

Recreation

Spring has sprung, so biking is booming

By SHERI METCALF
Correspondent

Spring has sprung - time to come out of hibernation and enjoy the warmer weather. A great way to do just that is to get into mountain biking. Whether you're looking for a down-in-the-dirt challenge or for a leisurely scenic tour, mountain biking is for anyone.

"Outdoor sports are popular right now and mountain biking is booming," said Ian Boyd, owner of Boyd's Sports in Stouffville. "Everyone is getting into it - teenagers, young

singles, married couples and families."

Because mountain biking has such a broad-based market, there are many types, styles and options to choose from. So what do you need to know when you are buying a mountain bike?

"The first step is to determine what your bike will be used for," said Boyd. Decide whether you will be a city rider, leisure rider or a competitive rider.

City riders bike around town a couple of times a week. Leisure riders typically bike for relaxation on

weekends and stick to smoother trails. Most families fall into this category. Competitive riders either compete in organized races, or ride off-road frequently, hard and fast, over rocks, logs, potholes and hills. They also expect to wipe out.

Next, establish a budget. Keep in mind pricing is directly related to the quality of construction. But that doesn't mean you must buy an expensive bike to get the quality you need. Although leisure bikes cost less, they are usually enough for what the average person is looking for.

"Seventy-five per cent of buyers purchase mid-range bikes," said Boyd. "A good, solid, quality bike between \$300 and \$500 is what the average rider would need. Anything under \$200 is skimping and anything

over about \$750 is for high-end competitive riders." If all you need is an around-town bike, Boyd said you get to the nitty-gritty quickly. "These riders are not concerned with all the technicalities," explained Boyd. "We'd point out and explain three bikes, all about \$300 or under and they'd pick one."

The more durability you need, the more expensive your bike will be. Bikes designed for rough terrain have stronger (and more expensive) parts. In terms of frames, steel is the heaviest, least expensive and works for road riding. Chromoly is medium-weight, medium-priced and works for frequent trail riding. Aluminum is lighter, most expensive and good for racing. For component - crank set, hubs, brakes and gears - the average



Mountain biking is for everyone.

bike is equipped with pin-hinged components. More expensive components are free-moving and made from lighter metals.

Shocks are a good idea for competitive riders. They help absorb the impact on your elbows and shoulders. Weekend riders typically do not need shocks - and they can be added later if you find you are riding harder than you thought you would.

After you've narrowed it down to two or three bikes, go on a test ride. Take note of the smoothness of the ride, the comfort of the seat and the ease of maneuverability. Usually one of the bikes will fit you better than the others - that's the one!

If you are in the market for children's bikes, Boyd strongly recommends buying from a bike or sports shop. They cost around \$110 and up.

"Department store bikes are more cheaply made," he said. "They don't last as long. It costs a little more at a bike shop, but the quality is worth it. I've seen some of our bikes last through four or five kids."

After you've chosen your bike, there's still the extra equipment to consider. "A helmet is a must," said Boyd. And then there's gloves, a bike lock, reflectors, water bottle, pump, mini repair kit and bike rack. For around \$50, you can equip yourself with the basics.

It may seem like the costs all add up, but as Boyd put it "considering bikes last five to 10 years, it's one of the cheapest entertainments around."

Boyd's Sports shop invites people to participate in their weekly rides, starting at the end of April. Every Tuesday evening, the staff at Boyd's will take groups out to the trails at Locust Hill and the 10th Line. "It's an evening for fun," said Boyd. "From the novice to the elite, anyone can join in. It's also a fun way to meet new people and spend time with your family."

For more information about Boyd's bike outings, call Ian Boyd at his store, 640-6657.

Mountain Bike Trails in the Stouffville Area
Locust Hill and the 10th Line York Regional Forest
Vivian Forest
Top end of Bayview Ave., into the Lake Wilcox area



STOUFFVILLE UNITED CHURCH
34 Church St. N.
640-1163
Rev. Wayne Reed
SUNDAY, MAY 21st, 1995
10:30 a.m. Morning Worship
Sunday School from Baby Fold to the grade 8 level
Everyone Welcome

STOUFFVILLE BAPTIST CHURCH
A Fellowship Church
6273 Main Street
Pastor - Rev. Gordon Bickle
SUNDAY, MAY 21st
GIDEON SUNDAY
Bible class for all ages - 9:45 a.m.
11:00 a.m. - Morning Worship
GUEST SPEAKER
Mr. Ronald Gee - Gideon Representative
MUSIC - Kelly Francis
WEDNESDAY
Prayer & Bible Study - 7:30 p.m.
If you turn your troubles over to God, you'll have nothing left to worry about.
Join us in Worship

WIDEMAN MENNONITE CHURCH
10530 Hwy. 48 - North of Major Mackenzie
Phone: 640-6219
Pastor Lawrence Burkholder 294-0649
SUNDAY, MAY 21st
9:45 a.m. - Sunday School
10:45 a.m. - Morning Worship
Speaker: Ben Wiebe
6:00 p.m. - Harold Heise for Gideons International
Everyone Welcome

VIVIAN BAPTIST CHURCH
473-3543
On Hwy. 48 at Vivian Rd.
Pastor Robert Okum
Holding forth the doctrines of grace
9:45 a.m. - Sunday School
11:00 a.m. - Morning Worship
7:00 p.m. - Evening Service
Everyone is Welcome

ST. MARK'S CATHOLIC CHURCH
345 GLAD PARK AVE.
STOUFFVILLE
640-6665
MASS SCHEDULE
Saturday 5:00 p.m.
Sunday 9:00 a.m. and 11:00
Weekdays: Mon., Wed. & Fri. 7:30 p.m.

SPRINGVALE BAPTIST CHURCH
Gormley - Stouffville Rd. at Kennedy Rd.
Pastor Rev. Bob Flemming
Associate Pastor Rev. Byron Stewart
887-5651
SUNDAY, MAY 21st
9:45 a.m. - Bible School
11:00 a.m. - Morning Worship - Pastor Bob Flemming
6:00 p.m. - Pastor Bob Flemming
TUESDAY
7:30 p.m. - College & Careers
WEDNESDAY
7:00 p.m. - Adult Bible Study & Prayer
For more info. call Church Office 887-5651
Come, Worship With Us

THE ANGLICAN PARISH of CHRIST CHURCH
254 Sunset Blvd., Stouffville
The Rev. Robert A. Shields
640-1461
SUNDAY, MAY 21st
Sixth Sunday of Easter
8:00 a.m.
Holy Communion
10:00 a.m.
Choral Eucharist with Sunday School and Nursery

BLOOMINGTON GOSPEL CHURCH
13660 Ninth Line
(South of Bloomington Rd.)
Rev. Bryan Coker 640-4364
SUNDAY, MAY 21st, 1995
9:45 a.m. - Sunday School
11:00 a.m. - Worship Service
6:30 p.m. - Evening Service
ALL WELCOME

KINSMEN Annual FIREWORKS SALE
Two locations:
A & P Plaza Parking Lot & Da Classic Scoop
(NE corner of Hwy. 48 & Stouffville Rd.)
PURCHASE A FAMILY PACK & RECEIVE FREE SPARKLERS
Thurs., May 18 5 - 9
Fri., May 19 1 - 9
Sat., May 20 10 - 8
Sun., May 21 12 - 6
Mon., May 22 10 - 6
New Distributor
BEST DEALS IN TOWN
Check us out before you buy your fireworks
Buying from us helps us Support Our Community
Serving the Community's greatest needs