

September 2026 Newsletter



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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

Schedule of Club Events

14 October General Meeting – 7:00PM
Meeting will be held electronically via Jitsi.

I-5 Traffic South starting 11 September

Starting 11 September, I-5 traffic will be shut down at the I-5 and I-405 area near the Memorial Coliseum and Moda Center exit. Traffic is expected to be horrible and officials recommend that you not travel anywhere in that area. Officials also expect traffic throughout Portland to be very difficult during the anticipated 5 week shutdown.

To help alleviate traffic delays for all Wednesday walkers, we will schedule two walks each week. One area will be located on the west side of Portland including Beaverton, Tigard and Wilsonville areas. The other area will be located in North Portland and Vancouver area.

Also there will be no group walk on 23 September as the NW Conference will start the next day.

2026 Club Officer Directory

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SEP 1 @ 9:45 TO 10:00 AM (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 1 @ 5:45 TO 6:00 PM (TUESDAY)
OLYMPIA, WA

8910 Lake Lucinda Dr. SW

Darlin Creek Preserve Walk – (TGW)

Walk this urban green space to view northwest flora and fauna. See wetlands, birds and beaver dams.

5km rated 1C (Moderate)



Wed. Walkers in Hazel Dell – 5 Aug 2026

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 at Old Portland Walk - 12 Aug 2026

SEP 9 @ 9:10 TO 9:25 AM (WEDNESDAY)
PORTLAND, OR

West Coast Athletic, -7522 N Lombard St.

Univ. of Portland Group Walk – YRE 1298

The walk will go along residential streets with views of the Willamette River, into the University of Portland Campus and pass by or go into three city parks.

6 & 10 km routes are rated 1A (easy)

SEP 10 @ 8:45 TO 9:00 AM (THURSDAY)
DAYTON, OR

Courthouse City Park,

SW corner of 4th St & Main

New Pedestrian Bridge Walk – (TGW)

Walk in this small, charming historic town and also experience the unique Vintages Trailer Resort after crossing the new pedestrian bridge.

6 and 10 km rated 1A (easy)

SEP 10 @ 9:45 to 10:00AM (THURSDAY)
OLYMPIA, WA

Briggs Community YMCA, 1530 Yelm Hwy SE

Ward Lake - Deschutes River Walk – (TGW)

Walk through south Olympia and north Tumwater neighborhoods visiting a small lake with fishing access and Pioneer Park along the banks of the Deschutes River.
6 and 10 km Rated 1-B (easy)



Wed Walkers @ The Grotto 19 Aug 2026

SEP 16 @ 9:40 TO 9:55AM (WEDNESDAY)
TUALATIN, OR

Alfalati Park Parking Lot, 6600 SE Sagert St.

Brown's Ferry Park Walk – YRE 798

Enjoy wildlife and trails through woods and parks. Newly redesigned loop 2 adds a second greenway trail, while loop 1 includes a labyrinth for that AVA challenge
5 and 10 km rated 2B (moderate)

SEP 16 @ 9:40 TO 9:55AM (WEDNESDAY)
VANCOUVER, WA

Vista Meadows Neighborhood Park
14518 NE 29th Ave

Washington State Univ. – Vanc. - YRE 1905

The walk is mainly on the Washington State University Campus in Vancouver. Experience public art, stately brick architecture campus buildings, meadows and mature forests. Cross a wooden bridge over Mill Creek.



5km Walkers inside The Grotto 19 Aug 2026

Sep 19 @ 8AM to noon (SATURDAY)
VANCOUVER, WA

Salmon Creek Vancouver Girls Softball Fields, 800 NE 117th St

Talk Like A Pirate Day Walk – EVENT

The Talk Like A Pirate Walk has been cancelled because of the I-5 South closures that will effect traffic and the Mt Angel Oktoberfest walk is on the same day.

SEP 19 @ 9:00 TO NOON (SATURDAY)
MT ANGEL, OREGON

Start table at south side of the Biergarten Festhalle, 500 S Wilco (Hwy 214)

Oktoberfest Walk - EVENT

This quaint town comes alive with brews, brats, German music (oompah) and crafts for this annual event. The walk takes you through the craft fair, past the Glockenspiel and up the hill to the Abbey.

5 km rated 1A (easy), 10 km rated 2A (moderate)

2026 NW REGIONAL AVA WALKFEST
ASTORIA, OR
Suomi Hall, 244 West Marine Drive

24-26 SEP 8:00AM TO 4:00PM

27 SEP 8:00AM TO NOON

ASTORIA, OREGON

Event #1 - 50th Anniversary Walk

A relaxing walk along the waterfront and significant historical locations. Take time to read about the influence of pioneers, port of call, canneries, fishing, laborers and Chinese population. 6 and 11 km rated 1B (easy)

Event #2 - A-N and back again

Walk along the River and on street named Astor to Niagara and see much of the town. 6km and 11km rated 2B (moderate)

Optional walk to Astor Column adds 2.5km and increases difficulty to 3C (hard)

Event #3 - Hollywood comes to Astoria

Walk to locations where movies were filmed. 5km rated 1A (easy), 6km and 10 km rated 2B (moderate)

Event #4 - Chasing lighthouses

Follow footsteps of Lewis and Clark as they explored the north coast of the Pacific Ocean. Two 5km walks one to the Cape Disappointment Lighthouse rated 2C (hard) and one to the North Head Lighthouse rated 2B (moderate). Both lighthouses require a Washington State parking pass.

Event #5 - Peter Iredale and Oregon Coast Trail

Enjoy a walk from Fort Steen to the Peter Iredale shipwreck and on the Oregon Coast Trail. Trail rated 2B (moderate). Additional 4 km around Coffenbury Lake rated 1B (easy). This requires Oregon parking pass.

There is also a Pizza and Salad social event on Friday night and a buffet dinner on Saturday night. Both may be sold out and there is limited seating.

SEP 30 @ 9:40 TO 9:55 AM (WEDNESDAY)
TIGARD, OR

REI Tualatin Parking Lot
7410 SW Bridgeport Rd.

3 Cities, 3 Parks Group Walk YRE 1864

Walk a short distance in Bridgeport Village then on trails that take you into Tualatin Community Park and onto a footbridge traveling over the Tualatin River and on trails through Cook Park and Durham City Park.)

5 and 10 km routes rated 1A (easy)

SEP 30 @ 9:40 TO 9:55 AM (WEDNESDAY)
VANCOUVER, WA

QFC Store, 3505 SE 192nd Ave

Columbia Views Walk – YRE1569

Walk through upscale neighborhoods on the hillsides of Camas overlooking the Columbia River and look down on the Portland airport and off to the Portland downtown.



Wed Walkers @ Foothills Park – 26 Aug 2026

OCT 1 @ 9:45 TO 10:00 AM (THURSDAY)
LINCOLN CITY, OR

Schooner Creek Discovery Park,
4815 SE 51 St.

Taft & Nelscott Districts Walk – (TGW)

Enjoy a walk in Taft & Nelscott districts of Lincoln City. The route from Taft to Nelscott goes by Taft Elementary & High School and residential areas not on US 101. Taft is a small, charming historic beach town. Olivia Beach residential area in Nelscott has newer residences often with spectacular views of the ocean.

6 and 10 km rated 2A (moderate)