

Running: Pre's Trail & Beyond



Pre's trail has almost been recovered by a new layer of sawdust in addition to the first rate gravel and drainage field put down beneath the sawdust. It is hard to believe but Pre's Trail is almost ten years old. Needed now on the renewed trail are lots of feet to squish down the sawdust, shavings, hog fuel and bark mulch.

As I have said before, the trail, with the extensive bike paths, combine to make one of the country's outstanding running facilities. Every running expert has repeated in as many as fifty running and/or jogging books that, as surface, the sawdust trail is ideal for the purpose of running to avoid foot damage. As somewhat of a heavy road-runner, I have found the trail to be a good "recovery" therapy after a 10K road run on asphalt or other hard surface.

Another bit of good news, Eugene police patrol both the bike paths and the trail area (or the Eugene part of it) now that the city has become the operational agency and authority jurisdiction over Alton Baker Park. For the most part, however, there have been relatively few assault and/or rape attempts on the trail. And further, the motorcycle patrols are a good warning for the would-be felons who might attack someone on either the running trail or the bike path.

The Summer of '83 has been a great "fun run" summer. A glance at the Feets bulletin board gives you an idea of just part of the friendly running competition. For instance, here are some of the individual race results you can see on the Feets information board:

The Race results, Eugene, June 7, 1983; Butte to Butte, July 4; The Bohemia Run, July 16; Applegate Trail Run, Veneta, July 30; the Oregon Track Club's Half Marathon, August 7; and the Rhody Run, Florence, May 22. Other listed results including the Creswell run are available at the Nike store in the Atrium building.

Mark McKenzie, who has been running now just about one year, had some back luck recently. While riding his bike, he was toppled as a dog ran in front of him. As a result of the collision, Mark is recovering from a bro-

ken left collar bone and a serious knee injury. This is particularly tragic for Mark, not only because of the pain and discomfort from the accident, but because within the period of one year he has set a record that any runner can be proud of—participation and completion of a number of marathons and a number of 10K competitions, not counting his regular training runs. Mark is in his early fifties and a credit to fitness as well as the legal profession of which he is a part. Here's to a happy and quick mending for you Mark! By the way, Mark made his personal best in the Butte to Butte run.

Speaking of Master's front runners, this column overlooked an important event which the recent Master's competition in Eugene this summer was just a part of. I'm referring to the Northwest Open Senior Sports Festival. This event was (and is) spark-plugged by an energetic Lou Zasloff, who is himself an expert 73-year-old handballer.

The organization which Lou Zasloff heads is the Eugene Senior Sports Group and it is making history because of the Masters and Senior participation in eight different sports including track and field, racquetball, golf, swimming, badminton, bowling, squash, distance running, horseshoes, tennis, cycling and handball.

More than 150 to 200 senior or Masters athletes, ranging in age from 50 to 90, took part in the Senior Sports Festival; and Lou says it will be better than ever in 1984 as the Eugene-sponsored Senior group will work to accommodate the 5,000 attendees of the Olympic Scientific group to meet in Eugene next summer. The Olympic scientists, of course, are interested in the performance as well as functions of senior athletes. Lou Zasloff himself, I am sure, can give some good clues. Lou says competition combined with regular exercise keeps those important juices flowing and the people who exercise have little doubt about the benefits. Any questions? Call Lou through the Eugene Parks & Recreation Department, or call him at home, he's in the phone book. We'll talk more about Lou in future columns.

—Jack Craig

(Jack Craig is available for running guidance, information and assistance by telephoning 686-0812. He is now in his 7th year of daily running and contributes articles to running magazines.)



OPEN 7 DAYS TIL 3 AM
Indoor & Outdoor Seating

- Late Nite Special 10:30 PM-3 AM also SUNDAY BRUNCH 10:30 AM-1:30 PM with 75¢ CHAMPAGNE
- GIANT 4-EGG OMELETTE \$2.25 with Choice of Great Fillings
- Matzoh Ball Soup, Salads, Deli Sandwiches
- BEER & WINE IN

669 E. 13th
Eugene



BRING IN THIS AD FOR A GREAT SURPRISE GIFT!

