

# OutdoorsNW<sup>®</sup>

SUMMER 2023

MAGAZINE

**CAMPING IN BEAR  
COUNTRY**

**Page 20**

**FROM MOUNTAINS  
TO COASTLINE**

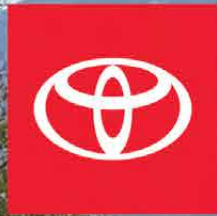
**Page 15**

**LONG BEACH "SANDSATIONS"  
WHERE ART BLENDS  
WITH NATURE**

**Page 11**

**FALL EVENTS CALENDAR**

**Page 24**



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# TABLE OF CONTENTS



Skamania Lodge

6



Long Beach's  
'Sandsations'

11



From Mountains  
to Coastline

15



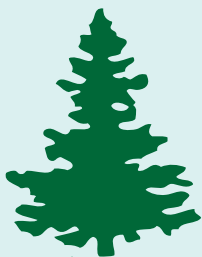
Essential Tips  
for Camping in  
Bear Country

20



Fall Event's Calendar

24



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Summer 2023

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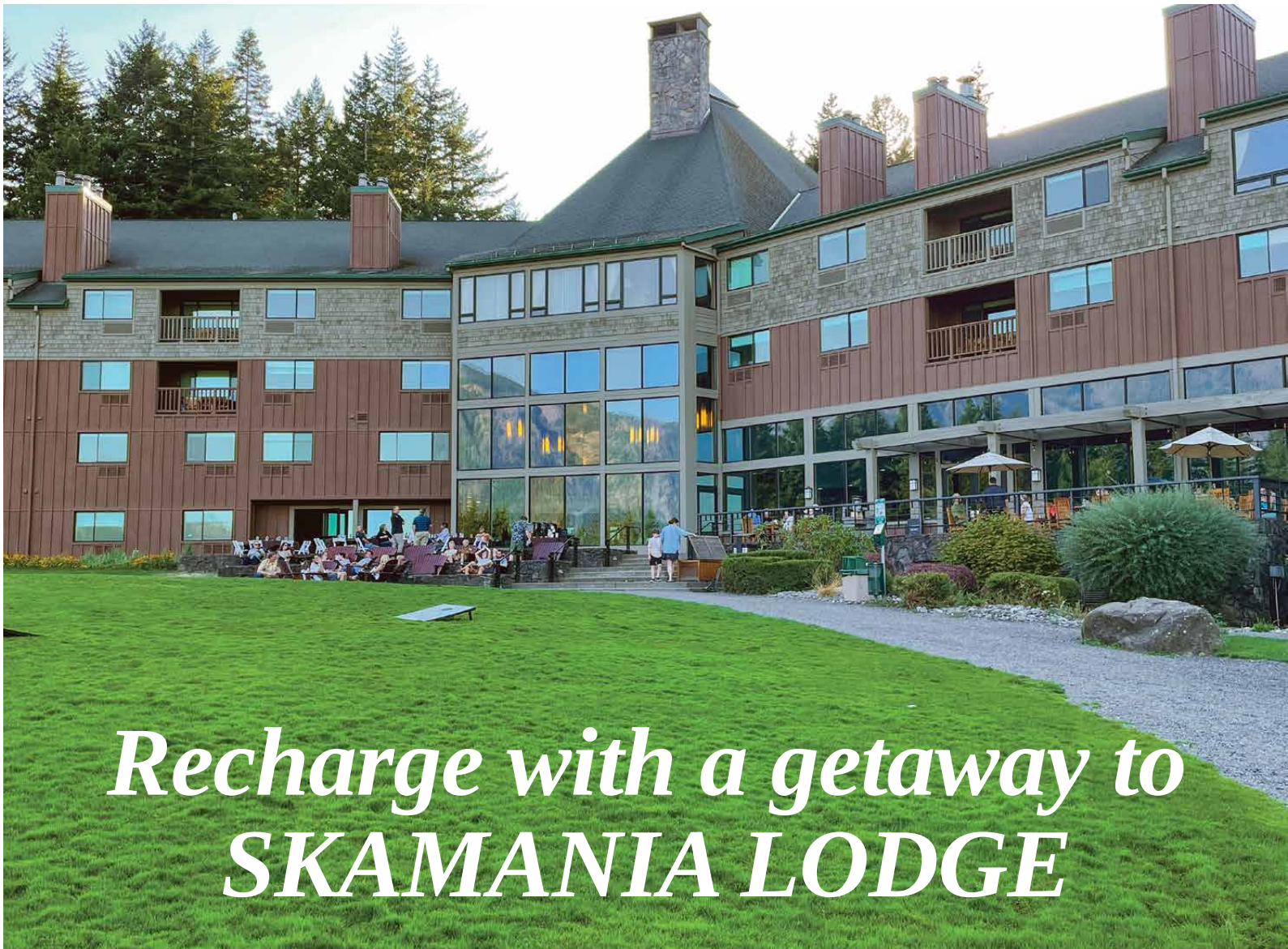
OutdoorsNW is published quarterly by Eastside Media Corp, PO Box 98005, Lakewood, WA 98496. Phone 425-483-0606 info@outdoorsnw.com www.outdoorsnw.com

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# *Recharge with a getaway to* **SKAMANIA LODGE**

**By Debbie Stone**

**O**nce again, I found myself gliding through the forest with remarkable ease, this time, engaged in the zipline course at Skamania Lodge - a renowned resort located in Washington State within Columbia Gorge country. Nestled amidst the natural splendor, the lodge boasts picturesque guest rooms and communal spaces, an impressive Northwest art collection, award-winning dining, a spa and fitness center, a swimming pool, hot tubs, golf and disc golf courses and plenty of other outdoor activities. Do as much or as little as you want at this all-ages playground, where you can re-energize, refresh and renew.

The zipline tour I experienced includes

seven different lines, encompassing a range of distances, heights and speeds, along with three sky bridges and an auto-belay station. As you soar through the woods in Tarzan or Jane fashion, open your eyes, as the views from high in this stretch of Pacific Northwest rainforest are magical.

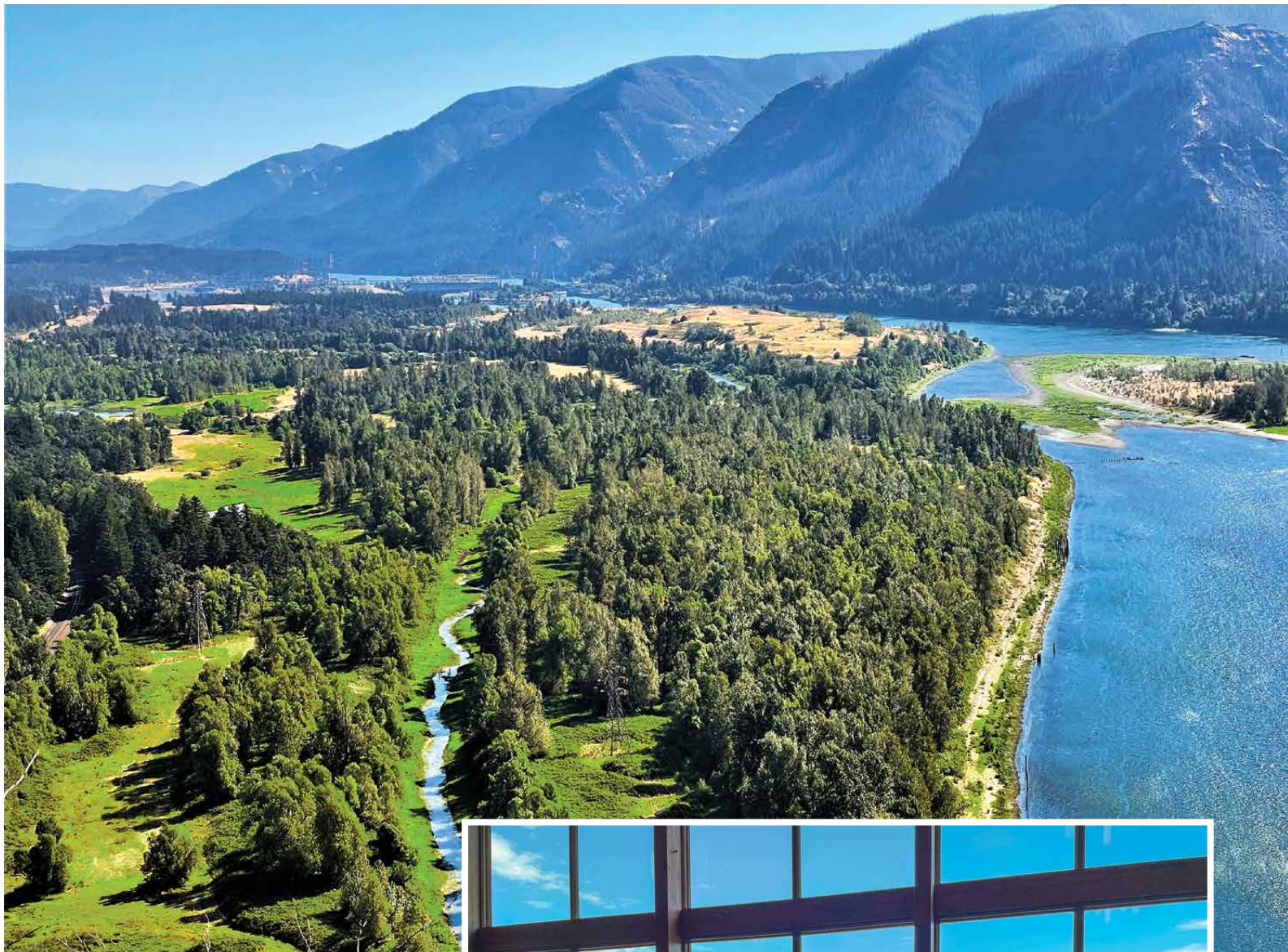
The guides are upbeat and fun, maintaining entertaining banter throughout the well-designed course. They encourage you at each step and show you how to use different positions to up the ante. For example, lay back and go. Try spinning or a slingshot push off the tree and definitely assume a cannonball for speed.

