

*Walk long,
stay strong*



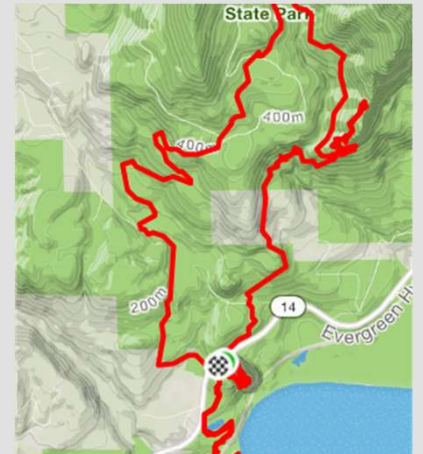
THE GIVE-A-WOOF WALK-A-THON
AN 8-DAY ODYSSEY TO RAISE
AWARENESS OF THE BENEFITS OF
WALKING FOR A LONGER, HEALTHIER
LIFE IN A COVID-19 WORLD



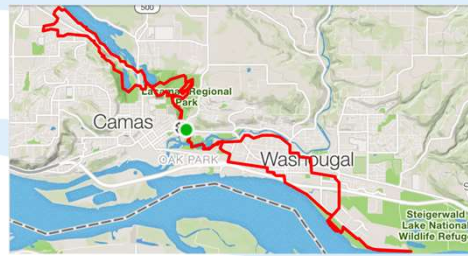
BOB HALL AND PANDA

3/18 - Give a woof walk a thon - Day 1.

- Beacon Rock - Rock to River- Hamilton Mountain. 22km
- The trails were crowded. Seems a lot of people had the same idea - All ages represented.
- Well, crowded may be too strong a term. There were scores of people at the top though. This was my first time on Hamilton Mtn. I had no idea these trails existed. Zigzagging along a green labyrinth through the oxygen tent created by the canopy of the tall pines hidden from the world for six hours was intoxicating!
- Got back to the car and asked Panda if she was ready to go home. She started to head back up the trail to Beacon Rock! I had to overrule her!



3/19 - Give a woof walk a thon - Day 2.



- Camas to Washougal - 36km.
- Started off at 8am at the Crown Rd and 3rd Street Parking lot with a mist rising off the Washougal river as we crossed it. Connected with the dike trail along the Columbia River at the western edge and strode out to the Steigerwald entrance before turning around. Looped through the Captain Clark Park and then up north to the Washougal River and along K Street back to the parking lot. 19km.
- Took a nap for an hour until [Tom Louise Baltes](#) showed up. We struck north into the Round Lake park, looped around looking for a secluded waterfall on a side trail before circling around Fallen Leaf Lake to the Baltes Residence for a refreshing bowl of irish stew with home grown veggies swilled down with a pint of ale! For an encore, we then returned via the shores of Lacamas Lake, past Round Lake, and back to the parking lot. Great way to spend the day, fresh river air in the morning and cool forest air in the afternoon!

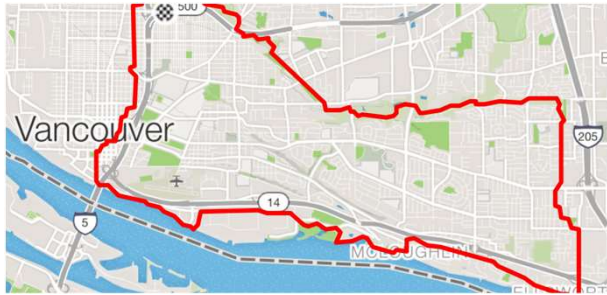
3/20 - Give a woof walk a thon - Day 3.

Forest Park. 22km.

Started at the Thurman Street Trailhead for Leif Erickson at 10am with Panda and [Pat Jewett](#). We had planned to return via Wildwood. Interestingly, at the 10km point on Leif Erickson, the connector trail to Wildwood had a trail closure sign. As we used to say in the military, I will neither confirm nor deny!

Another day spent under the coolness of a forest umbrella. Another awesome walk with a couple of great walking companions!



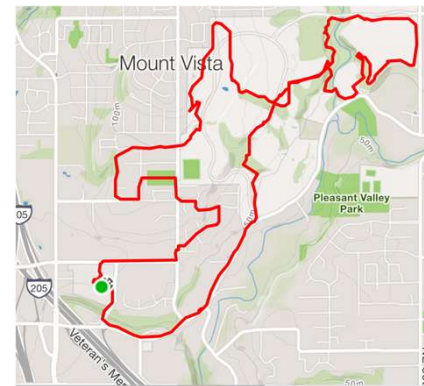


3/21 - Give a woof walk a thon - Day 4.

- Vancouver. 32km
- Got up at 4am for an early start to what was supposed to be a 40-mile day. I developed a blister on one of my toes. After consulting with my wife, I was persuaded to cut this walk in half. I am 13km past my goal, so I have a bit of slack in the schedule. Met Pat Jewett at 1pm at Leverich Park for a 20 mile walk through downtown Vancouver, along the Columbia, up Ellsworth, and then diagonally along the Burnt Bridge Creek path back to Leverich Park.
- Yet another glorious day in the sunshine, taking in the breeze along the Columbia. Panda certainly enjoyed romping in the water and rolling in the sand! Passing Esther Short Park in Vancouver, we stopped to pay homage to the Vancouver USA Volkssporters commemorative rock on which are inscribed the names of some legendary pioneers of the volkssporting movement from over 30 years ago, some of whom are still active today!

