Sasquatch Sighted on National Trails Day in the R2R

by John Selby, Founder

There were rumors this spring that Sasquatch would be out celebrating National Trails Day on June 2, 2012. Sure enough, he was sighted ambling up the trail in Gale Canyon by more than 200 runners, many of whom are now wearing complementary t-shirts saying, “I saw Sasquatch on National Trails Day in the R2R!”

Almost 1,200 people registered for the 10th anniversary of the R2R, a 60% increase over last year’s 750 participants. Sasquatch told the photographer, “Year after year I’ve been watching this thing grow from my hiding place in the woods. It looked so much fun, I just had to come out of hiding and join in. To my great surprise, everyone loved me! They gave me high fives and told me this was the best R2R ever! I’m tired of being a recluse. I wish they would hurry up and finish this trail so I could meet more nice runners and walkers.”

The Foothills Rail-to-Trails Coalition was joined this year by Gold Sponsors, REI and Franciscan Health System, and Silver Sponsors, Fleet Feet Sports at Bonney Lake, and Volyn Law. We all owe a standing ovation to our 200 plus volunteers and especially Race Director, Rob Hester, for making the Rainier to Ruston Rail-Trail Relay and Ultra the popular event and significant fundraiser it has become. Rob put in a Herculean effort, sleeping less than three hours in three days before the event! He is a perfectionist and tries to do too much himself; he clearly needs more help. Rob advised, “I ran out of time to get supplies loaded for two aid stations in the Buckley area. Once again my wife went home to bail me out as I could not leave the start of the Half Marathon. She seemed to be taking a long time, so I called her and in a not so nice tone

President’s Message

by Buzz Grant, Coalition President

The Foothills Trail is open, clear, and ready for all of us to use! I want to personally thank members of Pierce County Parks and Recreation, Buckley Kiwanis and City of Buckley, Foothills Rail-to-Trails Coalition, Back Country Horsemens of Washington, and the many individuals who contributed to clearing and cleaning the trail of the debris and downed trees from the challenges this not so recently past winter presented.

Our general meeting in April was sponsored by Kathy Kravit-Smith and her staff at Pierce County Parks and Recreation. They anticipate constructing 3,400 feet of trail from the end of the Buckley pavement to under the State Route 162 bridge in the fall of 2013 and another section from the State Route 162 bridge to the paving between the ‘Bridges to Nowhere’ in Lower Burnett in 2016. This is an ambitious set of projects and Coalition members and board members may be needed to contact the Pierce County Council to show our support for these projects.

Speaking of the Pierce County Council, there was a gate installed at Bernie’s Place just outside of Orting that blocked access to the dike. Complaints were made by many organizations and individuals and the Council responded in a very positive way. Thanks Council.

Another question I am often asked is, “What about the trailer park on the east side of South Prairie?”

CONTINUED ON PAGE 6

CONTINUED ON PAGE 11
Letter to the Editor

Dear Mr. Hester,

I’m the only international participant of the R2R in this year (Half-Marathon distance). We spent our holidays in Seattle, Olympic National Park and of course Mount Rainier National Park. Because I’m a runner of many years (several Marathons in Europe) every time when we plan a trip I search to see if I can take part on a run. This time I found the R2R. However, it was my first trail run.

I want to let you know that I really enjoyed the run. It was a new experience for me. The organization was great and all the people on the trail, helpers, assistants and so on were so friendly and engaged. Finishing in first place was nice but not so important for me - I wanted to enjoy the atmosphere along the trail. Anyway, I had a good time and a good place along with all the participants.

I will wear the R2R Shirt and tell all my friends here in Germany about your Run. Maybe next year some other international runners will follow me.

Please excuse my bad English (grammar...) to speak is a lot easier.....

I wish you much fun and success for all the next years.

Best wishes for you and your team and many thanks for this great experience for me!

Greetings from Hanover, Germany

Roswitha Ebel

Publisher:
The Trail Line News is published quarterly by the Foothills Rails-to-Trails Coalition, P.O. Box 192, Puyallup, WA 98371. Our website is http://www.piercecountytrails.org/ and our email address is foothillstrail@gmail.com.

Mission:
The mission of the Foothills Rails-to-Trails Coalition is to assist Pierce County communities in building, maintaining, and promoting a network of safe, non-motorized trails that provide healthy recreation and transportation options.

