# Hello.o.o. SPRING Americans are taking to the roads-on two wheels!

BY BONNIE DOMBROSKI Staff Writer

"Nearly 30 million adults bicycle for fitness reasons" and their numbers are growing, up some three million in 1987 alone, U.S. News & World Report said in a recent story. This growth is being aided by a trend toward moderation in the country's fitness culture.

Even physicians publicly debate the wisdom of the "no pain, no gain" ethic. "Overdo-ing it is out," according to U.S. News. Low impact sports like bicycling, swimming, hiking, and walking are in.

Vermont Bicycle Touring (VBT), the originator of coun- Green Mountain State also try inn bicycling vacations, has announced a tempting variety of active, adventurous vacations for its 17th season.

and over 300 departure dates on the trail in their agendas. this year, VBT vacationers can find themselves in deluxe counfind themselves in deluxe coun-try inns in New England, on has its headquarters at The the deck of a windjammer schooner or cruise ship, at a Bike shop owner Hugh King is performance of England's Royal Shakespeare Theatre, in cle Club. King said there are a New Zealand castle, or atop no official bike trails in the a Hawaiian volcano.

Bicycling has become enormously popular over the last decade. And, according to VBT Director Bill Perry, that popularity shows no signs of waning.

looking for something diferent for their vacations and find bicyle touring the perfect alternative," Perry said. VBT com-bines bicycling with first-class food and lodging and a variety of other activities along with professional leader support.

VBT vacations are designed for beginner through expert cyclists and last from two to 18 days. This season's weekend tours begin April 22, with innto-inn vacations beginning May

VBT's all-inclusive vacation package relieve busy people of the necessity for a lot of timeconsuming planning. Tour prices include accommodations, and the reasons behind the suggested procedures. breakfasts, dinners, gratuities, taxes, maps, complete written information about The Wyo-"we offer more than just bicycling. There's swimming, hiking, boating, dancing, summer theatre, and much more.' Vermont remains the primary focus of VBT's popular country inn bicycling vacations. Weekend and inn-to-inn vacations are offered throughout the state member of the American Youth and in adjacent areas of New

8

Canada.

One tour visits rural northwestern Connecticut, providing a perfect weekend escape for the East Coast's city dwellers. Another gives mountain bike lovers, riding unpaved roads, a unique visit to Vermont's spectacular back country.

Weekend tours base cyclists at a deluxe country inn, with day rides over quiet roads through the adjacent countryside. On inn-to-inn tours, lasting four or five days, cyclists explore a more extensive area, pedaling from one inn to the next. A support van carries luggage, spare parts and a daily gourmet picnic lunch.

The company's base in the gives it access to some of the Northeast's prime hiking territory and a growing number of their inn-to-inn cycling vaca-With 32 different vacations tions are incorporating a day

> In the Back Mountain, the also the president of the Bicyarea, but there are many trails through state game lands for mountain bikes.

King recommends that for safety reasons, cyclists should wear bright colors and helmets and should obey traffic rules. "A lot of these people are "It is illegal and extremely dangerous to ride against the

traffic," stated King. Drunk drivers, not narrow roads, are the major problem for cyclists according to King. "When riding a bike, you should always know where you should be in different situations," King said. "Riding a bike safely is more complicated than people think and is different than driving a car.'

A handbook called "Effective Cycling" by John Forester is a good manual for beginning cyclists. It tells how to ride safely, what rules to follow,

Those interested in further directions, leader-mechanic ming Valley Bicycle Club support and, on inn-to-inn vaca- should contact Hugh King at The Recyclery. The Club is a "And finally," says Perry, member of the League of American Wheelmen, a national organization devoted to legislative action, education, and the promotion of bicycling. The Club is also a member of Pennsylvania's Bicycle Federation, which is a legislative action group at the state level. The Club is an organizational Hostels, a group which main-



GET OUT THERE AND RIDE! - Bicycling has become the fastest growing outdoor fitness experience. Over 30 million adults have taken to the roads on two wheels. Doctors extoll the virtues of cycling as one of the best activites for those who are fitness conscience. (Photo by Carolyn Bates)

others, low-cost accommodations around the country. These pro: Follow lane markings; use are particularly extensive in hand signals; obey traffic signs Pennsylvania and New Eng- and signals; ride in a straight land.

way of remaining physically fit behind; choose the best way to Rob Van der Plas; Richard's but also offers group rides, turn left; watch for cars pull-racing events, and hostelling ing out; go slow on sidewalks tine. trips for bikers at every level and bike paths; lock your bike of expertise.

