

March 2025 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

9 APR – General Meeting - 7:00PM

Meeting will be held electronically via Jitsi.



Wendy the Welder

Princess Ilchee Walk – 29 Jan 2025

2024 Club Officer Directory

Ed Hainline, President
(360) 921-1909
opahainline49@gmail.com

Debbie Esmond, Vice
President
(503) 777-2717
Esmondd1@hotmail.com

Carolyn Smith, Secretary
(971) 340-6049
carolyn.j.smith56@gmail.com

Jim Wolf, Treasurer
(503) 641-0387
jimwolf@frontier.com

Dick Baker, Newsletter Editor
(360) 991-8806
dickbkr@q.com

Heidi Schurr, Webmaster
(360) 909-7917
hschurr@hotmail.com

Cheri Stone, Membership
(503) 502-7647
cstone8175@msn.com

**MAR 1 @ 9:30 TO 10:00 AM (SATURDAY)
SPOKANE VALLEY, WA.**

1500 S. Henry Road

Look for the LCVA Flag for the start table

Saltese Uplands Conservation Area (TGW)

This trail's condition will be weather dependent. Surfaces are dirt and cut into the surface by walkers, horses, and bikes. 5km rated 2C (Moderate), 10km rated 3C (Hard)

**MAR 5 @ 9:40 TO 9:55 AM (WEDNESDAY)
WOOD VILLAGE, OR**

Theresa's, 22741 NE Park Lane, Suite E

If the weather is not raining registration will be in front of the Wood Village Fred Meyers, west end near Starbucks.

Salish Ponds Walk – YRE 1489

Walk through three distinct areas: the planned community of Fairview, Fairview Park which includes several larger-than-life carved statues, and then around Salish Pond. 5 and 10 km, rated 1B (easy)



Wed. Walkers @ Princess Ilchee Walk – 29 Jan 2025

**MAR 6 @ 9:45 AM TO 10:00 (THURS DAY)
SRINGFIELD, OR**

Dorris Ranch City Park - Go thru gate at Doris Ranch City Park and turn Left at first driveway to go up hill to parking lot.

Dorris Ranch City Park – (TGW)

This walk starts almost a mile SW from downtown. Enjoy a scenic walk along the Middle Fork of the Willamette River. The out-back route provides many views of the Willamette River on a paved trail. The 12k goes to Clearwater Park with restrooms before returning to the start 5, 10 & 12 km are rated 1A (easy)



Wed Walking – West Linn Walk – 19 Feb 2025

**MAR 08 @ 9:15 TO 9:30 AM (MONDAY)
TUKWILA, WASHINGTON**

Tukwila International Blvd. Station
3651 Southcenter Blvd. I-5 northbound: Exit 154A (SR518 West/SeaTac Airport). Stay in left exit lane, crossing over I-5. Then follow signs for SeaTac and the "Airport" exit toward the top of the hill. This becomes a 3-lane exit. Stay in middle lane that veers right to S. 154th St. Right on 154th. Straight through intersection. Right into parking lot.

Tukwila International Blvd. Station Walk

The walk starts at the station. The route goes through quiet residential areas, into the Highline SeaTac Botanic Garden, passes by SeaTac Community Center, by and through several city parks, through the Tukwila business district and by the new Tukwila library. 6km & 11km both rated 1A (Easy)

**MAR 12 @ 9:40 TO 9:55 AM (WEDNESDAY)
PORTLAND, OR**

West Coast Fitness

7522 N Lombard St.

St Johns Group Walk- YRE 73

Walk thru Pier Park with many Doug Fir Trees, Cathedral Park with views of the Willamette River and the St Johns bridge supports (looks like a Cathedral) and in the old downtown commercial district.

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

**MAR 15 @ 9:30 TO NOON (SATURDAY)
BEAVERTON, OR**

Cedar Hills Crossing Mall - use main entrance next to new business, 3205 SW Cedar Hills Blvd

St Patrick's Day (Teddy Bear) Walk – event

Walk in South Beaverton through commercial, residential, and several parks. A mix of sidewalks, paths, and some dirt/bark trails. This is our annual event to collect small to medium Teddy Bears to donate to the Dougy Center.-- Note: there will be no free walkers. There will be a participation fee with a minimum for non-IVV walkers and full for Credit walkers. 6 and 11 km - rated 1B

**MAR 19 @ 9:40 TO 9:55 AM (WEDNESDAY)
PORTLAND, OR**

Columbia Sportswear Factory Outlet
1323 SE Tacoma St.

Register in parking lot.

Three Bridges Walk – YRE 873

Walk along city streets, passing antique stores and specialty shops, along with numerous restaurants on SE 13th Ave. walk over 3 different pedestrian bridges, along the Springwater corridor. 6 and 11 km rated 1B (easy)

**MAR 25 @9:45 TO 10:00 AM (TUESDAY)
CORVALLIS, OR**

Sunset Park, SW 45th St & Country Club Dr.
Walk starts on the board walk at SW corner

Adrienne's Walk – (TGW)

The walk starts on a board walk through some wetland areas with possible sightings of Beaver, Herons, Deer and other wildlife. Portions of the walk go through some upscale neighborhoods 5 and 10 km Rated 1A (Easy)



Pre SUPER BOWL Group Walk – 8 Feb 2025

**MAR 26 @ 9:40 TO 9:55 AM (WEDNESDAY)
HILLSBORO, OR**

Peet's Coffee and Tea,
10150 NE Cornell Rd.

Register in parking area

Rock Creek Trail Walk – YRE 0818

Walk heads straight to Orchard Park with its boardwalk and along tree lined streets onto the Rock Creek Trail and neighborhoods in the Rock Creek area. The route continues to the new Orenco Woods Nature Park before returning. 6, 10, & 11 km rated 1A (easy)



5 km Wed Walkers @ Wendy the Welder – 29 Jan 2025

**MAR 27 @ 9:45 TO 10:00 AM (THURSDAY)
AMITY, OR**

Amity City Park, 510 S Trade St
Amity Town and Country Walk - (TGW)

Enjoy a Spring walk in a small town known for its multitude of daffodils. Walk in the town as well as out in the country where in both places you can enjoy the daffodils and blooming cherry trees. 5 and 10 km – rated 1A (Easy)