

THE

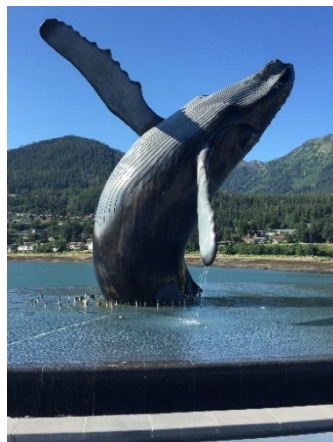
Limited Online Version

# NORTHWEST PATHFINDER

A Northwest Walking Guide and Newsletter



## Fun finds on walks



AMERICA'S  
WALKING CLUB  
— ESTABLISHED 1976 —

NOVEMBER/DECEMBER 2023  
Volume 9, 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. 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](http://www.esva.online/challenges)**  
**Information for Walk Oregon Challenges can be obtained from Dan Webster: [CedarMilersWalkingClub@gmail.com](mailto: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](http://my.ava.org)).

© NW PATHFINDER CLUB

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:  
**NW Pathfinder Club**  
6623 Riviera Court SE  
Lacey, WA 98513  
360-584-6446  
NWPathfinder@comcast.net

President:	Chase Davis	NWPathfinder@comcast.net
Vice President:	Helen Ross	HelenJRoss@comcast.net
Secretary:	Sandra Dunterman	Dunterman@msn.com
Treasurer:	Diane Wagner	DianeSWagner@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@opevolkssport.org
Secretary:	Diane Howell Evans	DEvansAVA@aol.com
Treasurer:	Chase Davis	ESVATreasurer@gmail.com

State Organization:  
**Oregon Trail State Volkssport Association**  
2937 SE Moraga Avenue  
Albany, OR 97322  
541-974-5772  
walkoregon.org  
oregon.trail.state.volkssport@gmail.com

President:	Mary Reed	donmar1953@yahoo.com
Vice President:	Ed Hainline	OpaHainline49@gmail.com
Secretary:	Janet Epperson	jeao@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	chair@ava.org
Vice Chair:	Open	vice_chair@ava.org
Board Secretary:	Leslie Murphy Stone	secretary@ava.org
Finance Chair:	Ed McCabe	finance_chair@ava.org
Chief Executive Officer:	Henry Rosales	henry@ava.org
NW Regional Director:	Sharon Moats	nw_rd@ava.org

## CONTENTS

General Information .....	
Membership Form .....	
Event Deadlines / Advertising Information .....	
Trail Ratings .....	
NOVEMBER 2023 Events .....	
DECEMBER 2023 Events .....	
Northwest Region Upcoming Events .....	
OTSVA Member Clubs .....	
ESVA Member Clubs .....	

Front Cover: Cowboy boots photo courtesy of Mike Nagan.  
All other photos courtesy of the editor.  
Back Cover: Coordinate map.

**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  
360-584-6446**

*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).

Make check or money order payable to: THE NORTHWEST PATHFINDER.

Use the mailing form below or pay online with PayPal at esva.online.

### **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 2024 must be received by December 1, 2023.

**Join and pay online!**

[www.esva.online/nw-pathfinder-home-delivery/](http://www.esva.online/nw-pathfinder-home-delivery/)

#### **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:

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

***Editor***  
**Contact Info**

**Send all events  
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

[illegible]

## 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.**

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  
NWPathfinder@comcast.net  
360-584-6446

**THE NORTHWEST PATHFINDER**  
**Publication and Mailing Information:**  
 The **January/February 2024** newsletter will be  
 mailed in **December 2023**.

**NOTE the following due dates:**

**January/February 2024**

## Event Ads and Articles

## October 27

## Commercial Ads

## November 3

**Event Ad due dates:**

March/April 2024

December 30

May/June 2024

February 23

July/August 2024

April 26

September/October 2024

June 28

November/December 2024

August 30

January/February 2025

October 25

**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 designs must be approved by the regional director before the event 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 PHOTO.**



# 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.

## CHAPMAN TRAIL VETERANS DAY WALK NOVEMBER 11 (SATURDAY)

### IVV CREDIT ONLY

**SANCTION #:** 124338  
**SPONSOR:** Daffodil Valley Volkssport  
**LOCATION:** Celebration Church  
13603 86th Avenue East  
C3 PUYALLUP WA  
**START TIME:** 9:00 am – 11:00 am  
**FINISH TIME:** 2:00 pm  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**TRAIL: (1B)** Walk on well-groomed trails, including the Nathan Chapman trail, named for an honored veteran, through a future section of the Pipeline trail, and through quiet neighborhoods by Rogers High School. **5K suitable for strollers, 10K for big wheel strollers. Not suitable for wheelchairs.**

