



Ron Miller leads a group of American Youth Hostels bicyclists on a Wednesday evening ride through a residential section in Birmingham.

DAN DEAN/staff photographer

## Taking to the road for fun and fitness

By Lynn Waldemith  
special writer

Summer's here and the bikin' is easy. Whether you're an avid cycling enthusiast or just a beginner, biking is the perfect summertime activity. It's fun, it's simple and it's an excellent form of aerobic exercise.

Riding a bicycle allows you to stay in shape while you enjoy the outdoors. One of the best ways to discover new bike routes and meet new people is to participate in a ride, sponsored by a local biking club or organization.

American Youth Hostels Inc. in Berkeley is one of the largest and best known biking groups in the tri-county area. The organization sponsors rides every day of the week except Fridays.

"We offer a diverse group of rides that match different abilities and styles of riding," said Jim DeBaker, president of the AYH Bike Club. "And most of our rides tend to be on low traffic routes."

AYH grades its rides according to typical riding speeds. Although the average speeds will be lower because of stops, the grades are "D" for slow (7 to 10 mph) rides, recommended for the beginner or for those preparing for the more advanced rides, "C" for moderate (10 to 13 mph) rides, "B" for moderately fast (13 to 16 mph) rides, "A" for fast (16 to 19 mph) rides, and "AA" for very fast (20 plus mph), recommended only for the very advanced bicyclist.

IF YOU aren't sure of your ability, DeBaker recommends that you start at a low grade ride and move up when you feel comfortable doing so. By the way, don't let the name American Youth Hostel fool you. People of all different ages participate in AYH rides, including teenagers and senior citizens.

Riders are assessed \$2 for each AYH-sponsored ride. Most of the group rides are have a leader, but on some of the simpler routes, riders are simply given a map and directions.

The number of people who participate in an AYH ride varies anywhere from one to 50, but special event rides, such as the Firecracker 100, can draw as many as 1,000 riders.

Biking is especially popular on weekends and so are the AYH weekend rides.

Every Saturday, AYH sponsors a ride, known as the Clarkston-Orion Express, which gives bikers the opportunity to pedal through Clarkston and Lake Orion. Special Saturday rides are also available each month.

The first Saturday of the month features a ride that begins in Hartland in Livingston County, north of Brighton. Riders are provided with maps and have the option of biking anywhere from 25 to 75 miles.

The third Saturday of the month highlights a ride from Dearborn to Northville — approximately 50 miles round trip, although riders have the option of going fewer miles. Much of the route consists of Edward Hines Drive, which is largely closed off from vehicular traffic on Saturdays.

BICYCLING can certainly cause you to work up an appetite. Perhaps that's one of the reasons why the Sunday Morning Brunch Ride, held every Sunday, is AYH's most popular biking event.

The brunch ride offers a variety of different routes, some of the destinations include Birmingham, Northville and Plymouth. After meeting at Nine Mile and Evergreen roads in Southfield, riders begin their work-out, which is approximately 25 miles with a brunch stop halfway.

AYH also offers a regular series of rides during the week. On Mondays, the Lakeshore Spin features a scenic 20- to 25-mile ride through the Grosse Pointes and along the shore of Lake St. Clair.

The Ego-Opto Ride on Tuesdays is a 20- to 25-mile ride through the country and suburban areas in Plymouth and Northville. Wednesday is the Cranbrook Ramble. The 20- to 25-mile route goes through Cranbrook and the Birmingham-Bloomfield area.

On Thursdays, the M&M Ride takes bikers through Berkley, Lathrup, Southfield and Birmingham at a very easy pace with a stop for ice cream.

All AYH weekday rides begin at 6 p.m. Another popular ride is the Firecracker 100. Held on the Fourth of July, the Firecracker 100 is AYH's annual fund-raising ride. The starting point is Milford, and bikers have a choice of completing a 25-, 50- or 100-mile route.

For more information about the Firecracker 100

ride or any of the regular AYH rides, call the AYH office at 545-0511.

To enjoy bicycling, all you really need is a bike that's in good running order and comfortable clothing that won't get caught in the bike chain or spokes.

A WATER bottle is a good idea, as well as a bag of some sort to carry a jacket or sweater, a spare tube and patch kit, or any other items you might need.

But the best piece of advice is to wear a safety helmet when riding.

"If you break an arm or leg, you can fix that," DeBaker said. "But if you crack open your head, you may not be so lucky. We don't require riders to wear a helmet, but we strongly encourage it."

"I consider the \$25 to \$50 that you spend on a helmet the best insurance policy that you can have."

If you're interested in biking through scenic northern Michigan, Michigan Bicycle Touring at (616) 263-5895 and Bicycle Cruises at (800) 222-0072 offer a variety of weekend and week-long bike tours.

Information about other biking groups and tours are available at local bike shops.

In addition, bike maps that show road surface type and recreation facilities are available through the Michigan Department of Transportation. The maps highlight designated bike facilities, roads with paved shoulders and roads with low traffic volumes.

## Kinsey Report: A new 'blues'

By Larry O'Connor  
staff writer

Once Donald Kinsey saw the future in the face of a great bluesman, the brightness faded.

"We did a show with (Albert King) in Pittsburgh not long ago," said Donald Kinsey, guitar player with The Kinsey Report. "It's almost like the years of the ups and downs and being used has taken its toll on him. It hurts me to see him like that because I know him so well. I heard him say, 'Donald, I don't give a damn about playing any more.'"

The sight of the blues artists has often been a tale of woe. Bad management and exploited by promoters have left some greats broke, alcoholics or drug addicts and, worse, dead. The sight of a burned-out musician who once set the stage on fire with his high energized style guitar playing was not only painful, but somewhat frightening, especially to a member of a group that has been touted to be the blues band of the 1990s.

