

Motorcycling great way to beat summer heat

By Joy Williams
Staff Writer



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.

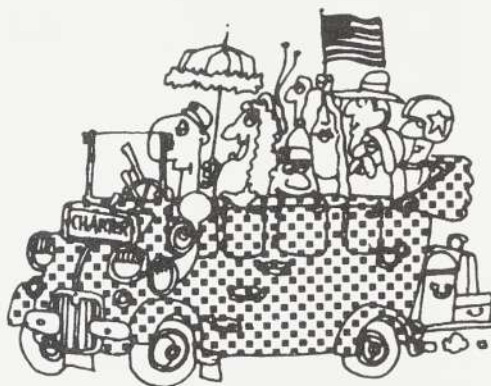
A ride for several hours can be very tiring, if you are not wearing the right clothing and are not protected from the elements. Your body should be unexposed as much as possible and of course wear a helmet as required by law.

Tri-met provides mini-vacations

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.

