Bicycle News and Notes

Biking Provides A Fabulous Way To Take In The Fall Color

(NAPS)—If you’re spinning your wheels about where to go on vacation this fall, consider a cycling vacation in Wisconsin—one of the nation’s most bike-friendly states.

The League of American Bicyclists recently voted Wisconsin the second-best biking state in the nation and the state is continuing to build momentum as a top cycling destination. With its miles of scenic beauty, rolling hills, a picturesque landscape and a bike-friendly attitude, make Wisconsin one of the best places for bicycling in the country.

The state has a long history of welcoming cyclists and it was one of the first states to convert rail trails to multipurpose paths (that is, rails to trails). The Elroy-Sparta State Trail, for example, is one of the most popular in the state with its unique, three-quarters-mile-long train tunnel carved in the hillside.

Wisconsin’s cycling reputation is so strong that its southwest corridor was included in Chicago Tribune’s list of “100 Best Biking Towns in the Summer Olympics.” It’s also a favorite among bicycle manufacturers. Prominent bicycle manufacturers such as Trek, Pacific Cycle and Giant love the combination of the state’s urban and country landscapes and so call the state their home.

Bicyclists interested in learning more about Wisconsin’s cycling opportunities can order an own free “Wisconsin Biking Guide at www.wisbikescene.org.

Here are some of the state’s best trails and routes:

- Elroy-Sparta State Trail (www.elroy-sparta-state-trail.com)
- Cycle Wisconsin (www.cyclewisconsin.org)
- Orauzee Intercity Trail (www.orauzeeinterurbantrail.us)
- Gandy Dancer Trail (www.polkcountytourism.com/gandydancer.html)
- CAMBIA Mountain Bike Trails (www.cambiatrails.org)

On-road touring opportunities can be found throughout Wisconsin, including several with historical themes, such as the Lead Mining Heritage Trail in Grant County; the Frank Lloyd Wright Tour in Iowa and Sauk counties; the Great River Road-South tour, which runs through La Crosse, Vernon and Crawford counties; and the Cheese Country Trail, which runs through Mineral Point, Darlington, Beloit and Monroe.

The state also offers plenty of expert-level mountain bike terrain, including many trails in the Cable area, which hosts one of the nation’s largest off-road events, the Chequamegon Fat Tire Festival.

In north-central Wisconsin, the Boulder Junction Area Trail System offers mountain bikers a 10-mile loop on local ski and snowmobile trails, as well as a paved trail running south to Trout Lake.

One other mountain bike trails include the Perrot State Park Trails in western Wisconsin, the John Muir Trail in the Kettle Moraine State Park—Southern Unit and the Gandy Dancer State Park Trail in southwestern Wisconsin.

Travelers looking for year-round Wisconsin getaway ideas, travel planning, events and free guides can discover their own fun at TravelWisconsin.com or by calling (800) TRIP-WI.

The Simply Vera Vera Wang collection, exclusively available at Kohl’s, offers an array of chic choices for fall that always look fabulous whether paired with sleek dark denim or a modern shift dress.

Layering

As the colder months approach, layering becomes essential. To layer with style, pair a jacket with a graphic tunic and leggings for an intermediate look. Or, try pairing an embellished top with another fall must-have, the black boyfriend blazer, and dark skinny jeans for a fashionable downtown look.

Corporate Commitment Can Make A Difference

(NAPS)—Now more than ever, businesses are looking for ways to make relevant contributions to their communities while meeting the needs of their customers.

As a result, businesses have accelerated their focus on fostering diversity both through hiring practices and the donations they make to deserving causes.

A good example of a company engaging in such practices is Walmart, which works to promote diversity at every level. The company’s board of directors includes two African-Americans and three women, one of whom is Hispanic. The network of associate resource groups, Walmart’s Sam’s Club management teams joined the company as hourly associates.

More than 50,000 managers in the company’s U.S. operations are accountable to meet diversity goals that tie 15 percent of officer and senior field management bonus to diversity goal achievement. Those achievements account for 10 percent of their annual performance evaluations.