Restaurant Guide

Alpine Village Inn

Authentic dinners from America, France, Italy and Germany. Featuring O'Carolan's Consort on Saturdays. 260 River Rd. Open Tues, Wed, Thur 5-10 pm; Fri & Sat 5-11 pm; Sun 4-9 pm. 688-5387.

Bruno's Bistro

European styled foods and spirits. Prepared always by Chef Bruno. 207 E 5th (in the Fifth Pearl Bldg.). Open for lunch and dinner, 343-9324.

Butcher Block Delicatessen

Deli sandwiches, salads, beer & wine. Party platters and to go orders. 13th & Franklin (next to William's Bakery). Open Mon-Sat 10 am-1 am, Sundays noon-9 pm.

Casablanca

Authentic, exotic Middle Eastern foods, downstairs at the 5th St. Public Market, 5th & High. Open 10 am-6 pm, 7 days, till 8 pm Friday. 342-8411.

Dixie's Cafe

Authentic American cafe, "a piece of the 50's." Homemade soups, pastries and baked goods. Old-fashioned milkshakes. Cook's special each day. Breakfast, lunch, dinner. Mon-Fri 6 am-7 pm. Sat 7 am-7 pm. Sun 9 am-3 pm. 757 W 6th. 686-2233.

El Sombrero

Homemade tortillas fresh everyday. Taco salads, enchiladas, chili rellenos, tostadas, burritos, and more. Beer & wine. 146 E 11th. Open 11 am-10 pm M-F and 12-10 pm Sat. Live music Tues & Wed.

Fifth Pearl Delicatessen

51 different sandwiches (or make your own). Also soup, salad bar & salads, deserts, specials. Draft beer, import & domestic, wine, and order to go. 207 E 5th Ave, in the Fifth Pearl Building. Open 8 am-5:30 pm, Mon-Sat and Sunday noon-5 pm. 484-0686.

Great Oregon Burger Co.

100% beef with all the trimmings, fast service and quality. Open daily til midnight. To go orders, 344-5221.

Greek Isle

Authentic Greek cuisine for those on the go. Upstairs at the 5th St. Public Market. Open 11 am-6 pm 7 days, till 8 pm Friday.

Hamburger Terry's

23 kinds of omelets and lunches. Downstairs at the 5th St. Public Market. Open Mon-Thur 7 am-6 pm, Fri till 9 pm, Sat 8 am-6 pm, Sun 9 am-5 pm. 683-8196.

Harry's on the Canal

Lounge, salad bar, full menu includes fresh fish. 2200 Centennial Blvd. Open weekdays for lunch, 11:30 am-2 pm. Everyday 5-10 pm and Sundays for brunch, 10 am-2 pm. Reservations 342-5231.

Keystone Cafe

Homestyle breakfasts featuring eggs & potatoes, whole grain pancakes. Also lunch specials, deserts and fresh roasted coffee. Open 7 days, 7 am-2 pm, and Fri, Sat & Sun nights, 5:30-9:30 pm. 342-2075.

Lenny's Nosh Bar

Late nite giant omelets. Also Sunday champagne brunch, Matzoh ball soup, salads, deli sandwiches, cheesecake, beer & wine. Fantastic juke box. Indoor and outdoor seating. 669 E 13th (in the courtyard behind Poppi's). Open 7 days, 10 am-3 am.

Luminaries

A family-operated Mexican restaurant. Homemade tamales (no preservatives) and nachos, our specialties. Full selection of Mexican beers. Hours: 11:30 am-8 pm Tuesday-Thursday, til 9 pm on Friday, 5-9 pm Saturday and 5-8 pm Sunday. Closed Monday. 2710 Willamette St. 343-1357.

