

## Biking—Fun For All Ages

Pedal-pushing is a popular pastime for young and old. In answer to the energy crisis, inflation, pollution and physical fitness, more and more people are taking to the road on two wheels instead of four.

Bicycle sales are at an all time high. Prices range anywhere from \$40 to \$600 and bikes are available in a variety of styles and sizes, equipped with horns, signal lights, and gear shifts yielding up to 15 speeds.

Age is no barrier. At 82 years, Walter Kentner has traded in his car for a three-speed bike with all the latest bells and whistles, gadgets and gizmos.

Walter, a roomer at Acton's Station Hotel, doesn't go very far on his new wheels, just around town, although in his younger days he cycled four and five miles a day around the Ballinfad area where he was born and raised.

"I drove a truck to Toronto every day for 14 years when I worked at the mill (Lindsay Flour Mill)," he told the Herald. "But now my bike will take me where I need to go and the exercise will be good for me. If I every get used to these hand brakes," he added.

Ben Kuiperij is an employee at Beardmore's Tannery and each weekday, winter and summer, rain or shine, Ben cycles the four miles to and from his home on the First Line just outside of Acton.

In Acton, whole families like the Vic Morris's, the Martin Timmerman's, and the Ian McGillivray's are taking advantage of the bicycle craze for Sunday outings, shopping trips and weekend jaunts.

"We used to cycle miles and miles when we lived in England," said Mrs. Joan Morris, 113 Elizabeth Drive. Last May, when Joan, mother of four returned from a trip "back home" her husband Vic presented her with a surprise—his 'n' hers bikes.

"I guess he figured if he provided me with a little bit of home I wouldn't want to go back to England so often."

Since then the Morris family have been enjoying family shopping trips and bike hikes around Fairy Lake.

"We don't go very far, because the children are small and the roads aren't as safe as in England..." Joan added.

Joan's rig has a passenger seat for Stevie who is just five. Jill, eight, has her own vehicle.

Hilda and Martin Timmerman and their four children live on Main Street North about four miles out of Acton. Their favorite Sunday outing is a trip to Rockwood Park. Sometimes they cycle to Springe or Acton.

That's a lot of miles and a lot of hills for Sandra, 10 and Patricia, 9. But five-year old Peter, and Christine who is four, have special seats on the back of their mom and dad's bikes.

"We really enjoy these family excursions. It seems like a long way, but we take our time and spend a while at the park. If we leave after lunch we're back by suppertime," said Mrs. Timmerman.

The McGillivray family of Tyler Crescent are not quite so adventurous. The children are very small. But Ian and Cathy McGillivray tuck Maureen, two and Duff, four, safely into the rear baby seat and cycle over the Prospect Park. The biggest bridge they have to cross is a plank across the creek, one child at a time, and then one bike at a time. "We just like to get out without the car for a change," explained Ian.

Many large towns and cities are constructing bicycle paths to accommodate the increasing flow of two-wheel traffic. For whatever their reasons, more and more people are enjoying this refreshing, inexpensive mode of recreation and transportation.



**BIKES APPEAL TO KIDS OF ALL AGES. WALTER KENTNER, 82, FORMER EMPLOYEE OF LINDSAY FLOUR MILL IN ACTON, BOUGHT A THREE-SPEED A MONTH AGO. HE SAID HIS CAR WAS GOING TO COST TOO MUCH TO REPAIR AND HIS NEW WHEELS WILL TAKE HIM WHERE HE NEEDS TO GO IF HE EVER GETS USED TO THE HAND-BRAKES. GEOFFREY BOLTON, 15 MONTHS, OF MAIN STREET IN ROCKWOOD SHOWS OFF HIS NEW TRACTOR BIKE. HE PLANS TO TRADE IT IN ON A TRICYCLE WHEN HE'S OLD ENOUGH.**



Hitching a ride with Mommy and Daddy, Maureen McGillivray, 2 and Duff, 4 are off to Fairy Lake Park for a Sunday afternoon outing.



