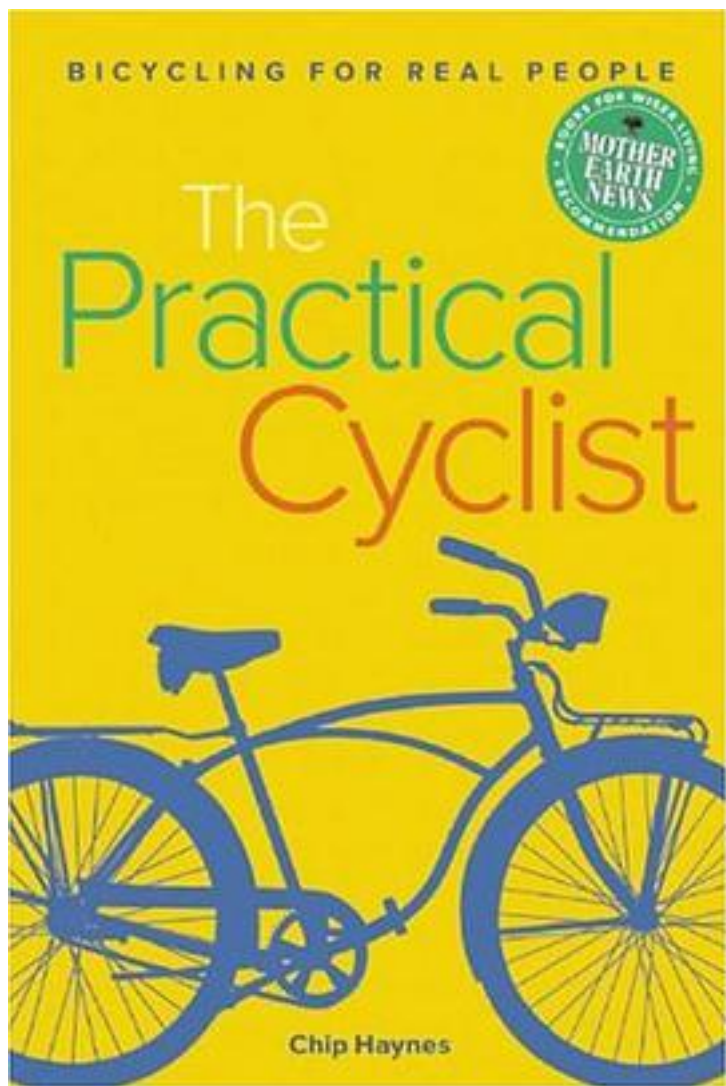


Practical Cyclist



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Riding a bicycle is something you never forget -- even if the last time you owned a bike, it had playing cards pinned to the spokes. People are coming back to bicycling in droves; propelled by rising gas prices, expanding waistlines, or the allure of fancy gear, bicycling for all ages has never been more popular. This book is for those who have not been actively cycling for years, or perhaps are new to the sport -- bicycling for real people. The author recognises that not every cyclist cares about fancy equipment and competitive riding. The book's low-impact approach is uniquely geared to people who would like to come back to cycling, but don't know where to begin. There are many reasons for hopping back on a bike -- becoming healthier, saving money, saving the environment, but mainly to have fun. The book provides simple, basic information that takes the intimidation out of visiting a bike shop and includes: How to choose equipment; Proper riding technique; Safety tips; Accessories; Easy rules on where, when and how to ride. As this book says, anyone can ride a bike and look good doing it. You don't have to go fast, and you don't have to go far. You just have to go.

作者介绍:

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