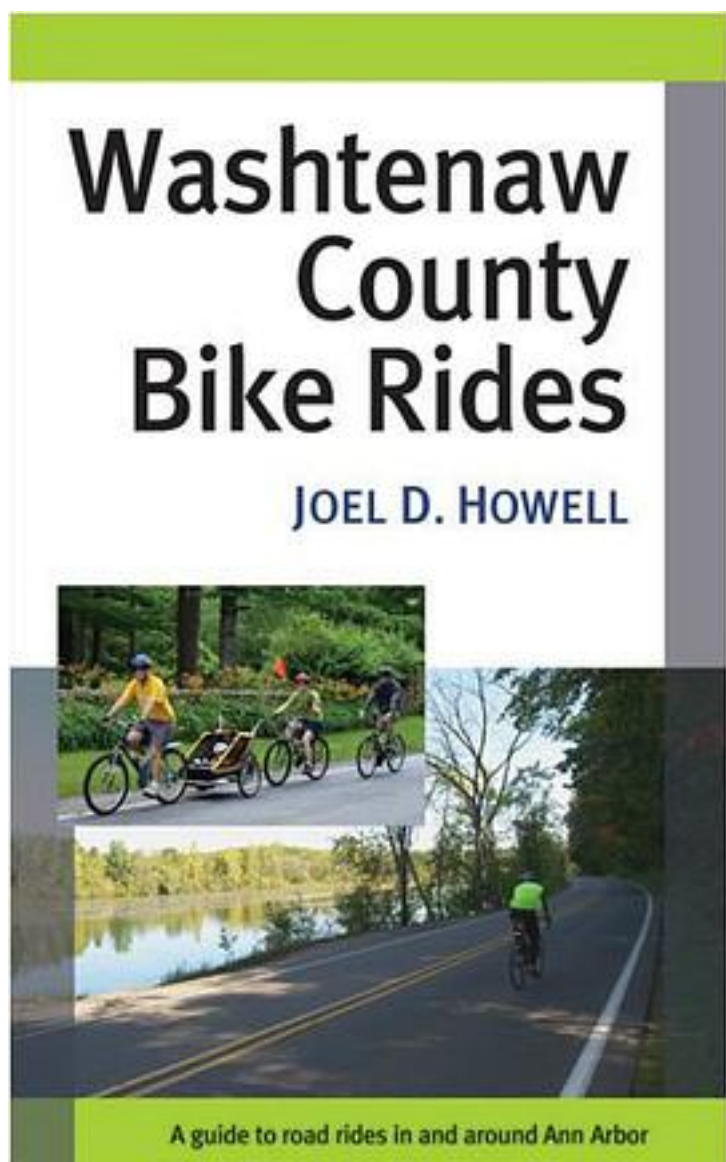


# Washtenaw County Bike Rides



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"Washtenaw County Bike Rides" is ideal for people who are new to the county, are new to bike riding, or simply want to expand their repertoire of rides. All routes described in the book start or end in Washtenaw County and have been selected with a preference for rides outside of the city. All the routes are paved. Joel Howell details the roads, the areas that require caution, the difficulty of the rides, and routes that can be extended for longer rides. Includes routes and maps for Dixboro, Dexter-Chelsea, Gallup Park, Hell, Huron River Drive, Manchester, Waterloo, East Lansing, and more, as well as an overview map and ride log. Joel D. Howell is a physician, medical historian, and avid biker who has personally ridden all of the trails featured in the book. He lives in Ann Arbor. "Two of the strongest predictors of an active lifestyle are convenient access to exercise opportunities, and pleasant and beautiful exercise environments. Joel Howell's book has solved both of these factors with a collection of some of the most beautiful and accessible biking (and running ) routes in the upper Midwest."---Thomas L. Schwenk, M.D., Chair of Family Medicine, University of Michigan "This book includes all the main biking routes making it a 'must have' for any cyclist new to the Ann Arbor area. There are also great tidbits of local lore and super photographs that make it a welcome addition to the libraries of cyclists who have ridden these roads countless times."---Mark Lovejoy, President, Ann Arbor Velo Club "Howell has performed a genuine service for county residents and visitors. Get moving, Washtenaw "---Kenneth Warner, Dean, University of Michigan School of Public Health

作者介绍:

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