

THE

Limited Online Version

# NORTHWEST PATHFINDER

A Northwest Walking Guide and Newsletter

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## Return to Wallace!

Come walk, bike, and swim in Idaho on August 23 to 25



AMERICA'S  
WALKING CLUB  
— ESTABLISHED 1976 —

**JULY/AUGUST 2024**  
Volume 10, Issue 1

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# General Walking Information

**VOLKSSPORTING** (German for *sport of the people*) is an adventure in health, recreation, fellowship, and fun consisting of non-competitive events such as: walking, bicycling, swimming, and cross-country skiing. Each event has a pre-marked course, written directions, and/or a map to follow while enjoying the company of family, friends, and fellow Volkssporters. The **volkssporting philosophy** recognizes that everyone who participates is a winner and eligible for an award as described in the event ads.

**IVV/AVA SANCTIONS:** All events advertised in **THE NORTHWEST PATHFINDER** are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV) and are open to the general public. Anyone may participate as long as they are willing to follow the guidelines governing the event.

**IVV RECORD BOOKS:** IVV issues awards for participants who complete milestones of 10, 30, 50, etc. events and/or 500, 1000, 1500, etc. kilometers which are recorded in event and distance books. The awards consist of a lapel pin, patch and certificate acknowledging completion of each level of accomplishment. The event and distance books may be purchased at events. New walker packets containing a green event book, a blue distance book, three free credit coupons and other information about volkssporting may be purchased. Registration for the IVV/AVA stamp is \$3.00 for each event and gives the participant credit in both books. The stamp for each event book and distance book may be entered in the book(s) as many times as actually completed.

**IVV CREDIT/"B" AWARDS:** All participants may walk a "CREDIT ONLY EVENT". If the sponsoring club has chosen not to design an "A" award specifically for an event, a selection of awards from previous events ("B" awards) may be offered. Walkers may purchase as many "B" awards as wanted (see AVA Policy 4.09 II E).

**PROCEDURES:** At the event start, each participant must register to obtain a start card, which **must be filled out**. This card must be carried during the event and personally presented at the checkpoint(s) along the route. **All cards remain the property of the sponsoring club and must be turned in at the completion of the event.**  
**All events will take place regardless of weather conditions.**

**REGISTRATION and FEES:** Any fees or awards are listed in each event ad. "A" AWARDS CANNOT BE SOLD OUTRIGHT; THEY MUST BE EARNED. Participants are encouraged to pre-register by the deadline listed in the event ad, using the form found in *The Northwest Pathfinder*. Clubs have the option of not reordering awards.

**No refunds made to pre-registered persons who do not participate.**

**WAIVER:** The sponsors are not liable for accidents, thefts, and/or material damage. Every effort will be made to make each event safe, enjoyable, and memorable. **ALL PARTICIPANTS MUST SIGN A WAIVER FORM FOR ALL EVENTS. A RESPONSIBLE ADULT MUST SIGN FOR A MINOR, THIS INCLUDES INFANTS. Children 12 and under must be accompanied at all times by an adult.**

**HATPINS:** Some clubs may provide an optional commemorative pin. Hatpins are not part of IVV/AVA sanctioning and may be purchased without taking part in the event. See each event ad for description and price.

**STIPULATIONS:** Check each event ad for information regarding strollers, wheelchairs, and/or pets. If pets are permitted, owners are responsible for leash and clean-up laws.

**REFRESHMENTS:** Water will be available at the start/finish and usually at checkpoint(s). It is recommended that water be carried en route. Refreshments may be offered for sale at the start/finish.

**GROUP WALK:** Occasionally clubs have specific times where individuals who do not wish to walk alone meet and walk together (sometimes called **Friendship Walks**).

**YEAR-ROUND EVENT (YRE):** Unlike other volkssport events limited to one or two days with a set start/finish time, a year-round event may be open daily, January through December. Also known as a "self-guided walk".

**SEASONAL EVENT:** A seasonal event is like a year-round event, but is open less than a full calendar year. Year-round/Seasonal events may not have an attendant to assist with registration, so look for exact registration location. **Be patient with the start location personnel.**

**STATE CHALLENGES:** Washington and Oregon States offer several challenge programs to encourage walker participation. **Information for Washington State Challenges can be obtained from: [www.esva.online/challenges](http://www.esva.online/challenges)**  
**Information for Walk Oregon Challenges can be obtained from Dan Webster: [CedarMilersWalkingClub@gmail.com](mailto:CedarMilersWalkingClub@gmail.com).**

Many of the past challenges have now expired and books are no longer being sold. There are a limited number of patches left for these challenges and will be given out on a first come-first get basis. Once the expired patches are gone, new ones will not be made. Recognition of those completing the challenge will still be made in *The Northwest Pathfinder*.

**AVA SPECIAL PROGRAMS:** Detailed information can be found on the AVA website ([my.ava.org](http://my.ava.org)).

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**National Organization:**  
**American Volkssport Association**  
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**America's Walking Club**  
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Front Cover: Photo courtesy of  
 Lilac City Volkssport Association.  
 Back Cover: Coordinate map.

**Due to the timing of the publication of *The American Wanderer*, there are no IVV/AVA Achievements in this newsletter.**

**NOTE: These events are subject to government orders made after publication, and may be revised, postponed, or cancelled. If necessary, check with the contact person prior to the event.**

### What we're about:

**The Northwest Pathfinder is a newsletter that provides information about upcoming group walks and walks that you can do on your own.**

***For renewal, address change, and issue not received,  
please contact:***

**Chase Davis**  
**NWPathfinder@comcast.net**

*The Northwest Pathfinder* is a newsletter published bi-monthly by  
NW Pathfinder Club and is sent to all members.

