January 16	W	Vancouver - MLK Jr. Memorial	Vancouver USA Volkssporters	360-833-2429
February 11	W	Orting - Valentines Walk	Daffodil Valley	253-347-0324
March 18	W	Seattle - St. Patrick's Day	Emerald City Wanderers	206-851-2101
March 25	W	Olympia - Westside Nature Trails	Capitol Volkssport	
April 8	W	Seattle - Easter	Emerald City Wanderers	206-920-2544
April 15	W	Tacoma - Battle of Charm-n-view	Evergreen Wanderers	253-208-1331
April 21-23	W	NW Hiking Weekend	Four Plus Foolhardy	
April 29	W	Lacey - Earth Day	Capitol Volkssport	
May 13	W	Enumclaw - Mud Mountain Dam	Daffodil Valley	
June 24	W	Mountlake Terrace - Explore	Sound Steppers Volkssport	206-214-5274
July 4	W	Seattle - Independence Day	Emerald City Wanderers	206-851-2101
July 29	W	Puyallup - Pierce County Trail Day	Daffodil Valley	
August 12	W	Anderson Island	Capitol Volkssport	
September 2	W	Seattle - Labor Day Weekend	Emerald City Wanderers	206-789-1960
September 9	W	Gold Creek	Central WA Sunstriders	
September 30	W	Bow - Samish Island	Four Plus Foolhardy	253-709-8444
October 7	W	Lakewood	Evergreen Wanderers	
October 28	W	Carnation - Remlinger Farms	Emerald City Wanderers	206-788-7969
November 11	W	Puyallup - Chapman Trail	Daffodil Valley	
December 31	W	Seattle - New Year's Eve	Emerald City Wanderers	206-851-2101
December 31	W	Vancouver - New Year's Eve	Columbia River Volkssport	360-991-8806

OREGON

February 11	W	Portland - Pre Super Bowl	Columbia River Volkssport	360-921-1909
February 18	W	Portland - Slabtown	Columbia River Volkssport	503-453-6018
March 18	W	Portland - St. Patrick's Day	Cedar Milers	971-221-4994
April 8	W	Jefferson - Nancy's Soup Walk	Albany Fitwalkers	541-974-5780
July 29	W	Shotgun Creek	Albany Fitwalkers	541-974-5780
August 13	W	North Plains - Garlic Festival	Columbia River Volkssport	503-255-5308
August 27	W	Oregon City - Outdoor Antique Fair	Columbia River Volkssport	503-255-5308
September 14-17	W	Bend - Salute to Central Oregon III	Columbia River Volkssport	503-780-4568
October 28	W	Yachats - Spooktacular Halloween	Albany Fitwalkers	541-974-5780

BRITISH COLUMBIA

September 22-24	W	Vancouver Walk Fest	Vancouver 'Venturers	
-----------------	---	---------------------	----------------------	--

SPECIAL PROGRAM / CHALLENGE DESIGNATIONS

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
Historic Train Stations	TR
Link Light Rail	LLR
Rails-to-Trails	RTT
39 Counties (every event qualifies)	WC

Participants can also walk Washington-based challenges in Oregon, Idaho, and Alaska with the exception of 39 counties.

AVA Challenges

Airports - Celebrating American Flight	AIR
Appalachian Trail	AP
Border Crossings	BC
Carousels Across America*	CA
Great Lakes, Great Fun, Great Fitness,	GR8
Little Free Libraries	LFL
Mayflower - 400th Anniversary	MAY
Rails-to-Trails	RTT
Rockin' Around the Clock	CLO
Town Halls/City Halls	TH
Walk Like an Olympian*	WO
Walking the United States (51 Capitals)	SC
Walking with America's Veterans	VET
Walking USA A – Z (every event qualifies)	A-Z

*Challenge books sales have ended.

Redeem those books by December 31, 2022.

Highway Designations

Interstate	I
Washington State Highway/State Route	WA
Oregon State Highway	OR
US Highways	US

Oregon-sponsored Challenges (WOC)

4 Qs:

Quad	QD
Quality	QL
Queen	QN
Quilts	QS

4 Rs:

Railroads	RR
Rec Centers	RE
Rivers	RI
Roses	RO

4 Ss:

Salons/Spas	SA
Skate Parks	SK
Statues	ST
Swimming Pools	SW

4 Ts:

Tombstones	TM
Totems	TT
Trails	TR
Trials	TL

4 Us:

Unique	UQ
University	UN
Urgent Care	UR
Used	US

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

Participants can also walk Oregon-based challenges in Washington, Idaho, and Alaska with the exception of 36 counties. Participants may continue working on challenge books even after the date has ended or the challenge has been deleted. The awards are still available.

