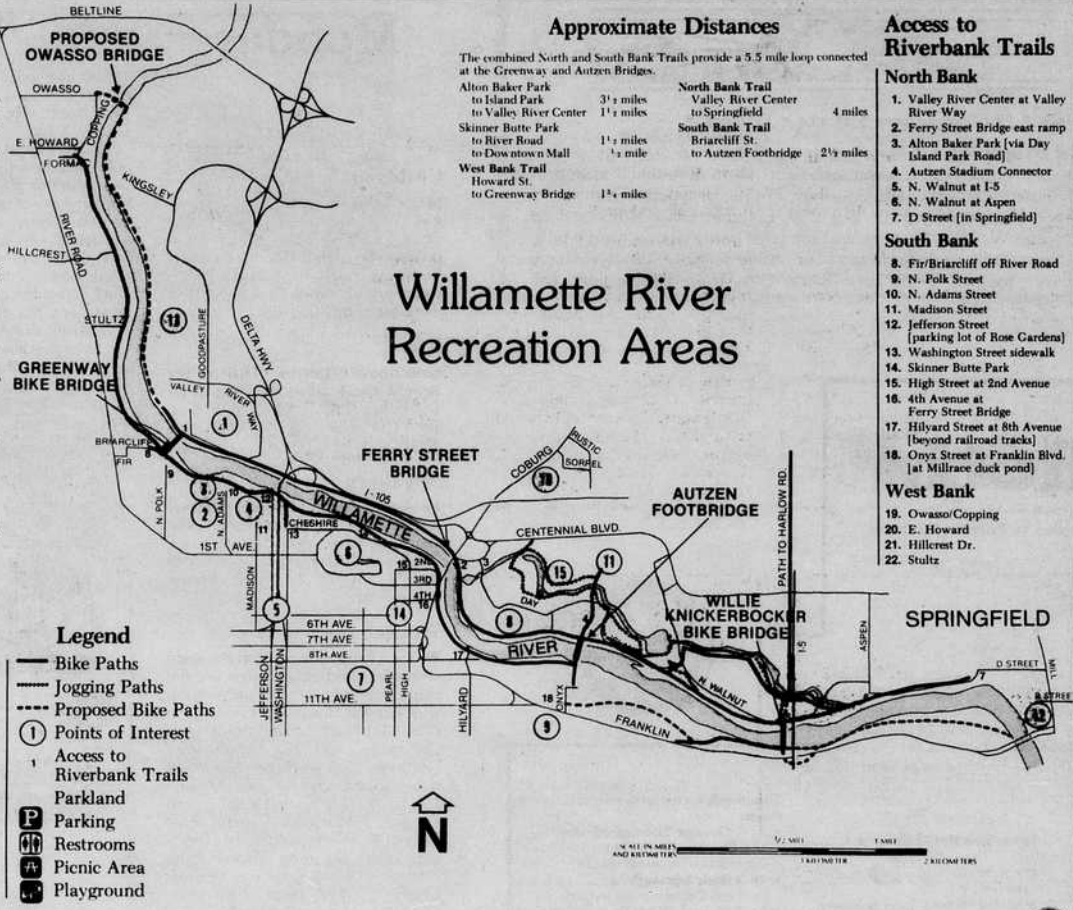


Points of Interest

- 1 **Valley River Center**
This shopping complex is located at the western terminus of the North Bank Trail, off Valley River Way.
- 2 **Sladden Park**
Other facilities in this neighborhood park, located at North Adams and Cheshire Streets, include basketball and tennis courts, a playground and a children's wading pool.
- 3 **Riverhouse**
This building, on North Adams, houses the offices for the City's Outdoor Program and is a meeting place for outdoor activities.
- 4 **Owen's Municipal Rose Garden**
More than three hundred different varieties of roses bloom with vivid color in this park, located at the north end of Jefferson Street. The garden's peak display period is the second and third weeks of June.
- 5 **Washington-Jefferson Park**
Originally planned as an elevated earthen landfill, this park offers a nice change of pace to the busy surroundings. Situated between 1st and 7th Streets off Jefferson, the park features contoured landscaping, covered horseshoe pits, basketball courts and playgrounds that are in constant use year round.
- 6 **Skinner Butte Park**
The most popular municipal park in Eugene and a major west east connector in the bike route system, Skinner Butte has a wide range of facilities available and is easily accessible to the downtown business district.
- 7 **Downtown Mall**
Considered an urban park with fountains, gardens and play areas, the Mall is a mixture of business and leisure space. Interesting shops and planned events for entertainment make this area particularly popular one to the pedestrian or cyclist. Due to heavy pedestrian use, city ordinance requires that bikes be walked through the Mall.

- 8 **Alton Baker Park**
This beautiful and popular park is the most heavily used Lane County park, and offers a variety of recreational activities including: Pro's Trail, a 4.2 mile long, internationally known jogging path; Waterway, 3 miles of 4' deep water ideal for canoeing; Showcase Project, playfields and landscaped gardens; Boat Launching, two separate ramps for access to the Willamette.
- 9 **University of Oregon**
The campus entrance to the river trail system, at the Millrace duck pond, is one of the most popular access points used by joggers, cyclists, and river users.
- 10 **Sorrel Way Park**
Joggers looking for a quiet place to run are discovering the 1/2 mile soft tread path that encircles Sorrel Way Park Pond, near Rustic Place off Coburg Road.
- 11 **Autzen Stadium**
Many sports spectators make use of the bike trail system to avoid traffic jams when attending events at this University of Oregon Stadium.
- 12 **Island Park**
This Willamalane District park is located near the east end of the North Bank Trail, just inside Springfield, on the Willamette River.
- 13 **Delta Ponds Park**
Undeveloped 85 acre park site with six ponds stocked for fishing. Future plans include a canoe waterway, jogging trails, and bicycle paths.
- 14 **5th St. Public Market and nearby shops.**
- 15 **WISTEC and PLANETARIUM**



