

# Eugene contains multitude of running trails

Eugene didn't come become known as the "Track Capital of the World" based just on the track meets held at reknowned Hayward Field.

Part of the mystique can be attributed to the outstanding running trails that criss-cross through the interior of Eugene.

The "granddaddy" of Eugene running trails is Pre's Trail, which has achieved national recognition. The trail is named after former Oregon distance star Steve Prefontaine, who died in a car crash in 1975.

The 6.4 kilometer cedar-chip trail loops alongside the Willamette River between Alton Baker Park and the I-5 bridge. There are four different trails which make up Pre's Trail, and they range in length from six-tenths of a kilometer to 2.6 kilometers. The four trails offer enough variety that you could run 10 miles on Pre's Trail and still see new things in the last mile. A small billboard-sized map of the trail is located just south of Autzen Stadium next to a small footbridge.

Pre's Trail was renovated last summer with \$100,000 in donations. Volunteers installed a new drainage system and poured new cedar chips over the length of the trail.

The trail also features a "parcourse," a system of exercise stations along a running path. The idea originated in Europe, and Pre's Trail features six different stations, each offering the runner a different exercise that will stretch and strengthen a different muscle group.

The Adidas Oregon Trail, formerly known as the Amazon Parkway Run, was also recently renovated. Adidas installed a new drainage system and then added a wood-chip covering on the trail, which is a mile-long loop that winds through a grassy area and skirts a small forest. There is also a shorter, 1,500 meter loop for those so inclined.

To reach the trail, which is one mile southwest of campus, take University Street to 24th Avenue, turn right on 24th Avenue and follow it until you hit Amazon Street. The trail will be on your left.



The "granddaddy" of wood-chip covered running trails in Eugene is Pre's Trail, which offers runners 6.4 kilometers of running trails.

For a more rugged run, try the newly opened Ridgeline Trail, which winds up the side of Spencer's Butte. The butte is located directly south of Eugene, and its peak reaches nearly 1,000 feet. The uneven dirt trail skirts the side of Spencer's Butte, rollercoasting through densely wooded forests which occasionally offer a clear spot where you can glimpse Eugene, the Cascades, or the Coast range.

There are two cut-off points along the way if

you decide not to run the length of the 3.5 mile trail. One of the cut-offs will take you up to the peak, which offers a panorama of the southern end of the Willamette Valley on a clear day.

For more information on local running trails, contact the Eugene Parks and Recreation Department at 858 Pearl St. (fourth floor) or call 687-5333. They have a variety of maps, brochures and guides that offer help for both the novice and experienced runner.

## DYNASTY

Continued from Page 1B

the Washington prep AAA champion at 100 meters a year ago. "It's really a good feeling to be involved with one of the best track teams in the country."

Heinonen's record in eight years is virtually unsurpassed in collegiate women's track. He has amassed a 36-5 dual meet record in an eight-year span and has won the Northwest track championships five years and the NorPac title once. On the national level, Oregon has finished fifth, fourth, third, 10th, and eighth under Heinonen.

"The last three years we have been in the top five," Heinonen says. "We may or may not be able to keep doing that. The face of women's athletics has changed the last few years and we are holding our own as times change."

Year in and year out, Heinonen has been able to land star athletes. People like Kathy Hayes, Eryn Forbes, Leann Warren and Lisa Martin are and have been integral pieces in the Ducks' surge to

the top nationally.

Amazingly, a large percentage of Heinonen's teams have been made up of in-state athletes. Hayes hails from Newberg, Warren from Corvallis, Forbes from Beaverton, and Claudette Groenendaal and Kim Roth are both from Salem.

"We don't necessarily limit ourselves where we will recruit but there have been a lot of good athletes from Oregon the last few years," Heinonen says. "Sometimes it's up and down in the state recruiting years but we have been able to get a large share of track athletes in state."

The influx of out-of-state athletes helps, too, as Heinonen has had most of his field event people come from outside of Oregon.

But when athletes like that are all molded together, it makes for one tough track and field team.

So why are top-flight athletes continually coming to Oregon?

It could be the excellent

coaching of Heinonen and sprint coach Mark Stream. It could be the facilities that Hayward Field has to offer. It also could be the mystique that Eugene possesses when it comes to running.

"What also helps is that we have a large budget and we have continuity in coaching," Heinonen says. "I'm in my eighth year and Mark is in his seventh year. It always helps a program when the coaches have been around for a long time."

In the future, Heinonen can't really foresee what his crystal ball will tell him. Could it be a national championship? Or maybe it says that the Ducks will fall from the perch that they are now on.

"I think we can maintain the level we have achieved," Heinonen says. "Certainly there are going to be ups and downs. Recruiting is tougher and tougher all the time but at least we have our own tradition to build on and we don't have to rely on the men's successes."

## Sports Injuries & Running Clinic

of Eugene, P.C.

Eugene Medical & Professional Center  
132 East Broadway, Suite 830  
Eugene, OR 97401 Tel: (503) 683-4703



## LIBRARY: Project '84

1984 Senior Class Giving



"The library is a major resource center for research in Oregon. Library: Project '84 is an excellent opportunity for graduating seniors to help maintain the library's standard of excellence it has achieved."

— Ricky Lee Smithrud

Student University Relations Council

## Runner's Care Begins with Air



Special Spring prices on some of Nike's most popular Air Sole® shoes

2203 Equator, was 66.95.....	<b>\$49.95</b>	2373 Odyssey, was 84.95.....	<b>\$59.95</b>
2303 Equator, was 66.95.....	<b>\$49.95</b>	2298 Aurora, was 64.95.....	<b>\$32.95</b>
2273 Odyssey, was 84.95.....	<b>\$59.95</b>		

Special — Check it out!

10th & Olive • IN THE ATRIUM • 342-5155

Supply limited to stock on hand



Coupons in the Emerald save you money. Check every page, every day. It pays.