WALK & ROLL
MAY 2017
MOWTH 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

Hike it Baby
All Month: Check www.hikeitbaby.com for hikes throughout the county
May 27- Intro to the Growlers GulchTrail System 10 am-1pm

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 Zojio 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

BIKING

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/

OTHER EVENTS

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


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