

Hello...o...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. "Overdoing 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 country inn bicycling vacations, has announced a tempting variety of active, adventurous vacations for its 17th season.

With 32 different vacations and over 300 departure dates this year, VBT vacationers can find themselves in deluxe country inns in New England, on the deck of a windjammer schooner or cruise ship, at a performance of England's Royal Shakespeare Theatre, in a New Zealand castle, or atop 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.

"A lot of these people are looking for something different for their vacations and find bicycle touring the perfect alternative," Perry said. VBT combines 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 inn-to-inn vacations beginning May 8.

VBT's all-inclusive vacation package relieve busy people of the necessity for a lot of time-consuming planning. Tour prices include accommodations, breakfasts, dinners, gratuities, taxes, maps, complete written directions, leader-mechanic support and, on inn-to-inn vacations, an accompanying van.

"And finally," says Perry, "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 and in adjacent areas of New Hampshire, New York and

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 Green Mountain State also gives it access to some of the Northeast's prime hiking territory and a growing number of their inn-to-inn cycling vacations are incorporating a day on the trail in their agendas.

In the Back Mountain, the Wyoming Valley Bicycle Club has its headquarters at The Recyclery, Main Street, Dallas. Bike shop owner Hugh King is also the president of the Bicycle Club. King said there are no official bike trails in the area, 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. "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, and the reasons behind the suggested procedures.

Those interested in further information about The Wyoming Valley Bicycle Club should contact Hugh King at The Recyclery. The Club is a 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 member of the American Youth Hostels, a group which maintains for cyclists, hikers and



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 activities for those who are fitness conscience. (Photo by Carolyn Bates)

others, low-cost accommodations around the country. These are particularly extensive in Pennsylvania and New England.

Cycling not only provides a way of remaining physically fit but also offers group rides, racing events, and hostelling trips for bikers at every level of expertise.

Tips to help you ride like a pro: Follow lane markings; use hand signals; obey traffic signs and signals; ride in a straight line whenever possible; avoid road hazards; scan the road behind; choose the best way to turn left; watch for cars pulling out; go slow on sidewalks and bike paths; lock your bike when you're gone; ride a well-

equipped bike.

Further reading:
Books: The Bike Bag Book, Tom Cuthbertson; Living On Two Wheels, Dennis L. Coello; The Penguin Bicycle Book, Rob Van der Plas; Richard's Bicycle Book, Richard Ballantine.

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 apparel that is as individual as the wearer.

Skirts are short and shorter, with flounces, ruffles and cummerbund-like 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" feeling of the '60s, are blooming of gloves, necklaces, bandanas, swimwear, and shoes.

A look outside will tell how warm the 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."

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