

November 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

10 December – General Meeting - 7:00PM

Looking at restarting our annual pizza meeting. If a suitable place is not found then the meeting will be held electronically via Jitsi.

17 December – Christmas walk in Downtown Portland

Walk will start in the
Good Sam Medical Center's Parking Lot



2025 Club Officer Directory

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**NOV 5 @ 9:40 to 9:55 AM (WEDNESDAY)
GRESHAM, OR**

Gresham Main City Park, 219 S. Main St.

Gresham Town and More – YRE 519

Two loops. The 5k -Downtown Loop takes you thru the downtown area and on the Springwater Trail and back to Main City Park and onto Tsuru Island. The 6k takes you to Bella Vista Park and thru the Civic Station Shopping Mall. 5 and 11 km rated 1A (easy)

**NOV 8 @ 9:45 to 10:00 AM (SATURDAY)
PORTLAND, OR**

Providence Medical Center, 4805 NE Glisan Ave. Park in garage on 47th Ave. Take elevator to 2nd floor go to your left on exiting and go down ramp into hospital. Go left on entering the hospital to social area next to security. Walk box on right next to counter.

Laurelhurst Park/Hawthorne Walk – YRE 409

Walk in residential districts and into beautiful Laurelhurst Park. Walk continues along Hawthorne Blvd. with unique shops, exotic restaurants and interesting people. Walk also goes down Peacock Lane known for their Christmas Decorations the last 2 weeks in Dec. 5 and 10 km rated 1A (easy)



Wed Walkers Hazel Dell 8 Oct 2025 photo by Ed

**NOV 10 @ 9:15 AM-9:30 AM (MONDAY)
PUYALLUP, WA**

South Hill Park, 14201 86th Ave. E

South Hill Park and Chapman Trail - (TGW)

Walk the asphalt Chapman Trail from South Hill Park to Heritage Park and back. The 10K will continue to another county asphalt trail and then along the gravel Pipeline Trail into nearby neighborhood.

5 and 10 km rated 1A (easy)



Columbia Bridge Crossing- 12 Oct 2025

Photo by Ed

**NOV 12 @ 9:40 to 9:55 AM (WEDNESDAY)
TIGARD, OR**

Starbucks Coffee, 16200 SW Pacific Hwy.

Cook Park Walk – YRE 1693

Walk in nice neighborhoods on sidewalks and on paved and bark trails in Cook Park along the Tualatin River. One section can be muddy during very wet weather but the bark section can be detoured by using a paved pavement area in the park.

- 5km and 10 km rated 1A (easy)

**NOV 19 @ 9:40 to 9:55 AM (WEDNESDAY)
LAKE OSWEGO, OR**

Albertsons Store, 16199 Boones Ferry Rd.

Lake Oswego River Run Walk – YRE 1653

The walk takes you through several parks with trails, into very nice residential neighborhoods with a few views of Lake Oswego. The 10km walk goes to the River Run Neighborhood and Park, past the peace pole, before retuning back along several trails and nice neighborhoods to the finish. Peace Pole on the 10km route only

5 and 10 km rated 2B (moderate)

There will be no Wednesday walk on the 26 of November as it is the day before Thanksgiving

**NOV 28 @ 9:30AM TO 10:00 AM (FRIDAY)
HILLSBORO, OR**

Rood Bridge Park, 4000 SE Rood Bridge Rd
OPTOUTSIDE Rood Bridge Park – (TGW)

Let's get outside and walk off some of that feasting. There are two 5k loops. The first is within the park with optional routing in case of high water. The second goes out into the SE neighborhood near the edge of rural Washington County. Required Participation Fee of \$4
5 km and 10 km rated 1B (easy).



Wed Walkers – Glendoveer on 1 Oct 2025
photo by Ed

**Nov 29 @ 9:00 AM to 10:30 (Saturday)
Edmonds, WA**

Edmonds United Methodist Church,
828 Caspers St. Edmonds

Turkey Trot Walk - Event

Enjoy this wonderful town on the coast. Lots of places to shop and eat. We will have a new 10K route walking on sidewalks and trails through Yost Park, and the Town of Woodway. Our traditional 5k walk will be through Edmonds includes passing by the Edmonds Ferry, Olympic Mountains, fun downtown shops in Edmonds. Bring non-perishable foods at the start location for our Edmonds Food Bank. They also accept cash donations
5km rate 1A (easy), 10 km rated 2B (moderate)

**DEC 3 @ 9:40 to 9:55 AM (WEDNESDAY)
LAKE OSWEGO, OR**

Safeway grocery Store, 401 A Ave
Gallery without Walls Walk – YRE 1609

The walk will have two 5km loops. The first loop will be in the downtown area and will pass most of the sculptures that are in the downtown area. The second loop will cross Lakewood Bay and pass homes along the shore. The second loop will also pass some of the sculptures in the downtown area.

5 km and 10 km area rated 1A (easy)

**DEC 10 @ 9:40 TO 9:55 AM (WEDNESDAY)
MILWAUKIE, OR**

Parking Lot, SE 32nd Ave. and Llewellyn St.

Milwaukie Group Walk – YRE 389

Walk through the quaint town of Milwaukie, neighborhoods along the Willamette River and a park. Look for the Peace Poles .
5 and 10 km rated 1A (easy)

**DEC 17 @ 9:40 TO 9:45 AM (WEDNESDAY)
PORTLAND OR**

Good Sam Medical Center Parking #2,
NW Marshall St between 21st and 22nd
Registration at elevator on Level G
Ed will have parking passes so you can park in the garages for Good Sam Medical Center

Christmas Celebration Walk – YRE 410

The walk will go into downtown and go by and into businesses decorated with holiday decorations. Highlights include Multnomah Athletic Club, Pioneer Plaza, Portlandia, and Benson Hotel.

5 km and 10 km routes- rated 1A (easy)



Wed Walkers @ Historic Irvington Walk – 29 Oct 2025
Photo by Ed