

THE ROAMER

Rose City Roamers Walking Club

NEWSLETTER



MAY 2016

Walking for Fun Fitness Friendship

AVA member

CALENDAR

- May 15 Highway Clean up 9am
Alder Creek Middle School
- May 31 Board Meeting 6pm Pavilion lobby at
Adventist Health
- June 7 Club Meeting 7pm Ed. Rm B Adventist
Health Lower level
- June 11 Rose Festival Walk

CLUB MEETINGS

Our next club meeting will be on June 7, 2016 at 7pm in the lower level of Portland Adventist Medical center. Meetings are open to membership and guests.

HIGHWAY CLEANUP

Our next Highway cleanup is scheduled for May 15 at 9 am. Meetup at the alder Creek Middle School parking lot. Joan Larson is the contact person for the Highway cleanup projects. If you can help please send an email to neverhomejoan@yahoo.com and leave your contact information.

UPCOMING RCR WALKS & EVENTS

June 11 is the Rose Festival Walk. This year there are two loop options that will take you to the Belmont/Hawthorne neighborhood, along Burnside Street to watch part of the Rose Festival Parade as it goes by and along the waterfront. See events page for more details.

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glasbergen.com



"Vigorous exercise can improve your mood.
It's hard to feel blue when your cheeks are pink!"

TRADITIONAL WALK EVENTS

5/7/2016 - 5/7/2016

City / State: Oregon City, OR

Event Name: COME WALK IN OREGON CITY WITHOUT THE HILL

Event Type: Walk

Event ID: 104206

Distance - Trail Ratings: 10K, 5K - 1A

Description: On Red Soil Campus follow Tax Signs to behind Development Services Building.

Amenities: Strollers: medium | Wheelchairs: medium | Pets: Yes | Restrooms: Yes

Special Programs: Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Volcanoes

Start Times: 8 AM to NOON and Finish by 2 pm

Location: Behind Development Services Building on Clackamas County Red Soil Campus Parking Lot

Start Point / Driving Directions: 150 Beaver Creek Road Oregon City | 205 Northbound and Southbound Exit 10 Merge to Hwy 213 South towards Molalla. Turn LEFT onto Library Court to Parking Lot behind Clackamas County Development Services Building

Awards & Fees: IVV Credit Only

Comments: Trails will pass thru many City Parks and new residential areas. A Saturday Market will be held next door.

Host Club: Valley Volkswalkers

Contact: BL Cline (503) 329-5386

Website: valleyvolkswalkers@yahoo.com

E-Mail Contact: valleyvolkswalkers@yahoo.com



5/14/2016 - 5/14/2016

City / State: Brooks, OR

Event Name:

Event Type: Walk

Event ID: 103587

Distance - Trail Ratings: 5 and 10K -

Description:

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

Special Programs: This event doesn't have any special Programs assigned.

Start Times:

Location: Adelman Peony Gardens

Start Point / Driving Directions:

Awards & Fees:

Comments:

Host Club: Albany Fitwalkers

Contact: Rozy Weatherby (541) 981-3794

Website: www.albanyfitwalkers.org

E-Mail Contact: wrozy@yahoo.com



5/22/2016 - 5/22/2016

City / State: Keizer, OR

Event Name:

Event Type: Walk

Event ID: 104463

Distance - Trail Ratings: 5K, 10K -

Description:

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

Special Programs: This event doesn't have any special Programs assigned.

Start Times:

Location: Schreiner's Iris Gardens

Start Point / Driving Directions:

Awards & Fees:

Comments:

Host Club: Willamette Wanderers

Contact: Rozy Weatherby (541) 981-3794

Website: willwander.weebly.com

E-Mail Contact: wrozy@yahoo.com



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5/30/2016 - 5/30/2016

City / State: Portland, OR

Event Name: Vanport: Oregon's Lost City

Event Type: Walk

Event ID: 104645

Distance - Trail Ratings: 10k 5k - 1B

Description: Come walk Oregon's Lost City on the anniversary of its disappearance in 1948. The route will go through the International Raceway, Delta Park and along the dykes that failed.

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

Special Programs: Honoring Our Flag

Start Times: 9am-Noon

Location: Portland International Raceway

Start Point / Driving Directions: TBA

Awards & Fees: IVV Credit Only

Comments: Vanport was built in 110 days and destroyed in a single day leaving 18,000 people homeless. See what happened and enjoy Oregon's History during the Vanport Mosaic Festival.

Host Club: Oregon Trail State Volkssport Assn.

