



BETH M. HOWARD

# ELLE

HUGE  
**SPRING**  
FASHION  
SPECIAL!

101-PAGE  
EYE-POPPING  
FORECAST

**THE BEST NEW  
MAKEUP & HAIR TO  
TRY RIGHT  
NOW (RUSH!)**

**WHAT  
20-SOMETHINGS  
DO INSTEAD  
OF SEX**

SHARON,  
MADONNA,  
MICHELLE  
**HOLLYWOOD  
HOT BODIES**  
AND  
HOW THEY GOT  
THAT WAY



MARCH 1996  
USA \$3.00  
CANADA \$3.50







## the new, women-only bike seats

The most comfortable bicycle seat for a woman is just that: a seat—or, as they say in bike shops, a saddle—made for a woman. “It should be shorter in length and wider in the back to support the ‘perch’ bones,” says Georgena Terry, founder and president of Terry Precision Bicycles for Women, located in upstate New York. “People tend to go for the softest saddle, but if it’s too squishy it won’t be supportive. Too-soft foam causes you to sink to the base of the saddle, and you’ll start feeling the hard frame after a few miles. But you want the nose of the saddle to be softer, so when you lean forward, it gives way.”

Just as you wouldn’t wear a maxipad when a minipad does the job, so it goes with oversize gel saddles. Terry cautions, “The excess gel could translate as lack of support, as well as unnecessary weight. The gel should be used only where it’s needed, like under the perch bones. And choose a gel like Ergo from Italy, which won’t break down or deteriorate.”

Once you’ve found a saddle, it’s important to put it on the bicycle correctly. If the nose is up too far or down too far, you’re guaranteed to be miserable. Always start off with the saddle at a level position, then tilt it according to your preference. Height is important, too. If it’s too high, it will rub from side to side and cause chafing. If it’s too low, your knees will suffer because you can’t get full knee extension or full strength from the legs.

When you’re purchasing a new bike, most shops will allow you to swap the standard man’s seat for a woman’s saddle. If you’re upgrading, test-drive a few different kinds before making the \$25 to \$80 investment. Or poll your friends who cycle. But, Terry warns, “what works for all your friends may be torture for you.” —BETH HOWARD

### it’s a stretch: bicycle wrist

As kids, riding our bikes “no hands” was considered a feat of rare athleticism. But according to world champion mountain biker Ned Overend, serious biking is all about keeping your hands on the handlebars: “You grip the handlebars for balance and steering, and you shift and brake with your fingers and thumbs—if you hit a rough patch and tense up, that can mean a loss of control.” To keep wrists and forearms loose and flexible, Overend recommends these two stretches:

- Press your palms together in a prayer position, fingertips pointing up. Slowly raise elbows until they are parallel to the floor. Hand and wrist should almost form a right angle; hold for thirty seconds.

- Hold out your right arm, palm to the floor. Use your left hand to push your right hand down, as if folding it into the underside of your wrist. Hold for thirty seconds. Repeat with left hand.—RACHAEL COMBE

### Great New Gear

These AcornSox—made of cozy, light-as-air Polartec fabric—are designed to keep feet warm and comfortable in the wettest, coldest conditions. While we’d love to try them on the slopes, we’re currently content to pad around the house in them. Often more closely related to the Ace bandage than Victoria’s Secret, sports bras have never been noted for their incredible comfort—nor their flattery of the female figure. This is all about to change: Speedo has teamed up with Warner’s, the people who first made bras with cup sizes. Sold in lingerie departments rather than the rough-and-tumble of the local sporting-goods store, the bras are not only good-looking, they hook in the back so they’re easy to get on and off. —JEAN GODFREY-JUNE

#### THREE GREAT SEATS:

- Terry Light Sport Saddle, \$45
- Vetta “Shape Anatomic” Saddle, \$69; 801-647-2929
- Avocet Women’s O2 Saddle, \$80; 800-227-8346