**AWARD:** IVV credit is \$3.00. All participants are welcome but must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated. **Books will be stamped at the start.**

**MAP WALK. NO TRAIL MARKINGS.**

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water and restrooms at start/finish and at the 10km checkpoint. **Pets permitted but NOT in buildings. Owners responsible for leash and clean up laws.**

**CHALLENGES:** AVA: Mayflower/  
Par for the Course/  
Walking with America's Veterans

**MORE INFO:** Carolyn Warhol – (253) 845-6592  
jcwarhol@comcast.net  
DaffodilValleyVolkssport.com

**DIRECTIONS:** I-5: Exit #127 (WA512/Puyallup). Exit 9th St SW/94th Ave E. RIGHT on 94th Ave E for 1.5 miles. RIGHT on 128th St E. LEFT on 86th Ave E. Celebration Church on LEFT. Park behind church.

I-405: Exit #2 (WA167S). Exit onto WA512/WA161 (Puyallup/Olympia) (19 miles). Exit WA161S/South Hill/Eatonville. LEFT on WA161/Meridian. Continue 1.5 miles. RIGHT on 128th St. E. Continue as above.

## SEDRO-WOOLLEY HISTORICAL WALK NOVEMBER 18 (SATURDAY)

### IVV CREDIT ONLY

**SANCTION #:** 125032  
**SPONSOR:** NW Tulip Trekkers  
**LOCATION:** Northern State Recreational Area  
25625 Helmick Rd  
**C1** SEDRO-WOOLLEY WA  
**START TIME:** 9:30 am – NOON  
**FINISH TIME:** 3:00 pm  
**DISTANCE:** 10 km (6.2 miles)  
6 km (3.7 miles)

**TRAIL: (1B)** Walk on a mixture of gravel trails, grass trails, and concrete walkways. Enjoy beautiful mountain views as you wind past old pasture trails and historic buildings such as the abandoned Northern State Hospital and grounds. You will see Hanson Creek, walk over a wooden bridge, along forested lanes, past old barns, sheds, and an unmarked gravesite (cemetery).

**AWARD:** IVV credit is \$3.00. All participants are welcome but 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 (but not finish) and Porta Potties along the way. **Pets permitted but NOT in buildings. Owners responsible for leash and clean up laws.**

**CHALLENGES:** ESVA: On the Road Again  
AVA: Par for the Course/  
Walking with America's Veterans

**MORE INFO:** Tom Wallace – 360-491-5560  
TomWallace52@yahoo.com

**DIRECTIONS:** I-5: Exit #232 (Cook Rd/Sedro-Woolley). **NORTHBOUND** **RIGHT/** SOUTHBOUND **LEFT** on Cook Rd. **STRAIGHT** through first traffic circle. **LEFT** at second traffic circle on Borseth St (becomes Moore St/WA20E). **STRAIGHT** through traffic circle. Just past the brown sign directing you to Northern State Recreation Area, **LEFT** on Helmick Rd. **LEFT** on gravel road through gate and **LEFT** again. Approximately 12 miles from I-5.

## SOUND STEPPERS ANNUAL TURKEY TROT NOVEMBER 25 (SATURDAY)

### IVV CREDIT ONLY

**SANCTION #:** 124232  
**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:** New route this year through Yost Park, cross Shell Creek and return by the library and newly-opened Civic Center Playfield.

**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:** AVA: Mayflower/  
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 9 (SATURDAY)

### IVV CREDIT ONLY

**SANCTION #:** 124523  
**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:** Joy Adams 503-367-7481  
joyadams22@gmail.com

**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 16 (SATURDAY)

### IVV CREDIT ONLY

**SANCTION #:** 125958  
**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 – 6:00 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 the Steel Bridge to the Tilikum Crossing Bridge for viewing the Christmas Ships Parade. 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 6:00 pm 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 3:00 pm and 5km depart by 4:00 pm. If you leave later, you will miss seeing the boats. Bring a flashlight and an umbrella as well. There will be a group walk leader for the 10k & 6k routes only departing at 3:00 pm sharp!

**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 (SUNDAY)



**SANCTION #:** 120875  
**SPONSOR:** Emerald City Wanderers  
**LOCATION:** St. John The Baptist  
 Episcopal Church  
 3050 California Avenue SW  
**C2 SEATTLE WA**  
**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:** A double leather tooled 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:** None.