Membership dues for associate members are \$14 / (foreign delivery--email for price, payable in US dollars).  
Please make check or money order payable to: NW PATHFINDER CLUB.  
Use the mailing form below or pay online with PayPal at [esva.online](http://esva.online).

**CHANGE OF ADDRESS:**

**THE POSTAL SERVICE DOES NOT FORWARD STANDARD MAIL,**  
so you must notify us of address changes in order to continue  
receiving your newsletter.

Renewals and address changes for the **September/October 2024 newsletter** must be received by  
**July 5, 2024.**

The month/year printed on the address label is the date of the last newsletter the membership was  
paid for.

**Pay online** at [www.esva.online/nw-pathfinder-home-delivery/](http://www.esva.online/nw-pathfinder-home-delivery/)  
or mail a check

<b>NW Pathfinder Club MAILING FORM</b>	
<b>\$14.00 / (foreign delivery -- email for current price-US Funds) / 6 bi-monthly issues</b>	
<small>NOTE: A \$25.00 FEE WILL BE CHARGED FOR NSF CHECKS.</small>	
Name: _____	Telephone Number _____
Address: _____	Include 9-digit zip code _____
Email Address: _____	
Make check payable and mail to:	<b>NW PATHFINDER CLUB c/o CHASE DAVIS 6623 RIVIERA COURT SE LACEY WA 98513-4965</b>

# Editor Contact Info

**Send all events  
and other information for  
The Northwest Pathfinder**

**to:  
NWPathfinder@comcast.net**

It is the responsibility of each club to submit event ads to meet printers' deadlines. Electronic ads must be in Microsoft word format. Items received after the deadline date may not be included.

All event ads will be returned to clubs for review prior to publication.

**PHOTOGRAPHS FOR THE COVER:** Include brief description of photo, name of photographer, AND SIGNED RELEASE FROM PERSON(S) IN PHOTO.



## ADVERTISING RATES

Due to changes at our printing company, the size of The Northwest Pathfinder is smaller. Ad sizes are proportionally smaller, but the exact dimensions aren't known.

FULL PAGE		\$150.00
3/4 PAGE		\$125.00
1/2 PAGE	(wide)	\$100.00
1/2 PAGE	(narrow)	\$ 75.00
1/4 PAGE	(wide)	\$ 50.00
1/4 PAGE	(narrow)	\$ 40.00
1/8 PAGE	(wide)	\$ 30.00
1/8 PAGE	(narrow)	\$ 20.00
1/16 PAGE		\$ 15.00
FRONT COVER or BACK COVER		
Front or Back Cover - Black/white-\$100.00		
Color-\$250.00		

**PLACE 5 ADS AND GET THE 6TH ONE FREE.**

To have an ad placed in **THE NORTHWEST PATHFINDER**, send a **COMPUTER-GENERATED IMAGE**, or **CAMERA-READY** artwork along with payment in the amount of the ad to be placed.

For further information contact:

THE NORTHWEST PATHFINDER  
NWPathfinder@comcast.net

**THE NORTHWEST PATHFINDER**  
**Publication and Mailing Information:**  
The **September/October 2024** newsletter will be mailed in **August 2024**.

Note the following due dates for the  
**September/October 2024 issue**

Event Ads and Articles	<b>June 28</b>
Commercial Ads	<b>July 5</b>

**Upcoming event due dates:**

November/December 2024	August 30
January/February 2025	October 25
March/April 2025	December 27
May/June 2025	February 28
July/August 2025	April 25
September/October 2025	June 27

**REMINDER:** All sanction requests, brochures, and award designs must be approved by the regional director before the event can be published in the Northwest Pathfinder.

**THE NORTHWEST PATHFINDER** Committee reserves the right to edit materials for publication and print on a space-available basis.

**SEPTEMBER 19 – 22, 2024**

**In and around Silverdale, WA**

Pre-register for the socials until:

**August 31, 2024!**

Register for the walks at the event



For all the current information  
and registration form go to:  
<https://www.esva.online/>

# TRAIL RATINGS

## Part 1 – INCLINE

The following trail rating system is used to indicate the degree of incline and terrain for an AVA sanctioned event.

- [1] Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs.
- [2] Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs.
- [3] Some significant hill or stair climbing. Not suitable for strollers or wheelchairs.
- [4] Lots of significant hills or stair climbing.
- [5] Many steep hills.

## Part 2 – TERRAIN

- [A] Almost entirely on pavement.
- [B] A significant part of the route is on well-groomed trails with very few obstacles.
- [C] A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand).
- [D] A significant part of the route is on very difficult terrain.
- [E] The majority of the route is on very difficult terrain.

### Examples:

A route that is mostly on flat pavement would be rated 1A.

A beach walk would be rated 1C.

A route with moderate hills on well-groomed trails would be rated 2B.

**PRECAUTIONS:** Be aware that weather conditions will cause a variance in the trail/route rating. An unexpected hot or cold day can increase the degree of difficulty of a trail as much as one or two full points, so each participant should adjust accordingly. It is as possible to become dehydrated in cold weather as in hot weather.

