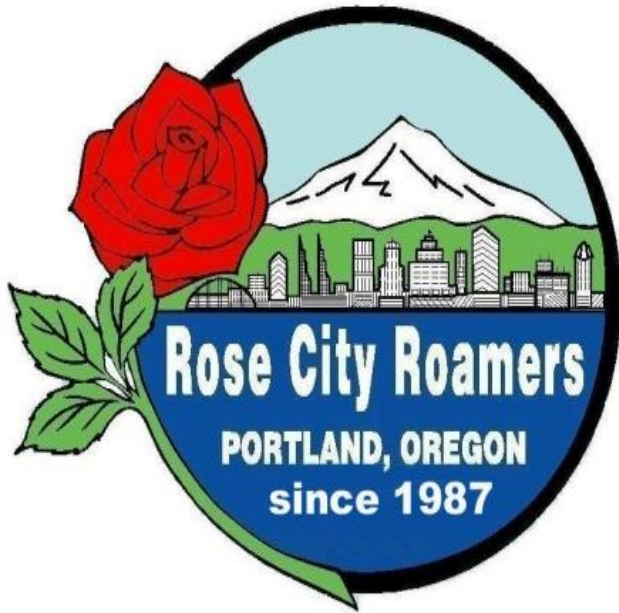


August 2024 Newsletter



Schedule of Club Events

7 August –The Grotto Walk, 9:40 - 9:55 AM

The walk will have two 5 km loops – the same as last year. The east loop will walk through the lower level of the Grotto. The west loop will be in the Rose City Neighborhood.

Chair: Dick Baker

14 August – General Meeting - 6:00PM

This is our annual picnic meeting. Bring your own food and we will eat outside in the patio next to the cafeteria at Adventist Health Portland, 10123 SE Market St. Portland. This will be the first meeting with our new officers.

Index

Page 1 General Club Info
Pages 2 - 4 Walks in August

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 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

2024 Club Officer Directory

Ed Hainline, President

(360) 921-1909

opahainline49@gmail.com

Debbie Esmond, Vice President

(503) 777-2717

Esmond1@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@g.com

Heidi Schurr, Webmaster

(360) 909-7917

hschurr@hotmail.com

August 2024 Newsletter

AUG 2 @ 11:00 AM to 3:00PM (FRIDAY)
AUG 3 @ 8:00 AM to NOON (SATURDAY)
AUG 4 @ 8:00 AM to NOON (SUNDAY)
GLACIER, WA

Glacier Public Service Center
10091 Mt Baker Highway

NORTHWEST HIKING WEEKEND

Chain Lakes Hike – Event

The 6km hike rated 3C is out and back that starts at Artist's Point, follows Ridgeline Trail to viewpoint, descends to Chain Lakes and returns.

The 12 km trail rated 4C starts at Artists Point descends to Heather Meadow Visitor Center climbs to Herman's Saddle and descends to Chain Lakes and returns. Expect hike to last 5 or more hours. Stunning Views.

Excelsior Pass Hike - Event

Hike on wooded trail with a 1300 foot elevation gain. Trail climbs in woods and meadows passing Damfino Lakes to Excelsior Pass with Elevation of 5,700 feet. Great views of surrounding mountains.

8 and 10 km both rated 3C (Hard)

Heather Meadows Hike - Event

Hike on difficult terrain around Heather Meadows including parts of the Fire and Ice Loop, Bagley Lake and Chain Lakes Trails. The 10 km adds a walk on the road shoulder down to Picture Lake with classic views of Mt Shuksan. 5 and 10km are both rated 3C (Hard)



Wed. Walkers a-Hayden Island – 17 July 2024

AUG 6 @ 8:45 TO 9:00 AM (TUESDAY)
MCMINNVILLE, OR

McMenamins Hotel Oregon
310 NE Evans St.

Discovery Meadows Park – YRE 3430

The walk goes through lovely residential areas, by a creek and wetlands. 10k goes through Discovery Meadows Park, Jay Pearson Park & Greenway Linear Park and residential areas with nature mixed in. 5k goes through Discovery Meadows Park and residential areas.