Ads:
Business card ads are published for a fee of $25 per quarter or $100 for one year, paid in advance to the Coalition and sent to the Ad Manager, Loras Gassmann, P.O. Box 192, Puyallup, WA.

Editing:
The Trail Line News is edited by Bill Hilton, FTCeditor@gmail.com. (253) 302-1104

Layout:
The Trail Line News is designed by Charlene Binfet, 253-236-4873, joenchar@hotmail.com.

Printing:
The Trail Line News is printed at L&L Printing and Graphics, (253) 848-5546.
TWBC Government Affairs Report

by Bob Myrick, Tacoma Wheelmen Bicycle Club (TWBC)

During the April 3rd meeting of the TWBC the following items were discussed:

Diane Wiatr, Non-motorized Coordinator for the city of Tacoma still has her job but the city is still facing a financial challenge. Diane and Dr. Jane Moore will report on their trip to the Oregon State Active Transportation Conference. Diane will also present on the bike history of Tacoma.

President Gordon (Buzz) Grant, Foothills Rails-to-Trails Coalition, continues to be an advocate for the long awaited connection between the Meeker (East Puyallup) Trailhead and the Puyallup Riverwalk. The lack of progress on this connection is disappointing to say the least and recent discussion has focused on possibly having the trail follow Puget Sound Energy’s planned high-tension power lines along Shaw Road to the river. It was discussed at our last Coalition board meeting with Pierce County Parks & Recreation Services. Most people agreed that it is not the ideal route, but it is most likely to actually happen “in our lifetime!”

Kirk Kirkland from the ForeverGreen Council met with me to see if we could get Pierce County Public Works to make the bike trip from Tacoma to Puyallup safer by improving a few road segments along Pioneer Way.

UWT has moved ahead with the Prairie Line Trail design to fully incorporate bike travel thanks to Peter Callahan of the News Tribune. The City is about to receive funding for its share of work between Pacific Avenue and the water to connect with the Thea Foss Esplanade.

Ralph Wessels gave a great presentation on bicycle advocacy at our monthly club meeting. We benefited from Ralph’s presentation and learned that bicyclists using trails have 2.5 times more bicycle crashes than those riding on roads. Of course, the crashes on trails for the most part are less dramatic.

During the Daffodil Parade there was a serious traffic collision involving a bicycle rider in the Eatonville area. A motorist towing a travel trailer allegedly crossed the white fog line and hit a bicyclist. I am sure there will be more information forthcoming.

I have been riding a lot lately in spite of the rainy weather. Please join us during the week or on the weekends on our rides. Consider participating in a few event rides this year. It will be good for you and the Bicycle Alliance of Washington.

The next TWBC Government Affairs meeting will be the first Tuesday of the month at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. Start time is 6 pm.
Networking for Trails:

Edgewood Interurban Trail
by Diane Kerlin

Phase one work on the Edgewood portion of the Interurban Trail is complete. Trail users need to be aware that parking is currently scarce due to the construction of the trailhead park, next to the trail, on 114th Avenue just off of Jovita. Also, 114th Avenue is well traveled and can be somewhat dangerous for those who have to park at a distance and make their way to the trail. The prefab restroom is due to arrive some time the week of May 13th. City staff are hoping the trailhead will be complete with parking by the second week of June. A tentative day for a ribbon cutting ceremony will likely be in the second week of July. We will get the word out when a date is confirmed. I am hoping for participation at the event from the Foothills Rails-to-Trails Coalition which has been very supportive over the years in anticipation of the Edgewood trail coming to fruition. We need to celebrate when this piece is completed.

Saturday Work Party

Before and after shots of the trail from Buckley to the State Route 162 bridge with Steve Smith. Photos by John Selby.

Julia’s Gulch Trail
by Heather and Don Halabisky

We at Julia’s Gulch, have been fortunate to have Carl Fabiani on our team. Carl, retired from trail planning in Mt. Rainier Park, has made a trail plan for the entire Gulch which any day now can be seen on our website (juliasgulch.org). When completed the trail system in the Gulch will be approximately 2 3/4 miles long. He has staked out the first part of the trail (615 feet) from View Park to the picnic table according to ADA standards. We hope to have this completed by late summer.

