

Wisconsin "Do-It-Yourself" Holiday Tours

"A bicyclists dream" is the way Wisconsin has been aptly described, time and time again, by countless cycling enthusiasts from all over the U.S.A. Many thousands of miles of hard surfaced, back country roads exist throughout the state. They're ideal for cycling since their automobile usage is light and small towns and villages are almost always nearby. Wisconsin is quite similar to many parts of Europe, in this respect, and her various ethnic settlements add another facet to the charm of the countryside.

To plan a bicycle tour anywhere in Wisconsin, one need only have a state highway map, county highway maps (of the counties to be cycled), and accommodations information. In laying out a route, avoid state and federal highways and locate areas for rest, food and overnight stays. It's a good idea to check the route by automobile in advance.

Tour planning information can be obtained from the following sources:

Department of Transportation
Map Sales—103B Hill Farms State Office Building
4802 Sheboygan Avenue
Madison, Wisconsin 53701

*Wisconsin Highway Map (free)
*County Highway Map, 8½" x 11"
Individual—10 cents
Book of 72 Maps—\$2.00

Wisconsin Vacation and Travel Service
P. O. Box 450, Department B
Madison, Wisconsin 53701

*Wisconsin Campground Directory
*Accommodations Information
*Brochures on Regions and Areas (specify your area of interest)

Wisconsin Chamber of Commerce
411 West Main Street
Madison, Wisconsin

*Can supply you with the addresses of local Chambers of Commerce in the area you are interested.

ORGANIZATIONS THAT SUPPORT BICYCLING ACTIVITY IN WISCONSIN

League of American Wheelmen
5118 Foster Avenue
Chicago, Illinois 60630

Bicycle Institute of America, Inc.
122 East 42nd Street
New York, New York 10017

Regional Office:
3812 North Lowell Avenue
Chicago, Illinois 60641

Wisconsin Council
American Youth Hostels
P. O. Box 233
Hales Corners, Wisconsin 53130

Fitting the Bicycle

Every experienced cyclist knows that a bicycle cannot be pedalled properly, efficiently or safely if the bicycle is not properly adjusted to the rider's arm, leg and body measurements.

Bicycle frame size is very important. Normally, this should be about 9 inches less than the rider's inside leg length.

Bicycling is unique in that it exercises all muscles. When muscles are used in team-work, bicycling becomes a real pleasure and fatigue is greatly diminished. Saddle positioning—height, angle and location vertically behind the crank hanger—is a major

consideration when fitting a bicycle to its rider.

Proper saddle height is usually determined by having someone hold the bicycle upright, seating the rider solidly on the saddle, placing both of the rider's heels on the pedals and rotating the crank until one pedal is at the bottom position. The saddle height is raised until the rider's leg is straight. When the ball of the foot is placed on the pedal, there will be just a slight bend in the leg.

Position of the saddle nose behind the bracket or crank hanger varies with the style of riding, but approximately two inches behind is a good place to start. For leisurely riding, a half inch is usually sufficient. You may have to use this adjustment to aid in handlebar fitting too.

With the saddle too low, it is not possible to use the ankles properly. The foot is then often placed with the instep, rather than the ball of the foot, on the pedal. In this position, it is not possible to use the gentle "fanning" motion of the foot—bringing into play the team of foot, thigh, and calf muscles. Instead of a smooth, continuous flow of power, the rider with a low saddle propels his bicycle with a series of leg thrusts. This contributes to the wobbling

gait and rapid fatigue so common with the inexperienced rider.

With the saddle four, six or even ten inches too low, the effect on riding comfort can be simulated by climbing a flight of stairs on one's haunches.

The most universally excepted riding position is with the back inclined at an angle of 40 to 45 degrees from the horizontal, the arms extended comfortably forward, and slightly bent, the hands placed comfortably on a forward throw, "dropped" handlebar.

To mount the bicycle, one straddles the frame, both feet flat on the ground, with hands on the handlebars. One foot is then placed on the pedal on the high side (which should be at 45 degrees above the horizontal). Then, simultaneously raise the body's weight by pressing on the high pedal and pushing off with the foot on the ground, then easing yourself on the saddle.

To dismount, the reverse of the mounting procedure is used. One coasts with one foot on the low pedal, pulls the body forward off of the saddle, extends the other foot forward, then simultaneously applies the brakes and lowers the body, by flexing the knee, until the extended foot arrests motion and supports the rider firmly on the ground.

The Elroy-Sparta State Trail (The Old Railroad Trail)

The boundless beauty of rugged Indian country

Exclusively for the hiking and biking trade*

Safe from the horseless carriage and marauding Indians

3 cavernous tunnels—33 precipitous trestles

32 miles of surfaced railroad bed...(Maximum grade is 3%)

Trail side flora untouched for years

Campgrounds available

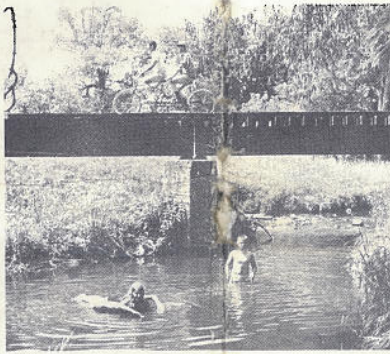
Bicycle rental and shuttle services available in local communities

NOTE: Jackets and flashlights are suggested for going through tunnels.

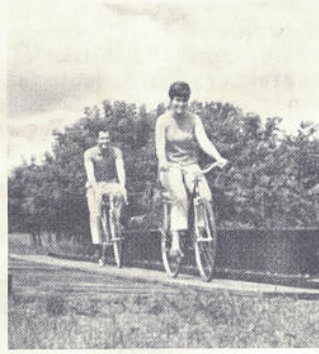
*snowmobiling permitted in winter time.



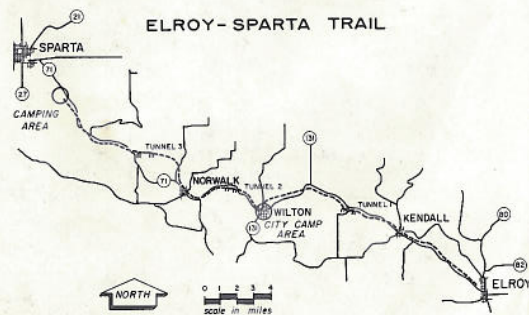
Home of a prehistoric monster?
...No, just a tunnel coming up



Ye old swimming hole still exists in the Kickapoo River



Smooth and easy riding



The rural countryside