

City of Eugene

InMotion March 2010

InMotion is a monthly e-newsletter produced to help communicate with Eugene's biking and walking enthusiasts. Each month you will find information about upcoming local events and advocacy opportunities that pertain to all forms of active transportation. Please feel free to forward this great community resource to anyone you think might enjoy it.

Find The City of Eugene Transportation Planning on Facebook. Become a fan of our page and stay up to date on current activities, events and news.



If you are not a Facebook user you can simply view our page by clicking the button to the left. You do not have to become a Facebook member to view the page.

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All City sponsored meetings and workshops listed are open to the public and wheelchair accessible. For individuals who are deaf or hard of hearing, an interpreter or FM assistive listening system can be provided with 48 hours notice prior to the meeting. To arrange for these services for any of the City workshops listed above, please contact City staff at (541) 682-5291.

MONTHLY SPOTLIGHT

EPA Grant Will Allow SmartTrips Eugene Program to Expand Into More Neighborhoods

A new project to promote environmentally friendly commuting in Eugene got a \$100,000 boost from the Environmental Protection Agency (EPA) this week.

SmartTrips Eugene is designed to reduce drive-alone trips and increase biking, walking, and public transit in targeted geographic areas of the city. A pilot project will start in the Harlow neighborhood this summer. The EPA announced today that Eugene will receive a \$104,126 EPA Climate Showcase Communities grant to continue the program in 2011, making it possible to offer this program to the Trainsong, Jefferson/Westside and Whiteaker neighborhoods. The 2011 SmartTrips program will provide customized outreach to approximately 12,000 residents.



Eugene was one of 20 U.S. communities to receive a total of \$7.8 million in grants to reduce greenhouse gases. It's estimated that by 2012 these 20 projects will reduce about 135,000 metric tons of greenhouse gas emissions annually – equal to the emissions from 25,000 passenger vehicles – and save more than \$4.5 million per year in energy costs.

SmartTrips Eugene incorporates an innovative and individualized marketing program that hand-delivers packets of information to residents who wish to learn more about transportation options including transit, walking, bicycling, carpooling, and combining trips. Key components feature biking and walking maps and organized activities that get people out in their neighborhoods or places of employment to discover how many trips they can easily, conveniently, and safely make without using a car.

“It's great to see a city make it easy for citizens to use environmentally friendly ways of getting around,” said Michelle Pirzadeh, Deputy Regional Administrator for the EPA. “We're excited to support this initiative. It's a big step in the right direction to energy efficiency.”

Most of the Harlow neighborhood and a portion of the Cal Young neighborhood will be included in the 2010 pilot program. The SmartTrips Eugene pilot program is funded through a separate federal grant from the Department of Energy's Energy Efficiency Community Block Grant program. Close proximity to downtown and the University of Oregon and good pedestrian and bicycle infrastructure were among the considerations used to select the target neighborhoods for the SmartTrips Eugene project.

For more information please contact Lindsay Selser, SmartTrips Eugene Program Manager at 541-682-5094 or Lindsay.r.selser@ci.eugene.or.us . Also, www.WeBikeEugene.org Blog features an [informative article](#) on the SmartTrips program.

FEATURED NEWS

Unsafe Bicycles Get Serviced at Project Homeless Connect – Volunteers Still Needed

We've all seen it at one time or another...cars and bikes slow down and stop at a controlled intersection, and all of a sudden someone on a beat-up bike blows right through the stop sign. Some folks respond by honking, others yell obscenities, while the rest of us mutter under our breath and shake our heads in bewilderment at the careless cyclist. We blame his/her action on a scofflaw attitude and reckless lifestyle. But here is what I have learned after three years of working in the Bicycle Service Area at Project Homeless Connect. Sometimes, they don't stop because they CAN'T STOP.