Contact: Maryann Brown (541) 961-4279

Website: www.walkoregon.org E-Mail Contact: otsva@walkoregon.org



6/4/2016 - 6/4/2016

City / State: Champoeg, OR

Event Name: Historic Champoeg Walk

Event Type: Walk

Event ID: 104816



Distance - Trail Ratings: 10K, 5K - 1A

Description: Walk on natural and paved park trails through early Oregon History where in 1843 the pioneers voted to be part of the growing western movement of the United States instead of Canada. There is a DAR Pioneer Mothers cabin and many markers where the streets of this town once stood. Not suitable for strollers.

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 9am-1pm

Location: Champoeg State Heritage Area

Start Point / Driving Directions: 8229 Champoeg Rd NE, St. Paul, OR I-5: Exit #278 (Aurora/Donald). NORTHBOUND LEFT/SOUTHBOUND RIGHT (west) on Elhan Rd (becomes Yergen Rd), 3.6 miles. RIGHT on Case Rd for 1.4 miles. LEFT on Champoeg Rd for 2 miles to Park Entrance on RIGHT. Follow signs to start.

Awards & Fees: IVV Credit Only

Comments: Free Oregon State Park Day. Water and restrooms at start/finish and checkpoint. Pets permitted but NOT in building(s). Owners responsible for leash and clean up laws.

Host Club: Silverton Walk Abouts

Contact: Diane McDermott (503) 769-5380

Website: No Website Listed

E-Mail Contact: mcdermot@wvi.com

6/11/2016 - 6/11/2016

City / State: Portland, OR

Event Name: Rose Festival Walk

Event Type: Walk

Event ID: 104303

Distance - Trail Ratings: 10KM/5KM - 1A

Description:

Amenities: Strollers: medium | Wheelchairs: NO | Pets: No | Restrooms: Yes

Special Programs: Alternative Capitals, Amphitheatres, Animal Safari, Bridges - Spanning the USA, Treasure Hunt - A way to walk our precious trails, Volcanoes, Walking America's Ports of Call, Water Towers

Start Times: 9 am to 1 pm

Location: Green Dragon Brew Pub

Start Point / Driving Directions: 928 SE 9th Ave

I-5 southbound take exit #300B. Use left lane as it turns to the left. Straight on Belmont St. to ninth Ave. Right on 9th. Pub is on your left.

I - 5 northbound take exit #300 onto Yamhill. Right on 3rd Ave one block to Taylor. Right on Taylor to 9th Ave. Left on 9th Ave 1 block Pub will be on right.

Awards & Fees: IVV Credit Only

Comments: This walk will have two 5 km loops with one going into the Hawthorne and Belmont Districts with their unique shops and many small restaurants. The second loop will cross the Hawthorne Bridge passing the Dragon Boat Races, Rose Festival Fun Center, Saturday Market, and then cross the Burnside Bridge with great views of the Rose Parade. Ample walking space on bridge as 3 lanes and sidewalk is open for viewing and walkers.

Host Club: Rose City Roamers

Contact: Dick Baker (360) 991-8806

Website: www.rosecityroamers.org

E-Mail Contact: www.dickbkr@q.com



6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Eagle Creek

Event Type: Walk

Event ID: 99038

Distance - Trail Ratings: 10K only - 3B

Description: You will drive 5 miles to the start for this walk. This is probably the most beautiful and most visited walk/hike in the Columbia Gorge. Unfortunately, due to the Tish Bridge being destroyed it is no longer possible to hike to Tunnel Falls or High Bridge safely. The new route will take you up Eagle Creek Canyon to the destroyed Tish Bridge and You will Turn Around there and start your return. On your return trip you will descend to Punch Bowl Falls at Lower Punch Bowl. This descent is on a fairly rocky and wet trail, so be careful. The reward at the bottom is well worth the trip down. It might make sense to do this walk on either Thursday or Friday, as weekends are extremely busy on the trail. If you do plan to do this walk on Saturday or Sunday, plan to walk early.

Amenities: Strollers: NO | Wheelchairs: NO | Pets: No | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park,

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 649-7675

Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com



6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Multnomah Falls

Event Type: Walk

Event ID: 99039

Distance - Trail Ratings: 10K - 3C

Description: You will drive 16 miles to the start point for this walk. This is one of the most spectacular walks/hikes in the entire Gorge. You will walk to the top of 520-foot high Multnomah Falls then past many other waterfalls on your way to Wahkeena Springs, the headwaters for Wahkeena Falls. Then back down past Fairy Falls to Wahkeena Falls



Amenities: Strollers: NO | Wheelchairs: NO | Pets: Yes | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

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6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Dry Creek Falls

Event Type: Walk

Event ID: 99040

Distance - Trail Ratings: 10K - 2B

Description: A beautiful waterfall tucked back at the end of a canyon. Walk through old growth fir along forested trails and then down an old road back to Cascade Locks. You will pass the ice cream store at the end of this walk.