As a result, the company was recognized in 2010 as one of the Top Companies for Executive Women by the National Association for Female Executives, and in 2009 among the top 50 Employers by Career and Company Diversity, by the U.S. Hispanic Chamber of Commerce.

Making donations to diverse causes is one important way the company supports diversity. The company has donated a $1 million grant to the Thurgood Marshall College Fund and $1.2 million to the National Council of La Raza, a Latino civil rights and advocacy organization in the U.S., for a jobs-training program.

“Diversity is not just a factor when hiring employees. It also matters when a company chooses suppliers,” says Theresa Barrera, vice president, supplier diversity, Sam’s Club. “Walmart continues to make investments that increase and promote the sourcing of products and services through minority- and women-owned businesses.”

Through its supplier diversity efforts, the company spent more than $9.2 billion with minority- and women-owned businesses last year.

Working with minority- and women-owned businesses is a vital part of the company’s overall commitment to inclusion.

The company that respects individuals, practices customer first and strives for excellence will win in the future,” says Walmart CEO Mike Duke.

Walmart expects to add an additional 500,000 jobs around the world in the next five years.

As the colder months approach, layering becomes essential. An array of chic choices awaits.

(NAPS)—Look fashionable and comfort with the latest trends for fall. This season, feminine details and embellished elements are key for a modern, pulled-together look.

More and more designers are offering feminine wear in relaxed lines, offering sleek options for revamping your fall wardrobe without breaking the bank.

Cardigans

The traditional cardigan sweater has been reinvented. Stylish new ways to wear this classic piece are belted, wrapped or layered. Embellished options, featuring feminine bows and ballerina-esque waist ties offer a stylish, modern touch. The Simply Vera Vera Wang collection, exclusively available at Kohl’s, offers an array of chic choices for fall that always look fabulous whether paired with sleek dark denim or a modern shift dress.

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Denim

Jeans are fashion staples that never go out of style. They’re versatile and always on trend. Boyfriend and skinny jeans are two kinds of denim that are popular this season. For a relaxed look, pair your favorite boyfriend jeans with a flowy top. Combine skinny jeans with a sparkly blouse and open-toe heels for glamorous style. With denim, the choices are limitless!

Boots

Boots are must-haves for the fall. As an alternative to the classic tall boot, look to different style options such as ankle, mid or over-the-knee length. Another popular item this season is the peep-toe bootie in an ombre pair painted with a silk draped dress or sleek black pants, you can create the ultimate girl-about-town look.

Fashion Forecast

Designer Style At A Great Value

(NAPS)—Visit the Responsi- ble Industry for a Sound Environment at www.debuthemys.com, for informa- tion about common pests, how to choose and use pest-control prod- ucts safely and other tips. For kids, there are online activities and a storybook.

In the first year of its exis- tence, more than 500,000 women from across the U.S. signed up for the Love/Avon Army of Women to help eradicate breast cancer. Women who want to sign up can register for free at www.armyofwomen.org.

There’s a new game that you control by running, jumping, hop- ping and skipping. A specially designed mat controller is included so you can jump, liter- ally, straight into the action with a Nintendo Wii. The ACTIVE LIFE EXPLORER game can be explored online at www.namcoandgames.com.

Valley Forge/Montgomery Co., Pa., is a favorite destination for cyclists who enjoy exercising in beautiful surroundings. The county is interspersed with trails to attract amateurs and profession- al riders. For more information, visit www.valleyforge.org.

If your air ducts are clogged with dust, mild or mildew, con- sider calling a professional heat- ing and cooling system cleaning contractor. Check that the com- pany is a certified member of the National Air Duct Cleaners Assos- ciation. For more information and to find a certified Air Systems Cleaning Specialist near you, visit www.nada.com.

With a little bit of planning— and the help of your cable provider—you can scare up Hal- loween entertainment that’s con- venient, safe and economical. Start with the great variety of seasonal On Demand program- ming available. Learn more at www.thisiscable.com.