

**Instructions for  
NW-Parks, Y2041, OR  
Portland, OR  
Multnomah County Walk  
5/10 Km, rated 2B**

**Walk Start Location:** Legacy Good Samaritan 1015 NW 22<sup>nd</sup> Avenue, Portland, OR 97210

**GPS Coordinates:** N 45.5301, W122.6976

**Driving Directions:** I-5 Northbound Exit onto I-405. Exit 405 at Everett St. (2B), onto 14th Ave. to Marshall. Left on Marshall block past 21st to hospital area. I-5 Southbound Exit 302B onto I-405. Cross Fremont Bridge, take Exit 3, Left at signal at NW 23rd to Northrup. Left on Northrup. Right on 22nd Av. Left on Marshall to hospital area. Note: See Parking instructions below.

**Park:** PLEASE NOTE that the Legacy Good Samaritan Hospital has changed its parking policies. To park in their parking structures you need a parking validation pass. We normally have parking validation passes in the registration notebook, but due to Covid-19 restrictions, neither the notebook or parking passes are currently available in the hospital. Parking is normally available on nearby streets along, or close to, the walking route.

**Restrooms** available along the route.

**Physical Start Box:** Contact the POC by email to have the instructions/maps emailed to you. Once the coronavirus situation improves enough, the walk binder, parking passes, and instructions will return as shown in the "Startpoint" and the AVA website.

**Walk Completion and Credit:** Be sure to log back into the OSB system to finish/complete your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the event was walked, the distance walked, and the selection of applicable special programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.)

"Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB . "

**"These maps and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited. "**

**Copyright 2021, Rose City Roamers Volkssport Club, Applies to all directions and maps.**

# Portland Parks Walk (YRE 297) East

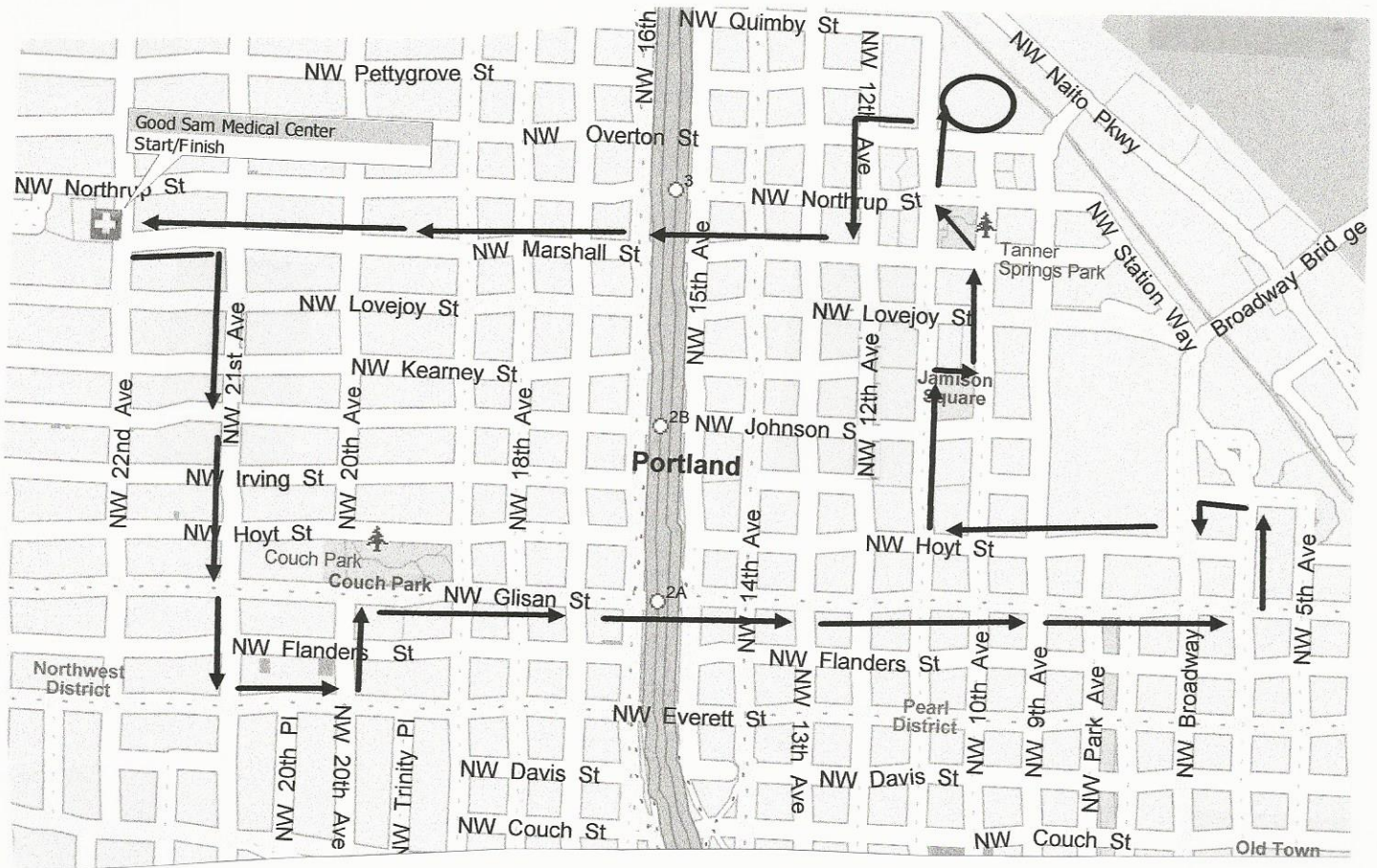
5 km – rated 1A

Challenges: AVA: City Parks, Ice Cream, Ports, Points of Reference, Post Office

Oregon: 2019 (Noodles) 2018 ( Images, Ink, Italian, Irish) ( Java, Japanese, & Jewelry)

Washington: 2019 (Historic Train Station) 2018 (Brewery & Wine)

1. **EXIT** Medical Center and straight on Marshall St to 21<sup>st</sup> Av.
2. **RIGHT** on 21<sup>st</sup> Av. to Everett St.
3. **LEFT** on Everett St. to 20<sup>th</sup> Av.
4. **LEFT** on 20<sup>th</sup> Av. to Glisan St.
5. **RIGHT** on Glisan St. to 6<sup>th</sup> Av.
6. **LEFT** on 6<sup>th</sup> Av. to Irving St.
7. **LEFT** on Irving St. to Broadway Av.
8. **LEFT** on Broadway Av. to Hoyt St.
9. **RIGHT** on Hoyt St. to 11<sup>th</sup> Av.
10. **RIGHT** on 11<sup>th</sup> Av. to sidewalk on far side of Jamison Square Park.
11. **RIGHT** on sidewalk to 10<sup>th</sup> Av.
12. **LEFT** on 10<sup>th</sup> Av. to Marshall St.
13. **CROSS & LEFT** on Marshall St and enter park immediately on your right going diagonally to your left thru park to 11<sup>th</sup> Av & Northrup St.
14. **RIGHT** on 11 Av. to Overton and enter The Fields Park. Circle Park and exit on Overton St.
15. **RIGHT** on Overton St to 12<sup>th</sup> Ave
16. **LEFT** on 12<sup>th</sup> Av. to Marshall St.
17. **RIGHT** on Marshall to finish



**Emergency - 911**

Cal IEd 360-921-1909

or Dick 360-991-8806 if problems occur

YRE 297-5km©2016rlb

