



SUBMITTED PHOTO

At a previous Astoria Scandinavian Midsummer Festival, the top male and female winners of the Running of the Trolls, Glen and Venus Fromwiller, pose with Perry Browning, center, the Festival Troll. The Fromwillers were the first married couple top finishers of the 5.75 mile course.

Register now for 'Running of the Trolls'

ASTORIA — The 14th annual Running of the Trolls will be held 8:30 a.m. Saturday, June 17, during the Astoria Scandinavian Midsummer Festival.

Participants are in for a fun run (or walk) through the Olney Walluski countryside, an event sponsored by Columbia Memorial Hospital.

The race fee is \$25. Regis-

tration forms can be found at astoriascanfest.com, and will be available the day of the race. Race-day registration will take place 7 to 8 a.m.

To guarantee their t-shirt size is available, participants are encouraged to submit registration forms by Thursday, June 1.

Proceeds go to the festival association's scholarship fund.



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Run on the River 2017 nears

ASTORIA — The fourth annual Run on the River — a 5K, 10K and half marathon for walkers, joggers and serious runners — will take place the morning of Sunday, May 21, on the Astoria Riverwalk Trail.

Half marathon runner begin at 8:30 a.m., 10K-ers at 10 a.m., and 5K-ers at 11 a.m.

The event is organized by the Astoria Parks, Recreation and Community Foundation, whose mission is to create "partnerships for health and community."

After the race, runners enjoy a meal and beverage provided by Buoy Beer, the title sponsor. The top three finishers in each male and female age group will receive donated local prizes. All participants will receive a hand-blown glass medal-



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Runners at a previous race take off along the Columbia River.

lion from Fernhill Glass and an event t-shirt. The overall winner will receive a cash prize.

The foundation board works with local businesses to sponsor the event, and with the city's parks and rec staff to organize it.

Proceeds from the run

fund parks department scholarships, which historically came from the city's budget. The scholarship money serves low-income children, families and seniors for their health-related parks activities, such as swimming lessons, tee-ball and water-aerobics.

Such financial assistance allows hundreds of community members to access athletic programs. Last year, the foundation raised more than \$20,000 and hope to exceed that amount this year.

To sign up, or volunteer during the race, visit astoriaparks.com.

Great White Tail Run set for May 20

SKAMOKAWA, WASH. — The 33rd annual Great White Tail Run, sponsored by

Wahkiakum 4-H, will be held 10 a.m. Saturday, May 20. The course — set

for 10K, 5K or 2-mile run (or walk) — cuts through the Julia Butler Hansen National Refuge in Skamokawa, Washington.

The overall male and female winners in each event will be recognized in each event; ribbons will be given out for the top three finishers in each age division.

Event fees are as follows:

Before the run, the price is \$10 without a shirt, \$20 with a shirt. On run day, the price is \$12 with a shirt, \$25 without a shirt. Runners add \$1 if they bring their dog and want to compete for an award in the dog division.

Family and youth group discounts are also available: The first two entries of a family or youth groups pays regular price; each additional entry gets

\$3 off.

Official dog rules: Socialized dogs only. Dogs should be at least 6 months old, and current on their vaccinations. They must be kept on a leash at all times, and must stay on the designated course. Female dogs in season are not permitted.

Preregistration is encouraged. Run forms are available locally, including at the Washington State University Extension Office in Cathlamet. To download the form, go to extension.wsu.edu/wahkiakum/. Mail-in entries must be received by Wednesday, May 17.

Run day registration and packet pickup begins at 8:30 a.m. at Skamokawa Vista Park.

For more information, call 360-465-2275, 360-795-3278 or email, ervest@gmail.com.

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