**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 (SUNDAY)

### IVV CREDIT ONLY

**SANCTION #:** 123895  
**SPONSORS:** Vancouver USA Volkssporters  
 Columbia River Volkssport Club  
**LOCATION:** McMenamins East Vancouver  
 1900 NE 162nd Avenue, B-107  
**B5 VANCOUVER WA**  
**START TIME:** 9:30 am – 1:00 pm (5 km)  
 9:30 am – NOON (10/16 km)  
 9:00 am – 11:00 am (21 km)  
**FINISH TIME:** 3:00 pm  
**DISTANCE:** 21 km (13.0 miles)  
 16 km (9.9 miles)  
 10 km (6.2 miles)  
 5 km (3.1 miles)

**TRAIL:** Walk on paved surfaces and groomed trails on loops all returning to the start/finish area for the checkpoint. Combine the loops for up to **21km. Suitable for strollers and wheelchairs.**

**SE LOOP (1A)** is mainly in Pacific Community Park on paved or gravel trails.

**NW LOOP (1B)** mainly in nice neighborhoods and a small, wooded park with a dirt trail.

**SW LOOP (1A)** is mainly in neighborhoods with expensive homes on quiet streets and sidewalks.

**NE LOOP (1A)** goes into very nice neighborhood on paved trails.

**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:** Water and restrooms are at start/ finish and along route. **Pets are permitted but NOT in building at registration.**

Door prizes of sparkling soda and champagne randomly awarded.

**MORE INFO:** Dick Baker 360-991-8806  
 dickbkr@q.com

**DIRECTIONS:** I-205: Exit #27 (Camas/WA14E). Exit #8 (SE 164th Ave). LEFT on SE 164th Ave (becomes NE 162nd Ave). LEFT on NE 18th St and immediately RIGHT into shopping center. McMenamins is located on the far NE corner of the shopping center.

# NORTHWEST REGION CALENDAR OF EVENTS

STATE/DATE	TYPE	LOCATION	CLUB	PHONE
<b>WASHINGTON</b>	<b>W=Walk B=Bike GW=Guided Walk NW=Night Walk S=Swim</b>			
November 11	W	Puyallup - Chapman Trail	Daffodil Valley	253-845-6592
December 9	W	Olympia - Holiday Walk	Capitol Volkssport	503-367-7481
December 31	W	Seattle - New Year's Eve	Emerald City Wanderers	206-851-2101
December 31	W	Vancouver - New Year's Eve	Vancouver USA Volkssporters	360-991-8806
<b>2024</b>				
January 1	W	New Years Day Seattle	Emerald City Wanderers	206-851-2101
January 6	W	Puyallup - West Foothills Trail	Daffodil Valley	253-347-0324
March 16	W	Seattle - Celebrate the Irish	Emerald City Wanderers	206-851-2101
March 16	W	Edgewood - Edgewood Parks	Daffodil Valley	253-347-0324
March 30	W	Seattle - Easter on the Waterfront	Emerald City Wanderers	206-851-2101
April 25-28	7W	Wild and Woodsy in Washington	Capitol Volkssport	360-790-9733
June 8	W	Eatonville - Nisqually State Park	Daffodil Valley	253-347-0324
July 4	W	Seattle - Independence Day Walk	Emerald City Wanderers	206-851-2101
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 19-22	W	NW Regional Conference Kitsap County	ESVA	
October 5	W	Tumwater - Where the Salmon Run	Capitol Volkssport	360-485-3693
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
<b>OREGON</b>				
November 18	GW	Eugene - River Walk	Albany Fitwalkers	541-974-5780
November 24	GW	Cornelius - OPTOUT - Family Town	Cedar Milers	971-221-4994
December 16	W	Portland - Christmas Ships	Columbia River Volkssport	360-921-1909
<b>2024</b>				
January 1	W	Portland - New Years Day	Columbia River Volkssport	360-991-8806
February 10	W	Portland - Pre-Super Bowl	Columbia River Volkssport	360-921-1909
March 16	W	Beaverton - St Patrick's Day Teddy Bear	Cedar Milers	971-221-4994
April 20	W	Jefferson - Nancy's Soup Walk	Albany Fitwalkers	541-974-5780
May 3	GW	Sauvie Island - Warrior Rock Trail	Albany Fitwalkers	541-974-5780
May 14	GW	Champoeg State Park	Albany Fitwalkers	541-974-5780
October 17-20	2W	Shady Cove	CRVC-Rogue Valley Walkers	360-921-1909
<b>BRITISH COLUMBIA</b>				
October 11-13	W	Kelowna Wine Walks		

# 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/6:45 pm  
Contact for meeting location.  
jcwarhol@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**