For homeless and at-risk people, their bicycle can be their most important possession. It gives them mobility and may be their only method of transportation. But a large number of them are riding around on bicycles that are in various states of disrepair, ranging from rusty cables and underinflated tires, to non-functioning brakes. Usually, the cause of their brake woes is simple.



It may be caused by wheels that are so far out of true that the brake pads need to be opened in order for the wheel to rotate. Or, when they get a flat tire, they may not know how to properly disconnect and then reconnect their brakes. Sometimes it can be rusted or frozen parts that keep their brakes from working properly. In any case, many bicycles that are being used by our homeless and at-risk brethren are totally unsafe to ride. They need servicing and repair, but few of them have the resources to have the work done properly. This is where you can help.

Project Homeless Connect for Lane County needs bicycle mechanics and repair personnel to service bicycles at this year's event. The event takes place on March 18th at the Lane Events Center. The bicycle service area will be open from 8:30am until 3pm and we expect to service over 100 bicycles during that time. If you have some experience with performing basic bicycle repairs, have your own tools and a work stand, and enjoy being busy, we can use you at the event. Tires, tubes, parts and supplies will be provided. If you would like to volunteer as a bicycle mechanic or as bicycle intake personnel, or if you want to volunteer in another part of the event, go to this website and register:

https://volunteer.united-e-way.org/uwlane/user/events/one.tcl?event_id=10355034952

If you would like more information, please contact Kevin Ko at the City of Springfield, 541-726-2302. You can make a difference in someone's life. Volunteer today!

Being a Mentor is About Having Fun and Exploring New Things with a Kid!

Do you miss playing with kids? Have you been thinking about volunteering or sharing the positive things in your life with another? Share your love of hiking, biking, swimming or climbing with a young person in need of new experiences. Mentoring is a terrific way to give back or help the next generation become responsible, healthy and happy individuals. They need to learn, explore and challenge themselves with the guidance of a supportive and caring adult. Being physically active together is a great way to develop trust, commitment, self-esteem and how to care and develop respect for another individual. Please help give these young folks an opportunity to be successful individuals just like you! They're waiting for you now!

Want to learn more? Please call or email us now at phansen@committedpartners.org

or 541-344-0833 x105 .



**Committed Partners for Youth
Big Brothers Big Sisters Of Lane County
935 Oak Street
Eugene, Oregon 97401
(541) 344-0833 x103
www.committedpartners.org**

Job Posting: University of Oregon Bike Program Coordinator

We are seeking applicants for the UO Bike Program Coordinator position. I can testify that the experience is a fantastic opportunity to build upon your interests and skills, work with amazing people, and experience the outdoors!

See the attached job description for details. Any interested applicants should come by the EMU Outdoor Program office (located in the basement of the EMU) to fill out an application. Feel free to contact Briana Orr with questions. More information about the program can be found [here](#).

Briana Orr, Bike Program Coordinator, University of Oregon, opblp@uoregon.edu,
541.346.4365

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PUBLIC MEETINGS AND INPUT OPPORTUNITIES

EWEB Riverfront Master Plan: Where the City Meets the River Design Concept – March 3

Wednesday, March 3, Doors open at 6:30 p.m., Meeting from 7 - 8:30 p.m.

Eugene Hilton, 66 East 6th Avenue

Thank you to all who have already registered. Registration for this event is strongly encouraged: email eweb@rowellbrokaw.com.

AGENDA

6:30 Visit with the Design Team

7:00 Welcome and Introductions

7:05 Presentation by Rowell Brokaw Architects

7:30 Small Group Discussions:

How art and culture integrate into public space

7:50 Large Group Discussion with Electronic Polling

Building heights

Landscape options

Overall impression of design framework

8:30 Thank you for your contribution

** We are committed to access for all participants and assisted listening devices will be available at the meeting. This event will be held in a wheelchair accessible room. For individuals who are deaf or hard of hearing, an interpreter or note taker (if available) can be provided with one week notice prior to the event. Materials can be made available in alternate formats if requested in advance. To arrange for these services, please register for the event at least 1 week in advance.*

For background on the project, visit eugeneriverfront.com.

