





Welcome to TrackTown USA, where we run for fun and for a living. Eugene & Springfield is the birthplace of the American jogging movement, the location of Historic Hayward Field and home to some of the nation's elite track and field athletes (past and present). TrackTown has trails and paths that vary from hilly and long to short and flat. Every runner, walker and hiker can find a place to call their favorite.

It was also in TrackTown USA where Bill Bowerman, Phil Knight and Steve Prefontaine developed their potential at the University of Oregon, each sharing an intense passion for running, competition and achievement. Together these Oregon legends laid the foundation, set the direction and provided the inspiration for Blue Ribbon Sports and the company it would become: Nike.

When you leave TrackTown USA you might have memories of an unbelievable kick that will make the hairs on the back of your neck stand up or muscles so sore that walking down stairs will only be bearable backwards. If nothing else, you will have this TrackTown USA guide, as well as some of our super (natural) dirt on your shoes.

Enjoy!
Oregon Track Club and Calvin Brawner

Special thanks to:
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This map was made possible through contributions from the following local organizations



OTC - It's for Everyone!
oregontrackclub.org



Running in the Footsteps
of Legends
eugenemarathon.com



Celebrating Women who Run
with retreats, products & events
runmommarun.com



EUGENE
RUNNING
CLUB
eugenerunningclub.com
Coaching for
Adult Runners



Ninkasi Brewing
272 Van Buren St
Eugene, OR 97402
ninkasibrewing.com



The Duck Store
895 E 13th Ave
Eugene, OR 97401
uduckstore.com



Eugene Running Company
116 Oakway Ctr
Eugene, OR 97401
eugenerunningcompany.com



Prince Pücklers Ice Cream
1605 E 19th Ave
Eugene, OR 97403
princepucklers.com



QSL Print Communications
qslprinting.com



Alton Baker Park + Pre's Trail

A bark-chip path called **Pre's Trail** weaves through the park. There are great views of the Willamette River to the south and Autzen Stadium to the north. The park can be accessed on foot from the south side of the river via the Frohnmeyer Foot Bridge. For a long run, check out The Ruth Bascom River Path, 14 miles in total or shorter using the foot bridges.

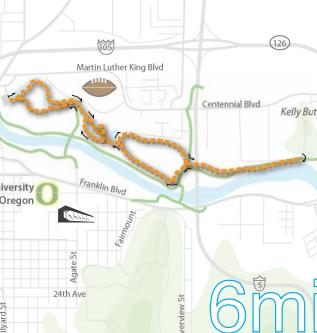
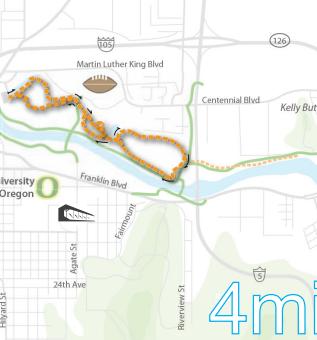
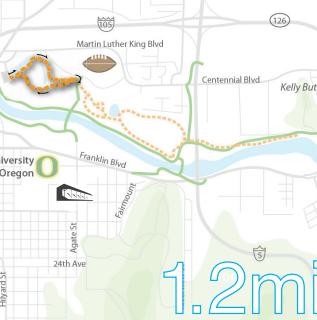
100 Day Island Road



Pre's Trail



All Distances Are Round-Trip (miles)



Amazon Park + Rexus Trail

The first portion of the trails is a mile bark-chip loop, where many of the nation's elite run. Four blocks south of Amazon Park, connected by a paved bike path, Rexus Trail extends south to the base of Spencer Butte and the Ridgeline Trail system. The trail becomes saturated in the winter months, but still provides great views of Spencer Butte and the surrounding South Hills.

Amazon Parkway and E 24th Avenue



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Hendricks Park

The tall conifer forest of Hendricks Park is visible to the southeast of Historic Hayward Field. **Pre's Rock** is north of the park on Skyline Blvd. There are many well-maintained gravel trails throughout the park, which can be linked together to make a loop. The forest makes this a great place to escape the heat in the summer or the rain in winter.

Summit Avenue and Birch Lane



Pre's Rock



Ridgeline Trail + Spencer Butte

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The Ridgeline Trail system covers a total of 14-miles. The Spencer Butte summit hike can be accessed from Ridgeline. A great view of Eugene can be seen from the summit's vista. The Fox Hollow trailhead can be accessed from the Rexus Trail. Ridgeline is a well maintained gravel trail shared by bicycles, hikers and runners. Cool in the summer and muddy at times in the wet winter months.

52nd Avenue and Willamette Street



Mt. Pisgah

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Mt. Pisgah offers hikers and runners an excellent view of Eugene to the east and Springfield to the north. The mountain is a part of the Howard Buford Recreation Area and an arboretum. A well maintained gravel trail ascends the mountain, while less tamed trails loop around the park. Finish your run or hike with a picnic in the arboretum.

Seavey Way and Frank Parrish Road