**It is advisable to carry water to all walking events.**

**ANNUAL STROLL THROUGH HISTORY WALK  
JULY 4 (THURSDAY)**

**IVV CREDIT ONLY**

**SANCTION #:** 126789  
**SPONSOR:** Vancouver USA Volkssporters  
**LOCATION:** Esther Short Park  
8th and Columbia (Downtown)  
C4 VANCOUVER WA  
**START TIME:** 8:00 am – NOON  
**FINISH TIME:** 3:00 pm  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)  
1 km bonus option

**TRAIL: (1A)** Walk on sidewalks, street shoulders, and paved trails on our traditional July 4th walk. Explore the Fort Vancouver Historic Site, Officers' Row, and (optionally) Pearson Air Field and Museum. **Strollers and wheelchairs may have difficulty.**

**AWARD:** IVV credit is \$3.00. All participants are welcome and must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

**HATPINS:** "B" hatpins and VUSAV Anniversary Patches available.

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water and restrooms at start/finish and along the route. **Pets permitted but NOT in buildings. Owners responsible for leash and clean up laws.**

**CHALLENGES:** ESVA: Delivery Services/  
Essential Services/Holiday/  
Medical Facilities/Sustenance  
**AVA:** Rockin' Around the Clock/Town Halls/  
Walking with America's Veterans

**MORE INFO:** Burt Paynter 360-798-8485  
walkeriii@comcast.net

**DIRECTIONS:**  
**I-5 NORTHBOUND/WA14 WESTBOUND:**  
Exit #1-B (City Center). LEFT on 6th St. RIGHT on Columbia St to Esther Short Park on LEFT.  
**I-5 SOUTHBOUND:** Exit #1-C (Mill Plain W). RIGHT on 15th St. LEFT on Columbia St to 8th St. Esther Short Park on RIGHT.  
**USE FREE ON-STREET PARKING or Park & Go Lot at corner of 6th & Columbia for a fee.**

**INDEPENDENCE DAY WALK  
JULY 4 (THURSDAY)**

**IVV CREDIT ONLY**

**SANCTION #:** 124790  
**SPONSOR:** Emerald City Wanderers  
**LOCATION:** Pathfinder School  
1901 SW Genesee St  
C2 SEATTLE WA  
**START TIME:** \*9:00 am – 10:00 am  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**TRAIL: (1B)-5K (2B)-10K** Walk on sidewalks and trails in a Duwamish neighborhood that dates back for many centuries. Visit a traditional Duwamish village site, later occupied by European settlers; a portion of the West Duwamish Greenbelt; and the Pigeon Point Neighborhood of West Seattle. Enjoy scenic views of the city and of the Duwamish River. **Not suitable for strollers or wheelchairs.**

**AWARD:** IVV credit is \$4.00. All participants are welcome but must sign the event registration waiver. Guests are welcome to join us. Donations to support activities like this are appreciated.

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water at start/finish. **NO RESTROOMS AT START/FINISH. Pets permitted. Owners responsible for leash and clean up laws.**

Walkers must register and start walk between 9:00 and 10:00 am.

**CHALLENGES:** ESVA: Cultural/Holiday/River  
**AVA:** Par for the Course

**MORE INFO:** Mike Nagan 206-851-2101  
m.nagan@comcast.net

**DIRECTIONS:** I-5: NORTHBOUND Exit #163/  
SOUTHBOUND Exit #163A and cross the West Seattle Bridge. Exit for Delridge Wy and stay in LEFT lane. At first traffic light, LEFT on Andover St. RIGHT on 21st Ave. LEFT on Genesee St. School on RIGHT.

**GRESHAM ARTS WALK  
JULY 20 (SATURDAY)**

**IVV CREDIT ONLY**

**SANCTION #:** 126645  
**SPONSOR:** East County Windwalkers  
**LOCATION:** **Gresham City Hall**  
**1333 NW Eastman Parkway**  
**C5 GRESHAM OR**  
**START TIME:** 9:00 am – NOON  
**FINISH TIME:** 3:00 pm  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

WALK SUBJECT TO CANCELLATION. CHECK WITH CONTACT.

**TRAIL: Two 5km loops.**

**LOOP #1: (1A)** Walk on city sidewalks by the Gresham Art Festival, Farmers' Market, and the Springwater Corridor.

**LOOP #2: (2A)** Walk on paved surfaces through Bella Vista Park and beautiful Gresham neighborhoods. **Suitable for strollers. Wheelchairs will have difficulty.**

**AWARD:** IVV credit is \$4.00. All participants are welcome and must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water at start/finish. **NO RESTROOM AT START/FINISH. RESTROOM ONLY ON LOOP #1. NO PETS ON LOOP #1.** Owners responsible for leash and clean up laws.

**CHALLENGES:** Provided at start.

**MORE INFO:** Teresa Meisner 503-422-2967  
Teresame46@msn.com

**DIRECTIONS:** I-84: Exit #13. **EASTBOUND RIGHT / WESTBOUND LEFT** on 181st Ave. **LEFT** on Burnside for 3.5 miles. **RIGHT** on Eastman Pkwy. **City Hall on RIGHT.**  
**MAX:** Blue line to "Gresham City Hall" stop. Exit **MAX** to street (Eastman Pkwy). **LEFT** on Eastman Pkwy. **City Hall is the first building on LEFT.**

**RENTON RIVER DAYS WALK  
JULY 27 (SATURDAY)**

**IVV CREDIT ONLY**

**SANCTION #:** 126878  
**SPONSOR:** Interlaken Trailblazers  
**LOCATION:** **Renton Senior Center**  
**(Patio facing Cedar River)**  
**211 Burnett Avenue North**  
**RENTON WA**  
**C3**  
**START TIME:** 8:00 am – 10:00 am  
**FINISH TIME:** 1:00 pm  
**DISTANCE:** 11 km (6.8 miles)  
6 km (3.7 miles)  
5 km (3.1 miles)

**TRAIL:(1B) 6km / 5km (3B) 5km**

Walk on paved and well-groomed trails on three different loops around town and the festival. Explore Historical Downtown Renton, North Renton, and stroll along Cedar River. Enjoy the Renton River Days festival parade and the festivities around town. One **5km** route goes up Renton Hill for wonderful views. **Suitable for strollers. Wheelchairs may have difficulty.**

**AWARD:** IVV Credit is \$4.00. All participants are welcome but must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

**PRE-REGISTRATION:** None

**MISCELLANEOUS:** Water and restrooms at start/finish and along the route. **Pets permitted but NOT in buildings. Owners responsible for leash and clean up laws. Dogs not allowed on the Coulon Park loop.**

Breakfast at the Senior Center is available this year.