WA County	Cities/Walks
Adams	Ritzville
Asotin	Clarkston
Benton	Kennewick, Prosser, Richland
Chelan	Cashmere, Chelan, East Wenatchee (all walks), Leavenworth, Wenatchee
Clallam	Forks, Port Angeles, Sequim
Clark	Battle Ground, Camas, Vancouver, Washougal
Columbia	Dayton
Cowlitz	Kalama, Kelso, Longview
Douglas	East Wenatchee, Grand Coulee (one specific walk)
Ferry	Republic
Franklin	Pasco
Garfield	Pomeroy
Grant	Grand Coulee, Moses Lake, Quincy
Grays Harbor	Aberdeen, Hoquiam, Montesano, Ocean Shores
Island	Anacortes, Coupeville, Deception Pass, Oak Harbor
Jefferson	Gardiner, Port Ludlow, Port Townsend
King	Auburn, Bellevue, Bothell, Burien, Des Moines, Enumclaw, Federal Way, Issaquah, Kent, Kirkland, Maple Valley, Mercer Island, Newcastle, North Bend, Redmond, Renton, SeaTac, Seattle, Shoreline, Snoqualmie, Tukwila
Kitsap	Bremerton, Port Gamble, Port Orchard, Poulsbo, Silverdale
Kittitas	Cle Elum, Ellensburg, Roslyn, Snoqualmie Pass, South Cle Elum, Vantage
Klickitat	Lyle
Lewis	Centralia, Chehalis, Mount Rainier National Park, Winlock
Lincoln	Odessa
Mason	Shelton
Okanogan	Grand Coulee (lower 5K only)
Pacific	Long Beach, Raymond
Pend Oreille	Newport
Pierce	Buckley, DuPont, Eatonville, Gig Harbor, Orting, Puyallup, South Prairie, Spanaway, Steilacoom, Sumner, Tacoma, University Place
San Juan	Friday Harbor
Skagit	Burlington, Mount Vernon
Skamania	Stevenson
Snohomish	Edmonds, Everett, Lynnwood, Mill Creek, Monroe, Snohomish, Sultan
Spokane	Spokane
Stevens	Chewelah
Thurston	Lacey, Olympia, Tenino, Tumwater, Yelm
Wahkiakum	Cathlamet
Walla Walla	Walla Walla
Whatcom	Bellingham, Birch Bay, Blaine, Ferndale, Lynden
Whitman	Colfax, Pullman
Yakima	Chinook Pass, Yakima, Zillah

OR County	Cities/Walks
Baker	Baker City
Benton	Corvallis, Albany (North)
Clackamas	Canby, Gladstone, Government Camp, Lake Oswego, Milwaukie, Oregon City, Sunnyside, West Linn, Wilsonville
Clatsop	Astoria, Cannon Beach, Gearhart, Seaside
Columbia	Rainier, Scappoose, St. Helens
Coos	Bandon, Charleston
Crook	Prineville
Curry	Port Orford
Deschutes	Bend, Redmond, Sisters
Douglas	Winchester Bay
Gilliam	Arlington, Condon
Grant	John Day
Harney	Burns
Hood	Cascade Locks, Hood River
Jackson	Ashland, Central Point, Eagle Point, Gold Hill, Medford, Jacksonville, Rogue River
Jefferson	Madras
Josephine	Grants Pass
Klamath	Crater Lake, Klamath Falls, Malin
OR County	Cities/Walks
Lake	Fort Rock
Lane	Cottage Grove, Eugene, Springfield
Lincoln	Depoe Bay, Lincoln City, Newport, Yachats
Linn	Albany, Brownsville, Lebanon, Sweet Home
Malheur	Ontario, Vale
Marion	Jefferson, Mount Angel, Salem, Silverton, Stayton, Sublimity
Morrow	Heppner, Irrigon
Multnomah	Fairview, Gresham, Portland, Troutdale
Polk	Dallas, Independence, Monmouth, Salem (Waterways)
Sherman	Rufus
Tillamook	Manzanita
Umatilla	Pendleton, Umatilla
Union	La Grande
Wallowa	Enterprise
Wasco	The Dalles, Moro/Wasco
Washington	Beaverton, Forest Grove, Hillsboro, Portland (West), Sherwood, Tigard, Tualatin
Wheeler	Fossil
Yamhill	McMinnville