There's also an aerial park on the property, where you can test your strength,

balance and agility as you maneuver through different challenges of varying degrees of difficulty. You are safely carabineered, so you can let loose and do your best ninja imitation.

While you're at it, add axe throwing to your repertoire. As you toss your axe at the wooden target to score points, channel your competitive inner Paul Bunyan. Experience that powerful, primal release when you land a Bull's Eye.

Though the lodge boasts a comprehensive indoor fitness, complete with all the bells and whistles, I opted for a full-body workout on the Gorge Loop Fitness Trail. This trail combines hiking with challenges at five fitness stations.



You can utilize the provided equipment to complete your regimen or follow the suggested exercises outlined at each station. Accommodations for various fitness levels are offered, a feature I found valuable. The opportunity to be surrounded by the abundant natural beauty of the environment is certainly an added benefit.

If that's insufficient, the lodge offers two other hiking trails that lead you through a wooded landscape. They start near the Golf Shop and range from 1.5 to 1.75 miles long. Do some forest bathing along the way, and if you are unfamiliar with this activity, the lodge has a guide you can follow. It's all about absorbing the atmosphere, getting in touch with nature, being mindful and embracing your senses. Research has shown sub-



stantial health benefits of such a practice, leading to lower blood pressure and decreased stress levels. And no, there's no actual bathing required!

Continue the relaxing vibe with a soak in the outdoor or indoor hot tubs. Then book a restorative massage or replenishing facial at the Waterleaf Spa. I had an incredible facial with Laurie,

who incorporated a number of elements into my session, including an anti-aging mask, hot stone massage and ice balls. I felt like my skin had been brought back from the dead!

Of course, you'll work up an appetite during your stay. Just know that you're in good hands with the chefs at Skamania. In the Cascade Dining Room, the menu



emphasizes fresh, seasonal and local ingredients. One night, I started with a cup of creamy and flavorful Steelhead Chowder, followed by the Pan Roasted Steelhead with a veggie hash. Another, I had the hearty NW Seafood Stew, a chockful of clams, shrimp and Pacific fish in a tomato fennel broth. My husband enjoyed the Lodge Seafood Salad, which had clams, poached shrimp and smoked Steelhead.

For a casual, pub-style environment, go next door to the River Rock Lounge, where you'll find small plates, sharable items, local brews, creative cocktails and mocktails and fine wines. If weather

permits, sit outside on the deck and take in the unparalleled views or watch a game of frisbee on the large lawn.

Later, make your way to the fire pit for some good old-fashioned smores. Get a smore kit from the gift shop and roast those marshmallows perfectly golden brown. Then you know the drill! Smash them between two graham crackers with a piece of chocolate for that yummy (and sticky!) campfire!

Lodge accommodations are spacious and comfy, with fireplaces and views of the Columbia River or old-growth forest. If you're looking for a bit of rustic hospitality, opt to stay in one of the

Tree Houses. These secluded abodes are graced with expansive decks, indoor/outdoor fireplaces, king-size beds and full baths. Each has an outdoor dining and recreational area with a fire pit below. They stand 20 feet in the air and boast large windows to make you feel like you're sleeping amid the canopy of trees.

Though there's more than enough to do at Skamania, outside the lodge doors, you'll discover a world-class recreational paradise ripe for exploring. The Columbia River Gorge, a protected National Scenic Area, straddles Washington and Oregon and spans nearly 300,000 acres. It boasts the greatest concentration of high waterfalls in North America, including the impressive Multnomah Falls – the grand dame of them all. Within a half hour, you can reach a number of these cascading beauties. Go early in the morning to avoid crowds, as this is a popular corridor.

If you're a hiker, this area is nirvana with 57 trails when combined, stretch over 218 miles in length. For memorable panoramic vistas (and good cardio), climb Beacon Rock, the second-largest monolith in the northern hemisphere, standing 848 feet tall. It shares its prominence with such geological features as California's El Capitan, Georgia's Stone Mountain and Wyoming's Devils Tower. Once the core of an ancient volcano, Beacon got its name from Lewis and Clark, who encountered this behemoth on their westward journey to the Pacific.

Reaching the top of Beacon Rock involves a near-continuous series of 54 switchbacks, many less than 20 feet long, along with numerous concrete and wooden bridges. The trail, though, is not too steep and handrails line it. Most importantly, your efforts will be well rewarded with inspiring views of the mighty Columbia River and the surrounding area.

To delve deeper into the history and culture more about the history and culture of this unique region, consider visiting the nearby Columbia Gorge Interpretive



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Center Museum. You can spend hours here, as the displays are interesting and interactive.

Thirteen exhibit areas spotlight various themes as First Peoples, the Lewis and Clark Expedition, the evolution of pioneer communities along the Columbia, the eras of the railroad, highway and sternwheeler, Bonneville Dam and the Gorge's geology.

The most extensive gallery is dedicated to the Gorge's timber and fishing industries. Within, you'll find a waterfall, a replica of an 1882 fishwheel, a 1921 Mack log truck laden with cedar logs, a stationary steam engine from 1895, and suspended from the ceiling, a 1917 "Jenny" bi-plane, representative of the initial airplanes that delivered air mail in the Gorge.

Another "off-campus" destination is the town of Stevenson, a charming waterfront community with eclectic shops, galleries, local restaurants and an award-winning brewpub. I enjoyed tasty fish and chips at Clark and Lewie's



while sitting on the outdoor patio with a river view. Afterward, I went to the dock and watched the riverboats cruising and the windsurfers gliding across the water. This area offers some top locations to catch waves, as the Columbia acts as a funnel for wind that blasts down the river corridor.

Those who want to do a deep dive into the Gorge's wine scene have plenty of

options, as there are forty-plus wineries in the area, located on both sides of the river.

Not into wine? No problem. Take your pick from a dozen or so brewpubs, cider houses and even a distillery to meet your libations needs.

If you'd like to learn more about the Skamania Lodge, visit [www.skamania.com](http://www.skamania.com).

# Art blends with nature at Long Beach's 'Sandsations'

By Debbie Stone



**M**any internationally recognized sand sculptors started as kids playing around at the beach. Unlike most of us, however, they kept at it and, over the years, honed their skills, crafting eye-popping and intricate creations, from amazing replicas of famous structures to imaginative, original works of art. Despite the impermanence of their pieces, the sculptors spare no effort in rendering the tiniest and most ornate details that it seems hardly possible the structures are made of sand.

This summer, the city of Long Beach will again host to "Sandsations," a enjoyable and family-friendly festival. Running from July 12-16, you can try



building a sandcastle or viewing the work of master sand sculptors as they mold sand into magic.

The festival, now in its 27th year, is sponsored by the Long Beach Merchants Association. It attracts thousands of visitors and numerous master sculptors from all over the country. Many of the fans and competitors are multi-year returnees.

During the first few days of the festival, the masters create fun and fanciful works of art at various sites, including on the Bolstad, the approach to the beach, around town and throughout Pacific Country. Maps will be available detailing locations to enjoy a sandy tour of the Long Beach Peninsula.

Different merchants sponsor each of the sculptures and their logos are built into the pieces, offering the ultimate Instagram-worthy promotion. Sculptures on the Bolstad have themes suggested by the merchants, though the artists are free to interpret these themes in their special way.