**CHALLENGES:** Posted at start.

**MORE INFO:** Irene Stanford  
irenestanford@msn.com

**DIRECTIONS:** I-405: Exit #5.  
**NORTHBOUND LEFT / SOUTHBOUND RIGHT** to Park Ave N down the hill, becomes Logan Ave N. Continue on Logan Ave N to 405 Logan Ave N (Renton Memorial Stadium) for parking. Walk to the Cedar River Trail. **LEFT** to the Senior Center.



# NORTHWEST REGION CALENDAR OF EVENTS

STATE/DATE	TYPE	LOCATION	CLUB	PHONE
<b>WASHINGTON</b>		<b>W=Walk B=Bike GW=Guided Walk NW=Night Walk S=Swim</b>		
July 4	W	Seattle - Independence Day Walk	Emerald City Wanderers	206-851-2101
July 4	W	Vancouver - 4th of July	Vancouver Walking Club	360-798-8485
July 27	W	Renton - Renton River Days	Interlaken Trailblazers	
August 2-4	3W	Glacier - NW Hiking Weekend	Four Plus Foolhardy Folks	760-496-8610
August 14	GW	Seabrook	Capitol Volkssport	360-491-4767
August 14	GW	Moclips	Capitol Volkssport	360-491-4767
August 17	W	Gig Harbor - Cushman Trail	Daffodil Valley / Evergreen	253-347-0324
August 31	W	Seattle - Labor Day Weekend Walk	Emerald City Wanderers	206-789-1960
September 7	W	Auburn - Art and Park Walk	Sea-Tac Volkssports Club	206-788-7969
September 14	W	Hyak (Snoqualmie Pass)	Central Washington Sun Striders	509-899-6535
September 14-19	W	Four Plus Foolhardy Folks	Port Ludlow - McCormick Loop	760-496-8610
September 19-22	4W	NW Regional Conference Kitsap County	ESVA	
September 28	W	Seattle - Meandering in Magnolia	FS Family Wanderers	206-552-1775
October 5	W	Tumwater - Where the Salmon Run	Capitol Volkssport	360-485-3693
October 12	W	Easton - Lake Easton Fall Color Walk	Four Plus Foolhardy Folks	206-713-1564
October 26	W	Carnation - Remlinger Farms Halloween	Emerald City Wanderers	206-788-7969
November 9	W	Buckley - New White River Bridge	Daffodil Valley	253-347-0324
December 31	W	Seattle - New Year's Eve	Emerald City Wanderers	206-851-2101

<b>OREGON</b>				
July 13	GW	Albany - "Crazy Days" R & R	Albany Fitwalkers	541-974-5780
July 16	GW	Beverly Beach State Park - Punch Bowl	Albany Fitwalkers	541-974-5780
July 20	GW	Gresham - Arts Festival	East County Wind Walkers	541-951-0667
August 13	GW	Lake Shore Lanes - Albany Wellness Trail	Albany Fitwalkers	541-974-5780
August 18	GW	Philomath - Trail with a View	Albany Fitwalkers	541-974-5780
September 3	GW	Willamette Pass - "Water Falls"	Albany Fitwalkers	541-974-5780
September 14	GW	Salem - Governor's Mansion/Fairmount	Willamette Wanderers	541-967-3001
September 17	GW	Santiam Wagon Road - Walking History	Albany Fitwalkers	541-974-5780
September 24	GW	Corvallis - River and Lakes	Albany Fitwalkers	541-974-5780
October 8	GW	Philomath - Park and Wetland	Albany Fitwalkers	541-974-5780
October 17-20	2W	Shady Cove	CRVC-Rogue Valley Walkers	360-921-1909
<b>IDAHO</b>				
August 23-25	5W/S/B	Wallace - Return to Wallace	Lilac City Volkssport	360-904-7236
<b>BRITISH COLUMBIA</b>				
October 12-14	3W	Kelowna Wine Walks in BC	Surrey Trekkers	778-888-5376

**NORTHWEST HIKING WEEKEND  
AUGUST 2-4 (FRIDAY / SATURDAY / SUNDAY)**

**IVV CREDIT ONLY**

**SPONSOR:** Four Plus Foolhardy Folks  
**LOCATION:** Glacier Public Service Center  
10091 Mt. Baker Highway  
**C1 GLACIER WA**  
**START TIME:** 11:00 am – 3:00 PM (Friday)  
8:00 am – NOON (Saturday/Sunday)  
**FINISH TIME:** Stamp at Start table

**AWARD:** Since we are in a national recreation area, we cannot charge a fee, but a \$4.00 donation per participant is encouraged. All participants are welcome but must sign the event registration waiver. Guests are welcome to join us.

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water and restrooms available at registration and trailheads. **Leashed pets permitted. Owners responsible for cleanup.**

**CARRY WATER. THESE ARE MAP ONLY EVENTS** and include driving to the start point.

**NW FOREST PASS OR DAY PASS REQUIRED FOR ALL TRAILHEAD PARKING.**

**THESE ARE MAPPED WALKS. MAPS AND DIRECTIONS WILL BE PROVIDED. THERE ARE NO TRAIL MARKERS OR RIBBONS.**

**CHALLENGES:** Listed at start table.

**MORE INFO:** Jane Holmes 760-496-8610  
jensenholmespa@gmail.com

**DIRECTIONS:** I-5: Exit #225 (Sunset Dr/Mt Baker Hwy). **NORTHBOUND RIGHT/SOUTHBOUND LEFT** following signs for Mt. Baker. Follow Sunset Dr which becomes WA542 to Glacier (33 miles from I-5). The Glacier Public Service Center is on **RIGHT** as leaving the town of Glacier (sign for Glacier Public Service Center, Mt. Baker-Snoqualmie National Forest).

