

APRIL 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

2 APRIL - Oregon City Walk for the National Heart Association's National Walking Day
Registration 9:00 to 9:25 am at the Pioneer Community Center, 615 5th Street
Register in Gym

9 APRIL – General Meeting - 7:00PM
Meeting will be held electronically via Jitsi.



Graham Oaks 2025

Page 1 – General Club Information

2025 Club Officer Directory

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**APR 1 @ 9:45 TO 10:00 AM (TUESDAY)
SWEET HOME, OR**

Weddle Covered Bridge, Sanky Park
877 14th Avenue

Gateway to the Santiam Wilderness (TGW)

This walk begins at the Weddle Covered Bridge, now a pedestrian bridge that once spanned Thomas Creek. A 10k/5k walk that goes along a trail that was once a local rail system that service the local lumber industry, with outstanding views of the surrounding foothills of the Cascade Mountains.

5 & 10 km rated 2B (Moderate)



Wed Walkers at the Heights Walk – 26 Feb 2025

**APR 2 @ 9:00 TO 9:25 AM (WEDNESDAY)
OREGON CITY, OR**

Pioneer Community Center, 615 5th Street
Register in Gym

Oregon City Walk – (TGW)

The 5 km walk will be in the older part of Oregon City and will walk on the Promenade with great views overlooking the downtown area, Willamette Falls, and the Willamette River. The 10 km will also walk in the older part of town and will also go downtown and along the Willamette River. There will be some treats offered.

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

This walk is part of the Pioneer Community Center's National Walking Day for the Heart Association. Walker will start at 9:30 as there is another activity that starts at 9:45 in the gym.

**APR 5 @ 9:00 TO NOON (SATURDAY)
TACOMA, WA.**

VFW Narrows Bridge Post,
4741 N. Baltimore St

Tacoma vs Ruston: Battle of Charm EVENT

Enjoy views of Commencement Bay and Puget Sound while walking through either the charming Pt. Ruston community, Dune Park, Pt. Defiance Park gardens and beautiful neighborhoods of Ruston or see lots of historic homes and areas as well as gardens in nearby Tacoma. Two loops 5 and 7 km

5km rated 1A (easy), 7km rated 2B (moderate)

**APR 9 @ 9:40 TO 9:55 AM (WEDNESDAY)
VANCOUVER, WA**

David Douglas Park
1016 N. Garrison Rd.

Trillium - Beaver Marsh Walk – (TGW)

Walk will go through nice older neighborhood and on paved trail along Burnt Bridge Creek. The 5 km and 10 km routes will go into the Oakbrook Park and Beaver Marsh. Beaver Marsh should have 100's of Trilliums in bloom

5 km rated 1B and 10 km 2B



5km Wed Walkers St Johns – 12 March 2025

**APR 12 @ 9:30 AM to 10:00 (SATURDAY)
SPOKANE VALLEY, WA**

1500 S. Henry Road
Look for club flag for Start Table

Saltese Uplands Conservation Area (TGW)

The walk is on a dirt trail with conditions being weather dependent. Surfaces are dirt and cut into the surface by the use of walkers, horses, and bikes.

5km rated 2C (moderate, 10 km rated 3C (hard)



5km Wed Walkers St Johns – 12 March 2025

**APR 12 @ 9:00AM to 1:00 PM (SATURDAY)
JEFFERSON, OR**

United Methodist Church. 310 N. 2nd Street

Nancy Hamby's Memorial walk – (EVENT)

A Memorial walk for long time revered member of the community of Jefferson Oregon and longtime member of the Albany Fitwalkers as well as other clubs in Oregon. This small town walk with great views will be followed by a wonderful get together to enjoy a variety of soups and other goodies with our many walking friends
5 & 10 km rated 2B (moderate)

**APR 12 @ 9:00 AM to 1:00 pm (SATURDAY)
VASHON, WA**

Island Center Forest SW Trailhead

Island Center Forest SW. 10612 SW 188th St

Vashon Forest, Town and Troll – (EVENT)

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

**APR 15 @ 11:00 to 11:30AM (TUESDAY)
EUGENE, OR**

Roaring Rapids Pizza, 4006 Franklin Blvd.

Pre's Trail Walk – (TGW)

This walk will be on trails along the Willamette River as well as through Alton Baker park and the University of Oregon. Steve Prefontaine ran these trails many times and was instrumental in getting them developed for all to enjoy.
5 and 10 km – rated 1A (Easy)



Graham Oaks – 22 Mar 2025

**APR 16 @ 9:40 TO 9:55 AM (WEDNESDAY)
PORTLAND, OR**

Tryon Creek State Park,

11321 SW Terwilliger Blvd.

(Meet in front of Visitor Center)

Tryon Creek State Park Walk – YRE 921

The walk is on paved pathways in Tryon Creek State Park for part of each 5km loops. Enjoy the evergreen forest year round but in the spring when the Trilliums are outstanding.
5km rated 1B (easy), 10 km rated 2B (moderate)



Wed Walkers @ Three Bridges Walk – 19 Mar 2025

**APR 17 @ 9:45 TO 10:00 AM (THURSDAY)
SALEM, OR**

Willamette Heritage Center, 1313 Mill St SE
Neighborhoods East of the Capitol – (TGW)