Amenities: Strollers: NO | Wheelchairs: NO | Pets: Yes | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

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Contact: Dick or Carolyn (503) 649-7675

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E-Mail Contact: gorgewalks@gmail.com

6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Angel's Rest

Event Type: Walk

Event ID: 101942

Distance - Trail Ratings: 10K - 3C

Description: Angels Rest is an exposed bluff on the Western end of the Columbia River Gorge. This summit is characterized by a long, rocky spine surrounded on three sides by cliffs, boasting a striking 270 degree view! While you cant see any of the Cascade volcanoes from the top, you do get great vantages of Beacon Rock, Silver Star Mountain and many other landmarks. The real draw, however, is the perspective of the river below like youre on a balcony over a great auditorium. Its near-1500 foot prominence, and its proximity to the Columbia River give you the false sensation that you could dive from the summit to the water below

Amenities: Strollers: NO | Wheelchairs: NO | Pets: Yes | Restrooms: No



Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 649-7675

Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com

6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Cascade Locks to Overlook

Event Type: Walk

Event ID: 101943

Distance - Trail Ratings: 10K / 5K - 1A

Description: An easy walk along the old Columbia River Highway to the Overlook Campground with its wonderful views of Bonneville Dam and the Columbia River.

Amenities: Strollers: medium | Wheelchairs: medium | Pets: Yes | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 649-7675

Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com



6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Falls Creek Falls (WA)

Event Type: Walk

Event ID: 101944

Distance - Trail Ratings: 10K - 3C

Description: This walk takes you along a beautiful stream back to the base of a secluded waterfall. Then the trail continues through some old growth forest to the top of the same waterfall. The trail is all on maintained trails and is perfectly safe. There is one moderately steep, though short, hill.

Amenities: Strollers: NO | Wheelchairs: NO | Pets: Yes | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 649-7675

Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com

6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Herman Creek Pinnacles

Event Type: Walk

Event ID: 101945

Distance - Trail Ratings: 10K - 3B

Description: You will drive 3 miles to the start point. You will walk along forested trails, across a creek, past a waterfall to some really different rock formations. The pinnacles are pyramidal shaped rock mounds that are unique to this area. You can climb these if you wish and enjoy the view on the Columbia River far below. You will then return the way you came.

Amenities: Strollers: NO | Wheelchairs: NO | Pets: Yes | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

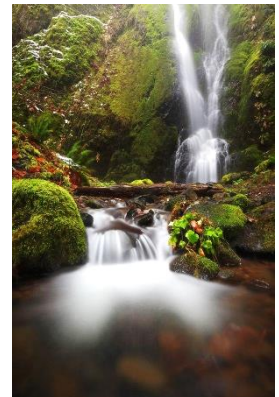
Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 649-7675

Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com



6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Mosier Tunnels

Event Type: Walk

Event ID: 101946

Distance - Trail Ratings: 13K - 2A

Description: You will drive 22 miles to the start point. This walk follows the old Columbia River Highway through the Mosier Tunnels. These tunnels collapsed and were then reopened as a State Park and walking/biking trail in the late 90's. The views are awesome and the grade is easy. There is a \$5.00 State Parks pass required for parking here.

Amenities: Strollers: medium | Wheelchairs: medium | Pets: Yes | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

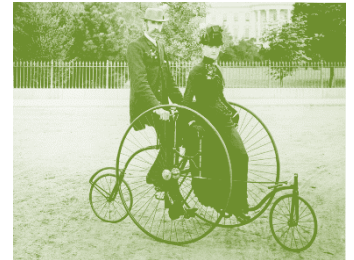
Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 649-7675

Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com



6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Bike

Event Type: Bike

Event ID: 101947

Distance - Trail Ratings: 25K - 1A

Description: A totally new route. This starts at Marine Park in Cascade locks and follows the new bike route on the Old Historic Columbia River Highway trail. You will pass Bonneville Dam and continue to John Yeon State park and return.