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The finale is a sand-sculpting competition that takes place on the section of the beach paralleling the Long Beach boardwalk. This year, 35 to 40 teams at the masters, intermediate and novice levels will race the incoming tide to wow the judges for recognition and prizes. Due to the timing of the tide, they typically have from six to eight hours to complete their sculptures. The rules are simple: teams can use only sand, water, forms or molds...and their imaginations.

Anything goes, from humongous, elaborate castles and forts with intricate waterways and canals to marine life representations, spaced-themed creations, monsters, mermaids, Disney figures and more.

After the judging and award ceremony, stick around to watch the tide erase these fleeting art forms as nature returns them to the sea.

If you get inspired and would like to learn how to make your sand sculpture,



head to “Lesson Beach.” Several master sculptors will give free instruction and share tips and techniques with all ages, providing a wonderful opportunity to build future sand sculpture talent.

And if you’d like that special family holiday pic, bring your festive wear on Saturday and Sunday for a photo

op with the “Holidays at the Beach” sculpture. You’ll be the envy of all your friends and relatives when they receive your unique holiday card or see your framed pic sitting atop the mantel!

For more information about “Sand-sations” and other Long Beach events: [www.visitlongbeachpeninsula.com](http://www.visitlongbeachpeninsula.com)



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# *From Mountains to Coastline: A Guide to the Top Pacific Northwest Outdoor Adventures*

**By Chad Hultz**

**T**he Pacific Northwest is a region of the United States full of natural beauty and opportunities for adventure. With its towering mountains, dense forests and rugged coastline. The area is a paradise for outdoor enthusiasts of all types. In this guide, we will explore some of the top outdoor activities and attractions the region offers. From hiking and backpacking in the Cascades to surfing and beach activities on the Oregon Coast, there is something for everyone in this stunning part of the country.

## **HIKING AND BACKPACKING IN THE CASCADES**

The Cascade Mountains are a range that extends from northern California into Canada. The region is home to some of the country's most spectacular hiking and backpacking trails. From easy day hikes to multi-day backpacking trips, there are trails for all levels of hikers. Some of the most popular trails in the region include the Pacific Crest Trail, the Wonderland Trail and the Enchantments.

One of the most popular hikes in the region is the hike to Lake Serene. This 8.2-mile round-trip hike takes you through dense forests and past beautiful waterfalls before arriving at the stunning lake. The trail is rated as moderate and is suitable for hikers of all levels. Another popular hike is the hike to Heather Lake. This 4.6-mile round-trip hike takes you through dense forests and past beautiful wildflowers before arriving at the picturesque lake.

If you want a more challenging hike, consider hiking the Enchantments. This



18-mile round-trip hike guides you through some of the most breathtaking alpine scenery in the nation. The hike is rated as difficult and is only recommended for experienced hikers. Irrespective of the trail you select, what trail you choose, hiking in the Cascades is an unforgettable experience.

## EXPLORING THE OLYMPIC PENINSULA

The Olympic Peninsula is a large peninsula in western Washington that is home to some of the most beautiful scenery in the region. The area has a rugged coastline, dense forests, and stunning mountains. Many outdoor activities on

the Olympic Peninsula include hiking, camping, and fishing.

Olympic National Park is one of the most popular attractions on the Olympic Peninsula. The park has over 600 miles of hiking trails, including the famous Hoh River Trail. Before arriving at the Hoh River, the trail takes you through dense rainforests and past stunning waterfalls. Another popular activity in the park is camping. There are many campgrounds in the park, including the popular Kalaloch Campground.

Consider backpacking in the Olympic Mountains if you want a more rugged outdoor adventure. The area is home to some of the country's most beautiful and remote wilderness. There are many trails to choose from, including the High Divide Trail and the Queets River Trail. No matter what outdoor activity you decide on the Olympic Peninsula, you will be surrounded by stunning natural beauty.





## WHITewater RAFTING AND KAYAKING IN THE COLUMBIA RIVER GORGE

The Columbia River Gorge is a stunning canyon that runs along the border of Oregon and Washington. The area is home to some of the country's best whitewater rafting and kayaking. The rapids in the gorge range from Class II to Class V, providing a challenge for all levels of whitewater enthusiasts.

The White Salmon River is one of the most famous rivers for rafting and kayaking in the gorge. The river is home to several Class III and IV rapids, making it an excellent option for intermediate-level paddlers. Another popular river in the area is the Klickitat River. The Klickitat is known for its stunning scenery and challenging rapids.

If you want a more relaxed paddling experience, consider kayaking on the Columbia River. The river is home to several calm stretches perfect for a lei-

surely paddle. No matter what type of paddling you choose, the Columbia River Gorge will surely provide an unforgettable outdoor adventure.

## MOUNTAIN BIKING IN BEND, OREGON

Bend is a small city in central Oregon renowned for its outdoor activities. The area is home to some of the best mountain biking trails in the country, making it a paradise for cyclists of all levels. The trails in the area range from easy to difficult, providing a challenge for all levels of riders.

One of the most popular trails in the area is the Phil's Trail System. The system is home to over 100 miles of trails, ranging from easy to difficult. Another popular trail in the area is the McKenzie River Trail. The trail is a 26-mile point-to-point trail that takes you through stunning alpine scenery and past beautiful waterfalls.

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If you want a more challenging mountain biking experience, consider riding the Black Rock Trail. The trail is known for its technical features and challenging terrain, making it an excellent option for experienced riders. Regardless of the type of mountain biking you choose, Bend will provide an unforgettable outdoor adventure.

## **SURFING AND BEACH ACTIVITIES ON THE OREGON COAST**

The Oregon Coast is a stunning stretch of, home to some of the country's best surfing and beach activities. Several popular surf spots include Cannon Beach and Newport Beach. The waves in the area range from beginner-friendly to expert-level, providing a challenge for all levels of surfers.

In addition to surfing, there are many other beach activities to enjoy on the Oregon Coast. These include beachcombing, tide pooling and kite flying. The area also has several state parks, including Cape Lookout State Park and Oswald West State Park.

If you want a more rugged beach adventure, consider hiking the Oregon Coast Trail. The trail is a 382-mile trail that takes you along the entire length of the Oregon Coast. The trail is rated as difficult and is only recommended for experienced hikers. No matter what type of beach adventure you choose, the Oregon Coast is sure to provide an unforgettable outdoor experience.

## **CAMPING AND FISHING IN THE NORTH CASCADES**

The North Cascades is a stunning mountain range located in northern Washington. The area is home to some of the most beautiful scenery in the region, including glaciers, alpine meadows, and stunning lakes. Many outdoor activities in the North Cascades include camping and fishing.

One of the most popular campgrounds in the area is the Colonial Creek Campground. The campground is located on the

shore of Diablo Lake and is surrounded by stunning alpine scenery. Another popular campground in the area is the Newhalem Creek Campground. The campground is located along the Skagit River and is an excellent option for those looking to fish in the area.

If you want a more rugged camping experience, consider backpacking in the North Cascades. The area has several stunning backpacking trails, including the Sahale Arm Trail and the Cascade Pass Trail. No matter what type of outdoor adventure you choose, the North Cascades will surely provide an unforgettable experience.

## **SKIING AND SNOWBOARDING IN THE CASCADE MOUNTAINS**

The Cascade Mountains are a popular skiing and snowboarding destination in the Pacific Northwest. The area is home to several world-class ski resorts, including Mt. Bachelor and Mt. Hood Meadows. The resorts in the area offer a variety of terrain, from beginner-friendly runs to expert-level terrain.

In addition to downhill skiing and snowboarding, there are many other winter activities to enjoy in the Cascade Mountains. These include cross-country skiing, snowshoeing, and sledding. The area also has several hot springs, the perfect way to relax after a long day on the slopes.

If you want a more remote skiing or snowboarding experience, consider backcountry skiing or snowboarding. The area is home to several stunning backcountry ski and snowboard routes, including the Tatoosh Range and the Mount St. Helens area. No matter what type of winter adventure you choose, the Cascade Mountains will surely provide an unforgettable experience.