**CHAIN LAKES HIKE**

**SANCTION #:** 126466  
**DISTANCE:** 12 km (7.5 miles)  
6 km (3.7 miles)  
**TRAIL: (4C) 12km (3C) 6km**

**12km** Hike on difficult terrain, starting at Artist's Point and descending a slope (with steps) to the Heather Meadows Visitor Center in a picture-perfect basin. A long, steady climb with open views up to Herman's Saddle, elevation 5,430 feet. Descend into another basin at Chain Lakes and climb again to the ridgeline and follow it back to Artist's Point. Expect hike to take 5 or more hours. **Not suitable for strollers or wheelchairs.**

The **6km** is an out-and-back on difficult terrain that begins at Artist's Point, follows the ridgeline trail to a viewpoint, descends to Chain Lakes and returns. The views are stunning. **Not suitable for strollers or wheelchairs.**

**EXCELSIOR PASS HIKE**

**SANCTION #:** 126467  
**DISTANCE:** 10 km (6.2 miles)  
8 km (5.0 miles)  
**TRAIL: (3C) 10km (3C) 8km**

This popular out-and-back hike on difficult terrain isn't too difficult and has rewarding views. Hike on wooded trails with a 1,300 feet elevation gain. The trail climbs in and out of woods and through meadows, passing Damfino Lakes to Excelsior Pass at an elevation of 5,700 feet. Views of Mt Shuksan, Mt Baker, Mt Larabee, and the Canadian Coastal range. **Not suitable for strollers or wheelchairs.**

**HEATHER MEADOWS HIKE**

**SANCTION #:** 126468  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)  
**TRAIL: (3C) 10km (3C) 5km**

Hike on difficult terrain on this "ramble" around Heather Meadows (elevation 4,300 feet) on various shorter trails. The **5km** takes the Fire & Ice loop trail, Bagley Lakes and part of the Chain Lakes trail which parallels a lovely stream. The return trail is uphill with perhaps 300 feet gain. There are some rocky areas on the path. The **10km** adds on a walk on the road shoulder down to Picture Lake with classic views of Mt. Shuksan. **Not suitable for strollers or wheelchairs.**

**WALK GIG HARBOR'S CUSHMAN TRAIL  
AUGUST 17 (SATURDAY)**

**IVV CREDIT ONLY**

**SANCTION #:** 126942  
**SPONSORS:** Daffodil Valley Volkssport  
Evergreen Wanderers  
**LOCATION:** **Gig Harbor Civic Center**  
**3510 Grandview Street**  
**C3 GIG HARBOR WA**  
**START TIME:** 9:00 am – 11:00 am  
**FINISH TIME:** 2:00 pm  
**DISTANCE:** 20 km (12.4 miles)  
15 km (9.3 miles)  
10 km (6.2 miles)  
5 km (3.1 miles)

**TRAIL: (1A) or (2B)** Walk on a paved trail with lovely views along the way and benches available. **Suitable for strollers and wheelchairs.**

**AWARD:** IVV credit is \$4.00. All participants are welcome but must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water and restrooms at start/finish and along the route. **Pets permitted but not in buildings. Owners responsible for leash and clean up laws.**

**CHALLENGES:** AVA: Par for the Course/  
Town Halls

**MORE INFO:** Cathy Lee 253-219-4382  
giglees@comcast.net

**DIRECTIONS:** I-5: Exit #132 (WA16W/  
Bremerton). Exit at City Center. RIGHT on Pioneer Way. RIGHT on Grandview St. Civic Center on RIGHT. Parking in rear.  
**WA16 EASTBOUND:** Exit at City Center. LEFT on Wollochet Dr (becomes Pioneer Way). Continue as above.

**This column intentionally left blank.**

**RETURN TO WALLACE**  
**AUGUST 23-25 (FRIDAY / SATURDAY / SUNDAY)**  
**IVV CREDIT ONLY**

**SPONSOR:** Lilac City Volkssport  
**LOCATION:** Wallace Inn  
100 Front Street  
WALLACE ID  
**START TIME:** 8:00 am – 3:00 PM (Friday/Saturday)  
8:00 am – NOON (Sunday)  
**FINISH TIME:** 7:00 pm (Friday/Saturday)  
3:00 pm (Sunday)

**AWARD:** IVV credit is \$4.00. All participants are welcome but must sign the event registration waiver. Guests are welcome to join us. Donations to support activities like this are appreciated.

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water and restrooms available at start/finish. **Pets permitted but not in buildings. Owners responsible for leash and cleanup.**

**CARRY WATER. THESE ARE MAP ONLY EVENTS and most include driving to the start point.**

**THESE ARE MAPPED WALKS. MAPS AND DIRECTIONS WILL BE PROVIDED. THERE ARE NO TRAIL MARKERS OR RIBBONS.**

**CHALLENGES:** Listed at start.

**MORE INFO:** Dennis Standridge 509-220-9739  
dstand@centurylink.net

**Dinners scheduled for Friday and Saturday evenings. Pre-registration required by August 20, see [lilaccityvolks.com/wallace-weekend](http://lilaccityvolks.com/wallace-weekend).**

**DIRECTIONS:** I-90: Exit 61 (Wallace). At stop sign, EASTBOUND RIGHT/WESTBOUND LEFT on The Harry F. Magnuson Way (unmarked). LEFT at next stop sign (unmarked Front Street). Wallace Inn on RIGHT.