Amenities: Strollers: NO | Wheelchairs: NO | Pets: No | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 649-7675

Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com

6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Starvation Creek

Event Type: Walk

Event ID: 101948

Distance - Trail Ratings: 10K / 5K - 1B

Description: This is an easy, fairly flat walk on a part of the Old Columbia River Highway that has been converted to a hiking/walking trail. You will pass several waterfalls. You will walk through a campground to a small sandy beach on the Columbia River and then back to your vehicle.

Amenities: Strollers: medium | Wheelchairs: medium | Pets: Yes | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 649-7675

Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com

6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Town Walk

Event Type: Walk

Event ID: 101949

Distance - Trail Ratings: 5K - 1A

Description: Walk through Marine Park onto Thunder Island, in the middle of the Columbia River, past the museum, and into town past the ice cream store. An easy short walk.

Amenities: Strollers: medium | Wheelchairs: medium | Pets: Yes | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.



Host Club: Columbia River Volkssport Club
Contact: Dick or Carolyn (503) 649-7675
Website: www.columbiagorgewalks.com
E-Mail Contact: gorgewalks@gmail.com

6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Wahclella Falls.

Event Type: Walk

Event ID: 101950

Distance - Trail Ratings: 10K / 5K - 2C

Description: This is an old favorite. One of the prettiest waterfalls in the Columbia Gorge, this one is nestled at the end of a beautiful canyon. You will walk along a creek, past an unnamed waterfall across two bridges to the double falls at the end of the canyon. Then return to walk through the Bonneville Fish Hatchery and back to your vehicle.

Amenities: Strollers: NO | Wheelchairs: NO | Pets: Yes | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 649-7675

Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com

6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Fort Cascade

Event Type: Walk

Event ID: 104768

Distance - Trail Ratings: 10K / 6K - 2B

Description: This is a walk that goes through Fort Cascade, a Fort on the Columbia River built in the 1800s that was demolished by a flood. You will also walk through the small town of North Bonneville, WA.

Amenities: Strollers: hard | Wheelchairs: NO | Pets: Yes | Restrooms: Yes

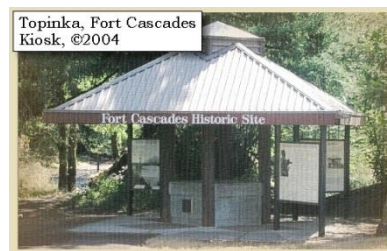
Special Programs: This event doesn't have any special Programs assigned.

Start Times: 8:00 am to 1:00 pm

Location: Marine Park, Ft. Cascade

Start Point / Driving Directions: Marine Park, Cascade Locks, OR.

From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa-Na-Pa street and continue to Marine Park on left. Follow signs to registration.



Awards & Fees: IVV Credit Only

Comments: This is one walk in a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30.

Host Club: Columbia River Volkssport Club

Contact: Dick or Carolyn (503) 649-7675

Website: www.columbiagorgewalks.com

E-Mail Contact: gorgewalks@gmail.com

6/16/2016 - 6/19/2016

City / State: Cascade Locks, OR

Event Name: Columbia River Gorge Biennial Classic, Swim

Event Type: Swim

Event ID: 104769

Distance - Trail Ratings: 300M - 1A

Description: This swim will be held at the Hood River Aquatic center, Hood River, OR.

Amenities: Strollers: NO | Wheelchairs: NO | Pets: No | Restrooms: Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times:

Location: Marine Park

Start Point / Driving Directions: Marine Park, Cascade Locks, OR. From Portland drive east on I-84 to exit 44. Exit here and turn right on Wa Na Pa street and continue to Marine Park on left. Follow signs to registration.

Awards & Fees: IVV Credit Only

Comments: This is one part of a 12 event weekend. There will be a meet & greet on Friday 6/17/16 and a pot luck dinner on 6/18/2016. We will also be serving our "World Famous Hot Dogs" all four days from 11:00 to 2:30

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GROUP WALKS

5/4/16

10am Pace Setter Athletic, 4201 SE Woodstock, Portland
YRE 1192 rated 1B RCR ask at counter
Tom Yum Thai, 4308 SE Woodstock (1 block from finish)

5/11/16

10am Ft. Vancouver Visitor Center, 1501 E Evergreen Blvd, Vancouver
YRE 138 rated 1A VUV ask at counter
Jerusalem Café, 106 Evergreen Blvd (1 km from finish)

5/18/16

10am Tualatin Hill Rec. - Athletic Center, 50 NW 158th, Beaverton
YRE 1439 rated 1B CM right of entrance
Sweet Tomatoes 1225 NW Waterhouse Ave (short drive)

