



# NW Regional AVA News and Information for Alaska, Idaho, Oregon, & Washington

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#10 NW Regional News 3/4/2026  
Hello Northwest Walkers!

It seems so long since I've communicated with you, February always seems to go on and on! From the Seahawks winning Superbowl LX to enjoying watching the amazing athletes at the Winter Olympics, it was inspiring to get outside with our own kind of exercise: walk! After an Amtrak train ride to Vancouver, WA, Pat joined me for a walk at the Historic Fort Vancouver YRE. Then we joined in on the pre-super bowl walk in Portland, OR followed by a meeting with OTSVA (Oregon Trails State Volkssport Association). It was good to finally meet several area coordinators, and presidents representing Oregon's eight clubs, who are responsible for all 189 walks.

**Talking about Oregon** (in particular, Astoria) get yourself ready to celebrate the 50<sup>th</sup> Anniversary of AVA during a weekend of fun from September 24-27, 2026. (see attached flyer for Save the Date.) Registration for event will be ready by May, but you can reserve a place at the Holiday Inn Express and Suites Astoria, now. Keep in touch by visiting [OSTVA website](#).

**Keeping in touch with AVA's 50<sup>th</sup> Anniversary.** The next walk is being sponsored in the Atlantic Region in Williamsburg, Virginia. It's March 20-22, 2026. They are hosting 4 walks, 2 bike routes, and a swim. Click here ["Walk Virginia"](#) for more information.

**On a sad note:** Our friend [Brenda Dudfield](#), passed away on January 19, 2026 from cancer. Services are being held for her on March 23rd at 11:00am at Northwood United Church, 8855 156 St., Surrey, BC, Canada. For those who knew this long time international volkssporter, you had a friend indeed. For those who didn't please let me tell you a little about her. Born in London, England, she made her home in Canada, joining Surrey Trekkers Volkssport club in 1994, where she assumed roles as Vice President and President. With husband Frank by her side, she traveled 10 provinces of Canada, many states in America, New Zealand, China's Great Wall, and most recently Finland, where she received a standing ovation for her dedication to volkssporting. Quoting Brenda: "(volkssporting) is a world-wide organization, it makes you travel and see places you wouldn't normally go to. During local walks, you go to areas you didn't know existed. Fun, fitness, and friendship, the three "F's", that's our motto, and the fourth is food. Some of us add the fifth "F", which is fermented fruits."  
Thank you, Brenda, for your friendship and enthusiasm for volkssporting. You will be missed.

## Events coming up:

Sat., March 7 - Nolte and Kanasket-Palmer State Parks - Traveling Guided Walk. Registration 9:00-10:30am. Start: 35431 Veazie Cumberland Rd. SE, Enumclaw. Two loops - one rated 1B, the other 2B. Discover Pass Required for parking at start (or purchase 1-day pass at the lot).

Sat., March 14 - St. Patrick's Day Teddy Bear walk. Registration 9:30am-noon. Start: Cedar Hills Crossing Mall, 3205 SW Cedar Hills Blvd, Beaverton, OR. Meet at main entrance. (bring a small to medium teddy bear for donation)

Sat. April 4 - Easter at the Arboretum. Registration 9:00-10:30am. Start at Madison Valley Stormwater Greenbelt at 30<sup>th</sup> Ave East between E. Denny & E. John, Seattle, WA. OR take the light rail to the University of Washington Link Station.

Sat., April 11 - Tacoma vs Ruston: Battle of the Charm-n-Views. Registration: 9:00am-noon. Start: 4741 N. Baltimore St., Tacoma. Two loops: 5K rated 1A, and 7K rated 2B, or do both for a 12K.

Fri-Sun, April 17-19, 2026. Northwest Hiking Weekend - Steamboat Rock, near Grand Coulee. Hosted by Four Plus Foolhardy Folks. For more information, go online to AVA.org - click on Find a Walk tab, then State, then WA, then scroll down to 2026 Traditional Events. Events are listed chronologically.

Thurs-Sun, April 23-27. Wild and Woodsy in Washington Walking Festival. Start at Washington Association of Sheriffs and Police Chiefs, 3060. Williamette Dr NE, Suite 200. Lacey, WA 98516. Hosted by [Capitol Volkssport Club](#): enjoy a weekend of fun with 11 walks, a Pub Crawl, Pizza/Salad dinner, and a Restaurant Dinner Buffet. Please complete the registration form on their website.

Thurs-Sun, September 24-27, 2026. NW Regional Conference - Astoria, Oregon.

## Info:

- For traditional walks, you can easily find them with this link, and then click on "update":  
<https://my.ava.org/regional-te-list.php?time=month&rsel=NW>
- All walks are listed on the attached Future Events Calendar.
- [AVA's 50<sup>th</sup> Anniversary list of 2026 walks](#)

Until next time, see you on the trail!

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