

# -Promoter-

Rich Rogel and Susan Ross of West Bloomfield await their tandem ride.



Jim Wilkinson and Marc St. Angelo, both of Southfield, work on a tire done in by a nail.



Cyclists use drafts to conserve energy and use the strength of other riders against the wind. In team racing, each team member may have a special ability as a rider. A sprinter, for example, may be kept to the back through most of the race so that he can use his strength at the end.

From the strategy of road racing to the quiet relaxation of touring, the appeal of cycling is in the variety of activities.

The cost of a good bicycle has been coming down, according to Hughes. As each new generation of racing bicycle is improved, the cost of quality bicycles for touring comes down. A novice racer can get a good bicycle for \$1,000, Hughes said.

To get involved in bicycling, either racing or touring, Hughes recommends joining a club. Hughes said that riding with a group improves riding efficiency, whether you're racing or touring. He said the techniques used for racing are important for recreational cyclists. Wind resistance is reduced and energy conserved riding with a group. For the racer riding with the right group is essential.

"If they know they want to start racing, they should join a club with a racing program," Hughes said.

Hughes is involved with the Wolverine Sports Club, one of three racing clubs in the Detroit area. The club is coached by Mike Walden, who has coached three world champion women cyclists, nine Olympic team riders, a Pan-Am games gold medalists and 60 U.S. national champions over the last 10 years.

Hughes said bicycling is a sport that can be enjoyed at any age.

"Most sports you have to do as a kid, bicycling is the exception. Your peak years are 20 to 35 for cycling. Up to 20, you're still developing. You can be nationally ranked at 45."

Hughes calls himself an inactive racer who "never was much of a racer." But, he says, bicycling is something he can't get out of his blood.

— Hugh Gallagher

'In a running race, you have hot-shots up front and the rest in the back. You can't do that in bike racing because there is so much strategy.'

— Dale Hughes

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use the race as a promotion for each town on the circuit.

Each kind of race in the tour offers the bicyclists different challenges and calls on different strengths.

Hughes said the time trial is a race of an individual against the clock, testing a person's all out strength. The road race and criteriums are strategy races.

"In a running race, you have hot-shots up front and the rest in the back. You can't do that in bike racing because there is so much strategy. A race can go very slow because they're jamming so much," Hughes said.

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