

Back to School.

Running & bike trails unequaled

Eugene-Springfield has one of the best "run-bike-walk" systems in the world, bar none. The center of this system is a melding of bike paths and running trails built along the Willamette River Greenway Corridor. This complex is just north of the University campus. It is reachable on foot by crossing Franklin Blvd. by the Agate Street interchange, or at the next stop light to the west which goes to the University Physical Plant and on to Autzen Stadium by way of the Southern Pacific underpass and the University footbridge.

Further along the route on the way to Autzen, runners can find a six mile plus sawdust running trail. This is called Pre's Trail after the now legendary University of Oregon runner, Steve Prefontaine. Nike, the Oregon Track Club, and the Lane County Parks Department worked together with many donors to develop this complex over a period of years. The sawdust trail runs along a man-made recreation canal which flows from the Willamette River at Springfield to the developed Alton Baker Park near the Ferry Street Bridge. Parking facilities are available at both Alton Baker Park and Autzen Stadium for those persons who wish to park and run or bike.

Booklets Available

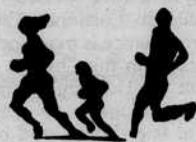
The city of Eugene Parks and Recreation Department has published an 18-page running guide for Eugene runners and includes a number of maps. (You may write Jack Craig, PO Box 1211, Eugene, and send \$2.50 for guide books, *Run* and/or *Bike* or pick them up at local running and bike shops.

by Jack Craig

The *Bike* book shows maps of bike paths and tells about biking trails in the county.)

Outstanding short run facilities include the Adidas Oregon running trail, located to the south of the University campus at East 24th Avenue and the Eugene Parkway. This \$20,000, literally "fine" sawdust trail is about a 30-minute average run from 18th and University. The Adidas Oregon Trail is marked for easy guidance and is all-weather drained. Nearby are rest room facilities, a special Eugene High School track, as well as YMCA facilities. The Adidas Oregon Trail has a maximum one mile loop.

The Hayward Field track is also nearby and is used by University of Oregon runners and others. Nearby streets are also used by many. A number of other running trails are located in the area including a sawdust trail at Lane Community College, and trails at city parks including Petersen Barn, Westmoreland Park, Washington Park, and other track facilities at local high schools.



Bike Trails

As for the bike trails, the Willamette River Greenway Corridor includes nearly 20 miles of paved bike paths, four bridges across the Willamette River and access to both Eugene and Springfield,

downtown Eugene, and Valley River Center. In addition, there are many marked streets and marked bike-ways in all parts of Eugene. Routes from the University campus on the East side to student housing on the West side include 12th, 14th and 15th Avenues as well as a marked route along 18th Avenue. There is also an excellent west side bike-way from Jefferson & 15th St. at the Lane County Fairgrounds all the way to the Oakpatch area of Eugene along the Amazon flood-way.

Local bike shops can provide maps and directions for biking in the Eugene-Springfield area. A beautiful, waterproof *Eugene Area Bike Map* is also available from the Eugene Department of Parks and Recreation, and local bike and book stores.

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Where to find—
WHAT'S HAPPENING
on and near the U of O campus

EMU Main Desk (on campus)
EMU Fishbowl (on campus)
Beall Music Hall (on campus)
Oregon Hall (on campus)
U of O Bookstore—13th & Kincaid
Old Taylor's—13th & Kincaid
Kinko's Copies—860 E. 13th
Beanery Coffee House—790 E. 14th
Pizan's—1225 Alder
Sy's Pizza—1211 Alder
Poppi's—675 E. 13th
Prince Puckler's Ice Cream—688 E. 13th
Sahalie Natural Foods—13th & Patterson
Second Nature Bikes—446 E. 13th
House of Records—13th & High
Peralandra Books & Records—790 E. 11th
Giant Grinder Deli—19th & Agate
Big Dipper Ice Cream—19th & Agate
Miller's Grocery—1065 E. 20th
McKay's Market—1960 Franklin Blvd.
Onsen Hot Tubs—1883 Garden Way
Treehouse Restaurant—1769 Franklin
Deb's Restaurant—1675 Franklin
Ye Olde Pancake House—1525 Franklin

Points of Interest

- Valley River Center**
This shopping complex is located at the western terminus of the North Bank Trail, off Valley River Way.
- Sladden Park**
Other facilities in this neighborhood park, located at North Adams and Cheshire Streets, include basketball and tennis courts, a playfield and a children's wading pool.
- Riverhouse**
This building, on North Adams, houses the offices for the City's Outdoor Program and is a meeting place for outdoor activities.
- 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.
- 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.
- 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.
- 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 a particularly popular one to the pedestrian or cyclist. Due to heavy pedestrian use, City ordinance requires that bikes be walked through the Mall.

- Alton Baker Park**
This beautiful and popular park is the most heavily used Lane County park, and offers a variety of recreational activities including: Pre'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.
- 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.
- Sorrel Way Park**
Joggers looking for a quiet place to run are discovering the 1.5 mile soft tread path that encircles Sorrel Way Park Pond, near Rustic Place off Coburg Road.
- 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.
- Island Park**
This Willamalane District park is located near the east end of the North Bank Trail, just inside Springfield, on the Willamette River.
- 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.
- 5th St. Public Market and nearby shops.**
- WISTEC and PLANETARIUM**

Legend

- Bike Paths
- Jogging Paths
- Proposed Bike Paths
- Points of Interest
- Access to Riverbank Trails
- Parkland
- Parking
- Restrooms
- Picnic Area
- Playground

Willamette River Recreation Areas

