

# PULL UP YOUR BOOTS AND HIKE THE CAPE DISAPPOINTMENT 'DIFFICULT' TRAIL

ILWACO, WASH. — Angora Hiking Club members wanting to hike the Cape Disappointment Trail at Washington State Park will meet at 9 a.m. Saturday, May 19, at the River View Platform parking lot between Sixth and Seventh streets, on Marine Drive in Astoria (across from McDonald's).

Those not wanting to carpool can meet at 9:30 a.m. in the lower parking lot of the Lewis & Clark Interpretive Center in Washington.

The trail to the lighthouse is rated difficult. It is approximately three-quarters of a mile long, one way. Round trip to the lighthouse and back is about 1.5 miles. The trail varies in elevation gain and loss, with a steep, uphill climb of 200 feet for the last quarter mile to the lighthouse. Sturdy footwear, like hiking boots, are strongly advised. Participants should plan on the hike lasting approximately two hours.

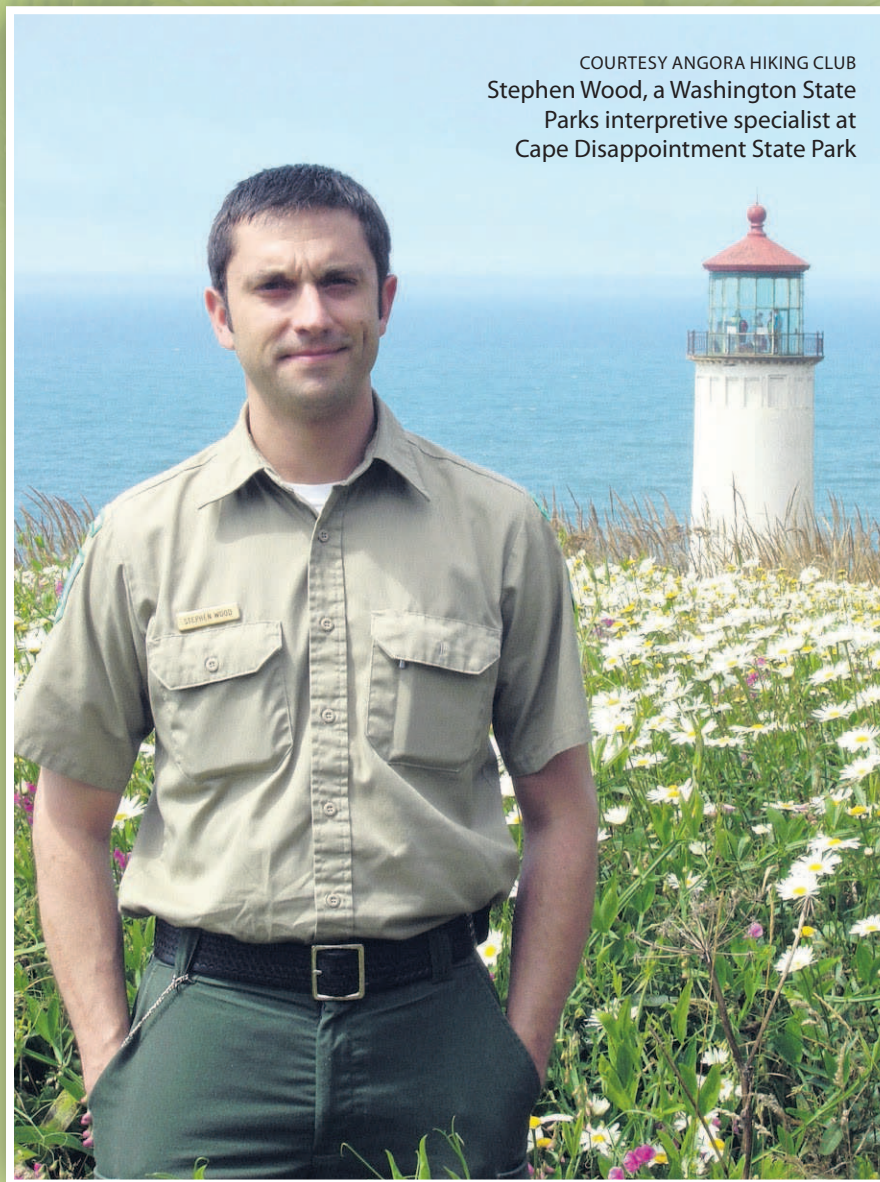
The hike will be led by Stephen Wood, Washington State Parks interpretive specialist, at Cape Disappointment State Park, on the Long Beach Peninsula.

The trail crosses through a Sitka spruce forest and will offer ample opportunity for plant and flower identification. Scenic viewpoints abound, with overlooks of Baker's Bay, the U.S. Coast Guard Station Cape Disappointment and Dead Man's Cove.

Photos will be shared that provide a greater sense of Cape Disappointment's place in the historical narrative of the U.S.

Membership is not required to participate in our hikes. Angora's annual schedule of hikes and where they occur is available at [angorahikingclub.org](http://angorahikingclub.org).

Annual dues to Angora members is \$10. For additional club information, contact Bill Herold, the Angora Hiking Club's chief guide, at 503-468-0474, or [BILLN692oc@gmail.com](mailto:BILLN692oc@gmail.com). The hike leader is Kathleen Hudson, 503-861 2802. Please call by Friday, May 18, to confirm your attendance.



COURTESY ANGORA HIKING CLUB  
Stephen Wood, a Washington State  
Parks interpretive specialist at  
Cape Disappointment State Park

## Run all the way in Skamokawa

SKAMOKAWA, WASH. — The 34th annual Great White Tail Run takes place 10 a.m. Saturday, May 19, in Skamokawa, Wash.

This event, sponsored by Wahkiakum 4-H, features a 10K, 5K and 2-mile course along the Julia Butler Hansen National Refuge.

Award recognition is given for overall male and female winners in each event, with ribbons for the top three finishers in each age division.

Pre-run fees for registration are \$10 without a shirt, \$20 with a shirt. Mail-in entries need to be received by Friday, May 18. Day-of-run registration begins at 8:30 a.m. in Skamokawa Vista Park with the fee of \$12 without a shirt and \$25 with a shirt.

Add \$1 if you are bringing your dog and want to compete for an award in this division. A family or youth group discount is available with the first two entries of immediate family or group regular price, each additional entry is \$3 off the regular price.

Registration forms can be found locally and at the Wahkiakum Washington State University Extension Office located on River Street in Cathlamet, Wash.

Go to [extension.wsu.edu/Wahkiakum](http://extension.wsu.edu/Wahkiakum) and click on 4-H forms to download online.

For more information, call 360-465-2275 or 360-795-3278.