

MAKING THE MILE



A woman runs with the Astoria Bridge in the background during a 2019 Run on the River event.

Trio of running festivals return to the coast

BY MALIA RIGGS

A trio of running festivals will take place across the Columbia-Pacific region this week, covering a variety of terrain and scenery from river bank to wildlife refuge. For those looking to get outside and engage in a challenging yet fun activity, try one of

the three festivals set for the weekend.

Pacific Coast Running Festival

Returning to the coast for a second year, the Pacific Coast Running Festival will start with a set of events on Friday, Saturday and Sunday on the Long Beach Peninsula. With a half marathon, 10K, 5K, a bike race and

three kids races planned, the event will offer plenty of options for all ages and skill levels. On Friday at 4 p.m., events will kick off with a Pedal n' Dash race especially for kids 12 and under, beginning at the Long Beach arch. Later, the Sunset Sand 5K Run and Walk, welcoming runners of all ages, will begin at 6 p.m., just in time to catch a

fantastic ocean view. An awards ceremony will follow the race at 6:45 p.m.

On Saturday, set off on the Tour de Pacific Bike Race, starting at noon. To wrap up the weekend, rise early on Sunday morning for a half marathon scheduled to begin at 7 a.m., followed by dashes for kids at 8 a.m. and a pair of 5K and 10K runs at 8:30 a.m. The starting line for all events will be at the Long Beach arch.

See Page 9



JOIN CRMM for **SENSORY FRIENDLY SUNDAY**
May 22, 2022 8:30AM - 9:30A

Enjoy the Museum with the lights turned up and the sound turned down!
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Registration Required - Information available at crmm.org/accessibility or email accessibility@crmm.org

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REGISTRATION REQUIRED
Limited to 50 People
Admission Paid at Door
Members Free
Masks Required for All Attendees
No Food or Drink
Bring Your Own Comfort Items

SENSORY-FRIENDLY SUNDAY

MAY 22, 2022
8:30 AM to 9:30 AM

COLUMBIA RIVER MARITIME MUSEUM

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