

# Running trails abound around Eugene

Eugene isn't the self-proclaimed 'track capital of the world' for nothing. An abundance of well-groomed trails for runners and hikers alike lie within the city — and many are close to campus.

Probably the most well-known and popular is Pre's Trail, named in memory of the late University track star, Steve Prefontaine. The four-mile scenic path skirts the Willamette River and winds through Alton Baker Park, just north of campus. The cedar chip trail leads the runner through both Oregon 'jungles' and open fields. Several exercise stations also line the mostly flat trails.

A summer restoration project of about \$100,000 poured new cedar chips onto the

trails and installed a new drainage system, which should make the trails operable during heavy rains.

There are four different trails within Pre's Trail, ranging from .6 kilometers to 2.6 kilometers. For a longer workout the runner can jog several trails. A trail map just south of Autzen Stadium charts their routes and distances. The trails lie across the footbridge that leads to Autzen Stadium.

The Adidas Oregon Trail (formerly Amazon Parkway Run) is a mile-long loop that winds around a miniature forest and offers prime views of Skinner's Butte to the north and Spencer's Butte to the south. Adidas recently renovated the trail, installing a new drainage system and cedar

chips. The flat trail also has a shorter 1,500 meter cut-off loop. Although the trail is a favorite of Alberto Salazar and many other world-class runners, weekend joggers abound as well.

The Oregon Trail is about one mile from campus on the corner of East 24th Avenue and Amazon Street. Follow University Street to 24th Avenue, turn right on 24th Avenue and go up about one-half mile to Amazon Street.

Eugene's newest — and most scenic — hiking/running path is the Ridgeline Trail located on Spencer's Butte in Eugene's South Hills. Although the trail traverses the butte, the steep grade seems like it goes straight up, especially the first 400 yards

through an open meadow.

Once atop the initial climb, the dirt trail is like a long roller coaster, going up and down through densely wooded forests which occasionally afford splendid views of Eugene, the Coburg Hills and the Cascade Mountains.

The trail stretches for 3.5 miles, but there are two cut-off points along the way, including one which leads straight up to the butte's summit.

Wildlife abounds along the trail, especially tree frogs, brush rabbits and deer.

For more information on area running trails, maps and guides are available at the Eugene Park and Recreation Department,

By Joan Herman

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"We've looked at an offense this summer that can get the ball into (Blair) Rasmussen when we want to," Monson says.

Rasmussen, a junior who stands seven feet tall and weighs 250 pounds, is the Duck's returning starting center. He was named to separate Pac-10 all-star squads by the league's coaches and media.

Rasmussen toured Russia this summer as a member of the Pac-10 all-stars that played local Russian teams and he was a member of the USA all-star team that played in South Korea and Malaysia.

Monson stresses he will take advantage of Rasmussen's abilities, but winning will take more than getting the ball inside to the big man.

"He certainly is the one standout that we have now. But you can't win ballgames or league titles with one kid," Monson says.

"The thing that I noticed that we need to work on is some quickness," he says.

"We're going to run some match-up zone, some straight zone and some man for man. The more quickness you have teamwork, the better defense you have.

"If we're going to fast break as much as we like to do and if we're going to be able to defensively change up as much as we've tried to do in the past the ingredient we need is quickness," says Monson. The three players his staff has recruited for next year have that ingredient.

While Monson admits the current Duck roster may not be perfectly suited to his style and that maybe USC and UCLA back-to-back are as rough as playing Montana at Missoula, he hasn't conceded any games on this year's schedule.

"I think most coaches are egotistical and most coaches think they can whip the whole world and I'm one of those I guess," says Monson. "I just figure every game I go into I can win somehow. Maybe when there's only two minutes to go in the game you finally realize there's no way you could win, but you go into the game thinking you could."

Monson laughs at himself as he talks about winning each game,

then he reflects on his last job.

"I went into Idaho in the same type of situation and we ended up last in the league the first year and I keep reminding myself of that,"

he says. "But after that we flew and hopefully we can do that even quicker here. That's certainly the way you feel when you take a job."

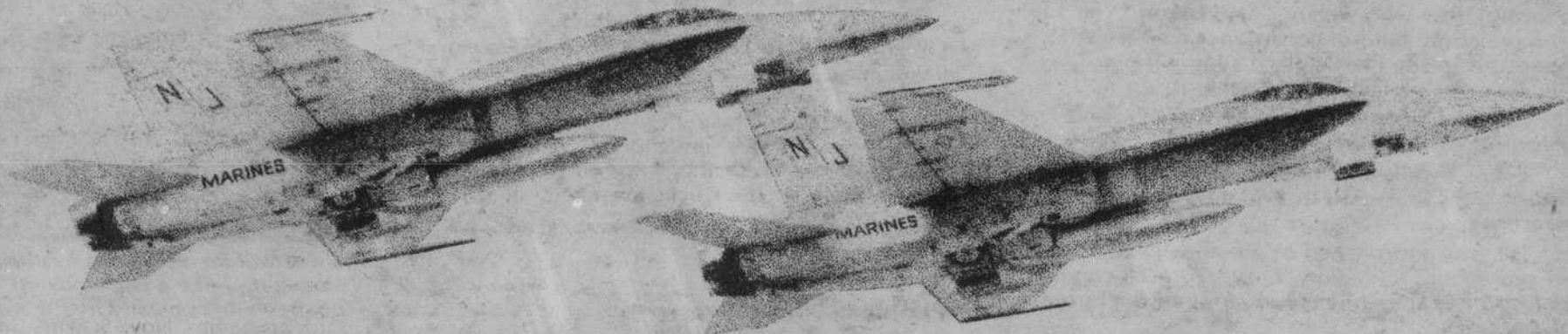
He knows he was hired to produce a winner, but says he feels only pressure from himself to win, not from outside sources, even though he realizes the expecta-

tions are great.

"You compete, you try to win and you try to make the kid a better person and a better citizen."

By Jim Moore

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