

Motorcycling

great way to beat summer heat

By Joy Williams
Staff Writer

If you want to get away from it all this summer for the day or maybe a week or two, you might want to try motorcycling.

Eastern Oregon offers a lot of trail riding there are many track roads. The climate is dry and the terrain is often made up of meadows, which makes for easy riding. You might have to dodge a few rattlesnakes but for the adventuresome, this only adds a little color.

The Tillamook Burn area, in North-eastern Oregon has private land owned by Publishers Paper Co., and allows motor-cycling.

If you really want to get away from civilization, go to the southwest area of McMinnville. Publishers Paper owns this land and it, too, is legal to ride on.

Head west across the coast mountain range. You can go all the way to the coast without crossing any major highways. There are old logging trails to follow and you will often see deer or elk in this uninhabited country. The trails will finally end up about 10 to 15 miles from the coast line.

For the daring individual who likes to climb hills, Triumph Hill is located in this region. Few people make it to the top which is about 600 feet elevation, and going down the opposite side the trail is hard to find, as it is seldom used.

For bikers who want to take a short trip, you might try the Skyline Road located by the Washington Park Zoo. It is scenic and there are some trails to explore.



For dirt track riders, Clackamas County has 20 acres and this is a good place for the beginner to learn basic skills. Also Lewis and Clark Park located by the Sandy River has trails for those who want to try out their skills.

For those who want the grand tour there is the Alcan Highway to Alaska or the Pan Am Highway to Central America.

For the spectators who like to watch motorcycle races, there is Sidewinders, located on 82nd Avenue near Clackamas or the Portland International Speedway for Amateur and Professional racing (PIR), near Jantzen Beach.

When you are planning to go on a long ride there are certain facts that would be good to know, such as take along extra gas, a first aid kit and tire repair kit. Also it is good to know how to change a tire without removing it from the bike. If you don't know how, motorcycle shops can show you.

A ride for several hours can be very tiring, if you are not wearing the right clothing and are not protected from the elements. Your body should be unexposed as much as possible and of course wear a helmet as required by law.

Tri-met provides mini-vacations

You say you have to work this summer and can't take time off for a vacation? You don't have enough money to get away from it all for awhile? Tri-met may have the answer to your summer vacation problems.

The bus lines go to many places in the Portland area that are perfect for a one-day or one afternoon mini-vacation.

How about a walk in beautiful flower gardens? The International Rose Gardens in Washington Park provide a delightful afternoon and illustrate why Portland is called the City of Roses. Besides roses there are the Japanese Gardens where you can get a taste of the Orient for the price of a bus ticket.

The Rhododendron Garden features 2,500 rhododendrons and azaleas in an exceptional woodland setting. Over 400 different varieties can be viewed from the pathways. Bring a lunch and lose yourself in the beauty of nature for an afternoon.

Gardens don't interest you? What you'd really like is to go backpacking and lose yourself in the wilderness for a month or two but you don't have the time? Tri-met can take you to 148 different parks in the tri-county area where you can get lost for an hour or a day.

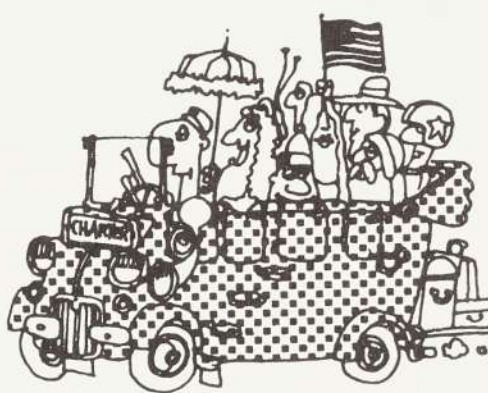
Mt. Tabor Park with its 200 acres of trees, grass and water provides ample room to wander and the 15 miles of trails within the boundaries of Forest Park should satisfy your backpacking desires for a day.

If water interests you you're in luck. Oregon is famous for its rain and the results thereof is lots and lots of water. There are lakes, streams, fountains and ponds all within the reaches of the bus.

The Willamette and Columbia rivers provide fun and recreation for the swimmer, boater, fisherman or those who just like to sit and look. Tri-met will also take you to the Sandy, Molalla and Tualatin rivers.

There are also fountains to be enjoyed in downtown Portland. From the 20 bronze water fountains on street corners, which were built in 1913 to provide the loggers with fresh water to replace all the whisky they drank, to the modern Lovejoy Fountain in the Portland Center, they all invite you to enjoy Oregon's water for awhile.

So use the bus and explore close to home. Mini-vacations can provide the answer to summer doldrums.



CCC offers various summer classes

Class schedules are out for summer term and included with the usual mind-improving courses are various opportunities to improve one's physical condition with the available physical education classes being offered.

The stress during the summer P.E. classes seems to be on tennis. There are six classes being offered, four of beginning tennis and two intermediate. Instructors for the tennis courses will be Nancy Mikleton, Len Tirrill and Dale McGriff.

Ms. Mikleton's beginning tennis class will begin on June 20 and run through July 15 on Mondays through Thursdays at 9 to 11 a.m. Her intermediate course will follow starting July 18 and run through to August 11, again on Mondays through Thursdays but at an 11 a.m. to 1 p.m. time slot.

The other daytime tennis classes are offered at 4 to 6 p.m. on either Mondays

and Wednesdays or Tuesdays and Thursdays.

For those who prefer running to playing tennis, there is a jogging class offered daily Monday through Thursday at 1 p.m. and is taught by Chuck Hudson.

The only other daytime activity offered is Nancy Mikleton's Mountain Hiking course which will be a four week class held all day on Fridays from 7:30 a.m. to 5:30 p.m. The first session will meet Tuesday June 21 at 1 p.m. in Randall 11.

The evening courses add to the variety with intermediate golf offered by CCC golf coach Jim Hudson on Tuesday, and Thursday evenings from 6 to 8 p.m. There is also a Karate course offered from 7 to 9 p.m. on Monday and Thursday evenings. The course will be held at the Gladstone High School.

