

Welcome spring with Lewis & Clark Trail Run

5K or 10K event is first in series of three forest walks/runs

ASTORIA — Lewis and Clark National Historical Park will host the first of a trail run series on Saturday, March 21 to “bid adieu” to winter at Fort Clatsop and greet the arrival of spring.

The Lewis & Clark Trail Series includes three different exhilarating events along beautiful trails through for-

est landscapes, complete with a welcoming and friendly race atmosphere. All events are open to walkers and runners of all ages and provide the opportunity to experience the Northwest coast the way people have done it for thousands of years: on footpaths.

The first event in the

Lewis & Clark Trail Series takes place at 10 a.m. Saturday. Come for either an approximate 5K or 10K course that features the Kwis Kwis Trail. The 10K run will include a two-mile stretch of brand new trail. The start/finish line will be at the Fort to Sea Trail parking area off Fort Clatsop Road. Allow

time to park at one of the Fort Clatsop Visitor Center parking lots, check in at the visitor center, and then hike 0.5 miles of the Fort to Sea Trail to the starting point as a warm-up.

Pre-register in person, or register that morning from 9 to 9:30 a.m. The cost to participate is the purchase of a \$10 Annual Park Pass that grants entry into all of the 2015 Lewis & Clark Trail Series events. Registration is free with any pass that

allows entry into national parks. Participants younger than 18 also need their parent or guardian to sign the registration.

The Lewis & Clark Trail Series is sponsored by the Lewis & Clark National Park Association, which supports park education and interpretative activities. The other events in the series are scheduled for June 20 and Sept. 26. For more information, call the park at 503-861-2471.

Lewis & Clark Trail Run

10 a.m. Saturday, March 21

Fort Clatsop Visitor Center

92343 Fort Clatsop Road, Astoria

503-861-2471

\$10 Annual Park Pass

Registration is open for Run on the River

Astoria Parks and Rec's second annual race to include 10K

ASTORIA — Registration is now open for the second annual Run on the River half marathon, 10K and 5K.

The race will be held Sunday, May 31 on a course that follows the Astoria Riverwalk, situated alongside the Columbia River.

Astoria Parks and Recreation's second annual Run on the River is focused on providing a family friendly event for the local community as well as providing a destination race for runners.

The proceeds from the race will be used to support the ongoing care and maintenance of the Astoria Riverwalk.

Last year's inaugural run brought over 130 runners and only included a 5K and half marathon with ending celebrations at Buoy Beer Co.

This year, the Run on the River Race Committee established a goal of 500 participants and added a 10K option with glass medallion medals being made

by Fernhill Glass Studio. In addition, cash prizes will be awarded to top male and female finishers of the half marathon.

Online registration is available. To register, visit <http://www.astoriaparks.com>

If you are interested in volunteering, participating, or sponsoring the second annual Run on the River race, contact race director Janice O'Malley Galizio at jgalizio@astoria.or.us or 503-741-5965.

Volunteers needed for SOLVE spring Oregon beach cleanup

CLATSOP COUNTY — On Saturday, March 28, thousands of volunteers will mobilize across the state to scour beaches for wayward litter and debris washed in from winter storms. From 10 a.m. to 1 p.m., SOLVE welcomes volunteers of all ages to join together in clearing the entire Oregon Coast of trash.

Register at one of 45 beach cleanup sites at solveoregon.org or by calling 503-844-9571, ext. 332.

Local Oregon beaches include: Fort Stevens Columbia River Beach, Fort Stevens Peter Iredale Beach, Sunset Beach, Del Rey Beach, Gearhart Beach, Seaside Beach, Cannon Beach, Laneda and Ocean avenues in Manzanita, and Nehalem Bay State Park.

A recent study published in the journal *Science* indicates that about 8 million metric tons of plastic are entering the ocean globally each year, the equivalent of five bags of trash for every foot of coastline in the world. With this number on the rise, the impacts on the ocean and coastline are high.

“Because plastic debris does not biodegrade, but instead breaks down into smaller and smaller pieces, it continues to be a major threat not only to Oregon's wildlife, but also the health of our communities,” said SOLVE Program Coordinator Joy Irby. “Each year thousands of marine mammals, turtles and fish are killed after they ingest



Submitted photo

Volunteers search for tiny bits of plastic and cigarette butts at the SOLVE Cannon Beach Cleanup.

groups, schools, and others to become lifelong stewards and make a difference for Oregon.

Volunteers at this year's event are encouraged to bring old colanders or kitty litter scoops to sift the tide lines for tiny plastic pieces, harmful to local wildlife. Bags and gloves are provided, but bringing reusable gloves and buckets is encouraged to reduce the amount of plastic waste.

Safety is the top priority, and volunteers are urged to keep an eye out for sneaker waves, stay off logs near the water, steer clear of sea lions, look out for signs and ropes limiting beach access around snowy plover nesting areas, and refrain from touching hazardous items like oil drums.

The Spring Oregon Beach Cleanup is made possible by coordinating sponsors Oregon Parks and Recreation Department and Local Coast Garbage and Recycling Haulers; major sponsors Fred Meyer and the Oregon Department of Transportation; supporting sponsors Howard S. Wright, Northwest Natural and The Standard; and media sponsors K103 FM and KOIN 6 News.

SOLVE is a statewide non-profit organization that brings people together to improve our environment and build a legacy of stewardship. Over four decades, the organization has grown from a small, grassroots group to a national model for volunteer environmental action. Today, SOLVE mobilizes and trains tens of thousands of volunteers across Oregon to cleanup beaches and rivers, and restore watersheds. Visit www.solveoregon.org for more information.

or become entangled in plastic garbage and other types of litter.” SOLVE encourages Oregonians to help reduce negative impacts of human-made trash by participating in the Spring Oregon Beach Cleanup and becoming lifelong coastal stewards.

“By joining SOLVE in this effort, and taking steps at home to reduce, reuse and recycle whenever possible, volunteers can make a real difference toward a healthier, more beautiful Oregon,” said Maureen Fisher, CEO of SOLVE.

Last year, over 4,800 Spring Oregon Beach Cleanup volunteers removed nearly 50,000 pounds of debris from the coast, contributing to the 3.2 million pounds that have been picked up since the first coast-wide cleanup in 1984. The twice-annual SOLVE beach cleanups have become an Oregon tradition, encouraging families, business

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Partners for the PAC presents...

Organist Paul Tegels will be celebrating J. S. Bach's birthday on the PAC's historic Estey organ.

The program will include music composed by the master himself and by composers who had influenced him or who were influenced by him.

ALSO APPEARING:
Jonathan Galle, violinist

Partially supported by the City of Astoria arts and cultural fund.
More information at <http://www.supportthepac.org>

At the PAC for the PAC