

The Oregon Trail State Volkssporting Association and Rogue Valley Walkers proudly invite you to attend the 25-28 June 2020 Northwest Regional Conference in Medford, Oregon. This fun event will provide a daily featured walk in Ashland, Jacksonville, Medford, and Casey State Park. Also offered are 3 self-guided challenge hikes in the Rogue River Gorge, Grizzly Peak, and Mount Ashland Meadows, a peaceful bike along the Bear Creek Greenway and a swim. To enhance your experience, the Rogue River Walkers will have all 12 of their year round event directions and stamps available at the Inn throughout the conference. All sporting events are open to the public for a small \$3.00 participation fee. No dogs allowed in Ashland's Lithia Park. Wear hats, sunscreen and take water with you.

Registration: Pre-register by 31 May 2020 with mail in forms or online at <http://www.walking4fun.org/>. Pre-registered walkers can check in after noon on Wed, 24 Jun at the Inn at the Commons lobby. All other registration will be 7:00-4:00 Thu-Sat, 7:00-noon Sun.

Meet and Greet: Thu, 25 Jun 2020, 4:30-6:00, light appetizers, and no host bar in The Meadows, Inn at the Commons.

Training: Instructors will be available on a one on one basis at the start point on Friday and Saturday afternoon for topics such as mapping software, club duties and AVA portal use.

Banquet: Sat, 27 Jun 2020, Social hour 5:00-6:00, Buffet at 6:00 in the Inn at the Commons Banquet Room and live entertainment.

INN AT THE COMMONS: 200 N. Riverside, Medford OR (541-779-5811). Ask for the Rogue Valley Regional Walking Conference Group registration rate. Limited number of rooms. Call soon!

For additional information contact:

Tom Baltas, NW Regional Director, 505-298-1256

Louise Dix, OTSVA President, 541-951-0667

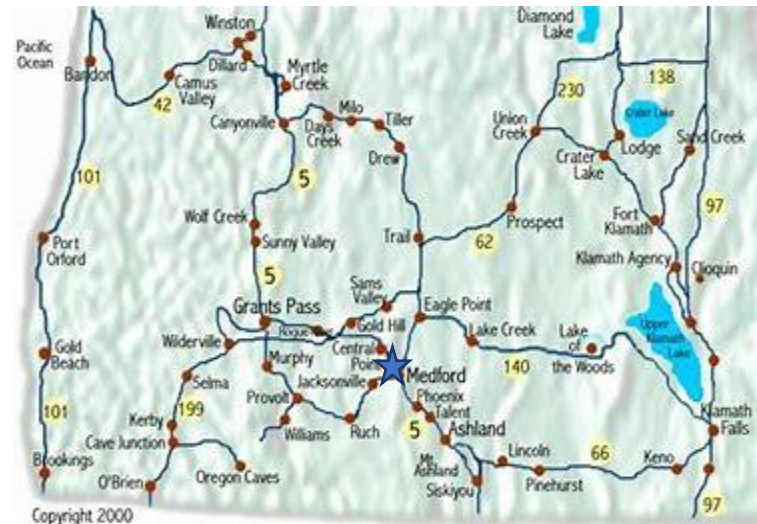
Ed Hainline, OTSVA Vice President, 360-921-1909

Pat Jewett, OTSVA Publicity, 503-453-6018

Jerri Wildfong, Rogue Valley Walkers, President, 541-852-2607

Oregon Trail State Volkssporting Association and Rogue Valley Walkers Proudly present the 25-28 June 2020 Northwest Regional Conference in Medford, Oregon

- 4 Featured Walks/3 Challenge Hikes/Bike/Swim
 - Forest Therapy with Shakespeare, Ashland
 - Gold Mining Trails and Town, Jacksonville
 - Medford Regional Director's Meander, Medford
 - Casey State Park Caper
 - 3 Challenge Hikes in Rogue River Gorge, Grizzly Peak, and Mount Ashland Meadows
 - Bike along Bear Creek Greenway/Swim at pool
- 12 nearby Rogue River Valley year round events
- Meet and Greet Social (Thursday)
- Training on individual basis at conference site
- Buffet Banquet with live entertainment (Saturday)



Regional Conference Featured Events

ASHLAND: Forest Therapy with Shakespeare. Brief walk through the downtown past the Allen Elizabethan Theater, following the Shakespeare Stairs into Lithia Park. **No dogs allowed in the park. (Thursday, Group Walk at 8:30 am)

JACKSONVILLE: Gold Mining Trails and Town. Meander through the Jacksonville Woodlands Park, Beebe Woods and Applegate Trails. Read historic signs about the rich Jacksonville history. (Friday, Group Walk at 8:30 am)

MEDFORD: Regional Director's Meander. Pleasant walk through city parks, quaint neighborhoods, and along the Bear Creek Greenway. (Saturday, Group Walk at 8:30 am)

CASEY STATE PARK: Walk along the Rogue River in a scenic State Park located 29 miles northeast of Medford (Sunday, Group Walk at **9:30** am)

GRIZZLY PEAK: Moderate hike featuring beautiful wildflowers and spectacular views of Ashland, Mount Shasta, and the surrounding Rogue Valley.

MOUNT ASHLAND MEADOWS: Moderate subalpine hike along a segment of the Pacific Crest Trail traversing the Siskiyou's highest peak with bountiful wildflowers and breathtaking views of Mount Shasta.

ROGUE RIVER GORGE: Wild and scenic walk along the Rogue River, with amazing views of gushing water.

BEAR CREEK GREENWAY BIKE: Cruise past forests, farms, and fields through several ecosystems and along the meandering Bear Creek.

SWIM: At the Inn at the Commons or Jackson Aquatic Center.

Rogue Valley Walkers Year-Round Events

Ashland, Wellness Trail

Central Point, Points of Interest

Gold Hill, Trails and Town

Grants Pass, Name that Park

Medford, East Medford

Medford, Old City Streets & Parks

Ashland, Historic Town

Eagle Point, Path Walk

Grants Pass, Historic Town

Jacksonville, Historic Town

Rogue River, River Walk

Talent, Talent City

START POINT: Inn at the Commons

200 N. Riverside Ave

Medford OR (541-779-5811)

START TIME: 7:00 am -- 4:00 pm (Thursday-Saturday)

7:00 am -- noon (Sunday)

**All Guided Group Walks begin at 8:30 am

except Casey State Park at **9:30 am****

FINISH TIME: 4:00 pm -- (Thursday-Saturday)

2:00 pm -- (Sunday)

AWARD: No awards. All walkers must register and pay a small \$3.00 participation fee per event. Fee includes the IVV stamps.

DONATIONS: Event fees are kept low to make our events affordable. Your donations are greatly appreciated, as they enable the local club and state association to continue providing Volkssport events for all to enjoy.

MISCELLANEOUS: Water and restrooms at start/finish. CARRY WATER. Pets are permitted on all walks **except in Ashland's Lithia Park**. Owners are responsible for leash and clean up laws. Walk, bike, and hike during daylight hours.

THESE ARE MAP ONLY EVENTS: Walks on the featured days will be marked and have a map available. Only the Medford Regional Director's Meander is suitable for strollers and wheelchairs.