

The Amazon Bikeway begins at the Lane County Fairgrounds and extends west to the Fern Ridge Reservoir recreation area.

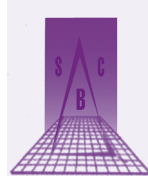
The Adidas Oregon Trail, one of the best places in America to run intervals, is a one mile bark-covered loop located at 24th Avenue and Amazon Parkway. The trail is lighted for after-dark runners. It is not uncommon to see U of O athletes or world class distance runners practicing here. Just south of this location is the 3.5 mile Rexius bark loop that winds through peaceful residential areas.

For more rugged running or hiking, consider the various Ridgeline Trails that weave through the hills just south of Eugene. Nearby Spencer's Butte offers the runner/hiker an unparalleled view of Eugene/Springfield and beyond. Mt. Pisgah, just south of Springfield, is another favorite scenic climb. For marathoners, one of Springfield's best kept secrets is the paved Booth Kelly logging road (closed to traffic) which extends for over 5 miles from Springfield southeast to Hills Creek. Or, try running through the filbert orchards in Dorris Ranch. The McKenzie River Trail, 50 miles east of Eugene, offers the runner spectacular scenery of old growth forests, waterfalls, deep blue pools, and lava beds. Each fall, a 50k ultra marathon from Clear Lake, the source of the McKenzie River, to Paradise Campground takes place here.

The runner's tour is not complete without a stop at Hayward Field, one of the world's most famous track and field arenas. The public may work out here year-round, and in July, compete on this championship track when the Oregon Track Club sponsors its all-comers meets. In May or early June, the renowned Prefontaine Classic, one of the best track and field meets in the world, takes place here.

If you are searching for a place where health and fitness are celebrated and running is a religion, look no further than Eugene/Springfield. Come join some of the most devoted runners in the country who gather here to pursue and perpetuate their sport in this runners' paradise.

Funded by Lane Co. Tourism Special Projects Grant and Oregon Track Club  
 OREGONTRACKCLUB.ORG  
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QSL Print Communications, Inc Oregon Track Club www.sbgmaps.com

### Track Town, USA

From enthusiastic track and field supporters to a host of talented athletes that live and train here, the Eugene/Springfield community has something to offer every runner. Whether you are training for a marathon or running for your own enjoyment, "Track Town, USA", with its mild Willamette Valley winters and spectacular summers, provides one of the best running environments in the country.

Among the many running venues, the extensive blacktopped bicycle paths on the banks of the Willamette River are a jogger's delight. These paths extend for over 12 miles, with beautiful river views from Knickerbocker Bike Bridge to Owosso Bike Bridge roundtrip. One favorite roundtrip route stretches from the Autzen Bike Bridge to the Greenway Bike Bridge at Valley River Mall, and returns on the opposite bank. This 5.6-mile loop provides an exquisite view of the river and its surrounding parks and rose gardens.

To the river's south is Skinner's Butte Park, named for city founder, Eugene Skinner. The challenging 0.75-mile road up the butte leads to an amazing view of downtown Eugene and is well worth the climb. A must-do for all runners is Pre's Trail, located in Alton Baker Park. This 4.84-mile bark trail is dedicated to the legendary University of Oregon athlete. Steve Prefontaine brought the idea of bark running trails home with him after discovering them while competing in Europe. Upon his return, he approached the City of Eugene with the concept of constructing a bark-surfaced running trail with exercise stations along the way. The wood chip running trail that he lobbied for unsuccessfully during his life was approved on May 31, 1975, one day after his death.

A visit to the Steve Prefontaine Memorial, which was erected in December, 1997, at the site of his death, provides a memorable experience. This granite marker, located near the intersection of Birch and Skyline Boulevards, was funded in part by monetary gifts from several sources, including inmates at the Correctional Institution in Salem. Pre volunteered there as a mentor and helped organize a running program, which is still in existence today.

Hendricks Park is another favorite destination for local runners. Roads and trails make their way through dense, forested hills and beautiful rhododendron gardens. The trees offer a respite from the elements on hot summer days as well as on rainy days.

