

SILT COOS Lake RESORT



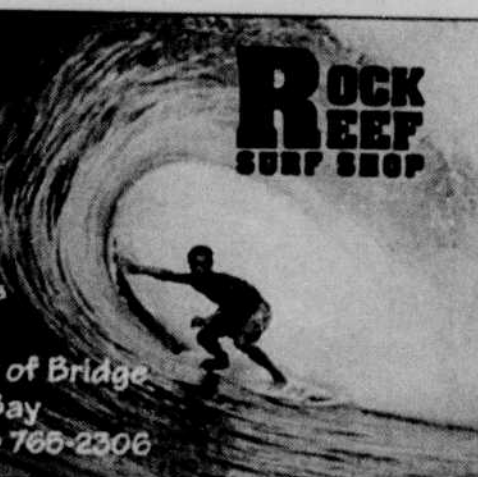
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Going Out

Running is about safety, variety, not just fitness

I've been running for about six months, but I became serious about it only two months ago. Since then, I have realized the two most important aspects of running: variety and safety.

When I started running I made myself a route. One route. A short one. After a couple weeks, I was strong enough to increase the distance a little. So I added on almost a mile to the original route. Recently I added on a little more.

Sometimes I add some hills when I feel adventurous, but mostly I stick to my route. Which can be rather boring.

But I didn't realize how boring it was until I started running with my friend Eric two weeks ago. We usually meet on campus and start there. I have always started from my apartment. And we have yet to go the route twice. Quite a change from my mundane method.

Knowing the distance of a run is important mentally. Knowing you ran three miles or six and a half miles is one way to chart your progress. But in my experience, I realized that running my three and a half mile loop was restricting. It was difficult to increase mileage because I didn't want to stray from my loop.

Now when I run with my friend, I definitely want to know when we are going to stop (I always need a goal), but I don't focus on that. I think about trying harder, running faster, making it up that steep hill and finishing strong.

And when I run by myself, I try not to restrict myself by running a defined route. I start with an idea of where I am going and how far I want to run. The rest comes as I run. Later I can take my car out to clock the distance.

One of my favorite places to run is out by Amazon Park. There is a barkdust trail that starts at Amazon Parkway and 24th Avenue. Every quarter mile and 100 meters is marked. The trail is a loop with a couple extra loops at the south end for increased distance.

I usually don't run on this trail because I feel like the Pokey Pup-



MICHAEL HOBSON for the Emerald
Ryan Aanderud (left) and Robert E. Lee IV go out for a run near Alton Baker Park. It is safer to run these trails with a running partner.

py compared to all of the Flash Gordons that blaze by me. I tend to run on the concrete trails through the park or through the neighborhoods near the park.

I also like the area by Hendricks Park. The flowers, beautiful homes and curvy streets make scenic surroundings. And the hills provide a daunting challenge.

Many people like to run on the North and South Bank trails of the Willamette River. These trails form a five and a half mile loop that runs from Valley River Center to Springfield. The two trails connect with foot bridges at Valley River Center (at the Greenway Bridge) and at the Autzen Bridge. But you can also use the Ferry Street Bridge at Alton Baker Park.

Although the scenery is beautiful, safety is a priority, especial-

ly in wooded and secluded parts of the trail. And especially for women. I only ran on the trails alone once, and I was nervous every step of the way. I'll never do that again.

Reports of problems on these trails are sparse. But it is important to be aware of your surroundings. Running with a walkman is common, but be sure to keep the volume low so you can hear what is going on around you. I don't run when it is dark, and I wouldn't recommend anyone else do either.

Most importantly, run where you feel safe and comfortable. Where there are people. Maybe on or near major roads. Just be safe. Being fit and healthy is important, but don't ignore your own well-being in the process.

— Trista Noel

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Going Out

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