Oregon Trail State Volkssport Association Member Clubs

OREGON TRAIL STATE VOLKSSPORT ASSOCIATION

541-974-5772

1350 NE Greenway Dr, GRESHAM 97030
oregon.trail.state.volkssport@gmail.com
walkoregon.org

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 (upstairs meeting room)
Check website for any meeting updates/changes
cedarmilerswalkingclub@gmail.com
cedarmilerswalking.club

COLUMBIA RIVER VOLKSSPORT

360-921-1909

11410 SE 90th Avenue, #1511, HAPPY VALLEY 97086
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

503-880-1632

PO Box 854, GRESHAM 97030-0192
2nd Thursday of January, April, June, and October/7:00 pm
Mt Hood Medical Center, 248th & Stark
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 98686-4112
1st Tuesday/7:00 pm Feb/Apr/June/Oct/Dec
Portland Adventist Medical Center,
10123 SE Market St, PORTLAND
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

VALLEY VOLKSWALKERS

360-921-1909

c/o Ed Hainline,
11410 SE 90th Ave, #1511, HAPPY VALLEY 97086-4604
1st Wednesday/7:00 pm
Cutsforth's Thriftway Market, 225 NE Second Avenue, Canby

WILLAMETTE WANDERERS

PO Box 13982, SALEM 97309-9998

3rd Wednesday/5:30 pm
Salem Hospital, Building D
890 Oak St SE, Salem
BARNEVE@aol.com
willwander.weebly.com

Evergreen State Volkssport Association

Member Clubs

EVERGREEN STATE VOLKSSPORT ASSOCIATION

509-899-6535

1913 Green Park Drive,
ELLENSBURG 98926
evergreenstatevolks@gmail.com
esva.online

CAPITOL VOLKSSPORT CLUB

360-264-4670

711 Eastside St. NE, OLYMPIA 98506
2nd Thursday/5:00 pm
Call 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/6:45 pm
Call for meeting location.
jcwarhol@comcast.net
daffodilvalleyvolkssport.com

EMERALD CITY WANDERERS

206-851-2101

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

EVERGREEN WANDERERS

253-225-9398

3204 90th St. S. LAKEWOOD 98499
Quarterly 3rd Wednesday
Call for meeting time and place
Crick94et@comcast.net

FOUR-PLUS FOOLHARDY FOLKS

760-496-8610

PO Box 424, RENTON 98057
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
1st Friday/Noon
Wedgewood Broiler, 8230 35th Ave NE.
michellero1956@gmail.com

INTERLAKEN TRAILBLAZERS VOLKSSPORT CLUB

206-228-3915

25320 SE 184th Street
MAPLE VALLEY 98038
1st Wednesday/7:00 pm
Email or call for meeting location.
lrenestanford@msn.com
interlakentrailblazers.org/

INTERNATIONAL WANDERERS

360-260-9393

PO Box 871000
VANCOUVER 98687

LILAC CITY VOLKSSPORT ASSOCIATION

509-465-2690 / 360-904-7236

PO Box 4362, SPOKANE 99202-0362
1st Tuesday/7:00 pm
Manito Park Conservatory Annex
agheritage@hotmail.com
lilaccityvolks.com

NW TULIP TREKKERS

425-626-0492

PO Box 84, BELLINGHAM 98227-0084
Call for location and time. Check website.
tomwallace52@yahoo.com
nwtrekkers.org

OLYMPIC PENINSULA EXPLORERS

210-204-9301

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

PATHFINDER VOLKSSPORT CLUB OF THE NORTHWEST

360-584-6446

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

SEA-TAC VOLKSSPORTS CLUB

206-788-7969

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

SOUND STEPPERS VOLKSSPORT CLUB

425-697-3728

PO Box 3405, LYNNWOOD 98046-3405
2nd Thursday/6:15 pm
Swedish Hospital/Edmonds
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
Call contact for meeting time and location.
dianeswagner@comcast.net
theoverthehillgang.net