**HISTORIC KELLOGG WALK**

**SANCTION #:** 126915  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**TRAIL: (1A)-5km (2A)-10km** Walk on sidewalks and paved streets through this historic mining town passing the old train depot, Silver Mountain gondola, and numerous parks. **Suitable for strollers and wheelchairs.**

**MULLAN WALKABOUT**

**SANCTION #:** 126916  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**TRAIL: (2A)-5km #1** Walk on sidewalks through this old mining town. **Suitable for strollers and wheelchairs.**  
**(2B)-5km #2** Walk on a gravel trail starting in Shoshone Park past an old fish hatchery to the NorPac trail. **Not suitable for strollers or wheelchairs.**

**EXPERIMENTAL GULCH TRAIL WALK**

**SANCTION #:** 126917  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**TRAIL: (3C)** Walk out and back on difficult terrain into the Watershed. **Not suitable for strollers or wheelchairs.**

**HISTORIC WALLACE WALK**

**SANCTION #:** 126918  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**TRAIL: (1A)-5km (2B)-10km** Walk on sidewalks and paved streets through this historic mining town that has been placed, in its entirety, on the National Registry of Historic Places. Walk past commercial buildings rich in history and the Center of the Universe. The **10km** route includes the historic stairs on the south hills. **5km suitable for strollers and wheelchairs. 10km not suitable for strollers or wheelchairs.**

**PULASKI TUNNEL TRAIL WALK**

**SANCTION #:** 126919  
**DISTANCE:** 11 km (6.8 miles)  
6 km (3.7 miles)

**TRAIL: (3C)** Walk on paved surfaces and difficult terrain from the Wallace Inn to the Pulaski Tunnel trailhead (**6km** is a drive to start at the trailhead). The Pulaski Tunnel trail portion goes to the tunnel overlook. Allow 2 to 4 hours to complete the walk. **Not suitable for strollers or wheelchairs.**

**BIKE THE HIAWATHA**

**SANCTION #:** 126924  
**DISTANCE:** 25 km (15.5 miles)

**TRAIL: (2A)** Ride on a paved trail from Montana into Idaho through 10 large and dark train tunnels and 7 sky-high trestles. Reservations recommended and there is a mandatory fee for a trail pass. [Make reservations at RideTheHiawatha.com](http://RideTheHiawatha.com).

**WALLACE SWIM**

**SANCTION #:** 126925  
**DISTANCE:** 300 meters

At the historic pool in Wallace, participants will make five round trips in the 30 meter pool. Specific details will be available at the registration table at the Wallace Inn.

# LABOR DAY WEEKEND WALK AUGUST 31 (SATURDAY)

## IVV CREDIT ONLY

**SANCTION #:** 124791  
**SPONSOR:** Emerald City Wanderers  
**LOCATION:** St Alphonsus Parish  
 1415 NW 58th  
 C2 SEATTLE WA  
**START TIME:** 9:00 am – 11:00 am  
**FINISH TIME:** 2:00 pm  
**DISTANCE:** 10 km (6.2 miles)  
 5 km (3.1 miles)

**TRAIL: (1A)** Walk on sidewalks through a rapidly evolving Ballard: craftsman homes to condos, retail to restaurants, bars, and craft breweries everywhere you look. Enjoy the Chittenden Locks and its beautiful gardens and Shilshole Marina where you can say hi to Leif Erikson. **Suitable for strollers and wheelchairs.**

**AWARD:** IVV credit is \$4.00. All participants are welcome but must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water and restrooms at start/finish and along the route. **Pets permitted. Owners responsible for leash and clean up laws.**

**CHALLENGES:** ESVA: Cultural/  
 Essential Services/Sustenance  
 AVA: Rails to Trails/  
 Walking with America's Veterans

**MORE INFO:** David Madsen 206-478-7101  
 dmadsen@seattleu.edu

**DIRECTIONS:** I-5 Exit #172 NORTHBOUND LEFT/SOUTHBOUND RIGHT onto 85th Street approximately 2 miles. LEFT on 15th NW. LEFT on 57th NW. IMMEDIATE LEFT into playground/parking lot. Street parking also available.

**Metro Route:** Rapid Ride D from downtown. Exit at Market St. Walk 3 blocks north to 58th.

# CHALLENGE DESIGNATIONS

## Oregon-sponsored Challenges (WOC)

**4 Vs:**  
 Vegetables VG  
 Veterinarian VT  
 Victorian House VH  
 Vietnamese Food VI

**4 Xs:**  
 eXpos XE  
 fedeX, UPS XF  
 taX preparers XT  
 Xrays XR

**4 Ys:**  
 Yarn Shops YA  
 Yeti YE  
 Yoga YO  
 Yogurt YT

**4 Zs:**  
 Zero in Sign ZE  
 Zodiac ZD  
 Zone ZN  
 Zoo / Aquarium ZO

36 Counties (every event qualifies)  
 Peace Poles (new) PP

## Washington-sponsored Challenges

**ON THE ROAD AGAIN:**  
 Multi-day Events MDE  
 Holiday/Festival HOL

**FRONTLINE HEROES:**  
 Delivery Services DE  
 Essential Services ES  
 Medical Facilities ME  
 Sustenance SU

Link Light Rail LLR  
 Strolling Along the Rivers RIV

**THAT'S ENTERTAINMENT: (new)**  
 Crafts/Hobbies CRA  
 Cultural CUL  
 Fairgrounds FAI  
 Sports Venues SPO

39 Counties (every event qualifies)

## AVA Challenges \*Redeem by 12/31/2024.

A-MAZE-ing Labyrinths (New) MAZ  
 Appalachian Trail AP  
 Border Crossings\* BC  
 Great Lakes\* GR8  
 Lighthouses II LH  
 Par for the Course PAR  
 Rails-to-Trails RTT  
 Step to the Beat (New) STP  
 Town Halls/City Halls TH  
 Walking the United States (51 Capitals) SC  
 Walking with America's Veterans VET  
 Walking USA A – Z (every event qualifies)

