

Weekly 'Walk With a Ranger' program begins Monday

YACHATS — Explore the trails within the Cape Perpetua Scenic Area during weekly "Walk with a Ranger" guided hikes.

Retired chief park ranger and interpretive naturalist Michael

Noack will lead a leisurely 30- to 60-minute hike along easy-to-moderate trails at noon every Monday, starting April 20.

"This is a great opportunity for people to connect with nature, while sharing the expe-

rience with others," Noack said.

During the hikes, Noack will share information about the local flora and fauna, while participants will have the opportunity to get to know one

another and make new hiking friends.

Hikes will depart from the Cape Perpetua Visitor Center, located three miles south of Yachats on Highway 101.

Participants should dress for

variable coastal weather, wear comfortable shoes, and bring water.

"Walk with a Ranger" hikes will continue through the summer.

Attending the hikes is free,

but a day-use fee or recreation pass is required within the Cape Perpetua Scenic Area.

For more information, call Visitor Center staff at 541-547-3289.

Spring cycling season is here; know rules of sharing roads

There are many bicycles on today's roads. More people are using bicycles as a means to commute for entertainment and for exercise. Some of the more common reasons include low cost to operate, reducing the consumption of fossil fuels, and exercise.

Motorists should remember these tips when sharing the road with a cyclist:

- A bicycle is considered by law to be a vehicle. When a cyclist has stopped and remains astride their bicycle at an intersection and/or for a traffic signal, they are to be treated as a vehicle waiting for their turn to proceed.
- Many children riding bicycles on the street may lack the necessary training and skills for safe cycling. They may not be aware of all dangers.
- Be alert for small children

on oversized bicycles. This may increase the likelihood of loss of control.

- When passing a cyclist, go around them like you would any other vehicle. Leave lots of room.
- When you are preparing to make a right turn, watch for cyclists who may pull up alongside your vehicle.
- Remember to shoulder-check your blind spots.
- When you are about to make a right turn, do not pull up beside a cyclist and then turn directly in front of them and cut them off.
- When pulling away from the curb, always check for cyclists who may be trying to pass you.
- When parked at the curb, always check for cyclists before you open your vehicle door. It's the driver's responsi-

bility not to open the vehicle door into traffic.

- Do not follow too close behind cyclists. They do not have brake lights to warn you when they are stopping.
- Cyclists are entitled to make left turns in the same manner as motorists. Since they are more exposed to traffic on left turns, they will need extra consideration, especially on multi-lane roads.
- Cyclists are required to ride as close as practicable to the curb, however they may need to ride further out when they have to steer away from drainage grates, pot holes, debris, loose gravel or sand, wet or slippery surfaces, rutted or grooved pavement and even dogs. Be aware of the roadway conditions that may affect a cyclist.
- Do not sound your horn

unnecessarily when you are overtaking a cyclist. It may startle them and cause them to lose control. If you feel that you must use your horn, tap it quickly and lightly while you are still some distance away from the cyclist.

Cyclists should also remember that, when they are riding their bicycles on streets and highways, they are considered by law to be a vehicle.

Therefore they are required to obey all the rules of the road, which apply to other (motorized) vehicles, plus those that apply only to bicycle operators.

Cyclists using the streets and highways should:

- Never ride against traffic. It is one of the leading causes of crashes, accounting for 15 to 20 percent of all crashes with cars.
- Keep both hands on the handlebars except when mak-

ing a hand signal.

- Keep both feet on the pedals.
- Not carry more people at one time than the bicycle was designed for.
- Not hold onto, attach themselves, or attach the bicycle to any other moving vehicle.
- Only ride side by side on the road with another cyclist when it does not impede other traffic. If traffic doesn't have enough room to pass you safely, ride single file.
- Ensure the bicycle is equipped with at least one white light to the front and a red light and or red reflector mounted on the rear of the

bicycle when riding between sunset and sunrise.

— Lincoln County Sheriffs

Sailors from 1B

hurdles (47.69).

The team of Simington, Packebush, Foster and Free won the 4x100-meter relay with a time of 48.02.

In the field events, Pruett won the javelin (152-9), placed second in the discus (108-0) and was third in the shot put (39-03.5). Ford won the high jump after clearing 5-8 and was third in the javelin (115-09).

Spencer landed second in the high jump (5-0) and third in the long jump (14-10).

Free leaped 37-11 to win the triple jump.

Oakland won the team title with 94 points, followed by Mapleton (87), Monroe (47) and Yoncalla (8).

For the girls, junior Hannah Rodet had Mapleton's highest individual score with second place in the pole vault (6-0). Rodet was also third in the 300-meter hurdles (1:11.0) and

fourth in the 100-meter hurdles (27.42).

In the throws, sophomore Josi Hays was third in the discus (75-0) and fourth in the shot put (25-10-5).

Freshman Alexis Gierke was fourth in the 100-meter dash (16.12). Gierke also ran a leg on the third-place 4x100-meter relay team (1:03.14) with Rodet, senior Katie Dearman and sophomore Olivia Nichol.

In the long jump, the Sailors had three top-six marks.

Dearman was third (12-03.5), sophomore Destiny Weber was fifth (11-02.75) and Nichol was sixth (11-02.0).

Thursday, the Sailors will compete at Monroe High School, beginning at 4 p.m.

Deadlines for press releases and news items are Mondays and Thursdays at noon.
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