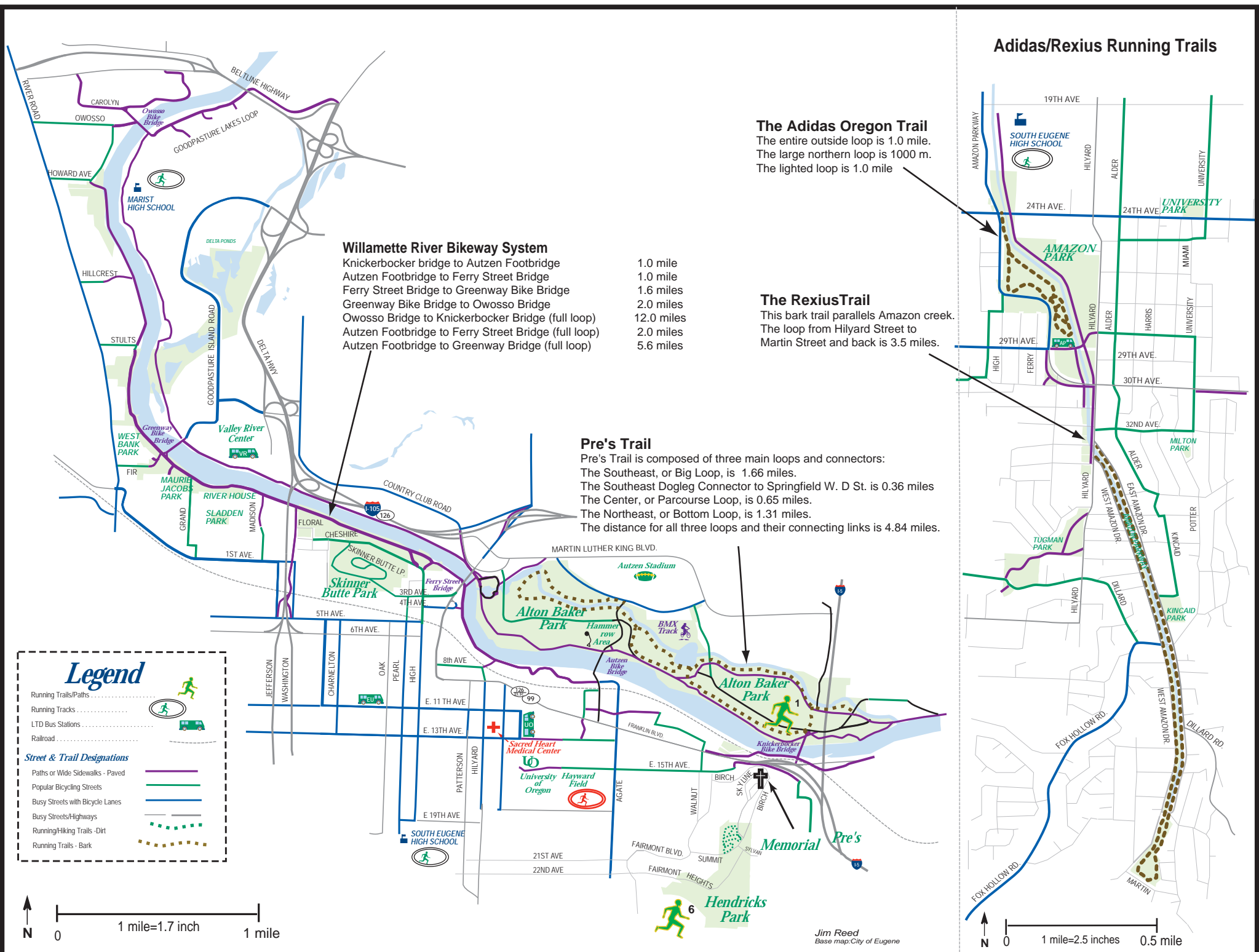
# TRACK TOWN USA



Michael Kevin Daly

## A RUNNER'S MAP

## FOR EUGENE-SPRINGFIELD OREGON



# Points of Interest

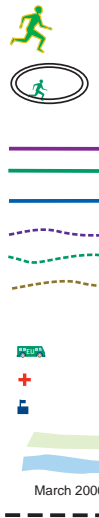
- Autzen Stadium
- Hayward Field
- University of Oregon
- Prefontaine Memorial
- Hammer Practice Throwing Area

## Running Trails and Paths

- 1 Pre's Trail
- 2 Willamette River Bike Way
- 3 Skinner's Butte
- 4 Amazon Bike Way
- 5 Amazon/Adidas Oregon Trail
- 6 Rexius/Amazon Trail
- 7 Ridgeline Trail
- 8 Spencer Butte Trail
- 9 Hendricks Park
- 10 Lane Community College Cross Country Trail
- 11 Pioneer Parkway Trail
- 12 Dorris Ranch Trail
- 13 Mt Ptsqah Trail
- 14 Booth Kelly Logging Road

# Legend

- Running Trails/Paths
- Running Tracks
- Street & Road Designations**
- Paths or Wide Sidewalks - Paved
- Popular Bicycling Streets
- Busy Streets with Bicycle Lanes
- Mountain Bike Trails
- Running/Hiking Trails - Dirt
- Running Trails - Bark
- Other Features**
- LTD Bus Terminals
- Medical Centers
- Schools
- Parks
- Waterways



March 2000

See detailed map on other side