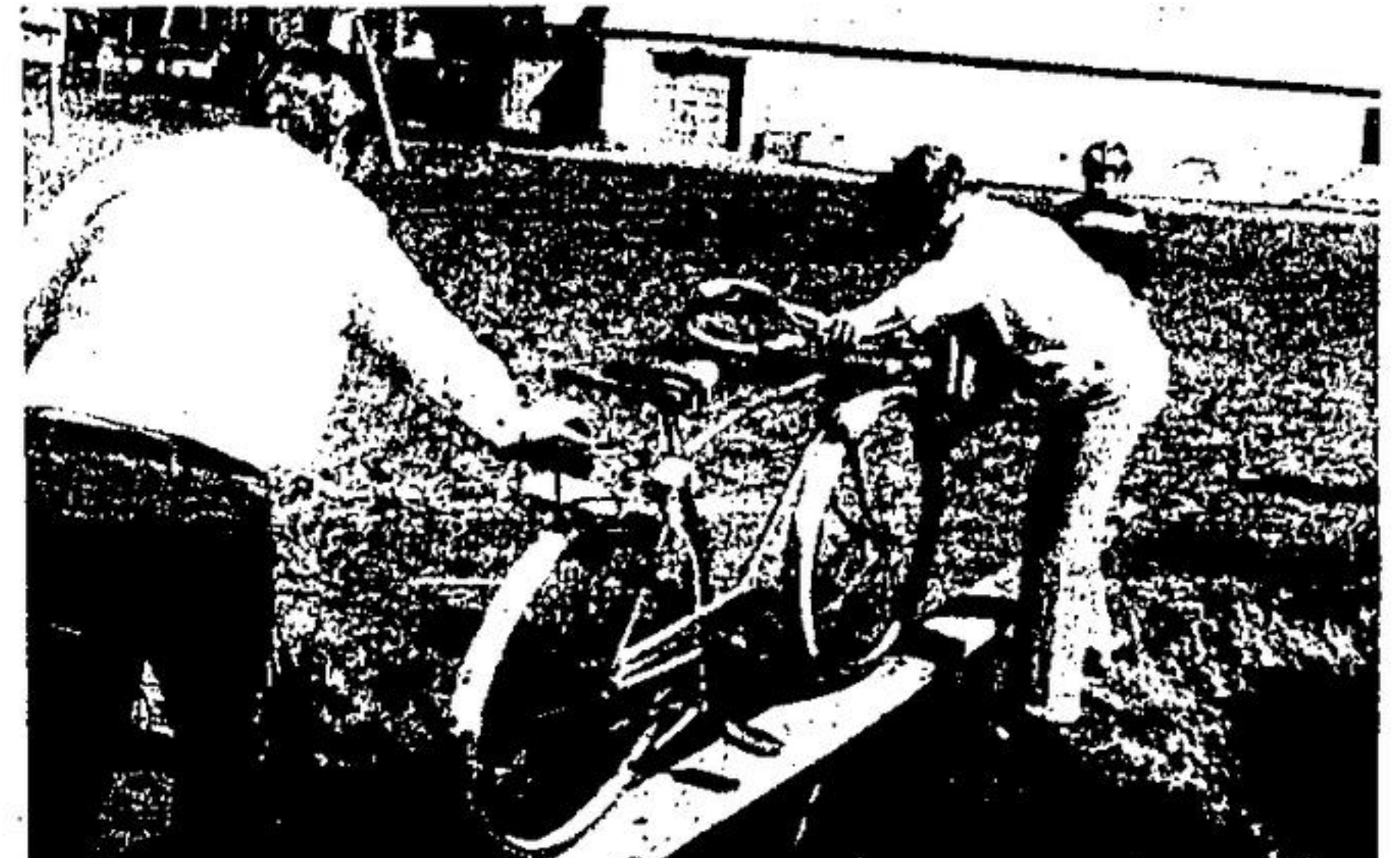
**BEN KUIPERIJ** winds his way through the homeward bound workers at Beardmore Tannery in Acton. Even in winter Ben cycles the four miles to and from his home on First Line. He says "it's cheaper than a car and less trouble, it's good exercise, and I like it."



**THE MCGILLIVRAYS** like to get out without the car for a pleasant change. Lake Park are Ian and Cathy McGillivray, on a recent Sunday outing with the children. The McGillivrays like to get out without the car for a pleasant change.



SETTING OUT from their home on Elizabeth Drive for a bike hike around the lake are Vic and Joan Morris and three of their four children. Stevie, 5, on the passenger seat; Jill, 8, and Michel, 14.



**A BIKE CAN TAKE YOU** where a car won't go. Crossing the creek at Fairy Lake Park are Ian and Cathy McGillivray, on a recent Sunday outing with the children. The McGillivrays like to get out without the car for a pleasant change.

### Bike Rodeo A Success

Fifty youngsters, aged 6 to 16 pedaled down to Georgetown Market Sunday to take part in the second annual bicycle rodeo.

