

WALK & ROLL MONTH

MAY 2017

Cowlitz County

A month-long celebration of active transportation including walking, biking, skateboarding, roller-blading, riding RiverCities Transit, wheel chair rolling and much more!

HIKING

Mt. St. Helens Hiking Club

May 8- Tumwater Falls Park Hike

May 17- Lake Sacajawea

May 20- Capital Peak

May 22- Hummocks Trail

May 31- Tarbell Trail

<http://bit.ly>

[/MtStHelensHikingSchedule](http://bit.ly/MtStHelensHikingSchedule)

Hike it Baby

All Month: Check

www.hikeitbaby.com for hikes throughout the county

May 27- Intro to the Growlers Gulch Trail System 10 am-1pm

<http://bit.ly/GrowlersGulchTour>

BIKING

All Month Long! Bike Everywhere Challenge!

<http://bit.ly/BikeEverywhereChallenge>

May 13- Rock Creek Bike Ride with Mt.St. Helens Hiking Club

May 20- Bicycle Tour of Lower Columbia School Gardens

<http://lcschoolgardens.org/>

May 27- Three Rivers Cycling Club Ride at 8:30am Route TBD

<http://threeriverscycling.com/>

RUNNING

May 6- Run the Path for Mental Health Awareness <http://bit.ly/RunthePath>

Sand & Misery Mud Run/Obstacle Race northcountyrecreationassociation.org

Cowlitz Valley Runners

May 6- Meet at Zojo Coffee on SR 4 at 8am, route is TBD

May 13- Meet at 8 am Starbucks on SR4

May 20- Meet at 8 am at Castle Rock Bakery

www.cowlitzvalleyrunners.com

WALKING

May 13- Heart & Stroke Walk pdxheartwalk.org/peacehealth

Date/Time TBD- Walk with a Doc on the Highlands Trail in Longview. Email Yasmina at akniny@co.cowlitz.wa.us

Longview Border Crossers

May 6- Meet at 10am in front of the Merc Building. Route TBD

May 21- Meet at 10am at the Red Lion in Kelso. Route TBD

www.longviewbordercrossers.org

OTHER EVENTS

April 29- Safe Kids Day 2017 <http://bit.ly/LCSafeKidsDay2017>

May 17 - Walkable Cowlitz Meeting 4-5pm <https://www.facebook.com/walkablecowlitz/>

May 25- Walking Audit with Dan Burden: 8:30am in Woodland & 1:30pm in Kelso/Longview Pathways 2020 Community Report Card Unveiling at Cowlitz Expo Center 5:30-7:30pm www.pathways2020.org

June 2-4- Mountain Biking and Trail Clean Up Day at Coldwater Lake Trail with Growlers Gulch Mountain Bikers <http://bit.ly/ColdwaterTrailCleanUp>

Community Walking Groups

Castle Rock Senior Center
Contact Loretta Brice - 274-7502

YMCA of SW Washington
Contact: (360) 423-4770 or info@longviewymca.org

Ride the Bus FREE every Friday in May THANKS to RiverCities Transit!

Cowlitz County Health and Human Services