Trail Development Info
by Tony Tipton, Special Assistant to the Director, P.C. Parks & Recreation

Pierce County is working with King County and the Washington State Department of Transportation (WSDOT) on the possibility of repurposing an existing steel truss bridge scheduled for replacement in 2014 to use as a pedestrian bridge over the White River. The bridge would connect the Pierce and King County Foothill Trails by providing a key link in both counties regional trail plans. The historic steel truss bridge currently carries north-bound traffic over the Puyallup River along Meridian Avenue in Puyallup. A feasibility study jointly funded by the WSDOT and King and Pierce Counties is being conducted to determine whether the bridge could be refurbished and installed using the old State Highway 410 bridge alignment north of Buckley. The results of the study should be available later this summer.
Walking Tour of Gale Creek Canyon

BY BUZZ GRANT, COALITION PRESIDENT

On Saturday, July 14, 2012, the Foothills Rails-to-Trail Coalition Board of Directors and Officers invites you to join us on a walk of about 2 ½ miles on the undeveloped portion of the Foothills Trail through Gale Canyon, one of the most beautiful sections of the Foothills Trail. This area has also been referred to as

“Wilkeson Creek Canyon” and “Claudia’s Canyon.” If you would like to find out why there various names for the area, then please come join us for the walk.

All are welcome; members, non-members, County employees and County Council members. Come enjoy a stroll through a future jewel of the Foothills Trail. Along the way we will travel under a canopy of trees with moss hanging from the limbs, hear birds chirping, and quite possibly see butterflies. This quiet, pristine setting will charm and enhance your love of the outdoors. Very few homes can be seen through the thick foliage and there will absolutely not be any smell of exhaust or sounds of automobiles. It is just plain peaceful!

Meet us at the South Prairie Fire Station located at 350 State Route 162, South Prairie, Washington, on Saturday, July 14, 2012, at 10:00am. Please contact me (Buzz Grant) prior to Wednesday, July 11, 2012 at railroadbuzz@comcast.net so I can get an estimate of the number of participants.

A bridge too many!

BY ERNIE BAY, PRESIDENT EMERITUS

Foothills Trail users coming upon Bernie’s Place, the rest stop east of Orting where the trail meets the Carbon River were recently surprised and dismayed to find a popular levee loop back into Orting gated off and signed “No Trespassing, Violators will be prosecuted.” The gate was installed by the Pierce County River Improvement District as part of its ongoing efforts to protect levees from abuse, particularly garbage dumping and motorized vehicles.

The problem is, however, that since the Foothills Trail was constructed there has been no such abuse of this levee section and a huge boulder is already situated to thwart such access even if this were a problem. Moreover, a long installed gate at the end of Bridge

CONTINUED ON PAGE 11
asked her where she was. Just then she pulled into the armory parking lot with a very flat tire. She kept her composure though and didn’t let me have it.”

We did a number of things to make this 10th anniversary of the R2R a special event. Sasquatch was very popular out on the trail and at the finish at Ruston Way. He felt honored that so people asked to be photographed with him. All finishers received a beautiful medal (a truly great idea) and 50M ultras were given a commemorative black railroad spike. The Half Marathon was new this year. It started in Buckley and ran on the first paved section of the Foothills Trail ever built. The 50K start was moved from South Prairie to Rainier and below Wilkeson followed State Route 165 out to Buckley, joining the half marathoners at Ryan Road and running down The Loop to finish in Orting.

The weather was not very cooperative until the day of the race, having washed out many of the chalked arrows along the course over the previous two days. We were remarking parts of the course at 5am to help the runners and walkers avoid getting lost. Inevitably, some did. But the weather improved steadily throughout race day, and one could hardly ask for better weather at the finish in Marine Park on Ruston Way. However, it cooled off quite a bit and the moon came out before the last runner finished at 9:48pm! And that was not Karsten Solheim from Glendale, Arizona, the 75-year old who finished the 50M ultra race an hour earlier! We have always promised to honor every participant’s effort by not closing the course and by recording their official time. That may change next year!

Bob Myrick and Skeeter The Wonder Dog did the Half Marathon. They are both veterans of many R2R 28-mile races. Says Bob “I had to drag Skeeter for 9 miles and then walked the rest of the way. Even walking, it was hard for him to keep up. So he has retired from racing, having won every time. He finished in about 3 hours 25 minutes. Skeeter is 12 years old, which is about 84 in people years.”

Here is the list of finishers and winners by event.