LTD Updates Route Plans

Planning for how to fill a \$3 million 2010-11 budget shortfall continues, however there is still time to be a part of the discussion and help shape the final bus service changes. Bus service

changes have been modified in response to comments received and more changes are likely as LTD planning staff refine options for LTD Board consideration over the coming weeks. For current information visit the [LTD website](#).

HELP SHAPE THE LTD PLAN!

Attend one of these open houses or public hearings. View the proposed changes and provide feedback.

Upcoming Open Houses		
March 1	7 a.m. – 6 p.m.	LTD Springfield Station
March 8	7 a.m. – 4 p.m.	LTD Next Stop Center
April 5	7 a.m. – 6 p.m.	LTD Springfield Station
April 12	7 a.m. – 4 p.m.	LTD Next Stop Center
Public Hearings at the Eugene Public Library		
March 8	5:30 p.m.	Bascom-Tykeson Room
April 12	5:30 p.m.	Bascom-Tykeson Room
<p>Submit written comments by e-mail to ltd@ltd.org</p> <p>or by mail to: Lane Transit District P.O. Box 7070 Eugene, OR 97401.</p>		

CONSTRUCTION UPDATES

Construction Increases on the New I-5 Willamette River Bridge

As construction increases on the new I-5 Willamette River Bridge, people using park paths east of Autzen Stadium will experience delays or detours. Starting Mar. 15, path users in the Whilamut Natural Area and Eastgate Woodlands will experience delays of 20 minutes or longer. Flaggers will be on the paths to direct traffic. Bicyclists are subject to the same rules as other motorists, including doubling of fines in construction zones for not obeying a flagger or riding on a road or path that is closed. In mid April, the Canoe Canal Path as it passes under I-5 will be closed and path traffic will be detoured to the North Bank Path. This detour will only be in place a few weeks and then east-west traffic will return to the Canoe Canal Path. Signage will be in place announcing the changes. Please watch for and obey the flaggers.

For additional information contact John Lively, CAWOOD at 541-484-7052 or john@cawood.com.

AREA EVENTS

GEARs has a new meeting schedule

We have a new meeting set-up for GEARs. General & Board meetings will be separate with the general meeting being more socially oriented with speakers, slide-



shows, or general discussion. Board Meetings will deal with organizational business such as financial, policy, education, and advocacy work. Everyone is welcome at either or both of the meetings. Here is the schedule for the upcoming March meetings:

General:

Thursday Mar. 25 6 p.m.
Countryside Pizza

Board:

Wed. Mar. 3, 7 p.m.
Keystone Cafe

Get More Details Online at: www.eugenegears.org

Bike Riding for Fun & Fitness - Every Wednesday

Try *Bike Riding for Fun & Fitness*. Senior bike riders depart from Campbell Community Center, 155 High St., for in-town rides every Wednesday from 10:30 a.m.-noon beginning Jan. 13. It's free. Helmets are required; weekly attendance is not. The Rides vary in length and time depending on ability.

For more information, call 541-682-5318.

City of Eugene Adult Services Program offers 3 FREE Walking Opportunities this Spring

Walk with Us to better health walks from Petersen Barn Community Center (meet in the lobby), 870 Berntzen Rd., on Thursdays, 9:30-10:30 a.m.

Walk'n'Talkers is a self-led group that walks 3-5 miles at a quick pace every Friday from Campbell Community Center, 155 High St., 9:00 a.m. - 11:30 a.m. The route varies and may have hills or rough pavement.

Walk a Bit to help you get out and get in shape. These new walks are at a moderate pace for one hour. The routes are 2 -3 miles, generally flat on sidewalks or bike paths. The walks leave from Campbell Community Center, 155 High St., every Monday at 9:00 a.m., beginning April 5. Please check with your doctor if you have not been exercising.

