## Motorcycling great way

By Joy Williams Staff Writer

want to get away from it all this fortheday or maybe a week or two, twant to try motorcycling.

en Oregon offers a lot of trail riding ear many track roads. The climate of the terrain is often made up of s, which makes for easy riding. You have to dodge a few rattlesnakes but adventuresome, this only adds a

Tillamook Burn area, in North-Oregon has private land owned by s Paper Co., and allows motor-

pu really want to get away from gon, go to the southwest area of mille, Publishers Paper owns this land too, is legal to ride on.

west across the coast mountain you can go all the way to the coast woosing any major highways. There stogging trails to follow and you will see deer or elk in this uninhabited The trails will finally end up about semiles from the coast line.

whe daring individual who likes to this, Triumph Hill is located in this of the top which must sold feet elevation, and going down moute side the trail is hard to find, as welcom used.

whiles who want to take a short trip, might my the Skyline Road located by thington Park Zoo. It is scenic and sessme trails to explore.

to beat summer heat

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

is the Alcan Highway to Alaska or the

For the spectators who like to watch motorcycle races, there is Sidewinders, lo-

cated on 82nd Avenue near Clackamas or

the Portland International Speedway for

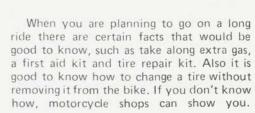
Amateur and Professional racing (PIR), near

Pan Am Highway to Central America.

For those who want the grand tour there

their skills.

Jantzen Beach.



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

to say you have to work this summer that take time off for a vacation? You withat enough money to get away from a for awhile? Tri-met may have the to your summer vacation problems. The bus lines go to many places in the ward area that are perfect for a one-more afternoon mini-vacation.

we about a walk in beautiful flower with the International Rose Gardens whimgton Park provide a delightful amon and illustrate why Portland is with City of Roses, Besides roses there he Japanese Gardens where you can attate of the Orient for the price of a widet.

Rhododendron Garden features modeled from an azaleas in an actional woodland setting. Over 400 tent varieties can be viewed from the beauty of nature for an afternoon. Sidens don't interest you? What you'd like is to go backpacking and lose religion to the wilderness for a month or that you don't have the time? Tri-met the you to 148 different parks in the curty area where you can get lost for an oraday.

Tabor Park with its 200 acres of gass and water provides ample room after and the 15 miles of trails withboundaries of Forest Park should your backpacking desires for a day. Mater interests you you're in luck. In is famous for its rain and the results is lots and lots of water. There are streams, fountains and ponds all with-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.

