

Eugene offers summer activities

By Tera Hoffman

Of the Emerald

Bored Eugene residents can cure the summertime blues by taking advantage of the many summer activities in the city.

Athletic clubs in the area are an option for fitness-minded people, and Eugene offers a wide variety.

Oregon West Fitness is located at 1475 Franklin Blvd. Day care also is provided. Price options during the summer vary from a one-month membership for \$40, to a 90-day membership for \$90. Initiation fees are waived for the summer packages. For more information, call 485-1624.

Body Shoppe and Co. is located at 66 W. 7th Ave. It is primarily a women's club, but does accept male clients. The summer rate for three months is \$82.50 until September, when a \$25 initiation fee goes into effect. Its phone number is 343-5050.

Emerald Valley Health Club is located at 8293 Dale Kuni Rd. in Creswell. It also tests body-fat percentages. Family rates are \$200 for an initiation fee and \$40 a month. An individual may join for a \$100 initiation fee and a \$25 monthly charge. Call 485-6796 for more information.

Willamalane Fitness Center can be found at 1276 G St. in Springfield. Its prices are \$17 a month, \$30 for two months, \$40 for three months and \$75 for a six-month membership for those in the Willamalane district.

Pacific Nautilus, 189 W. 8th Ave., is another local fitness center. Non-student prices are a \$70 initiation fee and \$25 a month. Students pay a \$45 initiation and \$25 a month. Its phone number is 485-4475.

Courtsports II Fitness Center is located at 4242 Commerce St. The center's initiation fee is \$175 and charges \$33 monthly. Fitness memberships are an \$80 initiation fee and \$22 a month. The phone number is 687-2255.

Oakway/Willamette spas are not co-ed. Oakway spa is located at space 16K in the Oakway Mall. The Willamette spa is located at 2868 Willamette St.

One-year memberships for both spas are \$29.75 a month. The Oakway spa can be reached at 343-3314, and the Willamette spas at 344-6681.

The YMCA is located at 2055 Patterson St. For information call 686-9622.

Running and biking paths are plentiful in Eugene. More detailed maps are available at the City of Eugene Parks & Recreation Department.

The Willamette River bike path winds through Skinner's Butte Park, Alton Baker Park and Owen's Rose Garden. It is a 12-mile loop with the Ferry Street Bridge and four others intersecting it.

The Prefontaine Trail is located just across the Willamette River by Alton Baker Park and Autzen Stadium. Loops range from one mile to 10,000 meters.

The Adidas Oregon Trail is located on the corner of 24th Avenue and Amazon Parkway. This path is one mile long, but alternative routes are available for longer or shorter runs.

The Hawkins Heights Jogging Path is a quarter-mile barkdust trail through Hawkins Heights Park.

The By-gully Trail begins at the intersection of Mill Street and Fairview Drive.

Hot tubbing has become a popular activity recently, and there are two hot tub rental businesses located in the Eugene/Springfield area. Onsen Hourly Hot Tub Rentals, at 1883 Garden Dr., charges \$8 an hour during the day for two people, \$10 an hour during the evening for two people, and \$12 an hour on weekends. Its phone number is 345-9048.

Springfield Spas, 1100 Main St. in Springfield, charges \$7 an hour from noon to 5 p.m. during the week and \$10 an hour during the evening Sunday through Thursday. On weekends they charge \$11 an hour. Prices are for two people.

Each additional person is \$3 an hour.

Outdoor recreation comes in many forms in Eugene. There are rafting and canoe rentals, as well as guided tours.

River Runner Supply rents a variety of water equipment for daily or weekly use. Canoes rent for \$3.50 an hour and pedal boats for \$4 an hour. The phone number is 343-6883.

Ouzel Outfitters organizes several trips including one-day paddle rafting trips on the McKenzie River for \$35 a person. Lunch is included. For more information call 747-2236.

Oregon River Experiences also offers a variety of trips with experienced guides. Its phone number is 689-6198.

McKenzie River Rafting Company rents rafts for \$25 for one to nine people and \$20 for more than 10. Call 747-9231 for more information.

Sierra Whitewater Expectations also offers river tours starting at \$15 a person a day. For more information call 741-2780.

Rivers West Tours and Rentals also offers guided trips and equipment rental. Rafts rent for \$30 a day, but midweek charges are \$20 a day. Windsurfing equipment is \$30 a day.

Eugene's Parks & Recreation gives kayaking lessons for \$49. Call 686-0798 for information.

Gardner Wayne Outfitter & Guide Service is located at 42840 McKenzie Hwy. There is a four person minimum on rafting trips at \$35 a person. Lunch is included. An eight-hour drift boat tour for two people is \$20. Raft rentals are \$50 a day and kayak rentals for a day are \$20. For information call 896-3215.

Golfing is another possibility for a recreational activity. The Oakway Golf Course is located at 2000 Cal Young Rd. The phone number is 484-1927. The Laurelwood Municipal Golf Course also is located in Eugene at 2700 Columbia Dr. Its phone number is 687-5321.

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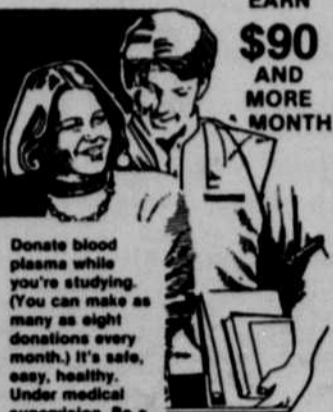
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