

The Well Now

Winter '94 Edition

Pedal through winter



By **Melanie Brevoort**

This winter, don't let the rain and gray skies keep you indoors. Stay active this winter by exploring what the Eugene area has to offer. Here are a few places to check out:

U of O Outdoor Program: The Outdoor Program is open to all students. It has available tools for minor bike repair and maps and books with suggestions for local mountain and road bike rides. For sale is a local trail guide book, "Mt. Bike, Ride Guide" by Dan Geiger and Keith Nelson for \$9.95. The book is a worthy addition to one's library. The Outdoor Program is most popular for their "trip board." Weekly trips, initiated by students, are posted on the board with a sign up sheet. The trips are open to all interested students. Attendance at a pretrip meeting and \$5-\$20 to cover the cost of gas and van rental is all that is required for a guaranteed good time. The Outdoor Program is located downstairs in the EMU.

U of O Craft Center: For do it yourself repairs, the Craft Center is the place to go. For a \$6 term membership fee or a \$1.50 day pass you get a complete supply of tools and work benches for do-it-yourself repairs. Also available for sale are minor repair items such as ball bearings, break cable grease, etc.

The Craft Center offers a six week bike repair course and one day bike repair workshops. The course meets once a week for three hours and costs \$40 for nonmembers and \$36 for members. The one day workshops are held during the weekends for \$5. Signups for the bike classes are at the beginning of each term at the Craft Center in the EMU. Workshops fill up quickly, so sign up as soon as each term begins.

U of O Club Sports: The bicycling club offers rides for the more serious rider. The club is divided into three parts: mountain biking, road racing, and group rides. Mountain bike rides of various degrees are held every day of the week. Group rides, for the casual road rider, are held every day at 2:30. Tues-



Photo by Joe Livingston

Mark Keefer, stained-glass instructor, works on his bicycle at the EMU Craft Center.

Turn to BICYCLING, Page 3

Local hiking trails offer accessible outdoor experience



By **Anthony B. Hoy**

So you've been in Eugene for a couple of months. You've seen the EMU, you've seen

the dorms, and you've seen Zeus, the transvestite bum. Others of you have been here for what must seem forever. Probably about now you're asking yourself, "What else is there to do in Eugene?" You've turned to the right article. My solution to the daily stresses of life at U of O is simple: take a hike.

One of the great joys of being in a small town like Eugene is the abundance of wilderness surrounding it. The forests offer an ample amount of hiking trails that can fill your days with any number of stress-relieving challenges. On these trails you can see nature in action: from plants to animals, from rocks to erosion, and from rivers to ponds. There are many places well within driving distance of campus and that don't require a designer pair of Timberland boots meant for mountain climbing. Generally an old pair of sneakers will do, depending on the weather.

Clearly the most popular place to

hike and the easiest to find is Spencer's Butte. Spencer's Butte is located about 5 miles south of downtown Eugene. Go south on Willamette until you pass 52nd Avenue and by this time you will be out of town. Continue another mile or two and look for a parking lot with a "Spencer's Butte" sign on your left.

The nice thing about Spencer's Butte is that you can choose from a number of paths to get to the top. Most of the trails average about a mile in length. The view at the top is breathtaking. You can see the whole city and the mountains beyond.

Another close trail is located on Mount Pisgah (pronounced PIS-ca) about 20 minutes from downtown Eugene. To get to this mountain, take 30th Avenue east, pass LCC, go over I-5, take a left on the Frontage Road and take the first right on Seavey Loop Road. Continue on Seavey Loop until you reach the park. Mount Pisgah has a more rolling, meandering trail that side-winds up the side of the mountain. Many trails abound here. You can choose to go along one side of the mountain or circle around it. Most of

Turn to HIKING, Page 3

Join the "Blade Craze"



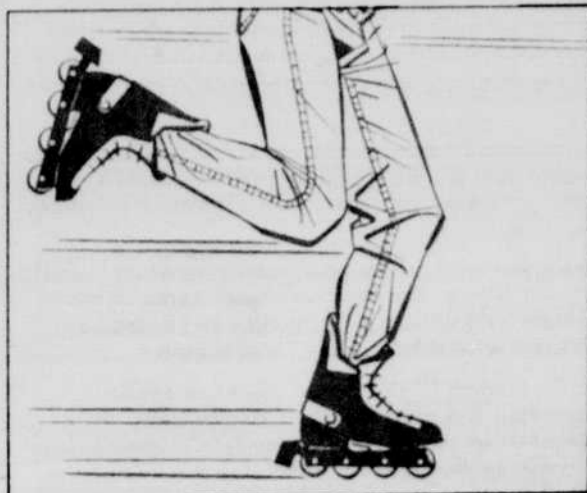
By **Carlee Faro**

When I first started rollerblading, I was amazed at how fast I could go and how far I could travel. I got a sense of the true meaning of speed as I rushed along a pathway by the river. One moment, I was next to the water watching the reeds rush by. The next moment, I was in the middle of moss-covered trees. I paused on a bridge with a view of the McKenzie rapids and thought smugly about all of those people getting their exercise by running laps at Hayward Field.

You don't have to be stuck inside a gym to rollerblade. It is a lot more exciting than walking because you can travel at a much faster pace. The vast distance you can cover in so short a time allows for a frequent change of scenery. Besides being great fun, rollerblading is a lot less traumatic on the body than running. It is easier on the knee and hip joints that often get irritated with other forms of exercise. In fact, many people in their 40's and 50's who feel that their bodies can no longer endure strenuous exercise enjoy rollerblading every day.

Everyone needs to do aerobic exercise. According to Covert Bailey, a

Turn to BLADES, Page 4



Inside

- p. 2 See what the Health Ed Program has to offer**
- p. 2 Ways to cope with culture shock**
- p. 2 Save money at the Student Health Center pharmacy**
- p. 3 Weapons for combatting stress**
- p. 4 Vegetarian eating**