



pre's trail

Running trails abound in city

Although Eugene's ability to attract big-name meets like the current NCAA track and field championships have contributed to the city's label as the "Running Capital of the World," there are other attributes which have contributed to that honor.

Chief among them are the running trails that crisscross 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 Eugene in 1975.

The 6.4 kilometer cedar-chip trial 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 routes 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 install-

ed a new drainage system and poured new cedar chips over the length of the trail.

The trail also feature 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 cover-

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Registration Form

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T-shirt Size (circle one) S M L XL

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THE TYPE OF FOOT YOU HAVE INFLUENCES YOUR CHANCE OF INJURY.

If you are engaged in a running activity, you will want to know the type of foot you have so that you can choose the right shoe. This choice will often influence whether you stay healthy or are injured. For instance, a very flexible foot is unstable, causing the foot to roll in (pronate), which will increase the stress through the foot, lower leg, and knee. This type of foot needs to be controlled by wearing firm shoes. To this, an orthotic device placed in the shoe is sometimes needed to increase the control of foot motion. On the other hand, a rigid foot needs more shock-absorbancy, as this foot, being firm, will not absorb the impact of foot-strike very well. Therefore, get to know your foot type — it will help you choose the right type of shoe for your foot, thereby decreasing your chances of injury.

This information is brought to you as a service of...

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