

Outdoor-exercise options abound

The Eugene area offers plenty of ways to get exercise and fresh air

By Ben Romano
Higher Education Reporter

Exercise has many benefits: It relieves stress and encourages good health.

When good weather arrives, some people may get tired of working out in a gym. Fortunately, many options are available for exercising outdoors in the Eugene area.

"Eugene is set up so well for running outdoors," said Nick Gunn, a sophomore who has been backpacking and running in the Eugene area for almost eight years.

Gunn enjoys exercising outside for the "fresh-air factor." "I don't enjoy breathing the recirculated air in the gym."

There is a marked decline in business during the summer months, according to Damon Bates, a sales promoter at Gold's

Gym in Eugene. "Weather always affects the health club industry."

Where rain and bad weather can force people indoors during the winter, the return of good weather in the summer can take away one-third of the business, he said.

Gunn said he runs on the path that winds along the Willamette River through Alton Baker Park. The path's close proximity to campus and easy access make it a favorite for University students who like to get out of the gym.

Amazon Park, located adjacent to Hilyard Street between 21st and 30th avenues, has an extensive bark trail that is also popular.

Zoey Chance, an assistant manager at McKenzie Outfitters in downtown Eugene, said she enjoys exercising outside because of the weather. She also said she likes being in nature. One of her favorite spots to run and hike is Mt. Pisgah, she said.

The Ridgeline Trail, which runs through Spencer Butte Park, is also

a great place for mountain biking and trail running, Gunn said.

For those students who want to get out of Eugene, both Gunn and Chance suggested Fall Creek in Willamette National Forest. Located about 30 miles outside of Eugene, Fall Creek offers about 30 miles of hiking trails that carve through stands of old-growth forest. There are also many swimming holes for a refreshing dip during the summer.

The area around Eugene is full of places to mountain bike, backpack, trail run, hike, swim or rock climb.

The University's Outdoor Pursuits program, one of the largest programs of its kind, offers instruction and guidance in myriad credit and non-credit courses that take students on excursions into the wilderness surrounding Eugene.

For more information on how to get involved with Outdoor Pursuits, check out its Web site at darkwing.uoregon.edu/~opp or by phone at 346-4365.

Mother of the Year had 21 children

NEVERSINK, N.Y. — No one could fault Sarah Curry's credentials for Mother of the Year.

She had 21 children, and now dotes on 32 grandchildren.

"It just kind of happened. It wasn't anything planned," said daughter Ramona Howe, her second child. "One mom. One dad. One marriage."

Curry, who turns 60 this Fri-

day, had 12 girls and nine boys, now ranging in age from 15 to 38. One child died several years ago of a rare blood disorder.

She was the most special Mother's Day guest Sunday for the ceremony at the Monticello Raceway, which sponsored the award.

The harness horse racing track about 85 miles north of New

York City held a party for her and one of the day's races was named in her honor — the Sarah Curry Pace.

The family grew up in a big farmhouse, doubling up in beds.

"Everybody knew what they had to do, everybody chipped in with the farm and the animals," Curry said Sunday.

— The Associated Press

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Eugene Symphony Family concert
May 16th • Hult Center

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JOB OPPORTUNITIES

EMU Maintenance has an immediate opening for a laborer position. The successful candidate will be able to work 40 hours per week M-F 8:00 - 5:00, will have the skills or interest in learning the skills necessary to perform general laborer tasks such as painting, cleaning, polishing, and many other tasks. Interested persons should call EMU Administration at 346-3705, or come by M101 in the EMU and pick up an application. This is a summer position.

EMU Administration is now taking applications for summer receptionist positions. Successful candidates do not need to have workstudy during the summer, but will have either workstudy or worktech for the coming academic year, and will be interested in continuing employment. General office skills needed; filing, word processing, ordering supplies, answering multi-line phone system and greeting customers. Emphasis is put on customer service. Applications also being taken for EMU Board Office Manager for Fall Term. Must be workstudy. If interested please call Donna Winitzky at 346-6064.

New EMU Food Service - We are now in the process of hiring for several newly created student supervisory positions in our new Bakery, Coffeehouse, Convenience Store, and in our existing satellite locations. Must be able to begin work on July 20th and continue through the summer and fall terms. Looking for food, retail, or customer service experience. Workstudy a plus! Positions pay \$7.25 per hour. Please come to skylight Dining in the EMU to pick up an application between the hours of 8:00 a.m. and 3:00 p.m. Application deadline is May 15th. In addition to student supervisor applications, we are also accepting general employment applications for summer and fall.

Student Night Manager - The EMU is accepting applications for Student Night Managers for the 98-99 academic year. Duties include building supervision, security and various aspects of daily operation. Student Night Managers work evenings and weekends. If interested, please pick up a position description and application in room M101 of the EMU. Application deadline is May 15th.

EMU Board Positions Open

There will be 2 EMU and 1 ASUO Program Rep positions open May 20 on the EMU Board of Directors. Persons wishing to apply for the EMU Program position on the Board must have at least two terms experience in one of the program areas of the EMU, i.e., Child Care Centers, Club Sports, Craft Center, Cultural Forum, Outdoor Program, Recreation Center, Student Activities Resource Center, or Greek Life. Persons wishing to apply have at least two terms of experience on one of the ASUO sponsored programs. ASUO programs do not include ASUO Executive, the Student Senate, the EMU Board, or the Constitution Court. Applications and information for the EMU Program Representative position and ASUO Program Rep position can be picked up in the EMU Administrative Office in room M101. Applications and information for the ASUO Program Representative position can be picked up in the EMU Administration Office, or from the rack outside of the ASUO Office. Deadline for applications is May 11th at 5:00 p.m. Please turn applications in at the EMU Administration Office in Room M101.