Sponsored by the Georgetown Optimist Club, the rodeo was "a great success" according to president Hal Harvey.

"We're very happy with the number of kids who showed up this year, despite the cold weather." "Last year, we added, "the turnout was very poor."

After registering, the kids first went through a bicycle inspection conducted by Const. Bruce Deacon of the Burlington Police. Bikes were checked for everything from brakes to lubrication and designated as being satisfactory, unsatisfactory, approved and not approved for night riding.

The next step was to go through the course, made up of four parts. The first was to drive in a circle bounded by two white lines, without going over the lines.

Next, the children were required to drive between two straight lines (about five inches apart) as slowly as possible without hitting the lines.

Then came what you might call a bicycle slalom course. The cyclists had to weave in and out between a number of obstacles set up in a line. The final course required the cyclists to drive through parallel lines of pegs, again without hitting any of them.

Afterwards awards were given out for the highest scores in the three age groups (junior - under 10; intermediate - 10 - 12; and senior - over 12) and each participant received a bicycle identification card, an Optimist safe driver's licence and a safety club sticker to attach to their bikes.

Const. Bruce Deacon, of the Burlington Police, is seen checking 14-year-old Richard Szczepaniak's bicycle before he tries his luck with the bicycle course. Each bike is checked carefully to ensure safe driving.



**HERE ARE THE WINNERS OF THE SECOND ANNUAL OPTIMIST CLUB BICYCLE RODEO, HELD SUNDAY AT GEORGETOWN MARKET. BROKEN DOWN INTO THREE AGE GROUPS, BOYS AND girls junior (under 10), intermediate (10 - 12), and senior (over 12), they are, from left, front row: David Wood (first jr.), Darren Seiby (2), Victor Longo (3), Kim Lyttle (first girl's jr.), second row: Jodi Peebles (second jr.), Susan Martin (3), David Smarda (first inter.), Chris Manhire (2), Blain Steed (3), Indri Kalsi (first inter. girl's). Third row: Randy Reese (first sr.), Lyn Chapman (2), Mike Milton (3), Sharon Steed (third girl's senior), Wendy Rogers (2), and Debbie Hughes (1). In the background are Const. Bruce Deacon of the Burlington Police, and John Yateman, chairman of the bicycle rodeo committee.**

### Bicycle Safety Depends On Knowing The Rules And Keeping Your Bike In Good Working Order

Wheel-toys are the favorite of kids of all ages. Too many, however, don't realize that their bicycle is not a toy.

According to the highway traffic act a bicycle is a vehicle subject to the rules of the road. When riding a bicycle, like driving a car, one must consider the safety of himself and others, accept directions, obey rules and understand limits and boundaries.

"Children are taught bicycle safety in the schools," Corporal Arbour of the Acton OPP pointed out, "but they are still careless - or should I say carefree." "Although there have been only two bike accidents in two years in Acton, I think it's more a matter of luck than safety."

Corporal Arbour stressed the importance of parental supervision and instruction. He added that the Ontario Ministry of Transportation has put out a pamphlet outlining the "Ontario laws and your bicycle." It can be picked up free at any police station.

According to the Ministry, traffic collisions involving bicycles are increasing with the number of bicycles on Ontario roads. The greatest number of accidents involves cyclists in the age groups of 15 to 44.

Studies indicate that the major problem areas are lack of proper equipment; lack of knowledge and observance of the rules of the road; and lack of ability to handle the particular type or size of bicycle.

A bicycle must have a warning device such as a bell or horn in good working order.

If riding in the dark a bike must have a white or amber light on the front, a red reflector or light on the rear, red reflective material at least 10 inches long and one inch wide on the rear and white reflective material 10 inches long and one inch wide on the front forks. Wear white at night.

Just like a car, a bicycle must be kept in safe operating condition. Handlebars, gears, chain and pedals must be kept straight, tightened and well oiled. Keep the brakes properly adjusted and the tires in good repair.

A bicycle is the smallest vehicle on the road, and it is sometimes difficult to be seen by a motorist. Before turning a corner, changing lanes, stopping or slowing down signal in plenty of time to let the motorist be aware of your intentions. Hold the signal until you are ready to start the turn, then put both hands on the handlebars while making the turn. Make sure you stay in the proper turning lane.

At busy intersections it is safer to get off your bike and walk across with the pedestrians.