## **WILDLIFE WATCHING IN THE PACIFIC NORTHWEST**

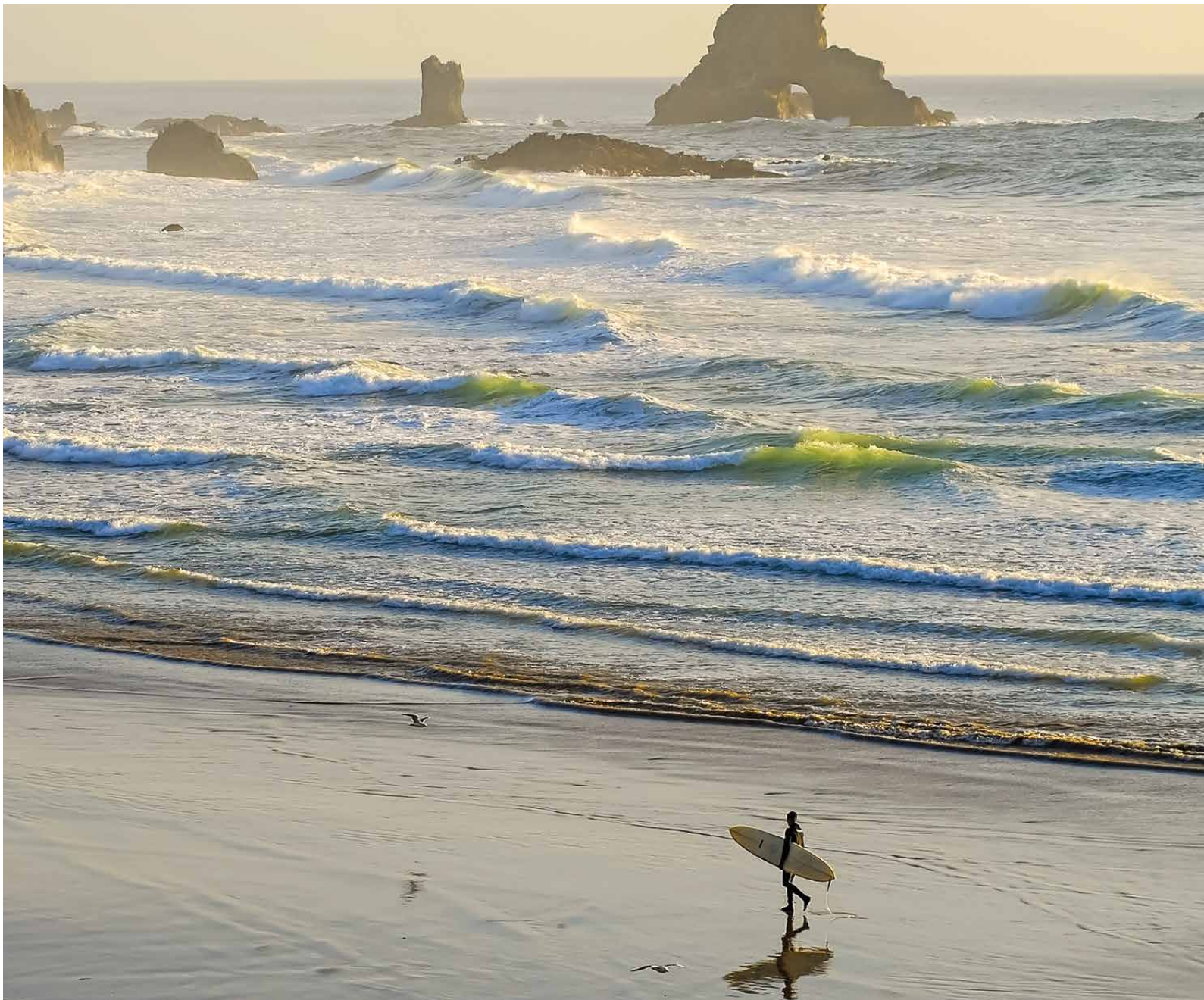
The Pacific Northwest has abundant wildlife, including bears, elk, and whales.



There are many opportunities for wildlife watching in the region, including guided tours and self-guided hikes.

One of the most popular wildlife-watching activities in the region is whale watching. The area is home to several species of whales, including gray whales and orcas. Many whale-watching tours are available in the region, including tours departing from Seattle and Portland.

If you want a more remote wildlife-watching experience, consider hiking in one of the region's many wilderness areas. The North Cascades and Olympic National Park are home to abundant wild-



life, including bears, elk, and mountain goats. No matter what type of wildlife watching you choose, the Pacific Northwest is sure to provide an unforgettable experience.

## **PLANNING YOUR PACIFIC NORTHWEST ADVENTURE**

The Pacific Northwest is a vast region, and planning your adventure can be overwhelming. Here are some tips to help you plan your trip:

**Research the area:** The Pacific Northwest is home to many different regions with unique attractions and activities. Be sure to research the area you are inte-

rested in visiting to ensure that it meets your expectations.

**Choose your activities:** There are many outdoor activities to enjoy in the Pacific Northwest, including hiking, camping and skiing. Choose the activities that interest you the most and plan your trip around them.

**Pack appropriately:** The weather in the Pacific Northwest can be unpredictable, so be sure to pack for various conditions. Bring layers, rain gear and sturdy footwear.

**Book accommodations in advance:** The Pacific Northwest is a popular tourist destination, and accommodations can fill

up quickly. Be sure to book your accommodations in advance to ensure that you have a place to stay.

The Pacific Northwest is a stunning United States region full of natural beauty and outdoor adventure. From hiking and backpacking in the Cascades to surfing and beach activities on the Oregon Coast, there is something for everyone in this stunning part of the country. Whether you are seeking an adrenaline rush or a peaceful escape in nature, the Pacific Northwest will surely provide an unforgettable outdoor experience. So, pack your bags and get ready to explore this natural wonderland.

# *Essential Tips for Camping in Bear Country You Must Know*



**By Chad Hultz**

## **INTRODUCTION TO CAMPING IN BEAR COUNTRY**

Camping is a popular outdoor activity that offers the opportunity to connect with nature and escape from the daily grind. However, when camping in bear country, it is essential to be aware of the potential dangers and take precautions to ensure a safe and enjoyable experience. This article aims to provide valuable information on how to keep bears away from the campsite, how to store

food when camping in bear country and other essential tips for confidently navigating bear country.

In recent years, the number of people camping in the bear country has increased, creating a need for increased education and awareness about bear safety. Bears are intelligent and curious animals, while they generally avoid humans, they may be drawn to campgrounds in search of food. Understanding bear behavior and taking appropriate measures to minimize the

risk of a bear encounter is essential to ensuring a safe and enjoyable camping experience for all.

The following sections will provide a comprehensive guide to camping in bear. It will cover everything from choosing a safe campsite and understanding bear behavior to essential gear recommendations and what to do if you encounter a bear. By following these tips, campers can confidently navigate the bear country and create lasting memories in the great outdoors.

## UNDERSTANDING BEAR BEHAVIOR

Before venturing into a bear country, it is crucial to understand bear behavior to minimize the risk of a negative encounter. Bears are typically shy and prefer to avoid humans, but they become more aggressive when they feel threatened, cornered or are protecting their young. Additionally, bears have an incredible sense of smell, which can lead them to campgrounds in search of food.

To minimize the chances of attracting bears to your campsite, reduce odors and maintain a clean campsite. Recognizing signs of bear activity, such as tracks, scat and claw marks, is also essential. Campers can safely enjoy their time in bear country by understanding bear behavior and taking appropriate precautions.

Bear activity varies depending on the time of day, season and location. Generally, bears are more active during dawn and dusk and may be more prevalent in certain areas during specific times of the year due to food availability. This information can help campers make informed decisions about when and where to camp in bear country.

## HOW TO CHOOSE A SAFE CAMPSITE IN BEAR COUNTRY

Selecting a safe campsite is essential in ensuring a enjoyable camping experience in bear country. When choosing a campsite, campers should consider the following guidelines:

**Avoid camping near bear food sources:** Bears are often drawn to areas with abundant food resources, such as berry patches, fishing spots, or carcass sites. Campers should avoid camping in these areas to minimize the risk of a bear encounter.

**Choose a site with good visibility:** Selecting a campsite allows campers to spot bears and other wildlife from a distance, providing ample time to react if necessary.



**Avoid camping near game trails or bear paths:** Bears often use established trails to travel through their territory. Camping near these paths increases the likelihood of a bear encounter.

**Camp away from water sources:** Bears often frequent water sources, such as rivers, lakes, and streams, to drink and forage for food. Camping at least 100 yards from water sources can help reduce the risk of a bear encounter.

By following these guidelines, campers can select a safe campsite and minimize the likelihood of a bear encounter during their camping trip.

## HOW TO KEEP BEARS AWAY FROM CAMPSITE: DETERRENENTS AND TECHNIQUES

Knowing how to keep bears away from the campsite is crucial for a safe camping experience in bear country. The following deterrents and techniques can help campers minimize the risk of a bear encounter:

**Make noise:** Making noise can alert bears to your presence, allowing them to avoid the area. When hiking or moving around the campsite, campers

should make noise by talking, singing, or using bear bells.

**Use bear-resistant containers:** Storing food and other scented items in bear-resistant containers can help prevent bears from being drawn to your campsite.