## Highway Designations

Interstate I  
 Washington Highways WA  
 Oregon State Highways OR  
 US Highways US

# Evergreen State Volkssport Association Clubs

## **CAPITOL VOLKSSPORT CLUB**

**360-357-9185**

711 Eastside St. NE, OLYMPIA 98506  
2nd Thursday/5:00 pm  
See website for meeting time and place.  
jcyounkins@comcast.net  
capitolvolkssportclub.org/

## **CENTRAL WASHINGTON SUN STRIDERS**

**509-966-4547**

PO Box 10523, YAKIMA 98909-1523  
2nd Wednesday monthly  
Contact for location/time.  
russ.elaine24@gmail.com

## **DAFFODIL VALLEY VOLKSSPORT ASSOCIATION 253-347-0324**

8718 159th St. E., PUYALLUP 98375  
Monthly every 2nd Monday afternoon  
Contact for meeting location.  
jcwahol@comcast.net  
daffodilvalleyvolkssport.com

## **EMERALD CITY WANDERERS**

**206-851-2101**

PO Box 16221, SEATTLE 98116  
2nd Thursday/7:00 pm  
Contact for meeting location.  
m.nagan@comcast.net  
emeraldcitywanderers.org

## **EVERGREEN WANDERERS**

**253-225-9398**

3204 90th St. S., LAKEWOOD 98499  
Quarterly 3rd Wednesday  
Contact for meeting location.  
Crick94et@comcast.net

## **FOUR-PLUS FOOLHARDY FOLKS**

**760-496-8610**

17634 122nd Pl SE, RENTON 98058  
2nd Wednesday/7:00 pm/Call for location  
jensenholmespa@gmail.com  
<https://fourplushikers.weebly.com>

## **FS FAMILY WANDERERS**

**206-523-2207**

6311 20th Ave NE, SEATTLE 98115  
3rd Tuesday/Noon  
Cafe Arta, 6504 20th Ave NE  
michellero1956@gmail.com

## **INTERLAKEN TRAILBLAZERS VOLKSSPORT CLUB 206-228-3915**

25320 SE 184th St, MAPLE VALLEY 98038  
1st Wednesday/7:00 pm  
Contact for meeting location.  
Irenestanford@msn.com  
interlakentrailblazers.org/

## **INTERNATIONAL WANDERERS**

**360-260-9393**

PO Box 871000, VANCOUVER 98687  
fun@walkingadventures.com

## **LILAC CITY VOLKSSPORT ASSOCIATION**

**509-465-2690 / 360-904-7236**

12508 N. Denver Dr., SPOKANE 99218-4701  
1st Tuesday/7:00 pm  
Manito Park Conservatory Annex  
agheritage@hotmail.com  
lilaccityvolks.com

## **NW PATHFINDER CLUB**

**360-584-6446**

6623 Riviera Court SE, LACEY 98513  
NWPPathfinder@comcast.net

## **NW TULIP TREKKERS**

**360-491-5560**

533 Rainbow Dr, SEDRO WOOLLEY 98284  
Contact for meeting location.  
nwtclub@gmail.com

## **OLYMPIC PENINSULA EXPLORERS**

**210-204-9301**

PO Box 1706, SEQUIM 98382  
Check website for location and time.  
cbaulch31@gmail.com  
opevolkssport.org

## **SEA-TAC VOLKSSPORTS CLUB**

**206-788-7969**

PO Box 25101, FEDERAL WAY 98093  
4th Tuesday/7:00 pm  
Contact for meeting location.  
fran55carson@gmail.com

## **SOUND STEPPERS VOLKSSPORT CLUB**

**425-697-3728**

PO Box 3405, LYNNWOOD 98046-3405  
2nd Thursday of the month 6:15-7:15pm  
Contact for meeting location.  
Sgogur@gmail.com  
Soundsteppers.org

## **THE OVER-THE-HILL GANG VOLKSSPORT CLUB 253-875-3064 / 253-444-8515**

32506 Meridian E, GRAHAM 98338  
4th Wednesday  
Contact for meeting time and location.  
dianeswagner@comcast.net

## **VANCOUVER USA VOLKSSPORTERS**

**505-298-1256**

PO Box 2121, VANCOUVER 98668-2121  
2nd Thursday/6:30 pm  
Contact for meeting location.  
dsteedle@aol.com  
vusav.club

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# Oregon Trail State Volkssport Association Clubs

## **ALBANY FITWALKERS**

**541-974-5780**

PO Box 1218, ALBANY 97321  
2nd Wednesday/7:00 pm  
Brookdale Villas Courtyard, 1929 Grand  
Prairie Rd SE  
albanyfitwalkers@gmail.com

## **CEDAR MILERS**

**503-591-5893**

1195 SW Jay Ct, ALOHA 97003  
2nd Monday/6:45 pm/Cedar Mill Library  
Check website for updates/changes  
cedarmilerswalkingclub@gmail.com  
cedarmilerswalking.club

## **COLUMBIA RIVER VOLKSSPORT**

**360-921-1909**

11410 SE 90th Ave, #1511, HAPPY VALLEY 97086  
2nd Monday Feb/Apr/June/Aug/Oct.  
Check website for meeting information.  
opahainline49@gmail.com  
walking4fun.org

## **CORVALLIS CRUISERS**

**541-981-3794**

517 NW 10th, CORVALLIS 97330  
1st Wednesday except December 5:30 pm  
Timberhill Athletic Club, 2855 NW 29th St  
silverwalker@webtv.net

