

August 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

13 August –

PICNIC - General Meeting -

Picnic Meeting at the Adventist Hospital Outdoor Eating area next to the cafeteria. Bring your own food. Eating at 6:00 pm. Meeting at 7:00pm

20 August –

“The Grotto” Traveling Group Walk

Our club sponsored walk. Details on page 5

17 September –

“Starvation Creek Falls” Traveling Group Walk

Our club sponsored walk. Details in September

2025 Club Officer Directory

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AUG 2 @ 8:00 AM TO 11:30 AM (SATURDAY)
STEILACOOM, WA

Steilacoom Community Center
2301 Worthington St

Farrell's Marsh Walk – (EVENT)

Walk from Steilacoom Community Center to Farrell's Marsh and back along different streets. Farrell's Marsh is a wildlife area and natural wetland bordering on the east with Fort Lewis. The trails within the marsh area are some gravel, but mostly dirt. The 10k continues after the marsh downhill to other walking trails to the south before returning uphill to the Center.

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



Wed Walkers – Reed College Start – 7 May 2025

AUG 5 @ 8:45 TO 9:00 AM (TUESDAY)
CORVALLIS, OR

1396 SW Avery Park Dr.
Park at rest rooms at Lyon's Shelter.

Park Walk – (TGW)

Walk is in the park and nearby areas

5 km & 10 km – rated 1A (moderate)



Wed Walkers @ Tualatin Ice Age Walk 2 July 2025

AUG 6 @ 9:10 TO 9:25 AM (WEDNESDAY)
BATTLE GROUND, WA

Moulton Falls, 27781 NE Lucia Falls Rd.

Register in the 2nd parking lot on narrow paved uphill entrance road. Look for orange volkswalk sign.

Moulton Falls Walk - (TGW)

The walk is mostly on a converted RR right of way with compacted gravel surface. The walk will go along the Lewis River and pass Moulton Falls and Yacolt Falls (Big Tree Creek Falls). Small sections that requires attention on 10 km. 5 and 10 km rated 1B (easy)

AUG 7 @ 9:45 TO 10:00AM (THURSDAY)
MOCLIPS, WA

2 2nd St, Moclips. Discover Pass required in Lot. Street parking available

Moclips Walk – (TGW)

Enjoy walking on the windswept beach along the Pacific Ocean. Notice seabirds and interesting driftwood, while searching for agates, seashells, and fossils. The 5k route is entirely along the Moclips beach, while the 10k version adds the historic resort of Pacific Beach and the state park.

5 and 10 km rated 1C (moderate as you will be walking on beach sand)

AUG 7 @ 6:15 TO 6:30 PM (THURSDAY)
VANCOUVER, WA

Felida Community Park
3798 NW 122nd St.

Registration at picnic shelters

Felida Group Walk - YRE 3032

The walk is on paved streets and sidewalks. Two 5km loops going through very nice residential areas and neighborhood parks. You will pass by Felida main street businesses.

5 km rated 1A (easy)

SOUTHERN OREGON COAST WALKS

AUGUST 8, 9 & 10

Six group walks along the southern Oregon Coast. Walkers will enjoy the scenic Oregon coast with beaches, ocean views, lakes, sand dunes, beautiful parks, lighthouses and more.

AUG 8 @ 11:00 TO 11:30 FLORENCE

Start is 2.5 miles south of Florence left on Canary Rd to Woahink Lake Day Use area. *Required State entrance fee.*

Lakes Walk – (TGW)

6 and 10 km rate 1A (easy)

AUG 8 @ 3:30 TO 4PM WINCHESTER BAY

Start from Florence drive 25 miles to Winchester Bay, right on 8th St to Beach Blvd and Waterfront Parking.

Lighthouse Walk – YRE 636

An exhilarating walk through a small fishing village, past the marina and small shops and cafes, along the Umpqua River and up a short hill to the Umpqua Lighthouse and Naval Station. Then around Marie Lake within the Umpqua Lighthouse State Park and back to the whale watching platform.

10 km rated 2B (moderate)

AUG 9 @ 10:00 TO 10:30 AM PORT ORFORD

At south end of town turn right into Battle Rock Wayside Parking area

Historic and Scenic Walk – YRE 2757

This is a two part walk, First walk through Historic Port Orford Water Front area and in the area where the old Fort was located. The interesting history of the area will be attached to the walk directions. After finishing the first part of the walk You will then drive a short way out to the Life Boat Station Museum parking.

10 km rated 1B (easy)

AUG 9 @ 2:30 – 3:00 pm CAPE BLANCO

4.3 miles north of Port Orford left on Cape Blanco Road 5 miles to parking. *Park pass required.*

Lighthouse Walk – YRE 3279

Walk from the Historic 1898 Hugh's Home to Cape Blanco Lighthouse, oldest standing operating lighthouse on the Oregon Coast.

5 & 10 km rated 2B (moderate)

AUG 10 @ 9:30 TO 10:00AM CHARLESTON

Drive to end of Cape Argo Hwy. Park near restrooms. Park pass required.

Cape Argo & Shore Acres Garden –YRE 1763

Views, Views, Views. and a View of the Cape Argo Lighthouse. This area is one of the most scenic on the Oregon Coast. It is known for breaking waves in stormy weather but even in nice weather it is great.

10 km rated 3C (hard)

AUG 10 @ OPEN TIME BANDON

Ray's Food Place, 66 Michigan Ave NE
Park at north end of parking lot.