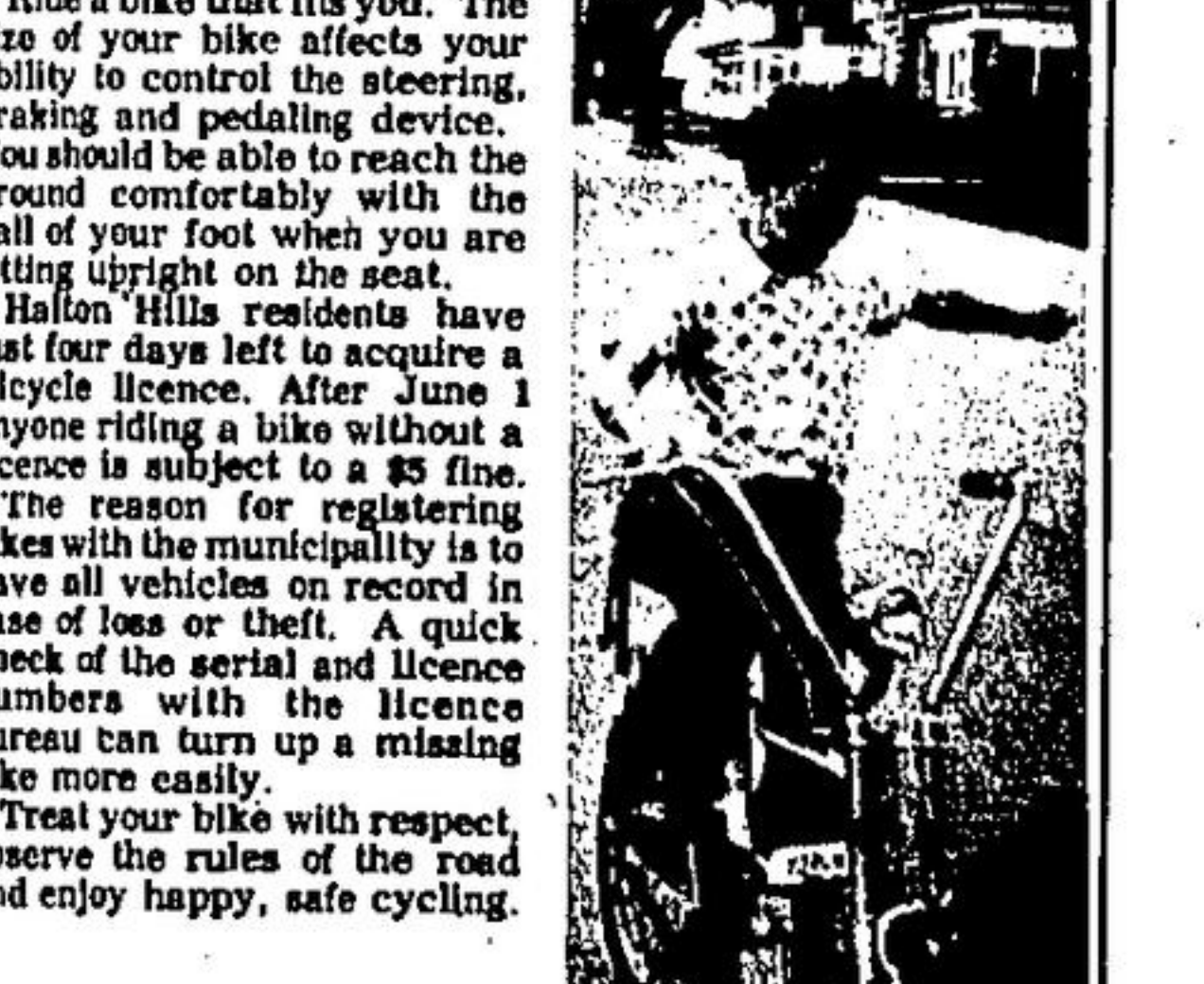
A cyclist must yield the right of way to pedestrians at a crosswalk. Also yield the right of way when coming out of a driveway.

Bicycles are not permitted on



**STOP**

YOUR BICYCLE IS A VEHICLE AND SUBJECT TO THE LAWS OF THE HIGHWAY TRAFFIC ACT. YOU MUST SIGNAL BEFORE TURNING, CHANGING LANES, STOPPING OR SLOWING DOWN. BARRY McNABB, OF COBBLEHILL ROAD, DEMONSTRATES THE CORRECT USE OF HAND SIGNALS.



**RIGHT TURN**

PHOTOS BY THE HERALD

**LEFT TURN**