

Zimmerman in England.

The following is a list of Zimmerman's fixtures while in England:—

April 30.—Notts Forest Sports. A London County party will leave King's Cross at 8.30 p.m. on Friday, April 29.

May 14.—Bristol B. & T. C. A London County party will go down on the Friday night Particulars in due course.

May 21.—London County Club spring meeting at Herne Hill. The best English, Scotch, Irish and Dutch riders have been invited to meet Mr. Zimmerman at one mile.

May 28.—Polytechnic C. C., at Paddington, with a particularly interesting item.

June —. Championships of Europe at Berlin, and L. C. party.

June 18.—National Cyclists' Union championships at Herne Hill.

June 25.—National Cyclists' Union championships at Leeds.

July 9.—London, Lewisham and Brixton meeting at Herne Hill.

July 16.—Visit to Holland with a London County party.

July 23 and 25.—Collingwood Club, Newcastle (probably).

July 30.—Harrogate Camp with "Lacy Hillier's party."

Mr. Zimmerman's tour will close at Harrogate as regards racing; he will then visit Paris and return to America for the racing season there. He will probably ride at the Thursday evening meetings at Herne Hill, and as soon as the weather is warmer try for records there.

Provided there is room, cyclists and athletes who are not members of the L. C. C. and A. C., Ltd., are permitted to join the London County parties.

Position.

There is no point in connection with safety bicycle riding that is so important, and so much abused, as that of position. Riding far back over the rear wheel was at one time considered to be the correct thing for speed, though nobody who has had experience of riding in such a position could by any stretch of imagination call it comfortable. Even now we frequently see youths sitting back with curved spine, contracted chest, and outstretched arms in the fond belief, evidently, that they are posing as "flyers" of a very advanced type and superior description. It is an utter fallacy, and we know of nothing so entirely wrong in connection with cycle

riding than this same backward position. It is not to be wondered at, when young fellows place their bodies into such fearful and wonderful shapes, that people on the sidewalk, or anywhere else, should call the sport of cycling unhealthy. Such a position is unhealthy, and, we maintain, altogether opposed to speedy riding and comfort. A man, to attain to anything of pace, to pedal easily, to exert to its fullest extent the combined strength of arms, shoulders, chest, hips, and legs, and the weight of his body, should sit on his machine in an almost vertical position. Apart from the question of speed, just imagine the pleasure and healthfulness of such a position; no part of the system is cramped, the chest, instead of being contracted, is expanded, every breath of the country air gets right home to the lungs, and the heart is allowed its normal and necessary amount of room to beat in. Fortunately these facts have dawned upon a great number of the more sensible riders, and the highest grade mounts are this year mostly built in favor of a somewhat vertical position; but we still find many of the younger school of wheelmen assuming the old time hump-backed position, and it is particularly to them, should any of them read these lines, that we tender our advice. In no case should the peak of the saddle be more than about three inches behind the crank axle. This, if the machine is correctly built, and the handles properly placed, should put you in such a position as to enable you to get all the speed possible out of your machine with comfort and thorough enjoyment, besides increasing your pace up hill to a very perceptible extent.—*Cycling*.

It may be news to some people that the stooping position, so much in vogue amongst fast riders, allows much more free play to the lungs than if one sits bolt upright. At least, such is the opinion of Doctor Turner, who is one of the best authorities on the subject we know of. Young riders should take care, however, that the stooping position does not become "chronic."—*Wheeling*.

The L.A.W. championship medals for this year are to be a vast improvement upon those of previous years and will be handsome souvenirs.

Dr. Turner, the famous English cyclist, thinks the tricycle faster than the safety for twenty-four hour spin on the track, attributing it to the absence of exertion in balancing, which requires so much strain on the muscles of the arm and back.