For more information, about the Campbell walks call 541-682-5318 ; call 541-682-5521 for the Peterson Barn.

Learn About the Bald Eagles at Skinner's Butte – March 5

City of Eugene Recreation Services invites everyone to learn about the pair of bald eagles that nest on Skinner's Butte. First, you'll watch a DVD presentation of the 2007 eagles' nesting season at Campbell Community Center, 155 High St. Then, the group will walk to Lamb Cottage in Skinner's Butte Park to see the nest and hopefully spot the eagles and their young. The event will be held from 1:30-4 p.m. on March 5. The cost is \$13 and pre-registration is required. For more information or to register, call 541-682-5318 or browse www.eugene-or.gov/recenroll.

First Saturday Park Walks are for all ages and FREE! –March 6 & April 3

The *First Saturday Park Walks* are for all ages. Join local experts to explore and learn about the ecology and management of Eugene's Parks. Staff from Eugene Parks and Open Space, along with naturalists from Eugene Outdoor Program will lead interpretive walks from 9-11a.

On March 6, explore the Amazon headwaters. Meet on the southern end of the West Amazon Parkway; turn left onto Martin St. Meet at the bus stop across from Canyon Dr. On April 3, explore the Delta Ponds. Meet at the viewing area on Goodpasture Island Rd. Call 541-682-6358 for more information.

Adaptive Recreation offering a Garden Club – Tuesdays March 9-April 13

The City of Eugene Adaptive Recreation program is offering a garden club for individuals with development disabilities. Register for this activity, which meets from 1-3 p.m. every Tuesday, March 9-April 13, growing flowers, vegetables and herbs in a community garden in a local park. Raised beds and adaptive tools make gardening easy and fun. Transportation to the garden site provided. Cost is \$35. For more information or to register, call 541-682-5311.

Confident Cycling Class – March 5

Do you feel confident when riding your bike?

Or would you like to find out what is being taught in Eugene regarding bikes and riding safely?

WHAT: Confident Cycling Class (in 2 sessions)

WHERE: Whiteaker Community Center (Clark St & N Jackson St) by GEARs [Greater Eugene Area Riders]

WHEN: Friday March 5, 5:30-8:30pm, and Saturday March 6, 8am-2pm.

WHY: Giving people, at all levels, the knowledge, skills and techniques to make bike riding safe, convenient and manageable.

HOW MUCH: \$10 Materials Fee (Payable at the Friday Evening Class)

More information:

This 2-session class teaches the skills and techniques to give bike riders the confidence they need to ride safely and legally in traffic and on the multi-use paths. The instruction covers Oregon state laws as they pertain to bike riders, bicycle safety check, fixing a flat, lane positioning, on-bike skills and crash avoidance techniques and includes a student manual. Recommended for adults and children above age fourteen, this fast-paced nine-hour course prepares people who bike for a full understanding of vehicular cycling and is a great resource for the community. This class meets certification by the League of American Bicyclists.

Learn More:

<http://eugenegears.org/programs/classes>

Register:

<http://eugenegears.org/programs/classes/signup>

“The Fold” Folding Bike Club Ride – March 7

The Fold folding bike club ride, Sunday, March 7, 11:00 AM. Meet at Gary's Coffee, 525 High Street. Rain, or shine. For more information call 541-543-5986 or go to

http://www.bikelanecoalition.org/html/the_fold.html*

Northwest Corridor Rail Summit - March 9

8:30 am – 5:30 pm

Lane Community College Center for Meeting and Learning, Eugene, Oregon

This conference is designed to be a meeting of high speed/commuter rail stakeholders from Oregon, Washington and British Columbia. The purpose of this event is to begin an active dialogue on the issues facing this region in the development of a functional high speed and capacity passage rail system in the Pacific Northwest Corridor. Sponsored by Parsons and Cascadia.

For more information and to register go [here](#).