Marie Callender's

A family-style restaurant with early American decor, serving lunch, dinner and Sunday brunch. Menu includes seafood, steak, fresh pasta and salad bar. Restaurant bakery specializes in pies, 25 varieties, which may be purchased for take-out. Lounge with full bar and happy hour. Open 11 am-10 pm Sunday-Thursday, 11 am-11 pm Friday-Saturday, 1300 Valley River Drive. Telephone 484-7111.

Noble Duck

Deli sandwiches, soups, salads and to-go orders, party platters. Prince Puckler's ice cream featured. 1744 Willamette. Mon-Fri 10-6; Sat 11-4:30 342-5539.

Pocketdeli

South Eugene deli with indoor and outdoor seating. Featuring 25 different sandwiches on a variety of breads; specials like the Bacon Gobbler and Monte Cristo. Six salads, plus soup and quiche of the day. For breakfast, Hobo Eggs, homefries and more. Open 7 am-9 pm Mon-Sat, 9 am-6 pm Sun. 2445 Hilyard St.

Sgt. Pepper's Lonely Hot Dog Stand

Gourmet served Hot Dogs in a Hollywood atmosphere. Hot dogs are nitrate free. Also, baked potatoes, chile, create-your-own bagels, submarine sandwiches, nachos, daily specials, and deserts. All orders available to go. They cater too. The decor is worth a visit. Friday and Saturday Chili Dogs are only 99¢. 767 Willamette. Hours: 9-5 daily. Closed Sundays.

Poppi's

Authentic Greek peasant food, lunches and dinners, wine, beer and deserts. Outdoor seating. 675 E 13th. Open weekdays 11:30 am-10:30 pm, Sat & Sun 9 am-10:30 pm (Brunch). Closed Tuesdays.

Saturday Market

20 vendors serving food in a festive atmosphere every Saturday from 10 am to 5 pm downtown at 8th & Oak Streets. Choose from burritos, calzone, chicken, ribs, falafel, knishes, empanadas, pasta, pizza, tempura, cheesecake, smoothies and more.

Scott's and Scott's Courtside

Specializing in affordable lunch and breakfast. Full service grill and daily specials, deserts. Downtown at 100 E. Broadway, open M-F, 7 am-4 pm; and 44 W. Broadway, M-F, 7 am-4 pm and Sat 8 am-3 pm.

Sy's Pizza

New York style pizza by the slice, regular or thick crust. Calzone, meat or veggie, Tuesdays and Thursdays. Whole pizzas delivered within a limited area. On campus at 1211 Alder St. Open 11:30 am-midnight Monday-Friday, 3:30 pm-midnight Saturday-Sunday. 686-9598.

Zoo Zoo's

Natural foods and coffee house with live music. 454 Willamette near Amtrak. Open 8 am-10 pm. Closed Tuesdays. 344-4764.



It's All Greek to Us!

Authentically prepared Greek cuisine for those on the go.

Brunch to early supper, seven days a week.

In the Fifth Street
Public Market
5th & High, Eugene



\$2 OFF
Any
Dinner Menu
Item

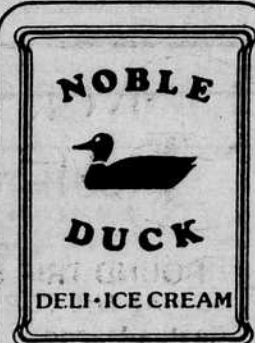
with this ad
(Not good for
any other special)

Good through Sept. 7, 1983

Hours: Tues, Wed, Thur: 5-10 PM
Fri & Sat: 5-11 PM / Sun: 4-9 PM



325 Blair Blvd. 683-5117
Hours: 8-3 Weekdays, 9-2 Sat. & Sun.
Bear Island T-Shirts Now Available
Adult and Children's Sizes



1744 Willamette St.
342-5539
FINEST QUALITY
MEATS & CHEESES
CLASSIC DELI SANDWICHES
SALADS & SOUPS
CATERED LUNCHEONS
& PARTIES