3/22 - Give a woof walk a thon - Day 5.

- Washington State University Campus. 11 km .
- From Salmon Creek Hospital to the WSU Cougar Trails. Another walk with the intrepid [Pat Jewett](#). Great views of Mount Hood and Mount St Helens from above the campus.
- I am hearing that state parks in Oregon are closed as of Monday. Therefore I won't be doing the Tryon Creek State Park walk had planned to do. Instead, I will be walking a loop along Burnt Bridge Creek to Salmon Creek. Multnomah Falls is also closed, so I will be looking for a 25km alternative on Wednesday.
- Hope the government doesn't cancel all outdoor exercise. 😞
- The good news: We are now at \$1,145 cash and pledges! Thank you all for your support!



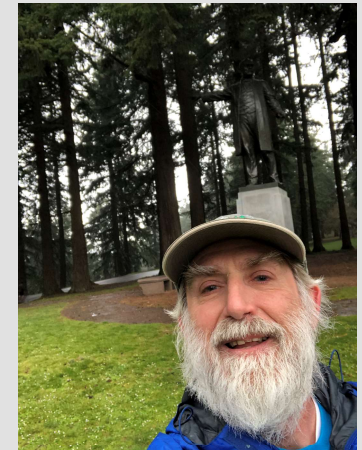
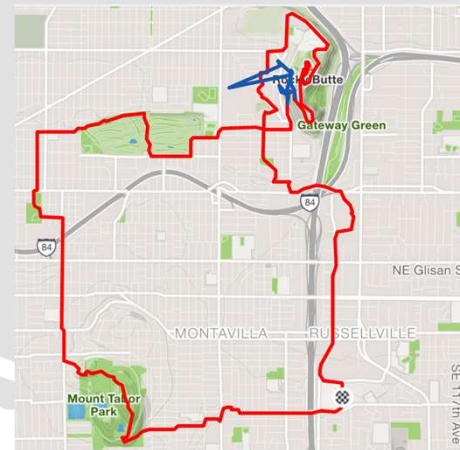
3/23 - Give a woof walk a thon – Day 6.

- Vancouver. 32km.
- Well, they did shut down the parks, so I let Panda pick a route. She took me on a 32km wild goose chase through our "neighborhood"! Look at that route. Doesn't it look like a goose in flight?!
- It hailed all day, and Panda needed the rest, so we didn't set off until 4pm. I had planned to do the 30km loop along Burnt Bridge Creek to Salmon Creek. However, Panda had other ideas. We got 7km down the trail and she wanted to head back. However, she wasn't done. She took me down Blandford Canyon to Evergreen to Wintler Park to play in the Columbia, just like on Saturday! She then carved out the left wing of the goose rounding the wingtip at the land bridge across Hwy 14 to Fort Vancouver, taking the leading edge of the wing along 13th Street and crossing Andresen to complete the right wing.
- We were only a few miles from home when I spotted what looked like Christmas Lights on the other side of a park, so we took a detour to investigate. I had read about this in news reports, but this was my first sighting.
- The "wild goose" put us back on track for mileage. We are now at 154km with 46km to go in 2 days to complete the 200km challenge.

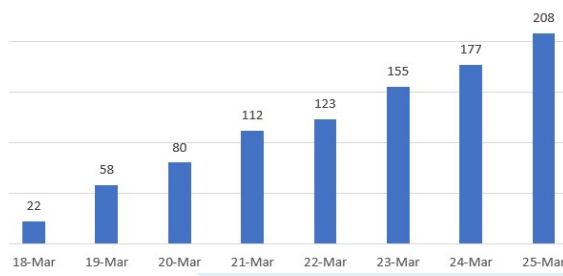


3/24 - Give a woof walk a thon - Day 7.

- Adventist to Mount Tabor to Rocky Butte. 22km.
- After getting home last night after 10pm, we slept in till 9am, had a big breakfast, and headed out to Adventist in SE Portland, hoping to knock off the remaining distance in one day. Alas, we managed 22 km, cresting Mount Tabor, lapping Rose City Golf Course before summiting Rocky Butte and heading back to Adventist. We endured two cloud bursts with hailstones en route and got to the car around 4:30pm with cell phone batteries low. It would have taken an hour to recharge them, and then we would have walked in the dark in a downpour to do the last 20km. So we put discretion ahead of valor and headed home. It's supposed to rain for the next 7 days, but I think we can knock off the last stretch tomorrow to round out the 200km in 8 days, as we originally set out to do.
- I am using Strava to map the walks. It has a "fly by" feature. I was amazed at all the Strava users circling around Mount Tabor the same time I was!



Walk long, stay strong



3/25 - Give a woof walk a thon - Day 8.

- Vancouver. 31km.
- Well, we did it! 208km in 8 days. It was my turn to take Panda on a wild goose chase! She looked at me like I had two heads several times when we doubled back on the route. What she didn't know is that there was a secret message in the route itself. Let me know if you have a problem reading it! Go easy on me, I admit my penmanship does leave something to be desired.
- Question? Given the recent encouragement to "stay home and stay healthy" is it still ok to "walk long, stay strong?" Well, according to government websites, walking is still on the approved list of activities, if you follow the 6-foot rule!
- You can send your pledges to my donation page, <https://tinyurl.com/vshakqa>, or write a check made out to American Volkssport Association, America's Walking Club.
- Many thanks to everyone who pledged. Not only did we exceed the financial goal, we also exceeded the distance goal.
- If you haven't pledged yet, it's not too late.

