

AUGUST 2026 Newsletter



Schedule of Club Events

12 August – General Meeting – 6:00 to 8:00PM

The is our annual bring your own picnic meeting held at the outdoor patio next to the cafeteria at the Adventist Health Portland, 10123 SE Market St, Portland, OR 97216



The Grotto Wednesday walkers 7 August 2024

19 August - The Grotto Walk - 9:10 to 9:25 AM

8840 NE Skidmore St.

Registration at far end of Parking Lot

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We meet on the second Wednesday in February, April, June, August, October, and December. Currently most of our meetings are held remote using the internet except for the August PICNIC Meeting which is normally held at the outdoor patio next to the cafeteria at the Adventist Health Portland, 10123 SE Market St, Portland, OR 97216

2026 Club Officer Directory

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**AUG 4 @ 8:45 TO 9:00AM (TUESDAY)
EUGENE, OR**

Valley River Inn. 1000 Valley River Way

River Walk – (TGW)

The walk will be along both sides of the Willamette River and crossing the River using two different footbridges. Beautiful views along the way.

5km and 10 km rated 1A (easy)



Wed. Walkers Hayden Island Walk -15 July 2026

**AUG 6 @ 9:45 TO 10:00 AM (THURSDAY)
OCEAN SHORES, WA**

Ocean Shores IGA,
101 E Chance-A- La- Mer NE

Bayside/ Oyhur Walk – (TGW)

Relatively crowded at entrance with families, fishermen, surfers, kite surfers. But you usually only see walkers or birders or photographers once you get away from the crowd. Most of the route is between shoreline and dunes except for the remnant of the road you entered on that once connected to a (long vanished) picnic area on the dunes. The 11k begins at Oyhut Bay resort which has a restaurant, restrooms and a small market. It meets up with the 5/8k routes at the entrance to Damon Point.

Normally there are no weather related issues, but you want to avoid this walk at times of high winds and storms- especially in conjunction with high tides - as it is possible for water to wash over narrow sections, cutting off access back to mainland.

5km, 8km and 11km rated 1C (may be difficult)

**AUG 8 @ 8:40 TO 8:55 AM (SATURDAY)
VANCOUVER, WA**

Safeway, 408 NE 81st St. Use parking lot away from the main store entrance

Hazel Dell Walk – (TGW)

The walk will be mainly is residential areas going through some parks and school grounds. It will not go up/down steep hill from the greenway.

5km and 10 km rated 1A (easy)

Change in time and date due to hot weather temperatures forecast for Aug 5. Event now is Aug 8 with registration 8:40 to 8:55 AM

**AUG 10 @ 9:15 TO 9:30 AM (MONDAY)
PUYALLUP, WA**

Sunrise Park, 12110 179th St. Ct. E

Walking the Sunrise Neighborhood – (TGW)

The walk route is mostly on sidewalks passing schools and into newer neighborhoods. Most walkers will be doing the 5K as we will be attending the club lunch picnic at 11:00 am in Sunrise Park.

5km and 10 km rated 1A (easy)



Wed Walkers- Tualatin Ice Age Walk – 1 July 2026

**AUG 12 @ 9:15 TO 9:25 AM (WEDNESDAY)
PORTLAND, OR**

Floyds Coffee House & Wine Bar,
1996 SE Ladd Ave (Meet in front – this day only)

Old Portland Walk – YRE 2480

Walk through a uniquely laid out neighborhood with huge shade trees, historic homes & traffic circles with rose gardens. You will see some very small statues placed on rocks.

5 & 10 km rated 1A (easy)

**AUG 13 @ 9:45 TO 10:00 AM (THURSDAY)
LINCOLN CITY, OR**

Schooner Creek Discovery Park,
4815 SE 51 St.

Taft & Nelscott District Walk – (TGW)

Enjoy a walk in Taft & Nelscott districts of Lincoln City. Routes to Nelscott are on non-US 101 streets. Taft is an old historic, small beach town. Nelscott has the newer Olivia Beach housing.

6 and 10 km rated 2A (moderate)



Wed Walkers @ Hayden Island -15 July 2026

**AUG 13 @ 9:45 TO 10:00 AM (THURSDAY)
OLYMPIA, WA**

Evergreen State College 2700 Evergreen
Parkway, Parking Lot B

Evergreen State College Walk – (TGW)

There is a \$3.00 parking fee at the college. The campus contains a large tract of undeveloped land along the Puget Sound waterfront, much of it being second growth evergreen forest, which is of use to the students and faculty as a research and natural area. The entire campus comprises about 1008 acres, including 27 acres of south Puget Sound tidelands. In addition to the main campus, there is also an organic farm. Walk through the campus on sidewalks and maintained paths with some stairs. Pets on a leash
7 and 10 km rated 2C (difficult)



Group walkers @ 4th of July Walk 2026

**AUG 18 @ 8:30 TO 9:30 AM (TUESDAY)
LYONS, OR**

John Neal Campground. 900 N. 13th Street

Mountain High Walk – (TGW)

Walk on trails in wooded areas with wetlands, ponds and campgrounds and into the town of Lyons.