- 175 people in the Half Marathon (13 miles)
  Austin Jex from Federal Way in 1 hr 21 min
- 19 people in the Marathon+ (28 miles)
  Gretchen Paine from Seattle in 4 hrs 16 min
- 34 people in the 50K Ultra (31 miles)
  Annie Thiessen from Tacoma in 4 hrs 7 min
- 69 people in the 50M Ultra (51 miles)
  Zach Gingerich from Portland, OR in 6 hrs 43 min
- 150 teams and 779 people in the 50M Relay (12 legs)
  Fleet Feet SDR Racers from Bonney Lake in 5 hrs 22 min

Thirteen course records were broken and 21 new records were set!

In spite of a few glitches it was a great celebration of National Trails Day. Many more people now know about our beautiful trail, including Roswitha Ebel from Hanover, Germany!
**Puyallup Riverwalk Beautification Enhancements**

**by Ernie Bay**

Friends Of The Puyallup Riverwalk have been busy as of late adding floral displays, sculptures and new murals for the pleasure and enjoyment of trail users.

Gone for now are spectacular splashes of yellow, white, pink, red and lavender blooms in the Kiwanis grove near Tiffany’s Skate-Inn and at the 11th Street Northwest Trailhead, but we look forward to a repetition of the show next March and April. Iris provided by Pam Dhillon and a local Iris society are now blooming at 11th Street and the Marie Danes rest stop just west of the trailhead. The bulb collection of daffodils, tulips, narcissi, crocus and hyacinth were provided by the Puyallup Food Bank and planted by Friends of the Puyallup Riverwalk members. As the saying goes, “Every cloud has a silver lining.” This particular cloud was a warehouse forklift mishap that resulted in the original bulb donation to the food bank. Thank you Nicole Martineau for alerting Friends of the Puyallup Riverwalk to this opportunity.

In addition to the giant tree sculpture by Jason Smathers four brown bear cubs now peer down along the trail from permanent perches high above. These small sculptures are a gift from Bob and Diane Kastama and have been mounted by Puyallup Park staff on the trunks of tall cottonwoods between 11th Street Northwest Trailhead and Veteran’s Park. The next time you stroll along the Riverwalk see if you can spot them. Bikers ... please keep your eyes on the trail!

Also, please note the new cedar planter boxes at the Fred Meyer trail access near Johnny’s Grill. These were inspired and planted by Pam and Singh Dhillon, and constructed by trail supporter Bob Arnold, husband of Courtesy Patrol Co-Chair Maryella Arnold. A new scenic landscape mural by Friends Of The Riverwalk Co-Chair Ernie Bay affords an attractive backdrop to the planters and helps distract from the restaurant’s nearby dumpsters.
Memberships and Member Donations

