

# Carry nourishing food when you take on challenge of bike trails

Today's easy riders are avoiding the highways and hitting the byways. They're blazing bicycle trails through cities and into the wilderness and park preserves.

## Eye for the instant

By JACK ENGLERT  
Photographic Specialist  
Eastman Kodak Company

Summertime family excursions into the Great Outdoors offer picture-taking opportunities too good to pass up.

Instant camera color prints give you the pleasure of watching a colorful image develop outside the camera in minutes. With models such as the Kodak instant cameras, the prints are clean, dry and litter-free.

Here are some ideas for snapping better instant pictures.

- Cloudy bright days provide soft, even flattering light for instant pictures of people. A low-light signal in the viewfinder of a Kodak instant camera tells when there isn't enough light.

- Indoors and after sundown, use flash to take pictures of subjects 4 to 10 feet away. For even lighting in a group picture, keep everybody at about the same distance from the flash.

- When your youngest returns with a prize catch, try a low camera angle and shoot slightly upwards... the angle will tend to make him appear taller and the fish longer.

- A clever way to document a trip is with pictures of the local foliage. Flowers and leafy vines provide more than a lush

backdrop... they make good close-up subjects.

- The texture and grain of a gnarled tree trunk can be an unusual shot. Take along extra film and add variety to your picture-taking by capturing the same tree at different times of the day... late-afternoon light can create dramatic shadows,

and at sunset the twisted trunk becomes a stunning silhouette.

- Take a series of pictures to tell a story... as the firewood is gathered, and the tent is set up and as dinner sizzles in the pan. Then ask a nearby camper to take an informal instant camera picture of your family.

Human pedal power provides a source of non-polluting energy. And to cyclists, replenishing that energy supply adds zest to the trip.

For weekend or one-day treks, the variety of food you carry is almost a matter of choice. Insulated Thermos Sports Kits containing two vacuum bottles and a food box enable cyclists to carry warm or cold foods and beverages.

A pair of these sports kits can be hung saddle

bag style over the backs of bikes. Or individual vacuum bottles can be tucked into panniers, handlebar or seat bags.

A candy bar is a convenient energizing snack during rest stops. Or for a special treat, pack an ice cream bar. Experts at Thermos advise us that ice cream pre-frozen in a removable Dine-A-Liner, and then placed in a wide mouth vacuum bottle, will remain firm for up to six hours.

For the main meal, hot dogs, hamburgers, strips of steak or chicken parts can be grilled over an open fire. They can be kept cold and fresh in a wide mouth vacuum bottle with a protective liner.

When eating heavy meals, always rest at least half an hour to allow the food to digest. And wherever your wheels are rolling, be sure to carry an adequate supply of water.



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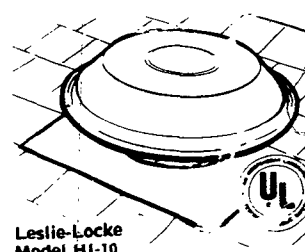
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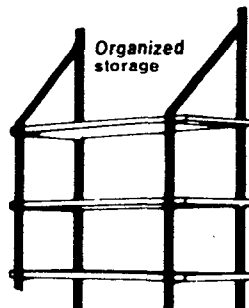
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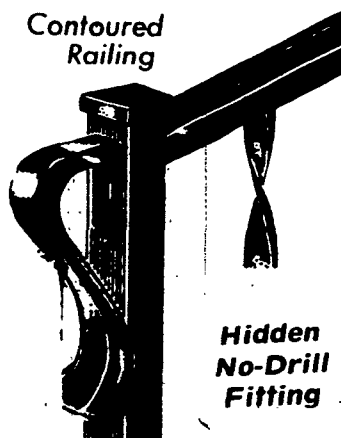
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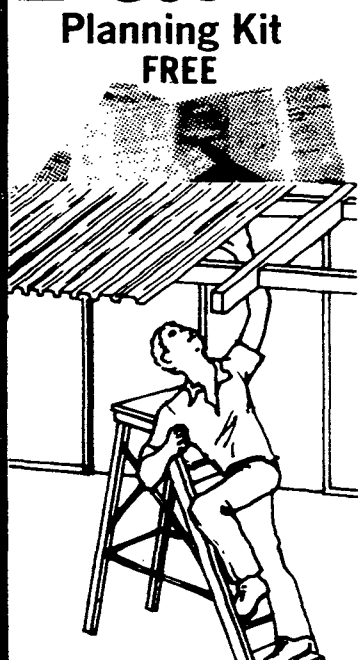
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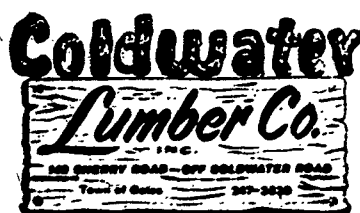
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