## **EAST COUNTY WINDWALKERS**

**503-475-6382**

PO Box 854, GRESHAM 97030-0192  
2nd Thursday Jan./April/June/October - 1:00 pm  
Mt. Hood Medical Center 24800 SE Stark St.  
ecwindwalkers@yahoo.com  
<https://eastcountywindwalkers.weebly.com/>

## **ROGUE VALLEY WALKERS**

**541-772-8311**

35 Footh Creek Rd, GOLD HILL 97525  
Group walk every other Saturday.  
scoutpjwriter@gmail.com  
RogueValleyWalkers.com

## **ROSE CITY ROAMERS**

**360-991-8806**

2216 NE 110th St, VANCOUVER, WA 98686  
2nd Wednesday/7:00 pmFeb/Apr/June/Oct/Dec  
Portland Adventist Medical Center,  
dickbkr@q.com  
RoseCityRoamers.org

## **SILVERTON WALK ABOUTS**

**503-769-5380**

1708 Wilshire Place, STAYTON 97383  
2nd Monday/Santiam Memorial Hospital and  
alternating Restaurants in Silverton  
mcdermot@wvi.com

## **WILLAMETTE WANDERERS**

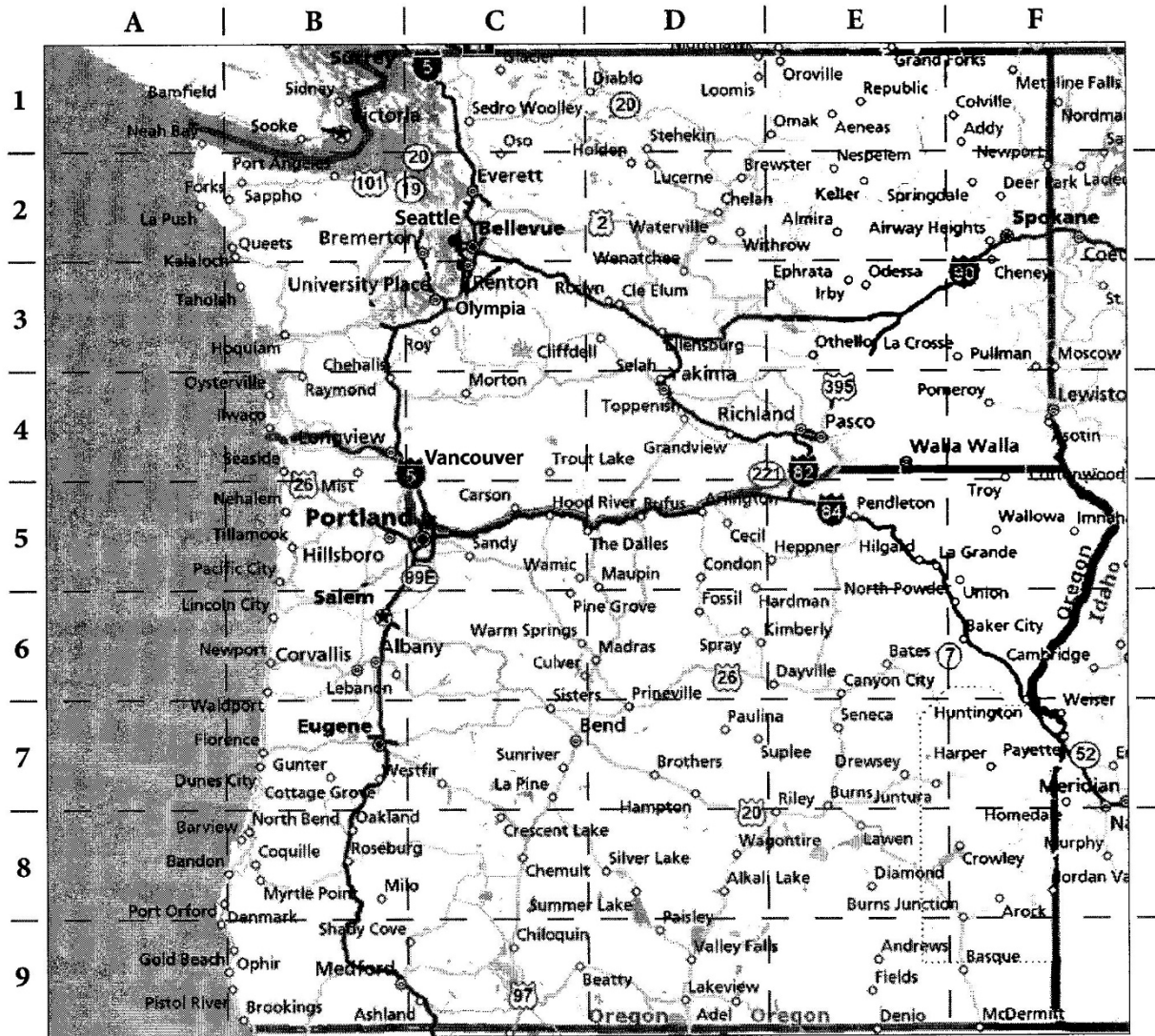
**PO Box 13982, SALEM 97309-9998**

3rd Wednesday/1:00 pm  
Salem Library  
585 Liberty Street SE, Salem  
BARNEVE@aol.com  
willwander.weebly.com

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## WASHINGTON/OREGON STATES EVENT LOCATION MAPS

The purpose of this map is to assist participants in locating event start points in unfamiliar areas.



This is the coordinate map used in walk events to designate the area where the event will be held. When you see the letter and a number (like D7) shown on the left side on the line below "LOCATION", please refer to this map.