Gene Alan & Eloise Adair
Paul E Anderson
Jenny Apple
Bob & Mariella Arnold
Audrey Lynn Aymonin
Sally & Bill Baird
Lois Baker
Brenda J. Baker
Ernest C & Ellen Bay
Marlene Beadle
Allan Blackman
Ron Book & Vicki O’Keefe
Kevin & Chelsy Brougher
Steve Brown
Julie Brown
Abigail Brownell
Charles - Lauren Bulley
Victor & Mary Jane Buonadonna
Doug & Kathie Carter
Richard Chauner
Rose Clark
Rich Q. Cockrell
Mary E. Colquhoun
George Coulbourn
Patricia Czekaj
Madeline Davidson
John Denzler
Greg & Trish Dimmitt
Donna Dippolito
Mike & Marcy Dobb Family
John & Theresa Downs
Michael A Doyle
Gregg Dupont
Karen Dworschak
Rose M. Edmiston
Susan M. Eidenschink
Cheryl England
Helen Engle
Lois M. & Gary J. Erath
Kevin & Deberah Erickson
Renee Estey
Robert Ettlinger MD
Florence Fabiani
Wayne Flood
Arthur & Phyllis Forbes
FRANCISCAN HEALTH CARE
Ralph & Sheila Furlong
Loras Gassmann & Carolyn Pasquier
Dixie Gatchel
Thomas Gibson
William R & Bonnie M. Goodman
Mark & Nancy Grubb
William W. & Mary L. Haire
Don & Heather Halabisky
John Hamil
Hugo L. Hamilton
Dort & Fred Hart
Ben Heeb
James R Henricksen
John Hopkins
Donald Hughes
Linda Huyck
Ed & Sally Inderbitzin
Raymond G. Iiron
Anne & Paul Jacobson
Anne & Christopher James
Burton & Doris Johnson
Kirk & Pat Johnson
Sondra Johnston
Carol & Len Kalapus
Bob & Diane Kastama
Peg Kehret
Lynda & Bruce JR. Kelly
Eugene Keltgen
Villa L. & Douglas Kerr
Kenneth E & Donna M Kinnear
Kurt Klingman
Thomas and Mary Koon
Peggy Levesque
Randolph M Lindblad
Verdelle & Emma Low
Bill & Theresa Mahr
John Mandy
Phyllis Mansfield
Bruce & Helen Martin
Carolyn & Larry Mastin
Diedra McLauchlan
Beth & David Meshke
Earl & Glory Mikkelson
Cindy Mish
Daryl Montgomery
Jane & Hugh Moore
Peggy O’ Connor
Allan Ohlsen
Joanne Okesong
James Olp & Sue Weston
Walt & Martha Olsen
Carol & Walter Ottoson
Steven Parker
Ann Parks
Cheryl Peach
Karen Pease
Steve & Kay Pedersen
Robert & Laurine Peloli
Mary D. Pennington
John Peranz
Anne & Dan Percival
Wilma N Peterson
Philip and Gwen Phibbs
Marc & Coleen Pidgeon
Richard A. Pogue
Janet Pool
John & Ann Prideaux
John Roberts
Melaine & Ed Robinson
Arthur J Robinson
Jorunn & Harley Ruff
David & Gwen Sailer
Jeffrey & Ranette Schaff
Judith S. Schuler
Rainer Schulz
Louise Schumock
Stephen P & Julie Ann Scolfield
John Selby
Dennis & Laurie Selle
Ronald Selset
Todd & Teresa Silver

George & Gail Sleet
Dainel Smith
Galen (Lynnette Arthur) Stark
Steve Stoyles
Viola Strait
Jim & Judy Summers
Arthur Sutton
Dan Swatman
Paul Swinehart
Garcia Ternes
Fred Thomas
John & Yolanda Thompson
Robert E. & Linda Tibeau
Thomas Townsend Jr
Margol & Joseph Tucci SR
A. Elaine Wagner
John & Carolyn Warhol
William H Weber
Bob & Liz Webster
Judy Wickett
Joe H Wise
Charles Wiseman
William & Nancy Wittenberg
Jan & Shirley Wolcott
Anna Graham & Fred Wolf
Margaret Woltjer
Ken Woolery
Robert & Patti Young
Dave Zeigler
The good news at the federal level is that on March 30, 2012, President Obama signed into law the Surface Transportation Extension Act of 2012 (H.R. 4281), a 90-day reprieve for the current federal transportation reauthorization. This is the ninth extension for SAFETEA-LU (Safe, Accountable, Flexible, and Efficient Transportation Equity Act: A Legacy for Users) which expired on September 30, 2009. The bill contains no policy changes and extends current programs and funding levels through June 30, 2012.

While the Senate passed Moving Ahead for Progress in the 21st Century (MAP-15), a $109 billion reauthorization bill on March 14th, the House rejected it in a procedural vote on March 21. The bad news is both the SAFETEA-LU and MAP programs will be “dead ducks” unless there is a major change in control of Congress. If you truly care about active/alternative transportation for pedestrians, cyclists and transit, choose your members of Congress carefully.

Don’t despair, trail lovers! The news right here at home in the Puyallup area is much more heartening. Volunteers with the Friends of the Riverwalk are currently compiling statistics from the 3rd Annual Families in Motion Day on April 28, 2012. Early indications are we surpassed the figures from the two previous events at least three fold and to top it off the sun shined all day. Everyone had a great time. Stay tuned for the final report which delineates how good things happen at the grassroots level when a group of Puyallup volunteers took an interest in “their trail.” The accomplishments in the past year along the Riverwalk are amazing.

More good news! Last September the Tacoma-Pierce County Health Department was awarded a grant of $797,000 to fight chronic disease in Pierce County. This grant is a part of the U.S. Department of Health and Human Services’ Community Transformation Grants which support community-level efforts to reduce chronic diseases such as cancer, stroke and diabetes by promoting healthier lifestyles. It is anticipated that approximately $800,000 will be awarded each year for an additional four-year period dependent upon availability of federal funding. Local health officials and advocates for healthier life styles such as Citizens for Active Transportation (C.A.T.) are working to decipher the exact funding possibilities for the grant. Again, please choose your members of Congress carefully.