The two 5k loops are on paved sidewalks through nearby neighborhoods inhabited for generations by workers at the Thomas Kay Woolen Mill, the site of Willamette Heritage Center. WHC focuses on the history of the Mid-Willamette Valley. On its 5+ acre campus, there are 14 historic structures with exhibits. Dogs permitted on walk but not on WHC grounds. 5 and 10 km rated 1 A (easy)



5 KM Wed Walkers @ Salish Ponds – 5 Mar 2025

**APR 19 @ 9:00 TO 10:30 AM (SATURDAY)
SEATTLE, WA**

Laurelhurst Playfield (north end).
Nearest street address: 4530 46th Ave. NE
Easter at the UW Walk - (EVENT)

Starting in the beautiful Laurelhurst neighborhood, the walk then will explore the UW Horticulture Center gardens, the Union Bay Natural Area, and parts of the UW campus including the Quad. The 11K option goes on boardwalks through Yesler Swamp, and on an extension of the dirt trail in Union Bay Natural Area to the shoreline. This will be a map-walk, with limited trail markings. 6, 10 and 11km are rated 2B (moderate)

**APR 19 @ 8:30 to 9:00 AM (SATURDAY)
CHATTAROY, WA**

Bear Lake County Park, 29601 US Hwy 2
Bear Lake Loop Walk – (TGW)

Walkers will walk around the lake mostly on smooth trail with the exception at the north end depending on water level and/or trash left by high water. Distance walked will depend on number of loops of the lake. One lap around the lake is 1.4 miles.
10km rated 1B (easy)

**APR 23 @ 9:40 TO 9:55 AM (WEDNESDAY)
GRESHAM, OR**

The starting point for this walk this day only is Home Depot parking lot (near Burger King),
25101 SE Stark, Troutdale

Red Sunset Walk – YRE 687

Walk through several nice neighborhoods and to Red Sunset Park with a nice duck and geese pond. 5 and 10 km Rated 1A (Easy)

**APR 26 @ 9:00 TO 1:00 PM (SATURDAY)
LACEY, WA**

Washington Association of Sheriffs and Police
3060 Willamette Drive NE # 200

Hawks Prairie Walk – (EVENT)

Walk on sidewalks and dirt trails in the Hawks Prairie area from the event start point through impressive neighborhoods, woods, and golf courses. Two 5 km loops one loop rated 1A (easy) and one loop rated 1C



Wed Walking @ St Johns – 12 Mar 2025

**APR 27 @ 9:30 AM TO 12:30 PM (SUNDAY)
EATONVILLE, WA**

Northwest Trek Wildlife Park
11610 Trek Drive East

Northwest Trek Walk – (EVENT)

Walk through the Northwest Trek Wildlife Park on paved and grass trails and view the amazing animals. Two loop with loop1 Walking on paved paths through the Northwest Trek wildlife park. See the animals in their natural setting. This loop rated 2A (moderate). Loop 2 is on grass and dirt paths in the woods. Rated 2C (moderately hard).

There is a large admission discount for those that register early. For example walkers over 65 normally entrance price is \$22 where advance price is \$12 plus \$3 for credit walkers added for both categories. Must have form to CapitolVolkssportClub.org by April 12. Form is available on their website under upcoming walks.



Wed Walkers @ Rock Creek Walk – 25 March 2025

**APR 30 @ 9:40 TO 9:55 AM (WEDNESDAY)
BATTLE GROUND, WA**

Safeway, 904 W. Main St.

Battle Ground Walk – YRE 398

There are two loops, a 5 kg and 6 kg loop that includes four parks, passing by several craft/resale/vintage/antique stores, an attractive Veteran's Memorial and several restaurants. There is a Peace Pole on the 6 km loop. 5 and 6km rated 1A (easy)

All photos in this edition of this newsletter were provided by Ed Hainline. "Thanks Ed"

OTHER NEWS----

PLEASE BE AWARE OF SCAMS.

1. NONE OF THE CLUB OFFICERS WILL ASK YOU FOR MONEY IN THE FORM OF GIFT CARDS. SEVERAL RECENT INCIDENTS HAVE OCCURRED WITH SUPPOSEDLY CLUB OFFICERS NEEDING MONETARY HELP FOR CLUB PROJECTS. THEY ARE SCAMS.

THE ONLY TIME WE WILL ASK FOR MONEY IS AT A WALK TO PAY FOR THE FEES RELATED DIRECTLY TO THAT WALK OR MEMBERSHIP DUES SENT TO THE MEMBERSHIP CHAIR.

2. ALSO BE AWARE OF SOMEONE SENDING YOU PICTURES FOR YOU TO LOOK AT THAT YOU DID NOT ASK FOR. THESE ARE LARGE FILES THAT CONTAIN PROGRAMS THAT WILL ATTACK YOUR COMPUTER AND TAKE OVER YOUR FILES AND/OR WILL BLOCK YOU FROM USING YOUR COMPUTER.

3. IF YOU THINK AN EMAIL IS STRANGE IT PROBABLY IS NOT ONE YOU SHOULD OPEN. CHECK THE SENDER'S EMAIL ADDRESS AND VERIFY THAT IT IS FROM SOMEONE YOU KNOW AND TRUST.