Tips to help you ride like a line whenever possible; avoid

### equipped bike.

Further reading: Books: The Bike Bag Book, Tom Cuthbertson; Living On Two Wheels, Dennis L. Coello; Cycling not only provides a road hazards; scan the road The Penguine Bicycle Book,

## What's hot for warm weather

Short and sassy, layered and loose, bright and brassy - all the latest styles for spring and summer say "It's me!"

From grandmothers to nursery schoolers, what's hot on the fashion scene for warmer weather is what look looks great on the person who's wearing those flashy, new styles.

In clothes that flashback to the uninhibited, bouncy styles of the '60s, today's fashion-conscious women want apparal that is as individual as the wearer.

Skirts are short and shorter, with flounces, ruffles and cumberbundlike waists. Slim is in and spring styles are fashioned to show-off slim waists and slender legs.

Valentino, Italy's world-renown fashion designer, says short is here to stay-but he won't say for how long.

The layered look is still popular for spring with "outback" fun clothes going strong.

Safari shorts topped with cropped, boxy blazers and linen jackets are great for hiking or having fun.

Colors in khaki, outrageous reds, brights and pastels are mixed and matched with flower prints, stripes, and off-the-wall short-short blouses and laced-up leggings.

Short, cropped just below the knee; man tailored, "Katherine Hepburns"; and baggy linens in soft neutrals, make up the bottom half for the woman on-the-go Slacks, pants and shorts are loose, tight-fitting and somewhere in-between, in colors from black and white. Checks, stripes, and plaids, the bolder the better; in easy-care cotton and natural linen are big spring fashion news.

"Hats are where it's at," with the ultra-feminine, straw, adorned with big, bright flowers, making a comeback. Actually, flowers placed anywhere, are "in" for the season. Shades of the "Flower Power" feel ing of the '60s, are blooming on gloves, necklaces, bandanas, swimwear, and shoes.

A look outside will tell how warmthe weather is and a short hop to a favorite shop will show what's warming up in spring and summer fashions.

Be prepared for a wide-array of colors and a profusion of styles that bring back those care-free days of the '60s when everything was "feeling groovy.'

when you're gone; ride a well-

IG <u>SERVICE</u> SP Sharpen & Balance Blade • Change Oil Spark Plug • Clean & Re-Oil Air Filter sonanceu ser ricer en selection to choose come to · · · Scrape Cutting Deck Steam Clean Entire Unit
Lubricate All Moving Part LAWN

CK-UP & DELIVERY AVAILAB

Route 309, W.-B. Twp. (Next to Big Cow)

OPEN: MON.-FRI. 8-6 - SAT. 8 to 4

S

NG

95 INCLUDES:

**PICK-UP & DELIVERY** 

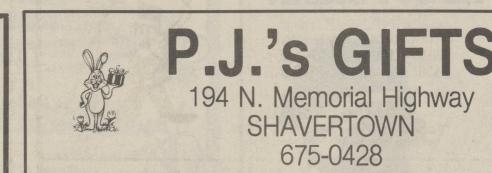


Easter Perm Special

CAROL CARROLL'S

NO APPOINTMENT HAIR SALON

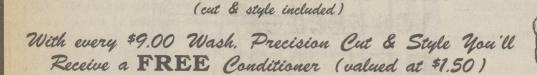
**Memorial Highway, Dallas** 675-9789



## Pick A Bouquet of Balloons for Easter This Year

Stop In And See Our "FRIENDLY FRIEND" EASTER BASKET BUNNY

Soft and Cuddly basket to be enjoyed throughout the year **Open Monday through Saturday** 11 a.m. to 5 p.m.



\$40. Quantum Conditioning Perm by Helene Curtis \$29.99

Special Ends April 2. Easter Saturday

**FROSTING STILL ONLY \$30.00** 

**NO APPOINTMENT EVER - JUST WALK IN** 

OPEN MONDAY-FRIDAY 8 A.M.-8 P.M., SATURDAY 8 A.M.-3 P.M.