

Bicycling - An Affordable Adventure For the Whole Family

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

Courtesy of NAPSnet.

Read more: <http://www.doityourself.com/stry/bicyclingfamily#ixzz0fBcnLZtG>