

BIKE

TRAILS

BY ERINN LERTEN
Staff Writer

• With 37,000 urban open spaces, Portland offers a cyclist's paradise.

The Oregon rain is finally warmer and winter is giving way to spring, so it's time to break out the bike and enjoy the scenic Northwest (not to mention lose a few pounds to look smashing in that summer bikini). Portland is renowned for being a bike-friendly city and offers some of the best biking anywhere.

Forest Park
NW 29th Ave
Portland, OR 97210
Phone: (503) 823-2223

Forest Park is located on the eastern slope of Portland's Northwest hills and offers about 50 miles of bike trails that range in difficulty. Within Forest Park are seven other parks, but Forest Park as a whole is the largest wilderness park within city limits in the United States.

Leif Erikson Drive, an easy uphill climb, is probably the longest (11 miles) and most popular trail in the park, and can be accessed from the top of Northwest Thurman Street. Newton Road, with rocks and roots in some areas and brush and washouts in other spots, offers a challenge for even the most experienced rider.

River Butte Nature Park Mountain Bike Trails
SE 162nd Ave
Portland, OR 97236
Phone: (503) 823-2223

Situated on a huge volcanic mound and with over 570 acres of land and nine miles of trails, there are options for just about anyone's needs at Powell Butte. On clear days, five mountains can be seen from the park. The offerings range from easy, paved blacktop to steeper, single-track trails. A now-extinct volcano formed Powell Butte's landscape and, as a result, the area boasts rich soil and an abundance of blooming trees in the spring, in-

cluding larch, magnolia, apple and pear, as well as numerous others.

Access to the park's upper meadow areas is best gained from the easy, open Meadowland Trail, from which you can link up with the single-track Wildhorse Trail. More single-track is also available on the Pioneer Orchard Trail.

Springwater Corridor
From SE McLoughlin Boulevard to city of Boring
Portland, OR
Phone: (503) 823-2223

Stretching from Boring to Portland, the Springwater Corridor—once a railway corridor—is a 16.8-mile segment of the "40-Mile Loop," a nature trail encircling the city that was originally conceived by the Olmsted brothers in 1903. The corridor is a 10-foot-wide, multi-use trail that's open to pedestrians, cyclists and horseback riders. It's a great way to enjoy a bike ride within the city limits—it's free of cars, though you do have to cross a few streets. The traffic tends to be light on weekdays, but on weekends watch out for young chil-

dren as this is a prime family-biking destination.

Access to the trail can be easily reached at two trailhead locations. At the west end, a paved parking area with a restroom and picnic tables is located at the convergence of SE Johnson Creek Blvd. and SE 45th. In Gresham, a paved parking area with equestrian trailer accommodations and a covered picnic shelter is located at SE Hogan Road, immediately north of the trail. Parking is also available at Main City Park. Local access can be reached at any public street or bike trail intersecting the trail, including I-205 Bike Path.

Other good trails:
Tryon Creek State Park
11321 SW Terwilliger Blvd
Portland, OR 97219-7704
Phone: (503) 636-9886

This 631-acre park offers three miles of bike paths and an abundance of beautiful terrain to explore.

Waterfront Park
SW Front; from SW Clay St. to the Steel Bridge
Portland, OR 97205
Phone: (503) 823-2223

A 36-acre urban park, Tom McCall Waterfront Park stretches for 22 blocks along the Willamette River and offers a bike path among the other attractions. Waterfront Park plays host to various events and festivals throughout the summer months, including the Rose Festival Fun Center, the Bite and Last Chance Summer Dance.

Sauvie Island
US Hwy 30
Portland

Sauvie Island is a combination of farmville, nurseries and light industry, which also boasts a bird sanctuary, a clothing-optional beach and perfect roads for cycling. Unlike much of the scenic riding just out of downtown, Sauvie Island is completely flat. This makes it an ideal destination for recreational riders.

Also of interest to bikers:
Volkswagen Bicycle Festival
March 2 & 3, 2002
10 a.m.-5 p.m.

Lloyd Center DoubleTree Hotel
Admission: \$5, free for kids under 10
Including exhibits, swap meet, antique bike and hands-on clinics.

Springwater Corridor Trail Map



For a detailed map and more information see <http://www.parks.ci.portland.or.us/Trails/SpringwaterCorridor/SWaterMap.htm>.

Shorts, sandals, Frisbee, cooler... bail

Spring is coming and you know what that means — some of us are likely to find ourselves arrested for letting our hair down. Yep, there's nothing like a little nice weather to bring out the rule-breaker inside.

Most typically with this crowd, the biggest concern will be explaining the contents of your cooler to local law enforcement at the park. Just remember the whole "more flies with honey" thing, and you'll be fine.

Unfortunately, this is also an institution of higher learning, and I fear some of you may feel compelled to share your knowledge of the Constitution with an otherwise friendly peace officer. If there was ever a case of discretion being the better part of valor, this would be it. You're not going to score cool points with your friends from the back of a squad car. As a matter of fact, most of them are likely to be quietly thankful that you're the one who smarted off first.

I made a similar mistake several years ago by pointing out that I didn't feel the Dallas PD had brought enough

help to enforce their will. I don't recall much after that. Suffice to say my divorce was without a hitch, and three years later I still have a woman in my life who tells me where I can go and who I can associate with, without any of the perks marriage afforded.

Marvin Baker
Guest Columnist



I believe all things happen for the better, regardless of the circumstances that caused them.

With this in mind, I am all too happy to share more of my hard-won wisdom for those of you who are predisposed to drinking in public. I also like to kill as many birds as possible with a single stone — namely anything that could count towards completion of community service — so this week I'm including some incarceration survival techniques that I have found to be extremely helpful in getting through the critical first few days.

First, you need to let go of a few silly notions life in free society has given you, like the First Amendment and indiscriminate bathroom privileges. Next, you have to determine if they've signed you up on the weekender or frequent flyer plans and budget accordingly (Yes, you can spend money in there). Lastly, and this is something of a paradox, know that thirteen months in prison goes a lot faster than nine months in county jail. This is due to the amount of time you spend hiding from people who are bigger and meaner than you are — which is just about everybody. Bear in mind, there are some major differences between jail and prison, but I think you'll find the following points to be pretty consistent between the two:

1. A guy named Tiny never is.
2. Not for human consumption is a subjective principle.
3. If the menu says meatloaf, don't argue — they do have such a thing as chef's surprise. You don't want to be it.
4. Smart mouth + Cops + Yellow Pages, baton = the best nap of your life.
5. Most men are potentially one good

backhand from becoming homosexual.

6. In my doubt about point number five see point number one.

7. There's no shame in sleeping with your thumb in your mouth (I also suggest placing your butt against the wall).

To reach Marvin Baker e-mail mbaker296@hotmail.com or drop by B-104.

Corrections:

In issue 14, Feb. 20, 2002, there was no photo credit for two of the auto body photos and we would like to give credit to Tad Wagner. Also, writer Allison Gerfin's first name was misspelled. We apologize for any inconvenience this caused.

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