**Keep a clean campsite:** Maintaining a clean campsite is essential to minimize odors that may attract bears. Campers should clean up all food waste, trash, and cooking equipment immediately after use.

**Use bear spray:** Bear spray is a highly effective deterrent that can be used to ward off a bear in the event of a close encounter. Campers should always carry bear spray and know how to use it properly.

**Set up a bear perimeter:** Establishing a bear perimeter around your campsite using an electric fence or a bear alarm system can help deter bears from entering the area.

By implementing these deterrents and techniques, campers can significantly reduce the likelihood of a bear encounter and enjoy a safe camping experience in bear country.



## PROPER FOOD STORAGE IN BEAR COUNTRY: HOW TO STORE FOOD WHEN CAMPING

One of the most critical aspects of camping in bear country is knowing how to store food to prevent attracting bears to your campsite. The following guidelines can help campers store food safely and effectively:

**Use bear-resistant containers:** Bear-resistant containers are designed to be difficult for bears to open, making them an excellent option for storing food and other scented items. These containers should be placed at least 100 yards from the sleeping area.

**Hang food from a tree:** Campers can hang their food from a tree if bear-resistant containers are unavailable. Food should be placed in a bag and suspended at least ten feet off the ground and four feet from the tree trunk.

**Store food in airtight bags:** Airtight bags can help reduce odors that may attract bears. Campers should also store toiletries, trash and other scented items in these bags.

Store food and cooking gear separately from the sleeping area: Campers should maintain a designated cooking area at least 100 yards from the sleeping area. Food and cooking gear should be stored in this area to help prevent bears from being drawn to the sleeping area.

By following these food storage guidelines, campers can help reduce the likelihood of attracting bears to their campsite and enjoy a safer camping experience.

## COOKING AND CLEANING TIPS TO MINIMIZE BEAR ATTRACTION

Proper cooking and cleaning practices are essential in minimizing bear attraction to your campsite. The following tips can help campers maintain a clean campsite and prevent bear encounters:

**Cook simple meals:** Campers should opt for simple, low-odor meals when camping in bear country. This will help reduce the smells that may attract bears.

**Avoid cooking greasy or smelly foods:** Greasy or smelly foods can leave lingering odors that may attract bears. Cam-

pers should avoid cooking these types of foods when camping in bear country.

**Clean up immediately after cooking:** Campers should clean all cooking utensils, dishes and surfaces immediately after use to minimize odors. Food scraps should be packed out or stored in bear-resistant containers.

**Wash hands and clothing:** Campers should wash their hands regularly to remove food odors that may attract bears.

By following these cooking and cleaning tips, campers can help minimize bear attraction to their campsite and enjoy a safer camping experience in bear country.

## HIKING SAFELY IN BEAR COUNTRY

Hiking is a popular activity for many campers, and knowing how to hike safely in bear country is essential. The following guidelines can help ensure a safe and enjoyable hiking experience:

**Hike in groups:** Hiking in groups can help reduce the risk of a bear encounter, as bears tend to avoid large groups of people.



**Make noise:** Making noise while hiking can alert bears to your presence, allowing them to avoid the area.

**Carry bear spray:** Campers should always carry bear spray and know how to use it properly in case of a close encounter with a bear.

**Stay on established trails:** Bears are more likely to be encountered off-trail or in areas with dense vegetation. Campers should stay on designated trails to minimize the risk of a bear encounter.

**Be aware of your surroundings:** Campers should be mindful of their surroundings and watch for signs of bear activity, such as tracks, scat, and claw marks.

By following these hiking safety guidelines, campers can confidently explore the bear country while minimizing the risk of a bear encounter.

## WHAT TO DO IF YOU ENCOUNTER A BEAR

Despite taking all necessary precautions, it is still possible to encounter a bear while camping in bear country. Knowing what to do in this situation can help prevent an escalation and ensure the safety of both the camper and the bear. The following guidelines can help campers respond appropriately if they encounter a bear:

**Do not run:** Running may trigger a chase response from the bear. Instead, campers should stand their ground and speak in a firm, calm voice.

**Make yourself appear larger:** Campers should raise their arms and stand on their tiptoes to make themselves appear larger and more intimidating to the bear.

**Back away:** Campers should slowly back away from the bear without turning back on it. Maintaining eye contact with the bear can help assert dominance.

**Use bear spray:** Campers should use bear spray as a deterrent if the bear approaches. It is essential to know how to use bear spray properly and to carry it at all times when camping in bear country.

**Fight back if necessary:** In the rare event of a bear attack, campers should fight back using any available tools or weapons, targeting the bear's face and muzzle.

By knowing what to do during a bear encounter, campers can respond appropriately and help ensure their and the bear's safety.

## ESSENTIAL GEAR FOR CAMPING IN BEAR COUNTRY

When camping in bear country, having the appropriate gear to ensure a safe and enjoyable experience is crucial. The following items are essential for camping in bear country:

**Bear spray:** Bear spray is a highly effective deterrent that can be used to ward off a bear in the event of a close encounter. Campers should always carry bear spray and know how to use it properly.

**Bear-resistant containers:** Bear-resistant containers are an excellent option for storing food and other scented items, helping to prevent bears from being drawn to your campsite.

**Noise-making devices:** Devices such as bear bells or air horns can alert bears to your presence and encourage them to avoid the area.

**Airtight bags:** Airtight bags can help reduce odors that may attract bears. Campers should store food, trash, and other scented items in these bags.

**Electric fence or bear alarm system:** These devices can help deter bears from entering your campsite and provide an added layer of protection.

By packing the appropriate gear, campers can confidently navigate the bear country and enjoy a safe and enjoyable camping experience.

## CONCLUSION: ENSURING A SAFE AND ENJOYABLE BEAR COUNTRY CAMPING EXPERIENCE

Camping in bear country can be an incredible experience, allowing campers to connect with nature and observe these majestic creatures in their natural habitat. By understanding bear behavior, choosing a safe campsite, and implementing proper food storage and cooking practices, campers can minimize the risk of a bear encounter and ensure a safe and enjoyable camping experience.

Respecting bears and their habitat while camping in bear country is essential. By following the guidelines in this article, campers can confidently navigate bear country, create lasting memories, and help ensure the safety of both humans and bears.

# Fall Event's Calendar

## September and October 2023



### SEATTLE RUN SERIES: MAGNUSON SERIES

Seattle, WA | Sept. 2

<https://magnusonseries.org>

Experience the thrill of the picturesque Magnuson Series, part of the Seattle Run Series. Diverse races all year, for runners of all levels..

Each event in the Magnuson Series brings its unique theme and atmosphere, with races like the Resolution Run and Valentine's Day Dash adding excitement and fun. The park's scenic course, with paved paths and waterfront views, creates lasting memories for runners.

Choose from various distances and formats, including the classic 5k, 10k, and 15k runs and walks, or try the duathlon, combining running and biking for a thrilling challenge. The 400-meter kids' dash ensures a family-friendly atmosphere.

The Magnuson Series fosters a welcoming and inclusive community, connecting participants of all abilities and celebrating their achievements. Camaraderie and support make each event not just a competition but a joyful celebration of running and fitness.

Safety is paramount, with volunteers and staff providing assistance along the course and strategically placed aid stations for hydration and fueling.

Beyond running, the Magnuson Series contributes to the environment and community through Earth Runs, raising funds for tree plantings and supporting local nonprofits at events.

Lace up and immerse yourself in the vibrant energy of the Magnuson Series. Whether you're a seasoned runner, a novice jogger, or a family seeking outdoor fun, this series offers events to keep you active and motivated. Join the community

and celebrate the joy of running in Seattle's stunning Magnuson Park.

### BONNEY LAKE TRIATHALON

Bonney Lake, WA | Sept. 2

<https://runsignup.com/Race/Events/WA/BonneyLake/BonneyLakeTriathlon>

Triumphant return! Bonney Lake Triathlon 2023, hosted by Trio Multisport, promises an exceptional and unforgettable experience for all participants.

Immerse yourself in the "Labor of Love" triathlon, where you have the choice between a Sprint or Olympic distance race in the picturesque town of Bonney Lake on Labor Day Saturday. Prepare to be captivated by the serene waters of Lake Tapps, pedal through the scenic back roads of Pierce County, meandering past lush farmlands, and embark on a thrilling run through the foothills, all while being



treated to breathtaking views of Lake Tapps and the majestic Mount Rainier. Bonney Lake truly is a triathlete's dream race, serving as the ultimate reward for your dedication and years of labor.

Save the date for Saturday, September 2nd, 2023, at 8:00am, and make your way to Allan Yorke Park, located at 7203 W Tapps Hwy E, Bonney Lake, WA 98391. This idyllic location sets the stage for a remarkable triathlon experience, combining natural beauty with a challenging course.