5/25/16

10am Lamb's Market (Customer Service), 8255 SW Wilsonville, Wilsonville REMOTE START: Graham Oaks
YRE 755 rated 1A VV
Abella Italian Kitchen, 8309 SW Main St, Suite 200 (drive)

6/1/16

10am Gateway Fred Meyer, 1111 NE 102nd Ave, Portland
YRE 427 rated 1A ECWW: Garden entry
Applebee's, 10004 NE Halsey St (in parking lot at finish)

6/8/16

10am Columbia Sportswear Outlet, 1323 SE Tacoma St, Portland
YRE 1532 rated 1A CRVC: start box is to your left
Jade Bistro & Teahouse, 7912 SE 13th Ave (4 blocks from finish)

6/15/16

10am Marine Park, Cascade Locks, Or
The 10K Group will assist with marking Cascade Locks to Overlook Walk (10K) and the 5K Group will assist with marking the Cascade Locks Town Walk (5K).
Bridgeside Restaurant, 745 NW Wa Na Pa St, Cascade Locks

6/22/16 - *Do not go to the normal start for this walk which lacks facilities. Signup materials will be at McMenamins Greenway Pub. Hwy 26 to Hwy 217, Exit 4B and go West.

10am McMenamins Greenway Pub, 12272 SW Scholls Ferry Rd
YRE 1025 rated 1A CM
McMenamins Greenway Pub, 12272 SW Scholls Ferry Rd

6/29/16

10am The Country Store - Felida, 1804 NW 119th St, Vancouver
YRE 1872 rated 1B AWW: ask
Farrah's Bistro, 12514 NW 36th Ave (1.5 km from finish)

YEAR ROUND WALKS

PORTLAND – Clackamas

MT TALBERT NATURE PARK

Start: DAYS INN MOTEL
9717 SE Sunnyside Rd.
Contact: Judy D., 503-698-4398

PORTLAND – North

HISTORIC ST. JOHNS, SWAN ISLAND-UNIV PORTLAND

Start: WEST COAST HEALTH & FITNESS
7522 N.Lombard St.
Contact: Sue C., 503-289-5888

PORTLAND – Northwest

CROSSTOWN, DOWNTOWN, FOUR PARKS

Start: LEGACY GOOD SAMARITAN HOSPITAL 1015 NW
22nd Avenue
Contact: Sue C., 503-289-5888
Parking validation pass or fee required.

PORTLAND-Northeast

HAWTHORNE BLVD DISTRICT -- MT TABOR HILL & STAIR CLIMB --

Start: STARBUCKS COFFEE
3639 SE Hawthorne Blvd.
Contact: Susan T 503-975-9151

PORTLAND – Northeast

ALAMEDA/HOLLYWOOD, HIGHLIGHTS- HAWTHORNE LAURELHURST AREA

Start: PROVIDENCE PORTLAND
4805 NE Glisan St.
Contact: John H., 503-654-3494

PORTLAND – Southwest

TRYON CREEK STATE PARK

Start: TRYON CREEK STATE PARK
11321 SW Terwilliger Blvd.
Contact: John H., 503-654-3494

PORTLAND – Southeast

REED COLLEGE, CRYSTAL SPRINGS GARDENS

Start: Pace Setter Athletic
4203 SE Woodstock Blvd
Contact: John H., 503-654-3494

LAKE OSWEGO –

LAKE OSWEGO-LO RIVER RUN, LAKE OSWEGO-NEIGHBORHOODS

Start: McDONALD'S RESTAURANT
16044 SW Lower Boones Ferry Rd.
Contact: Ed H., 360-921-1909

LAKE OSWEGO-

MOUNTAIN PARKWAYS ROLLER COASTER

Start: NEW SEASONS MARKET
3 Monroe Parkway, Suite H Lake Oswego
Contact: Joe K, 503-260-7033

Tualatin

Hedges Creek Ibach Park and Hidden Tualatin Start: Starbucks at Hedges Creek

8639 SW Tualatin-Sherwood Road
Tualatin, OR
Contact: Joe K, 503-260-7033

Tualatin

Three Cities, Three Parks

Start: REI - Tualatin
7410 SW Bridgeport Road
Tigard, OR
Contact: Joe K, 503-260-7033

IF WE ARE FACING
In The Right
DIRECTION, ALL
WE HAVE TO DO IS
KEEP ON WALKING.

ZEN PROVERB

WWW.VERYBESTQUOTES.COM



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