

New guide outlines 65 key county fishing spots

Anglers in Lane County now have a new guide to more than five dozen fishing spots, from the Oregon Coast to the Cascade Mountains.

In a partnership between the Oregon Department of Fish and Wildlife and Travel Lane County, the guide "65 Places to go Fishing in Lane County" offers key details to help novice to expert anglers navigate their way to the region's lakes, rivers and streams.

"We are excited to offer local

and visiting anglers a piece that shows the diversity and extent of fishing in our area," said Samara Phelps, Director of Visitor Services, at the Eugene, Cascades and Coast Adventure Center. "Whether it's fishing on the Oregon Coast or on the McKenzie River, we hope to inspire new and experienced anglers to explore locations across the county."

The guide outlines the types of fish found or stocked in each locale, as well as key amenities

such as boat launches, picnic areas, camping facilities, disabled access and restrooms.

Listings also include whether parking, day-use or other fees apply.

A map inside pinpoints the 65 fishing spots located in and around Eugene, Springfield, Cottage Grove, Dexter, Leaburg, Blue River, Oakridge, Florence, Veneta, Junction City and Cheshire.

A QR code can be scanned for easy mobile map access.

"We know there are many popular fisheries here, but realize that we have some locations that don't get the attention they merit," said Shannon Richardson, Fisheries Biologist for the Oregon Department of Fish and Wildlife. "Partnering with Travel Lane County allows us to get the word out about the angling opportunities in Lane County and empower people to get outdoors and get fishing."

The guide features full-color

illustrations of common fish found in Lane County waters to help anglers identify everything from Chinook salmon and largemouth bass to rainbow trout and crappie. Tips for embarking on a fishing trip via a drift boat, pontoon or kayak provide helpful hints for successful, safe trips.

A total of 10,000 guides have been printed and will be distributed at key locations through the Oregon Department of Fish and Wildlife and information

centers. Travel Lane County will distribute them at the Eugene, Cascades and Coast Downtown Visitor Center and the Adventure Center in Springfield, as well as at key partner venues from hotels to trade shows.

Guides are also available for download at www.dfw.state.or.us/resources/fishing/where_how/65_places_in_lane_county.asp.

Sheriffs offer safety tips for spring-time runners

Every runner should take a few moments and consider their safety while running. Running is generally a safe activity, but there are still perils worth considering and preparing for.

For example, running at night, while often pleasant due to lower temperatures and decreased traffic, brings with it the added danger of decreased visibility.

The weather can pose running safety risks. Running in extremely hot or cold weather requires special precautions, in

addition to running in inclement weather.

Here are some tips to make your run or jog safer and more enjoyable:

- Before the run —
- Arrange to run with another person.
- Leave word with someone or write down where you plan to run and when you will return.
- Carry some I. D. and a cell phone.
- Take a whistle with you.
- Don't wear a headset, earphones or anything that dis-

tracts you into being completely aware of your environment.

- Avoid unpopulated areas, deserted streets, lonely trails — and especially avoid unlighted routes at night.
- Vary the route and the time of day that you run.
- Run in familiar areas. Note the location of neighbors you trust along your route.
- Know where police are usually to be found and where businesses, stores, offices are likely to be open and active.
- During the run —
- Always stay alert. The

more aware you are, the less vulnerable you are. Think about possible escape routes in case of confrontation.

- Take notice of who is ahead of you and who is behind you. Know where the nearest public sites are with some general activity — there is usually safety in numbers.
- When in doubt, follow your intuition and avoid potential trouble. If something seems suspicious, do not panic, but run in a different direction.
- Run clear of parked cars, bushes and dark areas.

• Run against traffic so that you can observe the approach of automobiles.

- If the same car cruises past you more than once, take down even a partial license number and make it obvious that you are aware of its presence (but keep your distance).
- If confronted —
- Run toward populated areas, busy streets, open businesses.
- Ignore jeers and verbal harassment. Keep moving.
- Use discretion in acknowledging strangers. Be friendly,

but keep your distance and keep moving.

- Do not approach a car to give directions or the time of day. Point toward the nearest police or information source, shrug your shoulders, but keep moving.
 - If you feel you must respond, do it while moving.
 - Don't panic and don't run toward a more isolated area.
- Submitted by Lincoln County Sheriff's Office

Sailors from 1B

leaped 10-11 for third, followed by Jade Roby in fourth place at 6-0.

Tucker Ford provided the Mapleton boys with one of its first wins on the day after clearing 5-10 in the high jump. Ford then won the 2400-meter race 8:56.46.

Chris Free had a pair of wins for the Sailors, landing 19-05 in the long jump and winning the 600-meter race in 1:38.91. Cole Spencer was close behind for second place at 1:43.68.

Free also went on to place second in the triple jump at 38-08. Ford was third in 34-05.

Hunter Simington was the team's leading overall scorer, winning the 100-meter dash (24.28), placing second in the long jump (17-03), and third



place in the high jump (5-04). The Sailors got additional scoring from Trevver D'Auteuil, who was third in the

shot put (31-02), second in the discus (81-07) and fifth in the 300-meter race (47.46); A.J. Foster, who was fourth in the

Mapleton senior Chris Free lands second in the triple jump at 38-08.

200-meter dash (26.61) and third in the 100-meter dash (12.59); Spencer Cole, who placed second in the 600-meter race (1:43.68); and Dominic Wells, who was fourth in the 300-meter race (46.68) and seventh in the high jump (5-0).

The Sailors will be back on the track when they host their next home meet, April 2, beginning at 4:15 p.m.

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View from 1B

off-seasons in NFL history. Rex Ryan is building a "bully" in Buffalo, the Jets signed Darrelle Revis, the 49ers are imploding before our very eyes ... I mean, why even wait to start the season? Let's just go now.

Let's set another kickoff after the Mayweather fight. It's all anyone talks about. The NFL has completely blown every other sport off the back pages. What are we going to talk about?

The Los Angeles Clippers? Please. People are talking about Philadelphia in places other than Philadelphia! This is amazing.

I kid Philadelphia, but I am not kidding when I say that Chip is really up to something good over there. Trading for a mishandled Sam Bradford, signing the disrespected Demarco Murray, meeting with the revered Tim Tebow ... it makes for great theater.

Truly, he's putting a team together that has — pardon the pun — a huge chip on its shoulder.

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