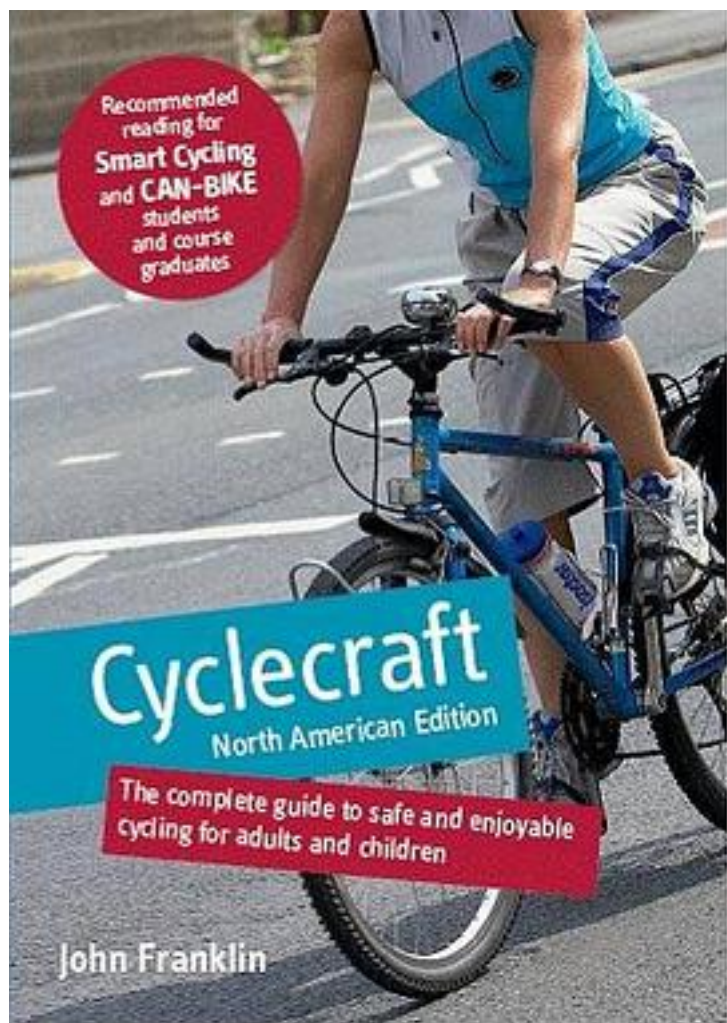


Cyclecraft - the Complete Guide to Safe and Enjoyable Cycling for Adults and Children



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出版者:

出版时间:2009-6

装帧:

isbn:9780117064768

"Cyclecraft" is the definitive guide to safe and enjoyable cycling for both adults and children. Whether you are new to cycling, looking to extend your skills, or wanting to know how best to teach your children to cycle, "Cyclecraft" offers practical advice on how to ride a bike confidently and safely in modern traffic conditions. This North American edition of "Cyclecraft" has been specifically adapted to reflect conditions, laws and best practice in the United States and Canada. "Cyclecraft" features: how to get started, with special advice for parents; choosing a bike and setting it up; basic skills such as balancing, steering and gear shifting; how to share the roads and integrate with traffic; advanced techniques for cycling safely on busier roads with faster traffic; and, advice on carrying children and baggage and riding with others.

作者介绍:

目录:

[Cyclecraft - the Complete Guide to Safe and Enjoyable Cycling for Adults and Children_下载链接1](#)

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