



Mike Arnold, one of the employees of Ollie's Cycle and Ski Shop, stands with a number of mountain bikes in the Georgetown store last week. Arnold

helps organize the area bike rides the business runs every few weeks during the non-snowy months of the year. (Herald photo)

Ollie's Cycle and Ski Shop offers organized bike rides

If you like spending the better part of the day hitting the bike trails, but don't like going by yourself, Ollie's Cycle and Ski Shop has a solution.

Every two or three weeks during the year (whenever there isn't any snow on the ground), the store arranges for the group to meet on Sundays at 10:00 a.m. to arrange transportation and plan out the day's ride.

Mike Arnold, one of the workers at the shop, said the rides were very popular this past year, with anywhere between 10

to 40 people of all ages coming out on any particular trip.

"We get everyone from beginners to expert mountain bike riders, such as Andy Tout, Canada's number one cyclist. It's not something done at a quick pace - it's mainly for fun and the enjoyment of riding."

Arnold said the only stipulation the shop has for people joining them is that they must wear a bicycle helmet. Those who don't have them are giving a reduced price if they ride regularly with them.

"There's also a \$2 fee for insurance purposes, handled through the Ontario Cycling Association. Two dollars for six hours of fun is a nominal fee."

Arnold said many of the trips are to Milton and the other local conservation areas, which offer extensive trails for riding.

"We take a lot of care when we're riding the trails, since we don't want to be leaving wheel ruts. If there are big mud puddles, we go around them. We want to be allowed to continue using the trails, so the group is careful."

As stated earlier, the group rides take place as long as there isn't snow on the ground. In cold weather, the riders simply dress accordingly.

"Once you get going, you get warmed up pretty well. It's good any time of the year. We let people know in the paper or post it in our store when we're organizing the next ride."

Giving the boot to cold weather foot conditions

Preventing foot conditions.

Frostbite: Keep feet warm, dry and moving when outdoors in extreme cold. Put thermal or wool fleece insoles in shoes or boots for extra protection.

Chilly feet: If feet feel numb, soak them in tepid (not hot) water until they warm up. Massage feet to help restore circulation: With fingertips, massage from toes, to ball of foot, across arch to the heel.

Foot odour: Feet cooped up in boots all day aren't likely to smell like roses. To prevent an unpleasant scent, use a foot deodorant and spray boots' interiors with a shoe deodorizer. Add deodorant insoles to boots.

Dry skin: Skin on the feet tends to become dry and flaky when confined in boots. Daily use of a conditioning lotion can help skin retain moisture.

Winter foot grooming regimen
Although your feet go undercover in cold weather, regular grooming is necessary to help keep them fit.

FOOT FOCUS



1. Soak feet in a lukewarm, mild soapy solution to soften skin.
2. Dry thoroughly and powder feet to help prevent athlete's foot.
3. Clip toenails straight across to avoid ingrown nails.
4. Reduce hardened skin with a pumice stone or file. Areas of rough skin can also be removed with a cream containing a mild abrasive.
5. Apply conditioning lotion to help moisturize skin.

For more information on footcare write to:
Meet Your Feet
6400 Northam Drive
Mississauga, Ontario
L4V 1J1



Vitamins For Health

Exercise buffs may need more vitamin E

(NC)—Most everyone is acquainted with the benefits of aerobic exercise, the kind of activity that increases the heart rate to a comfortable "training" level.

But while running, cycling, swimming and climbing can enhance cardiovascular fitness and prevent obesity, they can also cause the skeletal muscles to demand 20-40 times the usual amount of oxygen.

As a result of an increased oxygen intake, many "free radicals" are formed. These are highly reactive chemical substances that cause damage to the blood cells and muscles.

Researchers believe that vitamin E can protect cell membranes from destruction by free radicals during exercise. Climbers in particular have shown a dramatic 100 per cent increase in cell protection when taking 200 mg of vitamin E compared with those taking no vitamin E.

Good sources of vitamin E include vegetable oils, leafy green vegetables, whole-grain cereals and nuts. For dietary advice or information about the value of vitamin E supplements, contact your physician, pharmacist, or dietician.

Low levels of vitamin D still seen in North Americans

Are you getting enough vitamin D, the nutrient that aids in calcium absorption?

Vitamin D is unique in that it not only comes from the food we eat, but is manufactured by the skin during exposure to sun.

Surprisingly, otherwise healthy people may be at risk for a low level of vitamin D because of their age, location, or even how often they wear sunscreen!

As people age, their requirement for this vitamin is greater-than-average. Ironically, seniors tend to eat less of vitamin E-rich foods, say scientists at the Human Nutrition Research Center on Aging at Tufts

Nutrition of mother may play role in birth defects

In the United States, birth defects are the leading cause of infant mortality. In Canada, birth defects cause almost one third of all deaths before the age of one. In both countries, the proportion of infant deaths resulting from birth defects has increased over the last 50 years.

Can anything be done?
Experts believe that maternal nutrition may play a critical role in preventing some birth defects. Inadequate amounts of folic acid, for example, may be associated with a

University, Boston.

Older skin is also less efficient at making vitamin D.

People who are dark-skinned and who rarely have the opportunity to go out in the sunlight or use sunscreen all the time may also have lowered production of vitamin D.

The Tufts researchers recommend that an adult can meet his or her vitamin D needs by exposing the hands, arms, and face to the June sun just 10-15 minutes per week. A lotion with a sun protection factor of 4 should help offset the negative effects of the sun while encouraging the production of vitamin D.

higher incidence of neural tube defects, involving the baby's brain and spinal cord. Most physicians recommend that pregnant women take a multivitamin-mineral supplement to protect their health and the health of their babies.

Prosperous countries that emphasize prenatal care, such as Sweden and Japan, have the lowest incidence of infant mortality. Canada is in seventh position, just behind the Netherlands, and Chile ranks last.

Source: Vitamin Information Program of Hoffmann-La Roche Limited.

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