

Take a 2-mile hike in Oswald West State Park

Oswald West State Park is the gateway to the Cape Falcon Marine Reserve. Together, these areas create a corridor of conservation stretching from the land three miles out into the sea.

Join us 10 a.m. to noon Friday, July 20, as we investigate this area, focusing on the recent community effort to monitor nesting seabirds within Oregon's Marine Reserves.

Exploring this coastal edge, a story emerges shedding light on the interconnection between terrestrial and marine ecosystems.

This stretch of coastline is brimming with energy and life: nesting seabirds, wind-swept landscapes, migrating whales, gliding pelicans and ancient forests are all part of the story of this magical place.

This family-friendly event is co-hosted by the Friends of Cape Falcon Marine Reserve and the Audubon Society of Portland. Sites along the way include



COURTESY DAN HAAG

See some seabirds on a coastal science hike.

Devil's Cauldron and Audubon's seabird monitoring site to view the remaining nesting cormorants. The hike will continue on through a coastal meadow and various forest environments before heading back to our starting location.

This hike is an easy 2-mile round trip journey within Oswald West State Park. The first 100 feet of

the trail descends down a steep, graveled trail. The rest of the trail is flat.

This event is part of the Explore Nature Tillamook Coast series of hikes, walks, paddles and outdoor adventures.

Learn more at explorenaturetillamookcoast.com. For more information, contact capefalconmr@gmail.com or call 541-231-8041.

A to N — and back again!

ASTORIA — If you've been wanting to walk the many trails and stairways connecting our streets in Astoria, this walk is for you!

On the morning of Saturday, July 21, the local volkswalk club, The Turnaround Trekkers, will host a walk through Astoria. Members of the Angora Hiking Club are invited to join.

Mayor Arline LaMear will lead the Angoras ready to walk at 9 a.m. Registration is at the east end of Pier 11. If you want to walk

on your own, you can register and pick up directions anytime between 9 a.m. and noon.

On Astoria's north side, the streets are alphabetical. This walk will take you from Astor to Niagara and back again using several trails and stairways between the streets.

If you want volkswalk credit, the fee is \$3, but we welcome everyone.

Call LaMear at 503-338-6883 for more information.



FILE PHOTO

Mayor Arline LaMear



DAMIAN MULINIX PHOTO

Young runners watch the finish line at a previous Seaside Beach Run.

Make a dash for Seaside

SEASIDE — The Seaside Beach Run — a community tradition since 1966 — takes place Saturday, July 21.

This year's event offers several races and activities to meet the needs of a broad range of runners and walkers. Activities include 5K and 10K beach runs, timed and non-timed 5K walks on the historic Promenade in Seaside, and a free "Kid's Sand Dash" and "Treasure Hunt" for children under 12 — with prizes awarded in several age groups.

The course will begin and end at 12th Avenue at the North Prom beach access, and the entire event will be held on the beach to avoid traffic safety concerns and to celebrate Seaside's coastal beauty.

Afterward, join us for an awards ceremony and free picnic lunch with food, drinks and prizes.

This charity event encourages fitness, promotes community spirit and showcases the best of the North Coast — and now benefits our local schoolchildren. The event is produced by Fit To Be Teens, Inc. — a non-profit charitable organization. Net proceeds provide fitness opportunities for Clatsop County middle and high school students.

Adult registrations include your souvenir event T-shirt for pre-registrations while supplies last, so register early. Pre-registering for the children's events helps us prepare by knowing the number of participants. Children's T-shirts are available separately. We hope you can be there to help us get off to a running start!

Visit SeasideBeachRun.org for times, ways to register and more information.