

Construction of jogging trail on College's horizon



Photo by Brian Snook

Although it's taken almost three years, the College will finally get a jogging trail by the end of June 1978.

The idea for a jogging trail originated with Jim Roberts, director of student activities, in May of 1975, when he read about the new trail on Terwilliger Boulevard in Portland.

After talking with Les Tipton, a P.E. instructor who teaches jogging at the College, and Debbie Baker, student activities counselor, Roberts decided that there was a need for a similar trail on the campus and began work on it.

By Happie Thacker
Of The Print

Baker and Tipton took a trip to the University of Oregon in Eugene to look at Pre's Trail, a jogging trail built as a memorial to Steve Prefontaine, an olympic-class runner who was killed in a car accident in 1975.

"We then talked to the architect about getting it on the College's Master Plan," said Roberts, "And took it to the board in May of 1976. The board was receptive but there were no funds available at that time."

Last year however, the funds were budgeted and now the jogging trail appears to be becoming a reality.

"It should be completed by June 30, Roberts said. "Once it's designed it shouldn't take that long to construct. The board has sent it to the architect for him to draw up the plans and then they will ask for bids. Bids should be in by May."

The jogging trail will consist of three courses. A long course that will follow the contours of the campus and be two to two and a half miles long, a short course that will go around the baseball field and be about one half mile long, and a sprint course 100 to 200 yards through the woods east of the archery range.

"It has been aesthetically designed in harmony with the long range plan of the college and gives joggers somewhere to go besides around and around the track," Roberts said.

The project will also provide an instructional area for P.E. and community fitness programs as well as provide a facility that will encourage all members of the college community to attain and maintain physical fitness, according to a project report presented to the board.

Great care has been taken to preserve areas of the College that have been set aside for ecological purposes, according to Roberts.

"A week ago we met with Andy Rice, the landscape architect; Chuck Scott, from the science department; and Jerry Hermann, from the ecology learning center, to make sure that it didn't conflict with the wilderness areas and ecology pond," said Roberts.

"It would be nice because of aesthetics to have it go through these areas but to protect the wildlife the trail will go around the perimeter and only some of the exercise stations will be in these areas," he said.

The exercise stations along the jogging trail are reminiscent of those popular in Europe and also along Pre's Trail.

There will be 10 of them and each station will be rustic and appealing to the individuals who use them, according to Roberts.

They will be designed to hit all muscle groups in the body. Some of the suggested ones are:

- Sit-up station with logs placed in a "V." A larger log to sit on, with a smaller one to hook ankles under, the "V" position will allow for height variation.

- Rings to hang from and/or do body twisting from.

- Angled bar from three feet to four feet off the ground to do flank vault over.

- Push-up station with log to place toes or hands on.

- Chin-up bars at three different heights that could be made of wood.

- A 20-foot log, 12 inches in diameter, for running along and/or jumping over.

Each exercise station will be marked with signs that will include a diagram of the exercise, a brief explanation of how to perform the exercise, and a suggested number of repetitions for family groups or physically fit individuals to perform.

However, the exercise circuit will not be built immediately since there has not been enough money budgeted for it.

"We have planned for it so that we can go with it as soon as we get the funds," Roberts said.

Another concern with the trail design has been safety. Not only for the people who are now jogging on the roads but also for women jogging at night.

"The trail should follow the contours of the school closely enough so that the present lighting will be sufficient," Roberts said.

"It will be fairly well lighted during the hours the college is normally open, until 10 p.m. Monday through Friday."

This project was designed to provide a place for community members as well as college students to pursue physical fitness, said Roberts. It will provide activities that can be adapted to meet the needs of people at nearly any age, sex or any development of physical condition.

"The reason it took so long is because we had to sell people on the idea and then had to go through the proper channels," Roberts said. "Now that there is the money and the interest we just have to get people to do it."

