

# Bicycling: An Affordable Adventure For The Whole Family



**Reasonably priced bicycles and inexpensive roadside activities make family bike trips the ideal solution for budget-conscious Americans looking for adventure.**

(NAPSA)—Americans vacationing closer to home have found a fun activity that won't break the family budget—a bike trip.

Bike trips offer a healthy, affordable way to satisfy that craving for adventure while spending quality time with family members.

In fact, according to a recent survey conducted by the American Recreation Coalition, 88 percent of parents believe outdoor activities, like biking, strengthen relationships. Along with helping families to reconnect, biking provides a great aerobic activity that benefits the body and soul.

Bike trips also allow busy families to experience an exciting getaway without the added hassle and expense of traveling by airplane or automobile. This includes nearby attractions and local sites of interest, which families can easily navigate from the comfort of a bicycle, instead of looking for parking spots.

For families without bicycles, experts have good news. According to Chris Holmes, director of family

programming for Schwinn, bicycles have never been more affordable.

"Today, families can find quality bicycles at affordable prices where they shop everyday," said Holmes. "Several popular retail outlets, including Wal-Mart, Target and Toys 'R' Us carry Schwinn bicycles for adults and children."

When purchasing a bicycle from a retail outlet, Holmes adds that sizing it properly can mean the difference between a memorable afternoon with the family, or hours of discomfort that can cause unnecessary injury.

He offers the following tips for finding the right size bike:

- Wear the shoes you'd wear for biking, so your true bicycle height is reflected.
- Have someone come along to see if the bike is a good fit.
- Test the height of the bike while standing by lifting it until the tube touches you. The front wheel should be two to three inches off the floor.
- Raise or lower the seat to a comfortable level—one at which

## SAFETY TIPS:

### Taking On Bicycle Safety As A Family

1. Set a good example—parents are role models for bicycle safety, so wear a helmet
2. Plan your route—discuss the path to prevent miscommunication on the road
3. Know your limits—identify places where family members can stop to rest if necessary
4. Follow the flock—travel in a single-file line with responsible family members navigating the group at the front and back
5. Have a contingency plan—if someone gets lost confirm a location where everyone can meet
6. Stay nourished—pack water and foods high in carbohydrates
7. Talk about safety—always review the rules of the road

Web sites such as [www.familybiking.com](http://www.familybiking.com), a site created by Schwinn, offer additional safety tips.

the knees are correctly bent while peddling. At least two inches of the seat post should be hidden.

- When the pedals are at six o'clock and 12 o'clock, your knee should be slightly bent on the side with the six o'clock pedal.

- For children's bikes, the wheel rims should be approximately one-third of the child's height. For example, if your child is 48 inches tall, buy a bike with a 16-inch wheel.

Biking together can promise excitement, adventure and lasting memories for the entire family. For more information on planning a family bicycle trip, including tips on choosing a bike for everyone, visit [www.familybiking.com](http://www.familybiking.com).