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**

6411 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

## **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  
NWPathfinder@comcast.net

## **NW TULIP TREKKERS**

**360-491-5560**

533 Rainbow Dr, SEDRO WOOLLEY 98284  
Contact for meeting location.  
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

## **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**

**206-546-6644**

PO Box 3405, LYNNWOOD 98046-3405  
2nd Thursday of the month 6:15-7:15pm  
Contact for meeting location.  
sandisevertsen@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.  
tlbaltes@aol.com  
vancouverusavolkssporters.org

---

# 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**

**541-951-0667**

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 Foots 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

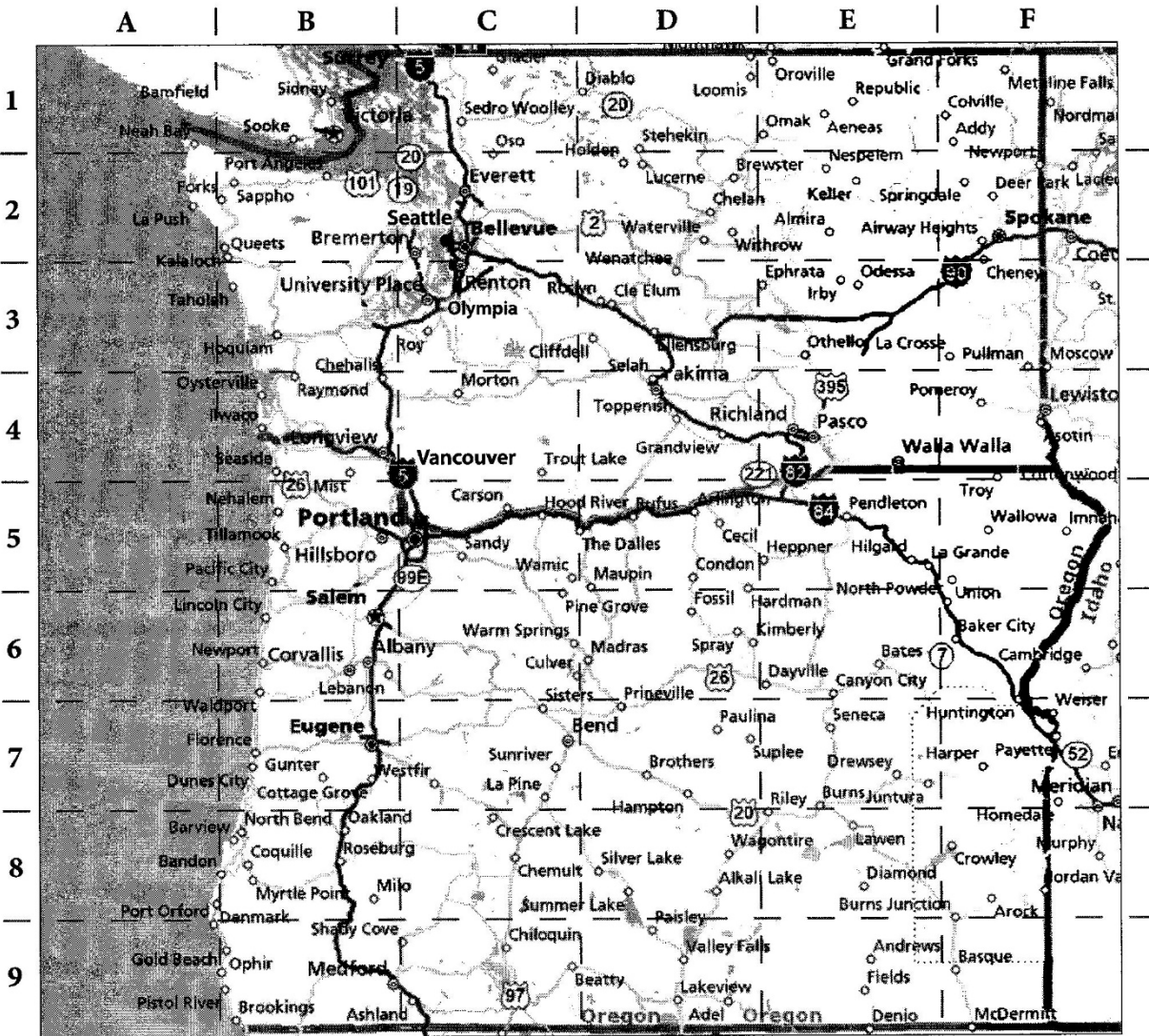
## **WILLAMETTE WANDERERS**

**PO Box 13982, SALEM 97309-9998**

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

## 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.