In your spare time, I suggest you take a stroll down to the Riverwalk Trail to admire the wondrous life that Jason Smathers, Bonney Lake tree sculpture artist, has curved with his chainsaw in an old dead maple tree. The tree is located at the newly-named Veterans Park Trailhead at 5th St NW near the Milwaukee Avenue Bridge. When you are done admiring Jason’s work take a stroll down the trail and search for the four carved bears that now dwell in four of the tree tops along the way. Life is beautiful!
Calendar of Events

Meetings:

Monthly Board Meetings:
Open to all members and are generally held on the 4th Thursday from 7-9 p.m. at the Heritage Quest Research Library located at 1007 Main St., Sumner. Monthly meetings may be rescheduled, so check our website at www.piercecountytrails.org for changes.

Charlie Chat - Weekly Luncheon:
Informal luncheons from 12-1 p.m. at Charlie’s Restaurant, 113 East Main, Puyallup. All are welcome to come and share what they have been doing to promote the mission of the Coalition. No business is conducted even if a quorum of members is present.

Courtesy Patrol Meetings: (Note: no meetings in July or August.)
Scheduled on 2nd Saturday of each month at High Cedars Golf Course, 149th St. Ct. E., Orting. No-host breakfast starts at 8 a.m. and the casual meeting at 9 a.m. with a free-for-all discussion about the past, present and future of the Courtesy Patrol. Guest speakers and training sessions are often included. Contact Mary Colquhoun at mecolq@aol.com or Mariella Arnold at RAArnold@aol.com.

Friends of the Riverwalk Committee:
We are an informal group of volunteers devoted to the enjoyment and betterment of the Puyallup Riverwalk. Please join us for most Monday mornings* at 9 a.m. at Mrs. Turner’s Restaurant, 701 East Main, Puyallup.
*call prior to confirm in case of cancellation. Ernie Bay - 253-848-7718, bugtrail@aol.com. Bob Kastama 253-435-1637 kastamaq@gmail.com, Puyallup City Parks 253-841-5447

Events:

Work Parties RSVP to Don Partington at 253-820-8411 or cedarfamily@comcast.net

South Prairie Salmon Run:
On September 29, 2012, the town of South Prairie will host its 7th annual 5K, and 10K run as well as a 3K walk and kids fun walk. First race should start at 9:15am. Cost of the race is $25 unless early registration is completed by May 17, 2012. A salmon bake will follow the race. For more information call Peggy Levesque at 360-897-8253 or email southprairiesalmonrun@gmail.com.
Membership makes a difference!

The work we are doing is made possible because of your membership and generous support. Credit cards accepted.

☐ $20 Single  ☐ $30 Family  ☐ $50 Pathfinder  ☐ $100 Trail Builder  ☐ $200 Corporate  (Includes a 1 year ad in the Trail Line News)
☐ Please email my newsletter to ____________________________

The mission of the Foothills Rails-to-Trails Coalition is to assist Pierce County communities in building, maintaining, and promoting a network of safe, non-motorized trails that provide healthy recreation and transportation options.

Charge my ☐ Visa ☐ Mastercard CCV (3 DIGIT NUMBER) No: __________________________ Exp. ________

Name: __________________________
Address: __________________________
City: __________________________ Zip: __________________________
Phone: ________ Signature:________
Email: __________________________
WalkFIT is Finally Here!

July 30 — October 6 (10 weeks) Session #1

Goal Race “Run Wild” North West Trek 5K on October 6, 2012

Cost is $125
For walkers of all abilities, moms with strollers and people who just want to stay fit!

10K, Half and Full Marathon Training

Half and 10K Training: July 2 - September 16 (12 wks)
Portland Marathon Training: July 2 — October 7 (16 wks)

Goal Race “You Go Girl” September 16, 2012 or Portland Marathon October 7, 2012

NO BOUNDARIES RUN/WALK 5K TRAINING

July 30 — October 6 (10 wks) Session #2

Goal Race Run Wild North West Trek 5K, October 6, 2012

Cost is $125 — Does not include race entry/ $115 for NO B0 alumni