

# Pedal power: preparing for D.C.

By DEVON JONES

Battle Ground High School

"You would like reasons. I can give you over 196,416,000 of them," the budding mathematician said.

"That is how many inches of fields, forests, cities and mountains there are on the way. With each of the over 7,186,185 revolutions of the tire, I will be seeing new country, new sites and fresh adventures."

That's how Lon Allworth, student at Battle Ground, looks at his upcoming bike trip.

Next summer, Lon and 19 other ambitious Battle Ground High School students will hit the road.

The Battle Ground Bike Club is aiming for Washington, D.C. That's a big goal, considering our nation's capital is about 3,100 bike miles away, or 66 days worth of pedaling.

The students are making the trip for two reasons: to promote safety, and for fun.

Along the way, the students and chaperones plan to impress bicycle safety on those they meet. One way is by setting a good example.

"The kids have to undergo a lot of learning this year," Sid Muzzy, who is heading the trip, said. "They have to know all the parts of a bike, how to strip down a bike and repair it, and all the rules that govern riding."

They also have to be in good physical shape. They're preparing right now for the ride they'll make this summer. Muzzy has set requirements for the riders.

"The first week they should be able to pedal 5 miles in one hour. The second week, they should do 6 miles in one hour, then 7 miles, and so on. The ultimate goal is to be able to do 18 miles per hour without fatigue, for two to three hours without a break," Muzzy said.

The riders don't mind.

"It's hard, but it's worth it," said Nancy Ellertson, a Battle Ground sophomore. The other riders echo her feelings.

Weight lifting and gym activities are helping them get in shape. Cold winter days will likely find them jogging in the gym or doing push-ups in unison on an icy floor.

The conditioning is part of their goal.

"This trip would be a chance to prove to myself that I can handle a physical challenge if I put my mind to it," Rose Grim, a junior at Battle Ground, said in an essay she wrote about the trip.

"Being in good physical shape is valuable because it helps you to do more and more things, without tiring so easily," Nancy Ellertson said.

Those who wanted to make the trip were asked to write essays expressing their ideas on bike safety, explaining why they want to travel, and giving a bit of personal history.

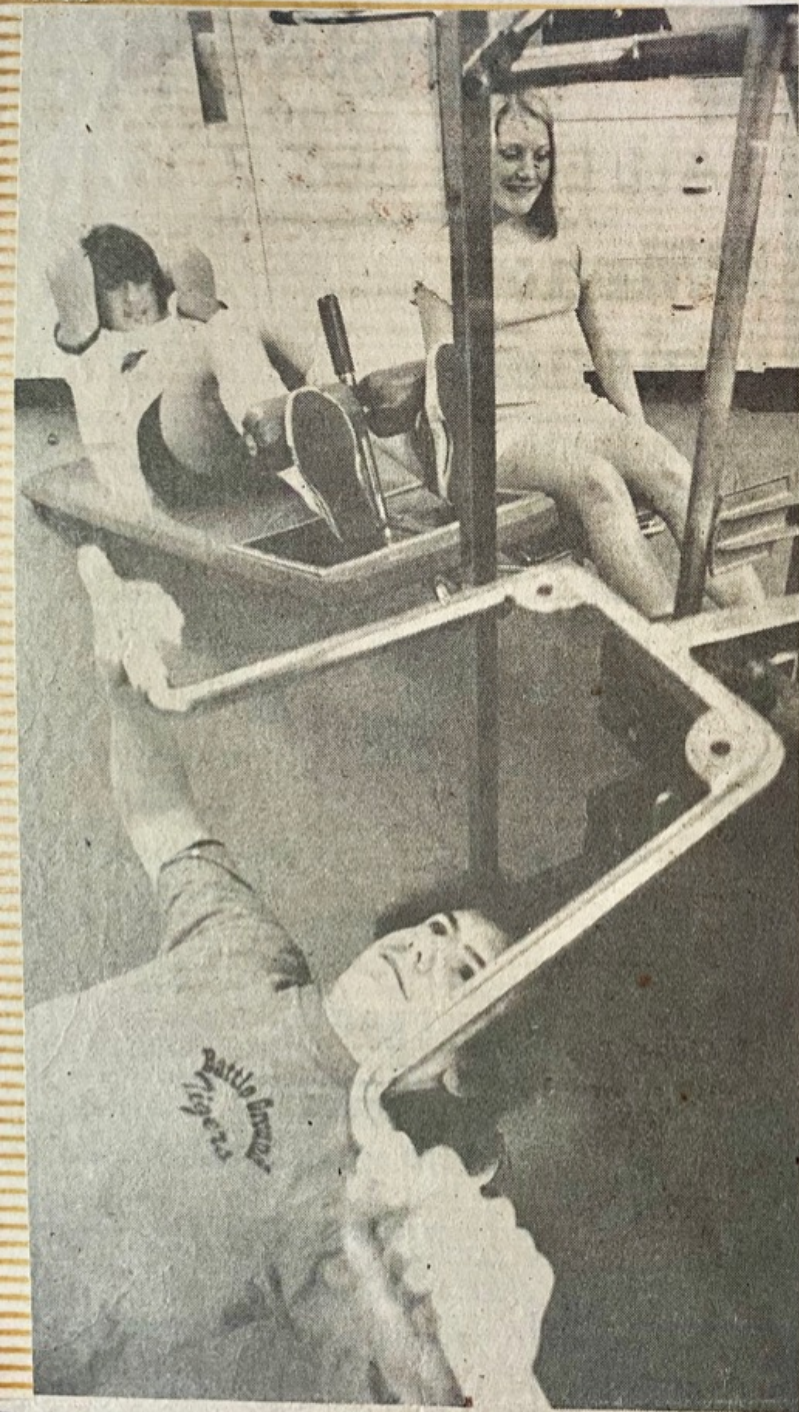
"It's something I've always wanted to do," Tami Conner, a sophomore at Battle Ground, explained.

"I need to mature in a lot of ways, and this trip would be a good place to learn how," said Rose Grim.

"If I get to go, this trip to Washington, D.C. will be an adventure I will always remember," Donna Devlin, a Battle Ground junior, said.

It's going to be a long, difficult trip for these cyclists. But when they finish, perhaps they will have experienced what Steve Dietel, a Battle Ground freshman, envisions.

"I'll remember each area for something different — weather, friendly people (or unfriendly people), buildings, etc. — but I hope I'll be able to remember something about everyone which is good."



Tami Conner, Larry Barr and Nancy Ellertson: getting into shape.