Prepare to push your limits, embrace the camaraderie of fellow athletes, and revel in the breathtaking scenery of Bonney Lake. The Bonney Lake Triathlon, now under the expert management of Trio Multisport, promises a remarkable event that caters to all participants, from seasoned triathletes to those new to the sport. Dive into the waters, conquer the bike course, and power through the run, knowing that you're part of an extraordinary triathlon experience that will leave you with lifelong memories.

### **HERO HOUSE 5K RUN AND WALK** **Redmond, WA | Sept. 9**

<https://runsignup.com/Race/WA/Redmond/HEROHouse5K>

Join us on September 9, 2023, at 9:00am as we take a collective step towards supporting mental health. Sign up now for the HERO House 5K Run and Walk, a remarkable event that aims to benefit HERO House NW and its Clubhouse programs. Lace up your running shoes or slip on your walking shoes and join us IN PERSON on Sunday, October 10th, at 9:00 AM. The event will be held at the picturesque Redmond Municipal Park, situated along the serene Sammamish River Trail.

By participating in the HERO House 5K Run and Walk, you will not only promote mental health awareness but also directly contribute to the vital programs and services offered by HERO House NW. Every step you take will make a meaningful im-

pact on the lives of individuals and families affected by mental health challenges.

This event provides an opportunity to come together as a community, supporting one another and fostering a sense of unity. Join fellow participants as you navigate the scenic Sammamish River Trail, immersing yourself in the natural beauty that surrounds you. The course promises a captivating experience, creating a perfect backdrop for your journey towards a healthier mind and a brighter future.

Sign up now and be a part of this transformative event. By participating in the HERO House 5K Run and Walk, you are not only prioritizing your own well-being but also championing the cause of mental health. Together, let's make a difference, one step at a time.

### **RIDE THE RIM** **Crater Lake Ore | Sept. 9 and Sept. 16**

<https://ridetherimoregon.com/>

Discover the breathtaking beauty of Crater Lake National Park with Ride the Rim, an exhilarating event on September 9 and September 16. Traverse the rim of a spectacular landscape, encountering stunning vistas and awe-inspiring natural wonders at every turn. Hosted by Crater Lake National Park, Friends of Crater Lake and Discover Klamath Visitor & Convention Bureau.

Ride the Rim: Unforgettable adventure for all - cyclists seeking a challenge or nature enthusiasts captivated by stunning landscapes. Immerse yourself in Crater Lake's untamed beauty and be awe-inspired.

On September 9 and September 16, East Rim Drive will be closed to vehicular and motorized traffic, creating a safe and pedestrian-friendly space to enjoy the park on two wheels, one wheel, or by your own feet. Crater Lake, with its deep blue water and soaring caldera walls, is the deepest lake in the United States, boasting a depth of 1,943 feet. Its pristine old-growth forests support a rich diversity of Cascades

plant and wildlife, making it a natural wonder worth exploring.

Mark your calendars for this not-to-be-missed event and head to the official website at <https://ridetherimoregon.com/> for all the details. Don't miss the chance to experience the thrill of Ride the Rim and be captivated by the untamed beauty of Crater Lake National Park. Join fellow cyclists and outdoor enthusiasts for an unforgettable journey amidst nature's splendor. See you there!

### **LAKE STEVENS TRIATHALON** **Lake Stevens, WA | Sept. 9**

[https://www.buduracing.com/events\\_detail.php?e=2246](https://www.buduracing.com/events_detail.php?e=2246)

Prepare for the eagerly awaited 2023 Lake Stevens Triathlon, hosted by Trio Multisport! Taking over from BuDu Racing, Trio Multisport promises an exceptional event for everyone.

Choose between the Sprint (short) or Olympic (long) distance options, both set against the stunning backdrop of Lake Stevens. The swim courses feature a deep-water start off the dock at North Cove Park, offering a thrilling launch into the pristine waters. The Sprint follows an out-and-back bike course, while the Olympic distance extends further to a turn-around point, providing an additional challenge. As for the run, the Sprint completes one loop, while the Olympic completes two loops along the serene shoreline of the lake, offering participants a peaceful and breathtaking view.

Save the date for Saturday, September 9th, 2023, at 8:00am, and make your way to North Cove Park, located at 1806 Main St, Lake Stevens, WA 98258. This picturesque location sets the stage for an unforgettable triathlon experience, surrounded by the natural beauty of the area.

Prepare to push your limits, embrace the camaraderie of fellow athletes, and bask in the scenic splendor of Lake Stevens. The Lake Stevens Triathlon, under the new management of Trio Multisport, pro-



mises an exceptional event that caters to all participants, whether seasoned triathletes or those new to the sport. Lace up your shoes, dive into the water, pedal with determination, and stride towards the finish line, knowing that you're part of a memorable and rewarding triathlon journey.

## **BEAT THE BLERCH MARATHON/ HALF MARATHON/10K**

**Carnation, WA | Sept. 9**

<https://www.beattheblerch.com/>

Calling all runners and cake enthusiasts! Experience the unique Beat the Blerch Marathon/Half Marathon/10K in Carnation, Washington. Inspired by "The Oatmeal" webcomic, it celebrates the lovable character, The Blerch, representing runners' inner struggles and excuses.

The course takes participants through scenic rural landscapes, offering a picturesque backdrop for the race. But what makes this event truly special is the celebration of The Blerch spirit and the festive atmosphere it creates. The aid stations are stocked with cake, and there's even a Burritoughnut Station where you can build a burrito out of doughnuts - talk about delicious motivation!

Participants have various categories to choose from, including Regular, Mas-

ters, Tandem, Company Team, and High School divisions. Little Hurt is also available for younger students in 1st-9th grade.

The event is more than just a race; it's a celebration of running and the joy of pushing one's limits. Everyone is celebrated, no matter their pace. You might even be chased by a large man in a Blerch costume, adding to the fun and whimsical atmosphere.

Plus, 100% of the proceeds go to charity, with over \$200,000 donated so far. It's an event that brings the running community together for a good cause.

Mark your calendars for September 9, 2023, and join the Beat the Blerch Marathon for an unforgettable experience filled with laughter, cake, and camaraderie. Whether you're a seasoned runner or new to the sport, this event welcomes all fitness levels to come together and beat the Blerch!

## **TUNNEL LIGHT MARATHON**

**Hyak (Snoqualmie Pass), WA | Sept. 10**

<https://www.tunnelmarathon.com/>

Escape to the breathtaking beauty of Snoqualmie Pass in Washington for a truly unique road race experience at the Tunnel Light Marathon. The course takes runners through the historic Snoqualmie Tunnel,

emerging to stunning Cascade Mountain views. With its predominantly downhill route, this marathon offers a chance for fast times and Boston Qualification on a single course.

Organized by the Tunnel Marathons team, the event promises a 5-star marathon experience. Whether you're a seasoned marathoner or running your first, the team is dedicated to helping you achieve your personal best and, for many, securing a spot at the Boston Marathon.

The Tunnel Light Marathon is renowned for its rapid course, with a consistent downhill grade, resulting in over 42% of runners earning a BQ on the original Tunnel course. The race begins at Snoqualmie Pass, leading participants through the illuminated tunnel and treating them to spectacular mountain and waterfall views as they head towards the finish line in North Bend.

For those seeking a half marathon adventure, the Tunnel Light Half Marathon offers an equally stunning and fast downhill route. Starting at the midway point of the full marathon, runners relish an 1100-foot net drop, embracing the picturesque Palouse to Cascade Trail and Snoqualmie Valley Trail.

Immerse yourself in the splendor of Washington's natural beauty and experience the exhilaration of Tunnel Light Marathon – a race where speed and serenity combine for an unforgettable running journey.

## **NORTH CASCADES TRAIL MARATHON**

**Snoqualmie Pass, WA | Sept. 16**

<https://runsuperseries.com/sum>

Experience the awe-inspiring North Cascades Trail Marathon, where rugged beauty meets challenging trails. Traverse ancient forests, alpine meadows, and majestic mountain vistas in North Cascades National Park. With approximately 3,000 feet of elevation gain, this marathon attracts experienced trail runners seeking

adventure. Well-marked trails, stocked aid stations, and dedicated volunteers ensure a seamless experience in the raw beauty of the Pacific Northwest.

On the other hand, the Cascade Express Marathon offers one of the fastest marathon courses in the country. With a BQ rate over 34%, this downhill point-to-point course boasts scenic views of the Cascade Mountains and Keechelus Lake. Runners enjoy 1500' of gradual net downhill, ideal for a speedy time, PR, or Boston Qualifier.

