

W. C. Rands, of Detroit, who is entered for the Buffalo road race rides a geared ordinary.

Davis, of Harvard, broke the two-mile inter-collegiate record at Tioga track, Philadelphia, on the 18th, making the distance in 5-31½ min.

There are sixty-two entries for the Martin Road race in Buffalo on the 30th inst., the Canadians being Nasmith, Smith, Hyslop, and MacClelland of the Torontos. F. C. Graves, of Springfield, Mass., who won the Irvington-Milburn race last year, Dukelow and LeMessurier, Rochester's fast men, besides a number of other speedy riders and the local cracks have entered, and the race promises to be interesting. The course has been selected and is as follows:

"It starts at the Parade House, out Genesee Street to a point 2½ miles beyond Bowmansville; return precisely the same way and encircle the meadow opposite Parade House three and a quarter times. The course will therefor be made up of eighteen miles country roads, four miles asphalt pavement and three miles macadam. At the present time the road over which this race will be run is in elegant shape. There may be a slight alteration in this course, but it will practically be as stated above."

"It is a matter of very vital importance to a cyclist to find the exact stretch that suits him best, and even when once found it is by no means an easy matter to hit on it again, hence it behoves every rider to nick his seat pillar with a file, and also to measure his stretch from the centre of crank axle to the top of the centre of his saddle. Thus should the adjustment be altered on his own machine he can find the correct height in a moment, and should he be riding a new machine a tape measure should be used to find the correct stretch. The importance of having one's stretch correct is hardly fully realized. Not only is it impossible to use one's powers to the best advantage should the stretch be either too short or too long, but a nasty strain may result, as we found by experience some time ago. Some one altered the stretch of our safety without our knowledge, and we rode to Gorey (N.B.—Not a misprint for Glory) without noticing it, the result being a strained sinew in the knee, which still gives us trouble."

The above paragraph from the *Irish Cyclist* we recommend for perusal by Horace Pease, who was going round last week with a strained leg. It does not take a long stretch to get beyond this reach.

WHEELMEN'S HEADQUARTERS.

TORONTO.—Walker House, cor. Front and York streets, near Union Station. \$2.00 and \$2.50 per day. Special Rates to Wheeling Parties.

WEST

LAMBTON MILLS.—Scott's Hotel. Every accommodation for Wheelmen. \$1.00 per day.

WESTON.—Eagle House. C. R. Dade, Prop. Wheelmen will receive the best of attention. \$1.00 per day.

GEORGETOWN.—Clark House. T. H. Campbell, Prop. \$1.00 to \$1.50 per day. Special rates to wheeling parties.

LONDON.—Tecumseh House. Chas. W. Davis, Prop. Special rates for wheelmen. Headquarters for Western Ontario.

COOKSVILLE.—Jas. H. King's Hotel. Special attention to Wheelmen. \$1.00 per day.

OAKVILLE.—Oakville House. M. H. Williams, Prop. Would be pleased to have Wheelmen call and see me. \$1.00 per day.

HAMILTON.—Royal Hotel, cor. James and Merrick Streets. \$2.50 to \$4.00 per day. Special rates to Wheeling parties.

EAST

KINGSTON ROAD.—Woodruff's Hotel. Special attention to the wants of Cyclists. \$1.00 per day.

NORWAY.—East Toronto Hotel. John Warren, Prop. Every accommodation to Wheelmen. \$1.00 per day.

HALF-WAY HOUSE.—Beatty's Hotel. Every attention given to travelling Wheelmen. \$1.00 per day.

HIGHLAND CREEK.—Kellar's Hotel. The best place on the Kingston Road for meals. Wheelmen given every attention. \$1.00 per day.

LIVERPOOL MARKET.—Secker's Hotel. Travelling wheelmen receive every attention. \$1.00 per day.

PICKERING.—Gordon House. James Gordon, Prop. Wheelmen's patronage solicited. \$1.00 per day.

WHITBY.—The Royal Hotel. Emaney and Mallett, Proprietors. The favorite house of the East. Special rates to Wheelmen.

PORT HOPE.—St. Lawrence Hall. Mr. Owen, Prop. This house is noted for its attention to Wheelmen. Special rates to Wheelmen.

COBOURG.—Durham House. Mr. M. B. Williams, Prop. Every attention paid to visiting Wheelmen. Special rates to Cyclists.

TRENTON.—Grand Central Hotel. A. Parent, Prop. The best \$1.50 to \$2.00 a day house in town. Special rates to visiting wheelmen.

KINGSTON.—Hotel Frontenac. E. H. Dunham, Manager. The leading hotel in the city. Every comfort for wheelmen. Excellent storage for wheels. Special rate of \$2.00 per day.

NORTH

THORNHILL.—Green Bush Hotel. J. C. Steele. The favorite house for Wheelmen. \$1.00 per day.

NIAGARA FALLS, CANADIAN SIDE.—Park-side Inn. F. DeLacy, Prop. It is situated directly opposite Queen Victoria Park, and adjacent to the Clifton House. We have every accommodation, and offer special rates to Wheelmen.