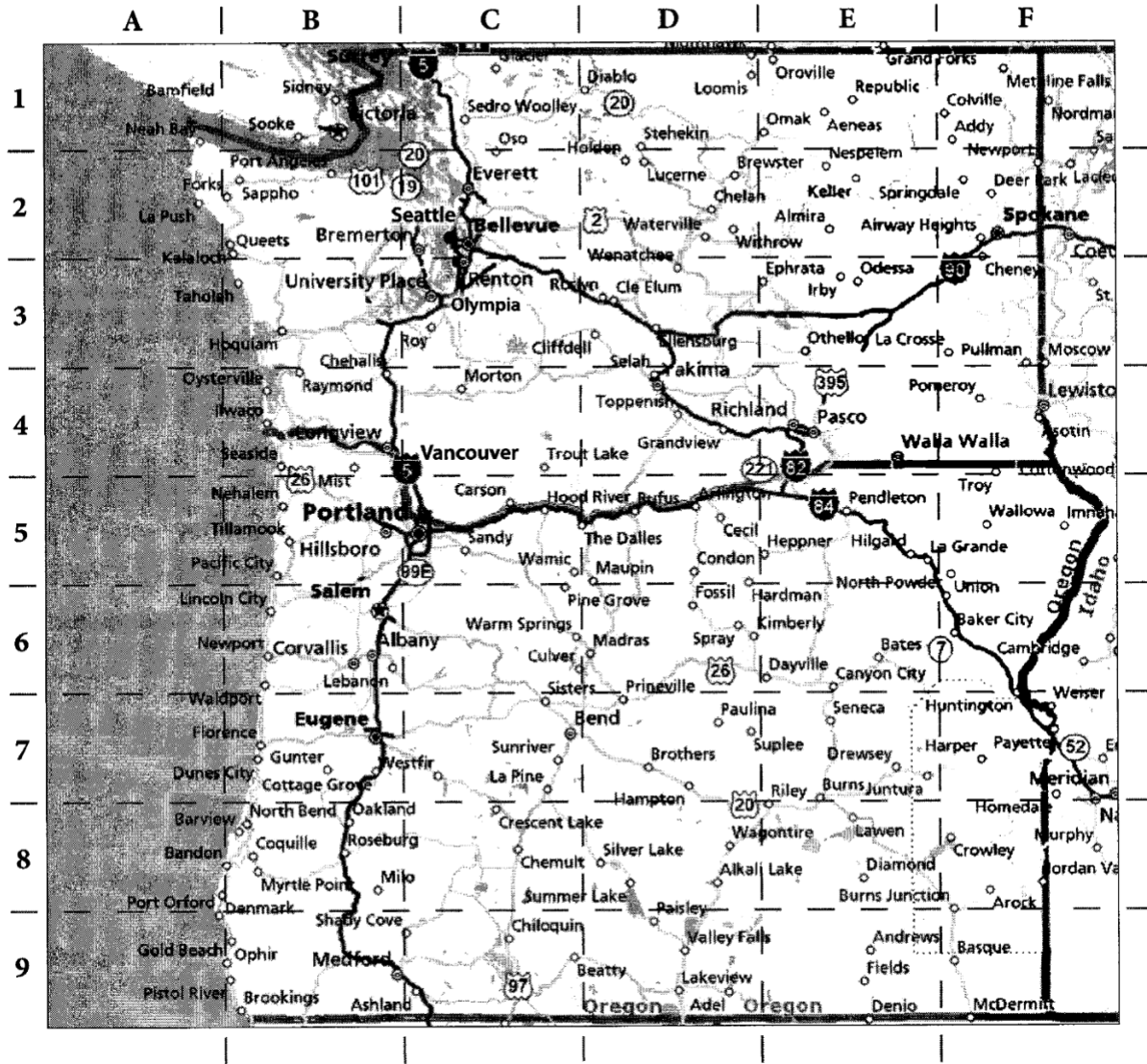
VANCOUVER USA VOLKSSPORTERS

505-298-1256

PO Box 2121, VANCOUVER 98668-2121
2nd Thursday/6:30 pm
Peace Health SW Wash. Medical Center,
Education Room 7
600 NE 92nd Ave
tibaltes@aol.com
vancouverusavolkssporters.org

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.