The North Cascades Trail Marathon starts at the Hyak TrailHead and includes a stunning 2.4-mile long Snoqualmie Tunnel. The Cascade Express Marathon begins at the Palouse to Cascades State Park and offers 26.2 miles of scenic downhill.

Both races provide ample support with aid stations, pacers, bathrooms, and medical assistance. Runners are rewarded with custom tech tees, medals, and other swag. Elite Massage Professionals await at the finish line for post-race massages.

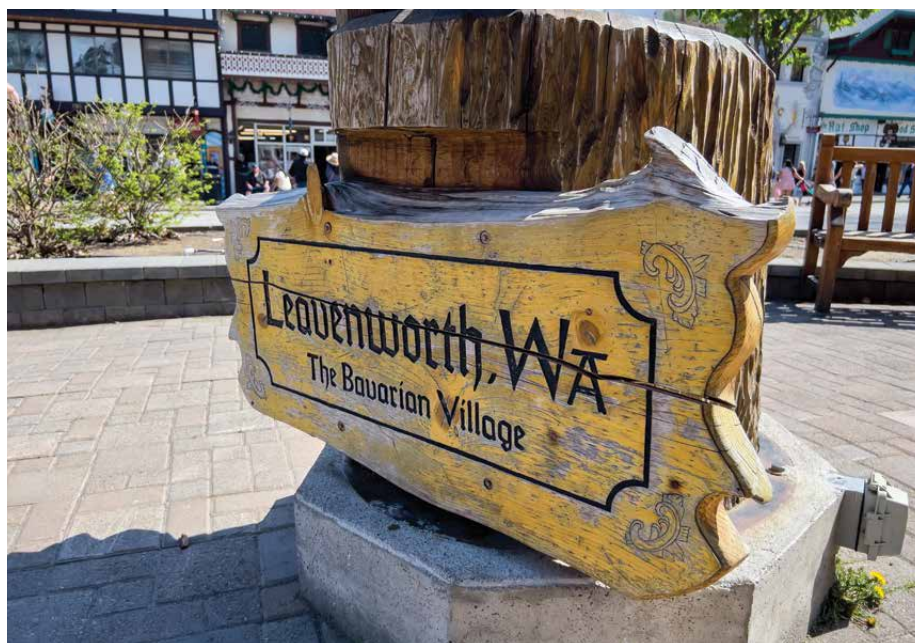
Spectators can enjoy beautiful viewing spots along the courses, while runners can bask in the glory of completing these super races. Refunds and deferrals are not offered, so prepare for an unforgettable experience in the breathtaking landscapes of the Pacific Northwest.

## **PACIFIC NORTHWEST MARATHON**

**Willamette Valley, Ore | Sept. 16**

<https://www.pacificnorthwestmarathon.com/>

The Pacific Northwest Marathon is a highly anticipated annual running event that takes place in the beautiful Pacific Northwest region of the United States. This marathon showcases the stunning natural landscapes, vibrant cities, and rich cultural heritage of the area. Runners embark on a challenging yet scenic course, taking them through picturesque routes that often include breathtaking coastal views, lush forests, and charming urban neighborhoods. The Pacific Northwest



Marathon attracts participants from near and far who come together to test their endurance, achieve personal goals, and experience the unique beauty and hospitality of the region. It's a must-run event for both seasoned marathoners and those seeking an unforgettable running adventure.

## **METHOW VALLEY OFF-ROAD DUATHLON**

**Winthrop, WA | Sept. 23**

<https://www.raceentry.com/methow-valley-off-road-duathlon/race-information>

The Methow Valley Off-Road Duathlon is an exhilarating multi-sport event that combines trail running and mountain biking in the stunning Methow Valley of Washington state. Participants tackle the challenging terrain of the Methow Valley trail system, navigating through scenic forests, meadows, and mountain vistas. The race consists of a trail run followed by a mountain bike segment, putting athletes' endurance, agility, and off-road skills to the test. With its beautiful surroundings and thrilling course, the Methow Valley Off-Road Duathlon offers a unique and memorable experience for participants seeking a dynamic and adventure-filled race.

## **THE BIG HURT**

**Port Angeles, WA | Sept. 23**

<https://bighurtpa.com/>

Save the date: Sept. 23 marks the return of The Big Hurt in Port Angeles. This thrilling multi-sport race features four challenging legs, solo in the Iron Division or as a relay team. The unique downtown waterfront transition location creates an all-day party atmosphere. The course includes a 15-mile mountain bike ride, a 2.6-mile kayak adventure, a 30-mile road bike ride, and a scenic 10K run along the waterfront on the Olympic Discovery Trail.

Additionally, younger athletes from 1st to 8th grade can join the fun by participating in the Little Hurt on September 24.

Categories for teams at The Big Hurt: Regular (3-4 members), Masters (3-4 members, all 50+), Tandem (2 members), Company (max 1 non-employee), and High School (students 15+ with 1 adult option). Younger students can join Little Hurt for 1st-9th graders.

By participating in The Big Hurt, you're not only challenging yourself but also contributing to a great cause. A portion of the event proceeds goes towards supporting the Peninsula Trails Coalition, a local non-profit organization dedicated to the development, maintenance, and promo-



tion of the Olympic Discovery Trail and Olympic Adventure Trail.

Don't miss out on securing your spot and a perfectly sized event t-shirt. Register by September 1st to guarantee your preferred size, as no changes or exchanges can be made after that date. Lace-up your shoes, hop on your bike, grab your paddle, and get ready for an adrenaline-pumping race like no other. The Big Hurt awaits you!

### **BELLINGHAM BAY MARATHON**

**Bellingham, WA | Sept. 24**

<https://www.bellinghambaymarathon.org/>

Discover the scenic and popular Bellingham Bay Marathon in Washington State, set against a backdrop of vibrant fall foliage. This highly anticipated running event showcases coastal views, downtown charm, and unwavering community support. Whether you're an experienced marathoner or a casual jogger, the race offers a mix of flat stretches, gentle hills, and breathtaking bay views, making it an ideal setting for creating cherished running memories in this picturesque season.

Join us on Sunday, September 24, for the Full Marathon, Half Marathon, 5K, and 10K. Founded in 2007 by the Bellingham Bay Swim Team, BBM delivers an authentic race experience that benefits lo-

cal youth non-profit organizations. Every stride you take supports the community!

The Bellingham Bay Marathon caters to all levels, with races designed by runners for runners and walkers. From the Half Marathon, 10K, and 5K to the Full Marathon and Marathon Relay, each event promises scenic routes, tech shirts, finisher's medals, and markers every mile.

### **LEAVENWORTH OKTOBERFEST MARATHON**

**Leavenworth WA | Sept. 30**

<https://www.teddriven.com/leavenworth-marathon>

Experience a marathon like no other at the Leavenworth Oktoberfest Marathon, where athletic achievement merges with the lively spirit of Bavarian culture. Nestled in the picturesque town of Leavenworth, Washington, the event offers a scenic course that showcases the beauty of the Cascade Mountains, lush forests, and charming Bavarian-inspired architecture.

Runners can choose from three distance options – a full marathon, half marathon, or a 10K – catering to various fitness levels and goals. The race stands out for its outstanding organization, cheerful volunteers, and well-stocked aid stations, ensuring a seamless and enjoyable experience for all participants.

Crossing the finish line is just the beginning of the celebration, as runners are welcomed into the vibrant festivities of Oktoberfest. Live music, mouth watering food, and, of course, refreshing beer await the participants, creating an unforgettable post-race experience.

The 2023 Leavenworth Oktoberfest Marathon promises to be the best edition yet, with a newly acquired Boston Qualifier Certification, a revamped event venue, and a breathtaking course that takes runners through the stunning landscapes and Bavarian charms of Leavenworth.

Leavenworth, known as Washington's "Bavarian Village," sets the perfect backdrop for this unique fusion of athleticism and cultural merriment. Join the Leavenworth Oktoberfest Marathon for a memorable journey that blends the love for running with the festive spirit of Oktoberfest, all while supporting cancer research and local charities.

Washington State in October presents a rich tapestry of running events and races that cater to all types of runners, from road racers to trail enthusiasts. The events discussed in this comprehensive guide highlight the scenic beauty of the state, the sense of community fostered by enthusiastic volunteers and fellow participants, and the thrill of pushing personal limits. Whether you seek the excitement of a marathon through urban landscapes or the tranquility of a trail run amidst the majestic mountains, October in Washington State offers an abundance of opportunities to indulge in the joy of running. Lace up your running shoes, embrace the autumn breeze, and embark on a journey of self-discovery, accomplishment, and connection with the vibrant running community of the Evergreen State.