5km and 10 km rated 1A (easy)

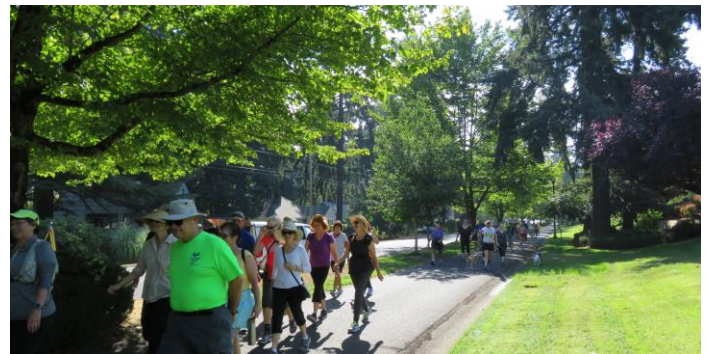
**AUG 19 @ 9:10 TO 9:25AM (WEDNESDAY)
PORTLAND, OR**

The Grotto, 8840 NE Skidmore St.

Registration at far end of Parking Lot

The Grotto Group Walk – (TGW)

Two 5 km loops: The first loop will leave The Grotto and walk in nice neighborhoods in the Rose City neighborhood. The second loop will go thru The Grotto and City of Maywood Park. 5 and 10 km rated 1A



Wed Walkers in Maywood Park @ Grotto Walk

AUG 18 @ 5:45 to 6:00 PM (TUESDAY)
OLYMPIA, WA

Vic's Pizza and Beerwerks, 420 Steele St SE
NW Beerwerks Walk - (TGW)

The 12k loop goes through Watershed Park, Trillium Park, and along the Woodland Trail. The 5k goes through Watershed Park and along the Woodland Trail. Dogs may not be allowed in Vic's Pizza and Beerwerks
5 and 12 km rated 2B (moderate)



Jim and Cheryl dressed up on 4th of July 2026

AUG 20 @ 3:45 TO 4:00PM (THURSDAY)
OLYMPIA, WA

Squaxin Park, 2600 East Bay Drive
Squaxin Park (Priest Point) Walk - (TGW)

Walk the woods of the City of Olympia's Squaxin Park. There are two routes, one is fairly level and the other with several steep hills and steps.
6 km rated 1B (easy) 12 km rated 3C (hard)



Wed Walkers at Peninsula Rose Garden – 22 July 2026

AUG 22 @ 9:00 TO 10:00 AM (SATURDAY)
ISSAQUAH, WA

Lowe's Home Improvement,
1625 11th Ave NW

Lake Sammamish State Park – (TGW)

Experience attractive beaches, picnic areas, athletic fields and open space in Lake Sammamish State Park. The park is a hub for local recreation and has a commitment to ecological renewal projects. Both distances walk by Issaquah Creek & Sunset Beach. The 10k also goes by Tibbits Creek & Beach in the park, then leaves the park to walk through Costco Corporate Headquarters.

5 and 10 km rated 1B (easy)



Carrie Sue and her Sister at the 4th of July walk

**AUG 26 @ 9:10 TO 9:25AM (WEDNESDAY)
LAKE OSWEGO, OR**

Foothills Park, 199 Foothills Road

Foothills Park Walk – (TGW)

Walk in Foothills Park and along the Willamette River, then walk thru Lake Oswego commercial area with its many art works. The 10 km will go into Tryon Creek Park.
5 km Rated 1A (easy), 10 km rated 2B (moderate)



Wed Walkers Foothills Park - 2022

**Aug 29 @ 9:00 to 11:00 am (SATURDAY)
Canby, OR**

Cutsforth Marketplace, 225 NE 2nd Ave

Historic Canby & Cruise – In - Event

This walk goes through the Annual Canby Cruise-In, a pioneer cemetery, past several historic churches, city parks and on trails. Classic Cars for the Cruise In will be located around Wait Park at 2nd St and Grant Ave. No organized group walk.
6 and 11 km rated 1A (easy)

**AUG 29 @ 9:00 AM TO NOON (SATURDAY)
VASHON ISLAND, WA**

Island Center Forest Trailhead,
10612 SW 188th St

Vashon Forest, Town & Troll Walk – (TGW)

Walk groomed forest trails and town sidewalks. The 5km route will have 3km in the Island Center Forest and an additional 2Kkm at Point Robinson Park that has both the Troll and a lighthouse. The 8km route includes Forest trails and a walk through the town. For the 10K, you will walk the 8K and drive to Point Robinson Park for the additional 2km. 5, 8,10 km (2B)

**SEP 1 @ 9:45 TO 10:00 (TUESDAY)
SPRINGFIELD, OR**

Roaring River Pizza Co. 4006 Franklin Blvd.

Pre's Trail Walk – (TGW)

Walk in the footsteps of Steve Prefontaine, one of Oregon's great long distance runners. The route is in park like settings along the Willamette River and canal on paved bike paths.
5 and 10km routes rated 1A (easy)

**SEP 2 @ 9:35 TO 9:55 AM (WEDNESDAY)
RIDGEFIELD, WA**

Davis Park, 300 block of Main St.

Ridgefield Wildlife Trails Walk – (TGW)

The 5 km walk will go down Main St. then enter into the US Fish and Wildlife Refuge area on developed trails. The walk will pass by the reconstructed Plank House and Fish and Wildlife's new facilities. The 10 km will continue into Abrams Park, more trails in wooded areas & nice homes
5 rated 1B (easy) 10 km rated 2B (moderate)

**SEP 5 @ 9:00 TO 11:00 AM (SATURDAY)
SEATTLE, WA**

St Alphonsus Family Center
1415 NW 58th St.

Labor Day Weekend Walk - Event

Explore Ballard passing the Locks, Nordic Museum, Old Ballard, the Burke Gilman trail, and a few of the many breweries now open along the route.
5 km and 10 km rated 1B (easy)



Wed Walkers @ Lacamas Lake – 29 July 2026