Beach, Lighthouse & Old Town –YRE637

Awesome walk long the Bayfront with lots of challenges and great views of the ocean and the Coquille River Lighthouse.

10 km rated 2A (moderate)

For all of these walks there may be changes or you can do them on your own schedule.

Don Reed is in charge of these walks and will be at the first walk at 11 to 11:30 at Florence. If you have any questions or need added information please contact Don at 541-974-5780 or email at

donreed1946@yahoo.com



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#### **AUG 9 @ 9 TO NOON (SATURDAY)** **FEDERAL WAY, WA**

Federal Way Light Rail Station  
31621-23rd Avenue S

##### **Federal Way Light Rail Station Walk – Event**

Walk through neighborhoods and parks  
5km and 10 km rated 1B (easy)



**AUG 9 @ 8:30 TO 10:30 AM (SATURDAY)  
WASHOUGAL, WA**

Reflection Plaza, Main St & Pendleton Way

**Washougal Art Festival Walk – Event**

Stroll through the town of Washougal past murals, sculptures & more thanks to the Washougal Arts & Culture Alliance. The Washougal Art Fair in Reflection Plaza will offer artist booths & food vendors and music.

Group walk starts at 9:00am

The 4 km loop is rated 1A (easy) and 6 km loop is rated 1B (easy)



**5km Wed Walkers at Blue Lake 9 July 2025**

**AUG 11 @ 9:15 TO 9:30 AM (MONDAY)  
EDGEWOOD, WA**

Edgewood Park, 11001 24th St. E

**Return to Edgewood Walk – (TGW)**

The route will take you to the new Edgewood Community Park and the City Hall. The 10K will also go to Nelson Nature Park.

5 and 10 10km are rated 2B (Moderate)

**AUG 13 @ 9:10 TO 9:25 AM (WEDNESDAY)  
OREGON CITY, OR**

Rivercrest Park, 131 Park Dr.

**Oregon City – Top of the Hill Walk – YRE 65**

The walk is in 2 five km loops starting remotely from Rivercrest Park. Walk in nice neighborhood and parks.

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

**AUG 14 @ 6:15 to 6:30 PM (THURSDAY)  
VANCOUVER, WA**

Fisher's Landing Fred Meyer

16600 SE McGillivray Blvd,

Register in garden parking area (east side)

**Tech Center Park Walk – YRE1017**

A pleasant walk through parks, upscale neighborhoods and an expansive Central Park with playgrounds and water features. In summer free concerts are held in the park.

5 km rated 2A (moderate)

**AUG 14 @ 3:15 for 10 km, 4:15 for 5 km  
OLYMPIA, WA (THURSDAY)**

Millersylvania State Park, 12245 Tilley Rd S

**Millersylvania State Park Walk – (TGW)**

Walk through the forest and campground of Millersylvania State Park through wetlands and old growth forest on trails, gravel roads, and boardwalks.

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

**AUG 14 @ 9:30 TO 10 AM (THURSDAY)  
REDMOND, WA**

Marymoor Village Station, 17301 NE 70th St

**Lt Rail - Marymoor Village Walk – (TGW)**

Walk on the paved East Lake Sammamish, Marymoor Connector Trails, and on trails in Marymoor Park. The 10k will continue through downtown.

6 km and 10 km rated 1B (easy)



**10km Wed Walkers at Blue Lake 9 July 2025**

**AUG 19 @ 5:45PM (TUESDAY)**  
**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 km and 10 km rated 1B (easy)

**AUG 20 @ 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



**The Grotto walkers last year**

**AUG 21 @ 8:45 TO 9:00 AM (THURSDAY)**  
**CARLTON, OR**

Ladd Park, 225 W Grant St  
**Carlton- Small Town in Wine Country -TGW**  
Walk on sidewalks, gravel & dirt pathways. Routes go through the small historic downtown, through 2 parks and residential areas.  
5 and 10km - rated 1B (Easy)

**AUG 23 @ 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.  
6 and 11 km rated 1A

**AUG 27 @ 9:10 TO 9:25 AM (WEDNESDAY)**  
**PORTLAND, OR**

Holiday Inn Parking Lot,  
909 N Hayden Island Dr.  
**Hayden Island Group Walk – YRE 754**  
2 five km loops. The east loop is on a path along the Columbia River with great views including Mt Hood on sunny days. The second loop is to the west into the shopping mall and along the river.  
5 & 10 km are rated 1A (easy).  
Lunch: Island Café, 250 Tomahawk Island Dr.

**AUG 28 @ 6:15 to 6:30 PM (THURSDAY)**  
**VANCOUVER, WA**

Fred Meyer Store, 800 NE Tenney Rd.  
Register in parking lot  
**Whipple Creek Walk – YRE 157**  
Walk through pleasant neighborhoods and parks in the northern Vancouver area. Walk takes you over one branch of Whipple Creek  
5km rated 1A (easy)

**AUG 30 @ 9:00 TO 11:00 AM (SATURDAY)**  
**SEATTLE, WA**

St Alphonsus Family Center  
1415 NW 58th St.  
**Labor Day Weekend Walk - Event**  
Explore evolving Ballard: craftsman homes to condos/apartments, retail core to restaurant row, craft breweries and coffee shops, Ballard Commons, and, of course, the Chittenden Locks.  
5 km and 10 km rated 1B (easy)