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Running: Pre's Trail & Beyond

What was called Amazon "Parkway Run" this past Sunday, September 25, 1983, was officially rededicated as the **Adidas Oregon Trail**.

Eugene's Mayor Gus Keller, University of Oregon's Men's Track Coach, Bill Dellinger and William C. Hannerman, General Manager of Clossco Adidas, Santa Clara, California, were special guests of honor as Mayor Keller cut the ribbon leading into the newly reconstructed trail. Other guests (including your *What's Happening* running columnist) took part in the inaugural one-mile jog along the new trail.

The new **Adidas Oregon Trail** is marked with a native stone obelisk which displays a bronze, engraved marker displaying the running trail's new name and date of dedication.

The trail itself is a wonder to behold, considering the swampy terrain over which it runs. Specially-ground quarry rock provides a solid base for sized bark-mulch type sawdust. The new trail also features a much wider path than the previous Amazon Trail. It also has banked curves and marked-off loops, including various loops in miles as well as a 1500-meter loop. Adidas Trail is without doubt one of the finest (if not the finest) single running trail in the U.S. or the world, even though it goes for only one mile.

While the trail cost the city of Eugene only a few dollars, the Adidas company donated over \$22,000 to make the course possible. The new facility again makes it possible for Eugene to



carry the title "Running Capital of the U.S.A.," as this new addition is combined with the super "Pre's Trail" on the other side of the river. The \$100,000 donation by Nike, Inc. made the latter trail's recent reconstruction possible and the trails, combined with the bike paths in the area, go together to make up a world-beater in the field of running exercise facilities.

Ernie Drapella, Eugene's Parks & Recreation System Director, reports that the newly-reconstructed trail has brought out runners by the score and may well surpass the Hult Center in number of persons participating. The final step for completion of the trail is up to Mother Nature. A good soaking is needed to cut down dust from the bark mulch. This is the same situation we told you about after the Pre's Trail reconstruction.

University of Oregon's Men's Track Coach, Bill Dellinger, who played an important part in bringing about the Adidas Oregon Trail expressed great delight in the new exercise facility and indicated that his Oregon Track men planned to use the trail for training and conditioning.

The trail surface, in fact, does make an ideal facility for training, especially if the runner or jogger has any kind of foot

problems or wants to be particularly careful in preparation for a coming race or competition.

John and Harriet Wilson, two of Eugene's outstanding master runners, are making use of the new trail in getting ready to run in this fall's New York Marathon. Also of special interest: John and Harriet Wilson will be joined in their New York Marathon run by their two children, Molly and Dan, with the Wilsons making probably one of the few four-member families ever to take part in the Big Apple Classic. So already, the new Oregon Running Trail is doing its work for fitness and training, the job for which it was designed.

Speaking of classics, the **Performing Arts Classic Run** of last Sunday was truly a "fun" run with over the expected number of runners. Race Administrator Guy Ditorrice, and David Heesler, course director, made some innovations, and combined with the excellent facilities provided by the Hilton Hotel, made the Performing Arts Run one of the city's most enjoyable road races.

Next week, more about upcoming races and a report on reaction to our comments about shoes.

—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.)

"Freeze Walk" Set for October 1st

Got the nuclear blues? Are you plagued by psychic numbness? Do you feel like nothing can save us from imminent atomic holocaust? Sisters and brothers, don't give up yet! At least, not until you've covered the ten kilometers of the first national Freeze Walk. On October 1st, more than 250 communities around the country will be having this fundraising walkathon which will benefit both the local freeze groups and the National Nuclear Weapons Freeze Campaign.

Here in Eugene, funds raised will benefit the Eugene chapter of Citizen Action for Lasting Security (CALS) and the recently-culminated Fast for Life. Organizers are excited about the prospect of unprecedented financial resources: "This one event stands to pull in more money than the local antinuclear groups have ever seen," emphasizes CALS staffperson Tom Lynch. "It's an excellent opportunity for members of the community—those who have been touched by the Fast, or who realize that it's up to all of us to play a small part. The Walk enables people to ask for a modest commitment, say twenty-five cents to a dollar per kilometer, from their friends, relatives or acquaintances who perhaps support a Freeze but don't themselves take any action on it."

The pledge format of the event accounts for its ability to generate much larger than usual funds. Registered walkers circulate pledge forms between now and November 1st, obtaining sponsors for their effort. It is

not difficult to get more than \$100 in pledges by asking ten or fifteen of the right people. Prizes are automatically awarded to any walker who brings in more than a certain amount of money: four-color T-shirts to those who generate \$100 or more; portable stereo radios for more than \$200; and the grand prize, for the most funds generated, is a Shogun 10-speed bicycle. Further incentives include drawing prizes, such as a hand-woven woolen shawl.

Interested people can register for the Walk by filling out forms available at the CALS office, 454 Willamette St.; the Greenpeace office, at 13th and Olive; or Suite 1 of the EMU at the University. Once the registration form has been submitted, the walker receives a pledge form, and can begin collecting sponsors for their walk. Freeze Walk organizers will also be registering people at 9 a.m. the day of the walk; participants will still have a month to collect their pledges, and prize eligibility will be determined on November 1st.

The Walk starts at 10 a.m., Saturday, at Skidders Butte Park, near the playground area. The ten-kilometer route is a loop which crosses the Willamette River several times and lands walkers back where they started. Those who prefer to run, roll or be strolled are welcome! Participants are encouraged to dress in layers and bring a sack lunch along in a daypack. To register over the phone or for further information, call the CALS office at 343-8548.

—Vip Short

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