Unnatural Causes, an LCHAY Film & Forum Event – March 9

Tuesday, March 9, 6:00-8:00PM at the Eugene Public Library, Downtown

This event is free and open to the public.

Please join us for community conversation and screening of the documentary film "Unnatural Causes; Is Inequality Making Us Sick?"

This film explores how inequities in housing, wealth, jobs and education- along with lack of power and control over one's life- can translate into poor health.

View a trailer of the film [here](#)

Vaclav Hajek Memorial Plaza Input Meeting – GET INVOLVED – March 10



A new safety plaza will be built by volunteers between the Churchill Skate Park and the 'Cuidado' crosswalk on Bailey Hill Road in May. The Plaza will have two benches, a message sign and a memorial plaque.

Message Team meets to design the sign
Wed 6:30-8 March 10 at Churchill High School Library.

Come join skaters, students, graphic artists, and neighbors as we blend our Eye to Eye message with teen safe driving ideas. Come have your say!

All are welcome!

Music and snacks provided for a 'sod removal' day **Saturday May 8**, as well as the 'form and pour' days **May 13 and May 14**.

The Safety Plaza **dedication** will be **Tuesday June 8** at 3:30.



Get involved! Make an impact! Use your talents! Have some fun!

For more info call:
Marina Hajek 338-3124
Tom Schneider 729-1263

West Eugene Wetlands Walk - March 13

The Mossbacks Volkssport Club of Eugene-Springfield is sponsoring a free walk through the West Eugene Wetlands on Saturday, March 13. Two routes will be available, one 5 km. (3.1 miles), the other 10 km. (6.2 miles); both are rated easy and include the Tsaanchiifin nature trail. Waterfowl, raptors, and other wildlife will highlight the walk.

Walkers may register and start anytime between 8 a.m. and 1 p.m. at the Willamette Resources Educational Network (WREN) yurt at 751 Danebo Avenue. Refreshments, water, and toilets will be available. The walk will be held regardless of weather. Further information can be found at www.mossbacks.org or by phoning 541-747-6470 or 541-726-7169.

Kidical Mass – March 20

Join us on this family fun ride held every third Saturday of the month. *Bugs, Super Heroes & Heroines!!* Starting at the Science Factory's "Cavalcade of Crawling Creatures" and ending at the Jordan Schnitzer Museum of Art's "Newart NW Kids: Heroes & Heroines" exhibit. Saturday, March 20th, 3 p.m.

We'll have a fun, safe, legal, and celebratory ride to another park and we always end with some special treat. It's a great time to get together with other families, kids, and kids-at-heart to enjoy a good ride around Eugene. See the [Kidical Mass](#) website for some FAQs.

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CITY RESOURCES

Report a Pothole Program

It's easy to report a pothole to the Eugene Public Works Maintenance Division! There is even a handy online pothole reporting form available at www.eugene-or.gov/pothole! The form will ask for some brief information about the pothole, including its location (if on the path, try to give as much location info as possible). There's also a place for you to provide your contact information. If you would prefer, you can call Public Works Maintenance at 541-682-4800 between 8 a.m. and 5 p.m. Monday through Friday and file the report over the phone.

If you'd like to follow up with the City after making a pothole request, just send an email to pwmaintenance@ci.eugene.or.us with the word "pothole" in the subject line.

(Please remember that Eugene Public Works only repairs potholes on streets/paths in the city of Eugene. We will make a field inspection of every reported pothole within two business days. In many cases we will immediately fill the pothole; however, in some cases we may choose to wait to schedule an alternate treatment such as maintenance overlay. FMI: go to www.eugene-or.gov/pothole)

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COMMUNITY RESOURCES

Water Bottles to Benefit the Jane Higdon Foundation

Honorary water bottles are being sold, with all proceeds going to help support the Jane Higdon Memorial Fund. The water bottles are \$5.00 and being sold at Newman's Fish Co. at 1545

Willamette Street, Eugene. Jane was an avid cyclist. She wanted to make a difference in the world and focused on ways to make her life more meaningful. She was tragically killed in 2006, when she was struck by a truck while on a bicycle training ride on a beautiful Oregon rural road.

