



PHOTO BY JOSHUA BESSEX

There's still time to register for the Great Columbia Crossing, a 10K walk/run put on by the Astoria-Warrenton Area Chamber of Commerce on Oct. 16.

Register for the Great Columbia Crossing 10K

ASTORIA — Registration for the 35th annual Great Columbia Crossing 10K run/walk is open and filling up. Make sure you take advantage of this once-a-year opportunity to experience the Astoria-Megler Bridge on foot.

The race is set for Sunday, Oct. 16.

The 10K offers a scenic adventure on a fairly flat road with one steep incline to the peak of the bridge. The longest continuous truss bridge in North America, the Astoria-Megler Bridge is celebrating its 50th anniversary this year.

Whether you're an experienced runner or looking for a family-friendly event, the Great Columbia Crossing 10K appeals to everyone.

The run is an Official USA Track & Field Certified Event (#OR12025LB). Runners will be timed with an electronic chip and will be given a separate start time from walkers.

Participants are required to register in advance. Registration will close when the event reaches capacity of 3,500 participants. Registration is \$40 and \$45 with electronic timing.

Long-sleeve cotton

T-shirts cost \$15 or more. This year's shirt art is designed by North Coast graphic designer Sandra Froehle.

Register online at www.greatcolumbiacrossing.com or fill out a registration form in person at the Astoria-Warrenton Area Chamber of Commerce, located at 111 W. Marine Drive. There is no race day registration.

See the website for details regarding packet pickup and the race day timeline. Packets will be available to pick up Oct. 13 to 16.

Registration includes free parking, shuttle bus service to the start of the race from the Port of Astoria or the Port of Chinook, bib number, light snacks at the finish line, and five "Clam Bucks" that can be redeemed toward a \$5 purchase at participating Astoria-Warrenton Chamber of Commerce businesses Oct. 13 to 19. A list of businesses is available at greatcolumbiacrossing.com

The Great Columbia Crossing is produced by the Astoria-Warrenton Area Chamber of Commerce and sponsored by the Columbia Memorial Hospital Cardiology Clinic, a CMH/OHSU Collaboration.

Attend birding activities with Fort Stevens rangers

WARRENTON — Fort Stevens State Park rangers will put on birding activities this month. It's a way to discover the amazing variety of birds on the North Coast.

No birding experience is required, and experts are welcome to come share their knowledge. Binoculars are recommended, and there are a few binoculars that first-timers may borrow.

Each activity this month is slightly different.

For questions, contact Park Ranger Dane Osis by calling 503-861-3170, ext. 41 or email dane.osis@oregon.gov

A Fort to Sea Trail Bird Hike will be held from 8 to 10 a.m. Friday, Sept. 2. This hike will be approximately 2 miles along the Fort to Sea Trail to look for summer residents including various warblers, flycatchers and bluebirds. Meet at the Fort to Sea Trailhead at Sunset Beach State Recreation Area.

An Early Morning Bird Walk will be held from 8 to 10 a.m. Thursday, Sept. 8. The walk will take visitors through mature Sitka spruce forest and wetlands to look for a variety of bird life. Meet at Battery Russell in



SUBMITTED PHOTO

Oregon State Parks will hold birding activities this September.

Fort Stevens State Park.

An Old Fort Stevens Bird Walk will take place 8 to 10 a.m. Sept. 14. Old Fort Stevens is rich with history, but also wildlife. Attendees can discover the birds who reside along the Columbia River and adjacent forests. Meet at the military museum in the Fort Stevens State Park Historic Area.

The Fort Stevens Monthly Bird Survey will be held from 8 to 10:30 a.m. Sept. 22. This event allows participants to help with a citizen science project to monitor six distinct habitats in the park for bird life. The sites will be accessed by walking and driving. Meet at Battery Russell in Fort Stevens State Park.

Hemp & Cannabis Fair comes to Clatsop County

ASTORIA — Saturday and Sunday, Sept. 3 and 4 will see the arrival of The Hemp & Cannabis Fair at the Clatsop County Fairgrounds.

Locally produced and managed in Southern Oregon, The Hemp & Cannabis Fair — THC Fair — brings together local dispensaries, smoke shops, horticulture and hemp-based products to make this a one-stop destination for anyone curious about hemp or cannabis.

"We are excited to bring the celebration to the North Coast," said Naomi Forkash, THC Fair Director. "THC Fair is unique in that we provide a smoke-free environment with take-home samples so anyone can feel comfortable exploring over 70 vendor booths and lots of information sessions."

A series of lectures will offer insights from experts in a wide variety of fields including medicinal uses, growing and harvesting techniques, legal Q&As and much more. THC Fair

vendors have everything you need to grow, process and enjoy cannabis. There will be samples, raffles, prizes and plenty of opportunities to learn and shop.

THC Fair, based in Ashland, hosted four expos in 2015 and has grown to host over a dozen events in 2016 across Oregon and Alaska.

This event is restricted to ages 21 and older only. Hours are 10 a.m. to 6 p.m. Saturday and 11 a.m. to 5 p.m. Sunday.

Tickets are \$15 each or \$10 for veterans and include full weekend access to the fair and lecture series. Discounted advanced tickets are available to purchase online at www.thcfair.com

The Clatsop County Fairgrounds are located at 92937 Walluski Loop.

In accordance with the Oregon Liquor Control Commission's recreational marijuana guidelines, there will be no on-site consumption of cannabis promoted or allowed at this event.

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