



Getting in shape fast

depends on how far you plan to go.

Fifty mile bike trips should be easy by the end of the first month. And when September rolls around you will be to, without pain.

Comfort is also determined by what you put on and in your body. Eating incorrectly or wearing improper clothing can cause problems.

When you're hot don't drink cold liquids. "It takes a lot of blood to warm up the cold you put in your body and you need that blood to warm up your muscles," said the spokesman. "And you should eat lightly and often."

The largest complaint from novice riders is a sore backside. "There's a lot of perspiration there and if it's not kept real clean it will generate bacteria."

Gloves are also important.

Finally, in the name of safety make sure the equipment on your bike is proper and that it's on your bike and not on your back.

"Don't ever use a knapsack for anything other than very, very short trips," advised the spokesman. "It doesn't take any weight off the bike and it puts a lot of weight on the rider. It's also tricky in the wind."

(Continued on Page 31)

OAKLAND COUNTY'S FINEST SEMI-PUBLIC GOLF COURSE



STARTING TIMES AVAILABLE
Call 682-6333

COMPLETE PRO SHOP
BANQUET FACILITIES (200)
COCKTAIL LOUNGE

PONTIAC COUNTRY CLUB

4335 Elizabeth Lake Road
Pontiac, Michigan

Some
places
just call
for a Jeep
Vehicle



JEEP CJ-5



WAGONEER



JEEP CHEROKEE
4-Wheel-Drive
of the Year
1974

Rated 4 wheel drive vehicle
of the year by both 4 WHEELER and
PICKUP, VAN & 4 WD magazines.

PICKUP

The tough, go-anywhere vehicles.

VILLAGE AMC/JEEP

666 S. Woodward 643-3900

Birmingham

POOL OWNERS...

Is your pool an eyesore? Is it
rough pitted and hard
to clean!

You need us!

Our "Hard to find" specialization
is the refinishing or repair of
POOLS to include MARBLITE
REFINISHING which is a white masonry
resurfacing finish with an acrylic base --
machine applied and Guaranteed for 1 Year
against chipping, flaking and separating from
existing surface.

Call

MICHIGAN POOL REFINISHING

For your free estimate call

453-8180

