



SUBMITTED PHOTOS

Scramble for health at Lewis and Clark park

FORT CLATSOP — Lewis and Clark National Historical Park hosts the eighth annual free South Slough Scramble 9 a.m. Saturday, Sept. 30.

All 5K and 10K participants will get a finisher's medal. There will also be a safety and health fair, along with prize drawings. The start/finish line and the health fair will be at the park's Netul Landing, approximately a mile and a half south of Fort Clatsop.

Come for either an approximately 5K walk/run or a roughly 10K run along the park's trails. Both loops will take participants along the ups and downs of the South Slough Trail, into the coastal hills and along the Lewis and Clark River.

The routes cross a number of scenic boardwalks and bridges, and are not accessible for most wheelchairs or strollers. No pets are allowed on the course (leashed pets are welcome at the health fair).

Registration takes place 8 to 8:45 a.m. at Netul Landing. Participants younger



Runners on the South Slough Trail

than 18 must have their registration signed by a parent or guardian.

This third and final event in the 2017 Lewis & Clark Trail Series is sponsored by the Lewis & Clark National Park Association, Providence Seaside Hospital and Sunset Empire Parks & Recreation District.

The park is open 9 a.m. to 5 p.m. daily. On Saturday, Sept. 30 — National Public Lands Day — everyone is encouraged to visit federal lands such as national parks. Admission to all National Park Service sites is free that day.

For more information, call the park at 503-861-2471, visit nps.gov/lewi or find the park on Facebook at "LewisandClarkNationalHistoricalPark."

LANDSCAPE BARK (U-HAUL) \$20 per yard

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Wild mushroom hikes, programs to pick from

FORT STEVENS — Join a state park ranger for guided hikes in search of wild mushrooms at Fort Stevens State Park. The hike will focus on the varieties of wild mushroom that grow in the area.

The hikes will be offered at 1 p.m. on Sunday, Oct. 1; Friday, Oct. 6; Friday, Oct. 13; Friday, Oct. 20; Wednesday, Nov. 8; Saturday, Nov. 18; and Sunday, Nov. 26.

Participants should wear weather-appropriate clothing and bring a basket, pocket knife and mushroom identification book if they have them. Participants are also encouraged to bring in mushrooms for identification.

The hikes will begin at Battery Russell and be around a 1-mile round trip. There is no registration or fee required for the hikes.

For more information, contact Park Ranger Dane Osis at 503-861-3170 extension 41 or dane.osis@oregon.gov.

Programs

There is an amazing variety of fungi that thrive in Oregon.

Join a park ranger for a program on these wild mushrooms. The program will cover the regulations, uses and identification of



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wild mushrooms in Oregon, as well as the role they play in the health of the forest.

After the program will be a short hike around the park to look for and identify mushrooms. The programs at Fort Stevens will be held at the picnic shelter at Coffenbury Lake. There is no registration or fee for the programs, but there is a

\$5 parking fee at the lake.

For more information, contact Dane Osis at Fort Stevens 503-861-3170 extension 41, or dane.osis@oregon.gov.

The programs will be offered at 1 p.m. on Saturday, Sept. 30; Saturday, Oct. 7; Saturday, Oct. 14; Sunday, Nov. 5; Sunday, Nov. 19; Saturday, Nov. 25.

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