The Memorial Fund supports scholarships and grants to encourage girls and young women to pursue healthy, active lifestyles and academic excellence. The Memorial Fund also makes donations to non-profits that advocate and work for bicycling and pedestrian safety in Oregon. Additional information can be found at: www.janehigdonfoundation.com

Don't Forget to Purchase Your "Share the Road" License Plates



Oregon residents can help support cycling throughout Oregon by purchasing "Share the Road" license plates from the Oregon State Department of Motor Vehicles. Proceeds go to the [Bicycle Transportation Alliance](#) and [Cycle Oregon](#) to help fund bicycle education and advocacy.

<http://www.oregon.gov/ODOT/DMV/vehicle/platenonprof.shtml#share>

GOVERNMENT

[Point2Point Solutions](#) promotes and offers transportation options programs to the Lane County region's businesses, organizations, and educational institutions for their employees, staff and students. It is supported by Lane County's jurisdictions and is housed at Lane Transit District. <http://www.ltd.org/cs/csindex.html>

www.eugene-or.gov/bicycles the City of Eugene website contains bike maps and resources for biking in Eugene.

www.keepusmoving.info This site is user friendly and contains regional information about the transportation planning process, current projects, and information about transportation options. The site is maintained by the Lane Council of Governments.

The [Oregon Department of Transportation](#) (ODOT) website includes links to the [Oregon Bicycle Manual](#) and information on laws and regulations and a list of [bike travel web resources](#).

Smart Ways to School (www.swts.ltd.org) offers free services to parents of K-12 students to help them walk, bike, carpool, or ride LTD to school. We offer a SchoolPool, a free carpool-match service. We can help parents find other students to form a walking or bicycling "school bus." Smart Ways to School also manages the free LTD pass program for students in grades 6-12. Call 682-6212.

The [University of Oregon Craft Center](#) frequently offers classes on bicycle maintenance. Go to <http://craftcenter.uoregon.edu/#9> for more information.

The [U of O Department of Public Safety](#) strongly encourages bicycling as a way of responsible transportation. With Oregon weather, bicycling in winter months can be discouraging and

challenging for those that may not have the proper riding gear. You'll find information in this site about the availability of covered parking, safety recommendations, and a listing of local shops where you may purchase adequate gear for the conditions.

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COMMUNITY PARTNERS:

The Bicycle [Transportation Alliance \(BTA\)](#) is a statewide organization that works to promote bicycle use and safety and to improve bicycling conditions throughout the state of Oregon. In the Eugene/Springfield area, the BTA's Bicycle Safety program brings safety education to middle schools every year. For more information, go to www.bta4bikes.org .

BikeLane Coalition is a local non-profit organization that promotes safe cycling in Lane County. Membership opportunities include the Corporate Membership option: web page for the company, commuting assistance and route planning; and the Premium Membership option that includes membership in the League of American Bicyclists, The League Magazine, Bicycle Magazine, Roadside assistance and the usual benefits of membership such as discounts at participating bike shops. A discount is offered for those already members of other local cycling organizations. For more information go to www.bikelanecoalition.org

[Center for Appropriate Transport \(CAT\)](#) is a non-profit organization committed to community involvement in manufacturing, using, and advocating sustainable modes of transportation. The first organization of its kind, the Center was founded in Eugene, Oregon in the fall of 1992. Since that time the CAT has established a number of projects under one roof designed to further this mission including Pedalers Express delivery service, education and youth programs, Eugene Bicycle Works community bike shop, and more. CAT has also established an apprenticeship program that focuses on cargo bike frame building. For more information, go to www.catoregon.org

[Eugene-Springfield Mossback Volkssport Club](#) - Volkssports, literally "popular" or "folk" sports, are organized walking, swimming, bicycling, roller skating, and cross-country skiing events providing exercise that contributes to physical fitness. The Mossback Club usually meets on the third Wednesday of each month at 7:00 pm at the Willamalane Senior Adult Activity Center, 215 West C Street, Springfield. Please call 726-7169 or 747-6470, to verify meeting location. Club events are listed and described at their website, www.mossbacks.org. For more information contact Carmella at mossbacksclub@comcast.net .