Approximate Distances

- The combined North and South Bank Trails provide a 5.5 mile loop connected at the Greenway and Autzen Bridges.
- Alton Baker Park to Island Park 3 1/2 miles
 - Island Park to Valley River Center 1 1/2 miles
 - Skinner Butte Park to River Road to Downtown Mall 1 1/2 miles
 - West Bank Trail to Greenway Bridge 1 1/2 miles
 - North Bank Trail to Valley River Center 4 miles
 - South Bank Trail to Autzen Footbridge 2 1/2 miles

Access to Riverbank Trails

- #### North Bank
1. Valley River Center at Valley River Way
 2. Ferry Street Bridge east ramp
 3. Alton Baker Park [via Day Island Park Road]
 4. Autzen Stadium Connector
 5. N. Walnut at I-5
 6. N. Walnut at Aspen
 7. D Street [in Springfield]
- #### South Bank
8. Fir/Briarcliff off River Road
 9. N. Polk Street
 10. N. Adams Street
 11. Madison Street
 12. Jefferson Street [parking lot of Rose Gardens]
 13. Washington Street sidewalk
 14. Skinner Butte Park
 15. High Street at 2nd Avenue
 16. 4th Avenue at Ferry Street Bridge
 17. Hilgard Street at 8th Avenue [beyond railroad tracks]
 18. Onyx Street at Franklin Blvd. [at Millrace duck pond]
- #### West Bank
19. Owasso/Copping
 20. E. Howard
 21. Hillcrest Dr.
 22. Stultz

... more Wednesday

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Workshops

Bioenergetics Exercise Group meets for exercises designed to express feelings, release tension, increase energy level, and sharpen self-awareness. Wednesday classes are from 4:15-5:15 at Eugene Psychological Services Center, 1177 Pearl St; call Susan Rutherford or Carol Green at 343-1937, \$10 per session.

Bicycle Gearing Class at 2370 Alder at 7 pm. Call 342-1219 for more information.

Concert Music

Meg Christian on tour with Diane Lindsay in their only Northwest appearance at the Lane County Conference Center, 13th and Madison, at 8 pm. Tickets are \$6 in advance at Mother Kali's or Earth River Records, \$7 at the door. Meg is a singer/guitarist who writes and performs her own music; Diane accompanies on bass.

Sports/Recreation

Gymnastics Classes at MacArthur Court at 7:30 pm. All seats reserved. \$9, \$7.50, \$6, children under 12 \$1.50 off. Call 646-4661 for details.

Speakers

Darryl Johnson, career foreign service officer, discusses the nuclear arms freeze proposal and US-China relations at noon at the Oregon Electric Station Restaurant, 27 E 5th, sponsored by the Central Lane League of Women Voters. Lunch from the menu is optional.

Solar Electricity in the Pacific Northwest by David McDaniels kicks off the Fall 1982 Solar Seminar Series presentations of the UO Solar Energy Center at 7 pm at the Eugene Public Library, upstairs. Free. Public is invited.

Bryan Johns, chair of the Oregon Council of American-Soviet Friendship, will discuss the activities and accomplishments of the last five years. Free. Eugene Public Library, the Gallery Room upstairs, at 7:30 pm.

Runners' Calendar

October

DATE	RACE	PLACE	DISTANCE	TIME
Oct. 2	Learn Not to Burn	Eugene	10K	9:00 a.m.
Oct. 2	Backside International	Eugene	12K	11:00 a.m.
Oct. 2	Great Resort Run	Sunriver	13M	TBA
Oct. 3	Portland Marathon	Portland	26.2M	8:00 a.m.
Oct. 3	Sunset Run	Charleston	5M, 5K	11:00 a.m.
Oct. 3	OTC/LCC Relay	Lane C.C.	3 x 5K	11:00 a.m.
Oct. 9	Providence Fun Run	Portland	3.1M	TBA
Oct. 9	Micro-Marathon	Springfield	2.6, 5, 1.3	9:00 a.m.
Oct. 9	Second Saturday Run	Lincoln City	1, 3, 5M	9:00 a.m.
Oct. 10	MDA Classic	Salem	5M	9:30 a.m.
Oct. 10	RTC/KRSB Relay	Roseburg	10M	2:00 p.m.
Oct. 10	Scenic River Run	Canyonville	10K	10:00 a.m.
Oct. 10	Emerald City Relay	Eugene	14M bike, 2.5M canoe, 10K run	1:00 p.m.
Oct. 16	Blue Lake Run	Portland	15K	11:15 a.m.
Oct. 16	Great Columbia Crossing	Astoria	8.5M	11:00 a.m.
Oct. 16	Oregon Runner Fun Run	Medford	5K, 10K	8:00 a.m.
Oct. 17	Lemola Lake Run	Roseburg	7.7M	2:00 p.m.
Oct. 23	ORRC 2 Person Relay	Portland	10M (alt 440)	10:00 a.m.
Oct. 23	LCC Titan Trails	Lane C.C.	2M, 10K	11:00 a.m.
Oct. 23	Clive Davies Big Run	Lake Grove	8K	9:00 a.m.
Oct. 24	SOS Stagecoach Run	Jacksonville	2M, 10K	TBA
Oct. 30	Halloween Fun Run	Talent	4M, 7M	10:00 a.m.
Oct. 30	GMTC Silver Falls Open	Silver Falls State Park	8K	11:00 a.m.
Oct. 31	Lung Run	Eugene	2M, 10K	2:00 p.m.

For more details, contact NIKE EUGENE, 342-5155

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