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## Cycling team sweeps regional

The Oregon club cycling team put the icing on the cake last weekend with a resounding win in the regional championships at Tri-Cities, Wash.

With this win and two others at Washington State and Eastern Washington, the Ducks dominated the region from start to finish.

The championships, held in conjunction with the Tri-Cities Collegiate Sports Festival, reflected Oregon's dominance this year. The men's team swept all three events, and the women's team finished second to a larger Washington contingent.

The weekend kicked off with a 50-mile road race Saturday morning that saw a lead group of seven break away during the nine-mile climb that began only five miles into the event.

Four of the break-away cyclists were from Oregon. This group stayed away until the finish with senior Luke Pingel taking the sprint for first place, followed by Jon Bridenbaugh, Matt Fletcher and Miles Light who placed third, fourth and seventh, respectively.

In the women's event, senior Jennifer Vendetti encountered some bad luck when she flatted 10

miles into the event and could not get a replacement wheel. Riders Gail Smith and Sarah Brown went on to take seventh and eighth place.

During that afternoon's 10-mile Team Time Trial, the men's team averaged just less than 29 miles per hour to defeat Washington State by a massive 40 seconds. The women's team, again lacking the numbers of other teams, finished a respectable second in the team event.

At Sunday's criterium, the Oregon men completed the sweep with Pingel taking the sprint and riders Light and Ben Kaplan both finishing in the points. Vendetti continued her undefeated streak in the criterium event by taking first for the fourth time this season.

With the men's and women's team scores combined, Oregon won the regional points championship far ahead of Washington State, giving the Ducks a berth in nationals for the first time since 1989.

The team has already made arrangements to fly to Atlanta, Ga., on May 14 and then to head to Rome, Ga., where the national championships will take place May 16 and 17.

## TRAIL

Continued from Page 8

sign for Hills Creek Reservoir. There is a nicely landscaped U.S. Forest Service information center about 100 yards down this road on the right side.

Exactly one mile from the highway, turn right onto paved Road 21 at a sign for Timpanogas Lake. Follow this road another 1.2 miles and turn right at a junction with Road 2102.

This one-lane paved road does have turnouts, but it is steep and winding with many blind corners. Take your time and use the wide spots in the road to avoid an unwanted meeting with someone going downhill.

Just past the four-mile mark (there are brown milepost markers on the right side) look for the easy-to-spot hiker sym-

bol sign at the trailhead. A nice paved parking area on the left side is just a few yards before the point where the trail begins.

About 10 yards off the road is a small bulletin board and a register book for those wanting to leave a memento. Two trails start at this point, but only the left fork goes to Larison Rock. The right trail descends to the Middle Fork Willamette River near Oakridge.

The Larison Rock trail is only .4 mile long, but it packs some interesting scenery into that short distance. The wide path leads off through second-growth Douglas Fir and hemlock forest, climbing very gradually and switching back twice. The parking area and Road 2102 can be seen about half-way up the trail, before it begins climbing a bit more steeply up Larison Rock's south slope. Rhododendrons (which should

be blooming in a few weeks) and ferns crowd the trail most of the way up.

Just one-tenth of a mile before the trail's end, the rock itself comes into view, looming ahead 100 feet over the trail. The path winds around to Larison Rock's steeper north side, with views opening up west down the Willamette River canyon.

The last 100 feet or so climb steeply to the rocky promontory. Stay to the left and use a couple of concrete steps to make the ascent easier.

The views from the top extend far to the south, and Diamond Peak's snowy presence dominates the eastern horizon. A small portion of Oakridge can also be glimpsed far down to the north.

*Jayson Jacoby is a sports reporter for the Emerald.*

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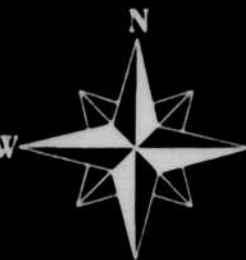
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