The Kinsey Report has just released what is undoubtedly the blues album of the year, "Midnight Drive" (Alligator). Several cuts are outstanding. Several cuts are deserving of commercial radio play.

Yet, there are no guarantees that will happen.

"We just played New York City a couple of weeks back and this guy came up to me and said, 'Wow, you guys were great. When's the new album coming out?'" said Donald Kinsey, perhaps best illustrating what The Kinsey Report is up against.

THE KINSEYS remain strong. They are family, both on and off stage.

Their father, blues legend Lester "Big Daddy" Kinsey introduced his sons Donald, Ralph and Kenneth to the music at an early age. They toured from the late '60s until 1972. Then Donald Kinsey went on a 12-



The Kinsey brothers — Ralph, Donald and Kenneth — have been inspired by their father, blues legend Lester "Big Daddy" Kinsey, who introduced his sons to the blues at an early age.

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— Donald Kinsey

year musical odyssey that saw him perform with King, and later, reggae greats Bob Marley and Peter Tosh.

When Donald Kinsey returned to his hometown of Gary, Ind., and was back together with his father and brothers, a new sound had been created. Their brand of music would be a volatile blend of funk, reggae and rock'n'roll while still rooted in blues. "I think it's very important (to bring in new audiences)," Kinsey said. "College radio has been a great help in allowing us to do that. I wish (commercial) radio would. They are playing more of our music."

"My thing on that is that it should be a combination of both old and new because it's a learning process and history thing going on, too. I

think that people are digging on the Kinsey Report's album should also have the chance to experience a person like my father — who is more traditional and Delta like — because you get a chance to see how it came to be, the now and the then."

"BIG DADDY" Kinsey still tours with his sons. He will appear this week at the Motor City Blues Festival at the Michigan State Fairgrounds.

"Big Daddy" provides the stabilizing influence for The Kinsey Report. "My dad and I just had breakfast together this morning," said Donald Kinsey, in a phone conversation from Ottawa, Ont., where the group was performing that night. "He

helped open our eyes, not just to music but to things that are going on around us, which, to me, is more important than music sometimes."

But there have been others who have made Kinsey's eyelids expand. Three years spent touring with Albert King proved beneficial. He appeared on two of King's albums "I Wanna Get Funky" and "Montreux Festival."

Kinsey later met reggae greats Marley and Tosh at an Island Records press party in New York. He took up an invitation to record with Marley, only to find himself present when six gunmen made an attempt on Marley's life.

Kinsey was in the kitchen with Marley when the shooting occurred. He escaped injury, but Marley was wounded. Shakened, Kinsey returned home.

He reunited with his brother, Ralph (who had spent time in the Air Force) and Ron Prince (longtime Kinsey Report member) and formed the rock and reggae outfit The Chosen Ones.

DURING THAT time, Kinsey also toured and recorded with Tosh who was killed in 1987 by a gunman. The group opened for the Rolling Stones on their 1978 U.S. Tour, helping bring reggae to a wider audience.

"Reggae music was new to me," Kinsey said. "So much of it reminded me of growing up in Gary, Ind. There are spots you can go to Gary, Ind., now and places in Kingston, Jamaica, where you could hardly tell the difference."

"I really felt I was somewhere where I was supposed to be. I got deep into it. I wanted to see it grow. We started looking at it like, 'Wow, why can't a reggae tune by Bob Marley be in the Top 100 of Billboard?'"

Marley eventually hit the Top 100 Billboard with "Rastaman Vibration," on which Kinsey performed. Now, The Kinsey Report is striving for chart action.

The group released "Edge of the City" in 1987 and was well-received by critics but never rose above blues circles. "Midnight Drive" (Alligator) could be the ticket.

"When we put the album out, everyone felt really good about it," he said. "So you never know how of what's going to happen."

"The important thing is that we establish ourselves and our identity." The Kinsey Report will perform on Sunday as part of the Motor City Blues Festival this weekend at the Michigan State Fairgrounds. For ticket information, call 681-6020.

## Hotel has that fairy tale 'look'

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family, Sveti Stefan appears before you like a fairy tale.

The turrets and their sentries have gone, but otherwise the island looks much as it did centuries ago, buildings climbing step by step up the rocky hill above the wall.

Ancient Montenegro was a tribal society and each clan had 12 families. The Pastovlje clan built the wall, each family built a house inside the wall and whenever enemy ships came into view the people would flee to the island.

The clan did that for about 200 years. They moved into the walled island permanently during the 17th century and built stone houses.

By the end of World War II, there were only five families left on the island. Artists had discovered the place by then, and one of them had a great idea of turning the whole island into a hotel. It took a few years for the bureaucratic wheels to turn, and the five families didn't move willingly to larger modern houses on the mainland, but in the 1960s, Hotel Sveti Stefan opened to the public.

THERE ARE 116 rooms set in the old houses and shops. The government built a causeway and a sand beach and spent millions of public and private money restoring the village.

When you walk across the causeway and through the wall to the reception desk, you might be assigned a room in one of the old houses or you might get a whole stone house to yourself.

The alternative is to visit the hotel for lunch, or dinner, about \$20 for a large meal, or pay about \$3 just to tour the island, and use the receipt for a cake and coffee at the bakery.

Rent a car in Dubrovnik. People who fly in and take the airport limousine to Sveti Stefan pay \$75 for the whole car, full or empty. Or take a bus to Budva.

For more information, contact the Yugoslav National Tourist Office, 630 Fifth Ave., New York, N.Y. 10020.