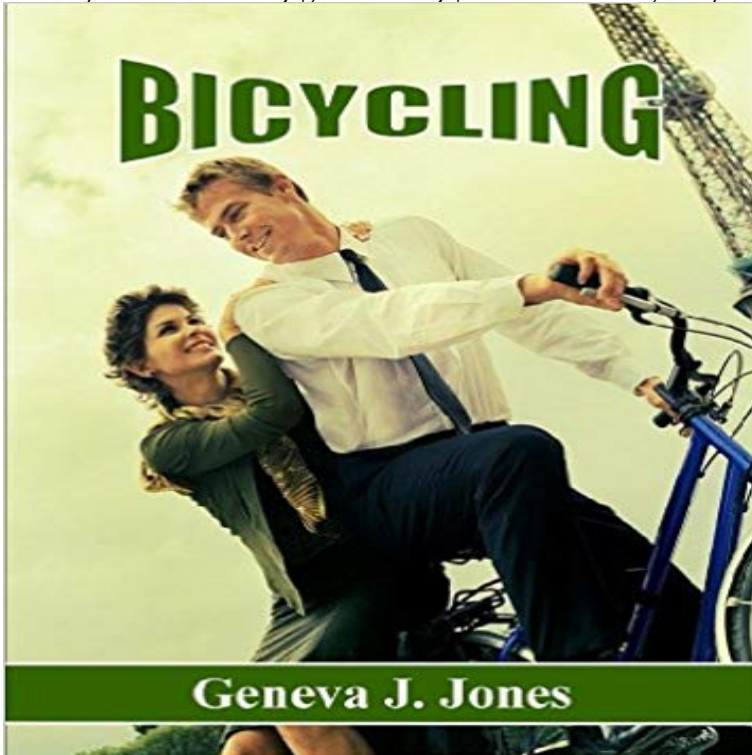


Bicycling; Pedal Your Way To A Bicycle Adventure With This Guide To Bicycle Racing, Biking To Work, Cycling Vacations and More



Do you want to learn more about the cycling movement and how you can be a part of it? Are you interested in learning how to incorporate bicycling into your life, from commuting to bike racing? Would you like to learn strategies for training for your first bike race or century ride? Bicycling is a comprehensive guide for those who love cycling or who want to get started. You'll learn how biking to work has become a national movement that employers, cities, and workers are advocating for. Also, you'll learn how to protect yourself on the road with applicable bicycle safety tips and strategies. If you want to cycle as a family, this book has great ideas for how to plan a biking vacation or trip. Lastly, if you want to take your cycling hobby to the next level, you'll learn how to prepare for cycling races, and even how to train for a legendary century ride. See for yourself what's included in this cycling guide! Here is a list of the chapter titles: Chapter 1: The Biking Commute-How People Are Changing The Roads And Their Health Through Bicycling Chapter 2: Using The Bicycle To Slim Down Chapter 3: Bicycle Safety Tips Chapter 4: Helpful Tips When Preparing For A Bicycle Trip Chapter 5: How To Revisit Your Childhood Through Biking Chapter 6: On Using Tandems For Romantic Dates Chapter 7: The Many Benefits Of Biking For Pregnant Women Chapter 8: Tips When Buying Your Biking Equipment Chapter 9: Bicycling Training Tips For Your First Century Ride Chapter 10: How To Prepare For A Bicycle Race Hop on your bike today and enjoy a scenic ride! Learn more about cycling by downloading this book to your Kindle today.

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