

for the Willamette provides a list of campsites, plus detailed information on amenities, under the heading "Trip Planning."

MOUNTAIN BIKING

Options for local mountain biking enthusiasts are seemingly endless. Lane County is home to some of the best trails in the country. While mountain bikers are more likely to share national secrets than their favorite trails, some local jewels are common knowledge. The McKenzie River Trail, 50 miles east of Eugene on Highway 126, is practically a gift from the mountain biking gods. The Oakridge area, 45 minutes south of Eugene off of Highway 58, is home to many of the better trails in Lane County. The U.S. Forest Service map of the Willamette National Forest is an excellent resource for finding both popular and lesser known tracks.

BARBECUES & BACKYARDS

The prescription for the ultimate kickin' it on a Sunday summer afternoon: a fridge full of longnecks, a stereo blasting *Legend* and various meatstuffs on an outdoor grill. It's laid back, it's inexpensive and it induces camaraderie and instant nostalgia. Simply heat up some coals, call up a bunch of friends and proceed to sit on the grass and fill bellies with meat, brewdogs and possibly potato salad. If it's an especially hot day, consider rigging up a sprinkler, kiddie pool or the Slip N' Slide.



www.vistaballoon.com/beta for more information.

SKYDIVING

Some people call it the most fun you can have with your clothes on. Others call it skydiving. "I get out of the airplane and I can fly," says Dave Wright, owner of Wright Brothers Skydiving. After several hours of training, novices can plummet thousands of feet to the earth at 120 mph. Wright Brothers Skydiving and Eugene Skydivers, both in Creswell, offer local newbies their first shot at Icarian adventure. Contact Eugene Skydivers at 1-866-461-DIVE. Contact Wright Brothers Skydiving at 1-800-SKYDIVE.

ULTIMATE FRISBEE

Eugene is big on high school ultimate frisbee. A South Eugene player, **Breeze Strout** (shown of left pulling down a "d"), was called a future "Callahan Candidate" (most valuable player in college ultimate) in the Ultimate Player's Association newsletter.

Recently Oregon high school teams played one another in Philomath, Ore., in the Oregon High School Championships. After Philomath High School staged an early seven-to-one run against South in the finals, South put on a display of diving blocks and sky-high grabs to stage a terrific comeback before being edged out 13-15 by last year's champions. South

was shy a couple of their best players due to family events, so look to the youth of South Eugene for future regional and national high school ultimate frisbee titles.

Eugene pick-up games for all-level play, 6:30 pm, T, TH, South Bank Fields (by the footbridge to Autzen Stadium.)

Upcoming Oregon tournaments:

Slugfest, May 31-June 1, Corvallis. 738-8929.

25th Annual Summer Solstice, June 21-22, Eugene. 302-9779.

Log Jam, June 21-22, Estacada. (503) 233-4634.

Against the Grain, July 19-20, Seaside. (503) 819-2585.

Kleinman Eruption, Aug. 2-3, Portland. monicow@teleport.com

air

HOT AIR BALLOONING

Picture yourself floating high over wine country, held up by a gigantic, candy-colored balloon. Vista Balloon Adventures offers that exact experience. Hot-air powered flights run daily out of Newburg (just south of Portland) for \$179 per person. The one-hour trip is followed by a catered breakfast. "It's absolutely wonderful," says owner Roger Anderson. "It's probably the closest I'll ever come to owning a magic carpet." Call 1-800-622-2309 or visit

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Coast Starlight Train scheduled to depart Eugene at:

Northbound to Seattle 12:44 PM • Southbound to California 5:10 PM

New Service

**Lewis & Clark Explorer Train
Portland • Astoria**

May 23 through Sept. 2, 2003

Friday-Saturday-Sunday-Monday
Via the Lower Columbia River Rail Line

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Arrive Astoria RR Station at 11:30am

Depart Astoria RR Station at 4:30pm

Arrive Portland Union Station 8:30pm

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NORTH: 1:45 PM and 3:10 PM to Albany, Salem and Portland

3:10 PM Bus connects to Cannon Beach, Seaside and Astoria

EAST: 9:22 AM to Sisters, Bend, Burns, Vale and Ontario

WEST: 3:50 PM to Florence, Reedsport and Coos Bay



**For Tickets and Schedule Information Contact:
Your Amtrak Travel Agent or call 1-800-USA Rail**

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