

The Cyclist Is a Lonely Rider

Cyclists have a reputation for being individualists—loners. We enjoy the freedom that comes from being self-sufficient, from not participating in polluting forms of transportation, and from feeling the wind on our faces and the smell of the countryside in our nostrils.

Cycling alone can be fun, but it can be lonely. There are options available. Within the Eugene/Springfield community two touring clubs and one racing club offers cyclists a variety of group riding possibilities. The two touring clubs are McKenzie Riders and Spoke Folk.

McKenzie Riders is a group of about 50 members whose skills levels run the full range—from very experienced to novice. Their rides average 35-45 miles, and they publish a schedule of rides which is available in any bike shop. Monthly potlucks, included on the schedule, are often times the highlight of the month. Contact Toni Toomey at 345-7836 or Susan Baxter at 345-7159 for info.

Spoke Folk meets monthly also. Their meetings are held at the Bavarian Restaurant. Rides for Spoke Folk are not planned

ahead of schedule, so you should contact their organizer Richard Moffitt at 746-5130 for details.

Riding with a group has the same advantages of riding alone and some additional ones. Someone else is always around to help with that flat tire, to share a wonderful view, and to coach you up that last hill before lunch.

For the more athletically inclined cyclist, the Eugene Cycle Club offers the training and companionship of the racing world. Rides are fast and strenuous. So be sure to contact Woody Campbell at 343-7086 before attempting a training ride. These are good folks, but the approach to riding is much different than the tourist's or the commuter's.

The summer months are a good time to contact cycling clubs and begin a new way of pedalling away the miles. Enjoy the companionship of a group on your next ride.

—Susan Baxter

Susan Baxter owns The Polished Word, an editing and writing service, and is a LAW Instructor-in-Training.

Bike Helmet Study

Some popular brands of bicycle helmets may not protect the rider from serious head injury, the major cause of bicycle-related deaths in the United States, according to a two-year study by the Washington Area Bicyclist Association (WABA) and the Snell Memorial Foundation of Sacramento, California.

The study, published in the March issue of *Bicycling Magazine*, has already caused controversy in the growing \$10 million-a-year bicycle helmet industry, and has provoked vigorous protests by the manufacturer of one large selling helmet which received a poor rating.

Information from the WABA/Snell study may also prompt the American National Standards Institute (ANSI) to speed up issuing safety guidelines for the manufacture of bicycle helmets similar to existing motorcycle helmet standards.

The study found that many bicycle helmets on the market today are both comfortable and safe enough to pass a 3'3" laboratory impact test. The helmets that passed include the Fury, Bell (3 models), Bailen, MSR, HannaPro, Supergo, and Cooper SK2000. However, only the Fury, Bell and Bailen helmets passed a 6' impact test.

The Fury, a light motorcycle helmet, was clearly the most protective, but was judged marginal for comfort testing.

On the other hand, 14 other bicycle helmet models, including some widely advertised and popular brands, failed the 3' impact test. The traditional leather strip headgear worn by bicycle racers was found to be practically useless in preventing head injury.

Tests for the study were conducted by the Snell Memorial Foundation, an independent non-profit organization which is often given credit for the high safety standards of racing car driver and motorcycle helmets.

The Snell tests for the study are the first scientific evaluation of the protection offered by a wide sample of different brands of bicycle helmets. The tests were conducted by placing the helmets on an instrumental headform and dropping them onto a steel anvil from various heights. This simulated the shock a bicyclist's head could receive by hitting the pavement or another vehicle in an accident.

The study was written by Tom Balderston and Randy Swart of WABA, a non-profit organization of Washington, D.C. area bicyclists dedicated to research and educational activities leading to better and safe cycling.

Balderston and Swart also conducted comfort tests of leading bicycle helmets. Surprisingly, they found that some heavier helmets with solid shells and airflow underneath were just as cool and comfortable as lighter helmets with ventilation holes in them.

But Balderston and Swart agree that the impact test of the helmets far outweighs the comfort test in importance. "Up to now, consumers could not compare impact protection in selecting a bicycle helmet. There simply wasn't any way to tell which helmets would protect you and which ones wouldn't," said Swart. "But now they can find out from our study. And from now on, safety will have to be the major criterion in bicycle helmet design and manufacture," he said.

Industry sources estimate that 235,000 bicycle helmets were sold in the United States in 1982. The average suggested retail price of a bicycle helmet is \$40-\$45.

CONTACT: For more information on the WABA study, contact Tom Balderston or Michael Gessel, WABA, 1332 I Street, N.W., Washington, D.C. 20005. The results of the study can be found in the March issue of *Bicycling Magazine*.



Roling
free
evaluation

JON CARROLL
Certified Rolfer
(503) 683-3689



- daily soup 'n sandwich specials
- croissant and bagel sandwiches
- natural juices, fruit smoothies
- our own special frozen yogurt—only 70 calories a cup

992 Willamette (on the Mall)
9-6 weekdays 10-6 Saturday

QUALITY COPIES



IT'S NO GAMBLE !!

kinko's copies

open 7 days

860 East 13th Ave 344-7894

TEETH
Ignore them
and they will
go away



Teeth Cleaning, Exam
and
X-Rays as needed

\$25

Will Morningsun, D.D.S.
Thomas R. Huhn, D.D.S.
Sarah Hollander, D.M.D.
call for appointment
746-6517
528 Mill St.

Willamette Valley **SEKAI** BICYCLES

Cycle Works

663 E. Thirteenth Eugene, Oregon 97401 - 343-7086

TIRE SALE

Buy 2 specialized tires and get 2 tubes (\$5 value) for **FREE**

with coupon only • good through 8/5/83

SALE

BELL TOURLITE
\$37⁹⁵ Reg. \$47.95

BELL BIKER
\$34⁹⁵ Reg. \$39.95

Thru Sun.
July 17th

6th & HIGH
687-1775

Open Sundays

10% Off Skid Lid Helmets

recycled bike works

774 e. 11th ave.

• Sales
• Service
• Parts
• Tool
• Co-Op

485-5886