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# OK, ride, ride, ride but practice first

You decide to save gas this summer and spend evenings and weekends on a bike. So you hop on and ride. And ride and ride and ride. At first you don't hurt. Then there's pain and lots of it.

Riding a bicycle, like any sport, requires preparation. Once in shape you can ride endlessly and in comfort. But you have to start slowly.

The first week on your bike should be a get acquainted period.

"You should begin by riding a few minutes each day or a few minutes each time you ride," said a spokesman for the Michigan Bicycling Federation. "Then you progressively make each time on the bike a little bit longer."

Once accustomed to bicycle posture, gears and riding in general, begin to increase, not distance, but speed.

According to the spokesman, a rider can travel comfortably at 16 miles an hour. And he can do so without exerting any more effort than that required to walk at a normal pace.

"It's a fact that with a good, lightweight bicycle, geared and adjusted properly, you can go about

four times as fast and four times as far with the same effort it takes to walk," said the spokesman.

Getting to that speed requires some discipline by the rider. Speed is built up by riding the bicycle in normal gear and pedaling it at 70 or 80 revolutions per minute. Distance isn't important, pedaling consistency is.

"If you start to slow down get off the bike and walk briskly for a hundred yards or so until you feel recovered," he said. "Then get back on and ride at 15 or 16 miles an hour again."

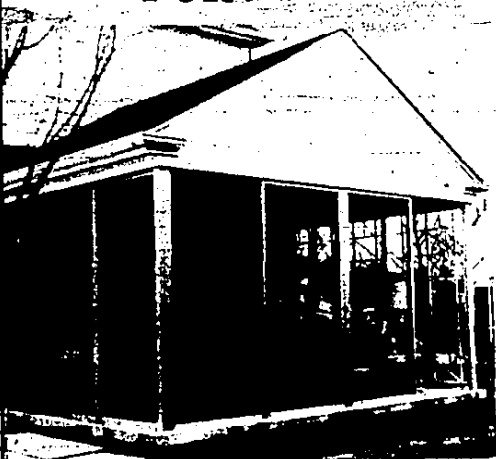
While building up speed and stamina, you should also examine your method of pedaling. If you're like most people you're probably pedaling improperly and waisting energy.

According to the spokesman, riders have a tendency to exert pressure on both pedals. Consequently one, leg works against the other.

"Try to keep that back foot ahead of the pedal by lifting the foot," he said. "Even if you let your foot rest on that back pedal you're working against yourself."

Body preparation somewhat de-

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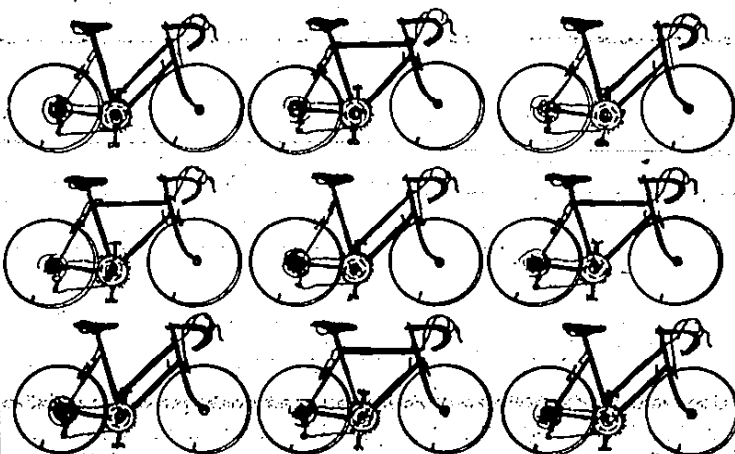
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