### **SKAGIT FLATS MARATHON AND HALF MARATHON**

**Burlington, WA | Oct. 1**

<http://skagitflats.skagitrunners.org/>

The Skagit Flats Marathon and Half Marathon is a popular running event held

in Skagit Valley, Washington. Known for its flat and fast course, this race attracts participants from across the region and beyond. Runners have the opportunity to challenge themselves and achieve personal records on the scenic and well-marked route that winds through the picturesque farmlands of Skagit Valley. The event offers both a full marathon and a half marathon distance, catering to runners of all levels and abilities. With its stunning views, supportive atmosphere, and well-organized logistics, the Skagit Flats Marathon and Half Marathon is a must-run event for any avid runner or fitness enthusiast.

## BASE 2 SPACE

Seattle, WA | Oct. 1

<https://www.spaceneedle.com/base2space>

Join Base 2 Space, Seattle's iconic climb on October 1, 2023. Support cancer research with breathtaking views from the Space Needle. Over \$3.5 million raised so far. Register now!

All ages and fitness levels welcome! Team up with family, friends, or coworkers for unforgettable memories. Registration includes t-shirt, finisher medal, and access to Space Needle's observation decks, including the world's first revolving glass floor.

Exciting wave partners this year! Join Top Pot Doughnuts for a special t-shirt and doughnut treat. Taco Time Northwest presents a Taco-themed t-shirt and \$10 gift card. Seattle Seahawks offer exclusive waves with chances to win game tickets, signed footballs, and jerseys, plus a special Seahawks t-shirt.

Runners, casual climbers, or dedicated walkers, all welcome! Choose a wave time that suits your pace. Event caters to all, with competitive and leisurely options available.

Base 2 Space: A celebration of life and hope. Join the fight against cancer with Fred Hutchinson Cancer Center. Your participation makes a difference, contributing to a brighter future for cancer patients worldwide.



Lace up, gather your team, and join us on October 1 to scale new heights for a meaningful cause. Register now at [Base2SpaceSeattle.com](https://www.base2space.com). Together, let's make a difference in the lives of those affected by cancer. See you at the top!

## PORTLAND MARATHON

Portland, Ore. | Oct. 1

<https://www.portlandmarathon.com/>

The beloved Portland Marathon on October 1, 2023, attracts runners from the Pacific Northwest, including Washington State. The race showcases Portland's urban beauty, iconic bridges, and scenic riverfront. The meticulously designed course features diverse experiences with elevation changes, historic neighborhoods, and ample aid stations, all while enjoying vibrant crowd support.

Excitement fills Portland's Waterfront Park as participants gather for the marathon and half marathon, starting at 7 a.m. and 7:15 a.m. respectively. Early arrival is advised, and Premium Packet Pickup is available. The scenic journey through Portland begins with enthusiastic spectator support, and both races start and finish at the same convenient location.

Race day weather typically ranges from 50-67 degrees with a 25% chance of rain.

Prepare warm clothing for the staging area and use drop bags for belongings during the race. The Portland Marathon offers chip-timed accuracy, and runners can line up by pace. The marathon starts at 7 a.m., followed by the half marathon at 7:15 a.m. without fixed corrals.

The course features a fast elevation profile, starting and finishing at 36 feet above sea level, with a maximum elevation of 178 feet. Runners will experience Portland's landmarks and neighborhoods. The Portland Marathon is an immersive experience in the vibrant Pacific Northwest city. With a stunning course, enthusiastic crowd, and unbeatable atmosphere, it's a must-attend for marathon enthusiasts of all levels seeking a challenge and the beauty of the Rose City.

## 2ND ANNUAL FALL CLASSIC

Tacoma, WA. | Oct. 7

<https://runsignup.com/Race/WA/Tacoma/FallClassicInvitational>

Experience the thrill of running against a stunning backdrop at the Fall Classic Invitational in Tacoma, Washington, on October 7. Register now at a mere \$15 fee and secure your spot for this unforgettable event. The excitement begins at 7:30 a.m. with bib pick-up and registration, fol-

lowed by the 1K Kids race at 9 a.m. and the 5K race at 9:15 a.m..

The PLU Meadows Disc Golf Course offers a picturesque and mostly flat course with gentle rolling hills, immersing you in nature's splendor. As you cross the finish line, the sense of accomplishment will be celebrated, with prizes for every young runner and ribbons for the top 10 finishers in each gender category.

Commemorate your participation with exclusive event shirts available for purchase on-site. Reach out to Allen Culp or Jesse McNeil for any inquiries and details about the event. By joining this invitational, you support local youth runners with shoes and uniforms, and a college scholarship will be awarded to a deserving senior, empowering dreams within the community.

Come celebrate the joy of running and inspire a new generation of athletes at the Fall Classic Invitational on Oct. 7 at the PLU Meadows Disc Golf Course. Unite with fellow runners, push your boundaries, and create magical moments that will be cherished forever.

## **SPOKANE MARATHON**

**Spokane, WA | Oct. 8**

<https://thespokanemarathon.com/>

Experience the beloved Spokane Marathon in September. Choose from a full marathon, half marathon, or 10K. The courses showcase Spokane's beauty, winding through neighborhoods, parks, and the waterfront. Spectators create a festive atmosphere, cheering on runners throughout the race. Join the vibrant Spokane community for this exciting event.

The Spokane Marathon, a non-profit led by volunteers, supports local high school cross country teams and promotes a love for running. All courses are USATF certified, and it's a Boston Qualifier.

The event features well-organized logistics, lively aid stations, and post-race celebrations, ensuring a memorable experience. Runners receive custom medals,



while top finishers in each age group and distance earn acrylic awards and commemorative glasses.

Race day starts in downtown Spokane, with the marathon and marathon relay beginning at 7 a.m., the 10K at 8 a.m., and the half marathon at 9 a.m.. Bag drop is available for runners between 6:30 and 8:30 a.m..

Register early to guarantee a race-specific hoodie for the marathon, a gender-specific long sleeve tech shirt for the half marathon, and a gender-specific short sleeve tech shirt for the 10K. Shirts are only guaranteed for registrations received by Sept. 15.

Packet pick-up can be done on Saturday or Sunday of the race weekend. Race results will be available live and after the race through Negative Split Timing.

Come be a part of the Spokane Marathon and enjoy the camaraderie, support, and breathtaking views as you run through the heart of Spokane.

## **RUN SCARED 10K, 5K, AND 2-MILER**

**Seattle, WA | Oct. 29**

<https://runscared5k.com/>

Prepare for an exhilarating and spine-chilling Run Scared 10K, 5K, and 2-miler on October 29, 2023, at Seward Park, Seattle, WA. Join us for a thrilling

event while supporting The Leukemia and Lymphoma Society's fight against blood cancers. Lace up and make every step count for a worthy cause

Get ready for a spine-chilling Halloween run! Choose from the challenging 10K, spirited 5K, or family-friendly 2-miler. Costumes encouraged for an extra dose of fun and spookiness.

By participating in the Run Scared races, you'll not only enjoy a thrilling run through the scenic Seward Park but also contribute to a cause that is close to many hearts. The Leukemia and Lymphoma Society is dedicated to finding cures and providing support to those affected by blood cancers, and your involvement will make a significant impact in the lives of patients and their families.

Join fellow participants, runners, and walkers as we come together to make a difference. As you traverse the picturesque routes, take in the breathtaking views of Seward Park and enjoy the vibrant energy of the event. And don't forget to embrace the Halloween spirit by donning your most creative costumes.

Make a lasting impact and create unforgettable memories at the Run Scared 10K, 5K, and 2-miler. Register now and get ready for an exhilarating run while supporting The Leukemia and Lymphoma Society. Together, we can make strides towards a future free from blood cancers.



**Calling**  
all adventure seekers,  
explorers, four-legged friends  
and road trippers alike.



Visit Washington's  
**LONG BEACH PENINSULA**

[VisitLongBeachPeninsula.com](http://VisitLongBeachPeninsula.com)



# ADVENTURE

AT EVERY

# Altitude

**BIKE. HIKE. SWIM.  
PADDLE. BOAT. GOLF.**

*Endless Possibilities!*

As Winston Churchill once said, "altitude is a little thing that makes a big difference"! Or was it attitude? Either way, you can find adventure at every altitude here in Sandpoint, Idaho. Hike or bike at **Schweitzer Mountain Resort**, play 18 holes at the scenic **Idaho Club**, and then make your way down to Lake Pend Oreille for a plunge or a paddle. Start and end your days in beautiful downtown Sandpoint where you will find aromatic **coffee shops**, **bustling cafes**, **local boutiques and artists**, and **charming restaurants, bars, wineries, and breweries**.

**We'll see you in Sandpoint!**

**GETAWAY  
TO SANDPOINT!**



**SANDPOINT**  
IDAHO

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