5 and 10 km rated 1A

AUG 7 @ 9:40 TO 9:55 AM (WEDNESDAY)
PORTLAND, OR

The Grotto, NE Sandy Blvd and 85th Ave
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



Group walkers at the 4th of July Walk

AUG 10 @ 8:30AM TO 12:30PM (SATURDAY)
WASHOUGAL, WA

Washougal Community Center, 1681 C St.

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.

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

August 2024 Newsletter

AUG 14 @ 9:40 TO 9:55 AM (WEDNESDAY) 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
5 and 10 km rated 1A (easy)

AUG 14 @ 9:30 to 10:00 AM (WEDNESDAY) SEABROOK, WA

Parking Lot,
203 Front St, Pacific Beach

Seabrook Group Walk (TGW)

Walk the vacation community of Seabrook. This walk includes paved streets in the town portion, a trail through the woods surrounding the town, and the beach. Trails through the woods are fairly well maintained but can be uneven
5 and 10 km rated 1A (easy)

AUG 14 @ 1:45 to 2:00 PM (WEDNESDAY) MOCLIPS, WA

Motel, 2 2nd St, Moclips

Moclips Beach Group Walk (TGW)

Enjoy walking on the windswept beach along the Pacific Ocean. 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)



Wed Walkers at Ice Age Trail. Tualatin – 3 July 2024



5km walkers at Centralia – Train trip

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

Ft. Vancouver Visitor Center
1501 E Evergreen Blvd.

Princess Ilchee Group Walk – YRE 369

Walk along the Columbia River and in Ft Vancouver crossing over the Lewis and Clark Centennial Land Bridge
5 km rated 1A (easy)



29 - 5 km walkers on the 5 –T walk – 20 Jun 2024

AUG 17 @ 9:00 to 11:00 AM (SATURDAY) GIG HARBOR, WA

Civic Center Gig Harbor,
3510 Grandview Street

Cushman Trail Walk (Event)

The Cushman Trail is a wide paved trail. You can choose four distances, 5 and 10K on a fairly flat surface and another 5 and 10K on a hilly section with views of the Harbor.

5 & 10 km rated 1A (easy)

15 & 20 km rated 3A (difficult)

August 2024 Newsletter

AUG 18 @ 8:45 TO 9:30 AM (SUNDAY) PHILOMATH, OR

Conner's Camp Parking at the East Ridge
Trail Head – Mary Peak

Trail with a View Group Walk (TGW)

A great hike on improved trails to the Summit
for a great view of the surrounding areas. Bring a
lunch to pause at the day use area which also
has a great view

5 and 10 km rated 2B (moderate to hard)



Start Sellwood Bridge Walk – 24 July 2024



5 km walkers posing at Tilikum Bridge 20 Jun 2024

AUG 21 @ 9:40 TO 9:55 AM (WEDNESDAY) BEAVERTON, OR

Tualatin Hills Park & Recreation,
50 NW 158th Ave Register in front of Athletic
Bldg at back of parking lot

Waterhouse Boardwalk Walk –YRE 1439

Walk goes through wetlands, woods, parks,
neighborhoods, and the Tualatin Hills Park &
Recreation Center area

5 and 10 km rated 1B (easy)

AUG 28 @ 9:40 TO 9:55 AM (WEDNESDAY) WOOD VILLAGE, OR

Meet in front of the Wood Village Fred
Meyer, 22855 NE Park Av.

Blue Lake Walk –YRE 2249

Walk in quiet neighborhoods into and around
Blue Lake Park. You will walk along the shore in
the park and again through nice neighborhoods
and around Fairview Lake. Dogs are not allowed
in Blue Lake Park

5 and 10 km rated 1A (easy)

AUG 29 @ 8:45 TO 9:00 AM (THURSDAY) SALEM, OR

Orchard Heights Park,
1165 Orchard Heights Rd NW

West Salem: Orchard Heights Park -TGW)

Both routes include forest trails in two Salem
City Parks bordering nearby residential areas
including West Hill Estates. 10k stairway from
lower residential area to the upper Estates.

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

AUG 31 @ 9:00 TO 11:00 AM (SATURDAY) SEATTLE, WA

St Alphonsus Parish
1415 NW 58th

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 and 10 km rated 1A (easy)



Wed Walkers at Hayden Island – 17 July 2024