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use their bikes just for commuting. Eugene has several off-road trails that are just as popular as the city bike trails.

'The neat thing about mountain biking and trail biking in Lane County is the diversity," said Bruce Mason, director of the University Outdoor Program.

The Outdoor Program publishes a mountain biking guide called the Lane County Ride Guide. This guide is the only source that maps out the off-road trails of Lane County including Eugene.

In order to make the guide accessible to all skill levels, the difficulty of each ride is indicated by the altitude gained and lost .

"What is unique here in Eugene is how many of these trails you can access in 15 minutes," Mason said. The research for the guide was done exclusively by the Outdoor Program and, Mason said, "There are not a whole lot of trails out there that are not in this book.'

For those who are unsure of how to get started on a trail, the Outdoor Program can provide maps and other resources to help first-time bikers or even more experienced bikers who want to plan extensive trips. Several bike trails are currently inaccessible because of the Ferry Street Bridge construction and other projects.

Non-smoker for the past year, with

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It has been more than twenty years since the bike trails were constructed. These trails are such an integral part of Eugene that many, including Bishop, who has been Eugene bike trail coordinator since the very beginning of the trails, have a hard time remembering which came first - the public's enthusiasm for bike riding or the legislation that transformed Eugene.

Regardless of which came first, Eugene's bike trails continue to be a unique part of the city's tradition and charm.