[GEARS \(Greater Eugene Area Riders\)](#) invites the community to join club members on [several weekly bike rides](#). Rides vary in location, distance, and terrain. The main purpose of GEARS is to foster bike riding. All cyclists must wear an ANSI or SNEL/ASTM approved helmet. Riders should also carry a water bottle, tire pump, spare tube and patch kit.

Everyone is welcome to attend Eugene GEARS Board Meetings. For more information or times and location go to www.eugenegears.org/

The Eugene Safe Routes to School Program is a community approach to encourage and enable more people to walk and bike to school safely. We support schools and families in their efforts to increase active transportation choices by supporting individual SRTS committees, growing bicycle and pedestrian education for adults and children, and working to establish policies that encourage healthy, fun, and safe transportation choices.

For more information contact Shane Rhodes at rhodes_sh@4j.lane.edu or 541-556-3553

Nordic Walkers: For more information on Nordic Walking classes and lesson costs contact Barbara or Dan Gleason: 345-0450 or 345-3974 or email them at nordicwalkerbg@comcast.net

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BUSINESS PARTNERS:

Walk a Smile In: Step up, step out, step forward! Avid longtime walker/retired nurse walks one-on-one with clients to support improving personal and planetary fitness. Call or email for details, charges, appointment. Gift certificates available. Call or email Jenny at 541-343-6049, walkasmilein@gmail.com.

The [Eugene Running Company](#) offers a diverse series of walking and running groups for people of all levels from beginner to the hard-core. All groups and training are lead in a fun and supportive atmosphere. For more information on dates and times go to www.eugenerunningcompany.com

Second Summer Tours is a group led by Rob Templin, a local rider in Eugene. Join Rob and friends as he shares some of the 'secret' paths that will challenge you with tough climbs but reward you with deserted, traffic-free riding; and scenery to take your breath away. Tours are based out of Eugene. For more information go to: <http://www.secondsummertours.com/oregon.php>

Spirited Walkers Group Joining the Spirited Walkers marathon training group is a wonderful way to start the new year by making commitment to becoming more healthy and active, whether you actually want to walk a marathon or not. Registered walkers meet once a month for a sit down meeting of guest speakers who cover information about yoga for walkers, nutrition, hydration, clothes, shoes, and mental training techniques. There is a large group walking every Sunday. Beginning and intermediate mileage schedules are available. If you are interested, please contact Kay Porter at 342-6875 or email kayporter1@comcast.net , or go to www.thementalathlete.com for more information on times and cost.

Walk With Me! Walk the World with Tyler Burgess, fitness walking instructor and marathon walking coach for the University of Oregon and Lane Community College in Eugene, Oregon. Tyler walks to see the world, whether it is a big city, foreign country or our own backyard. Free walking tours take place on Tuesday nights from 5:30 pm to 6:30 pm. Meet at the end of High Street by the Campbell Senior Center. It is free, fun, and for beginners. For more information go to www.walk-with-me.com

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This message has been sent by the Transportation Options Team to the individuals and organizations listed in our database who have requested information about transportation activities and options in Eugene, OR. Transportation Options is part of the City of Eugene Public Works Engineering. Our offices are located at 99 E. Broadway, Eugene, OR 97401.

If you do not wish to receive these messages in the future please email [lindsay.r.selser@ci.eugene.or.us](mailto:lindsay.r.selser@ci.eugene.or.us) .

Thank you and our apologies if you received this message in error.