



Cycling For Dummies

Gavin Wright

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Discover the joys and benefits of riding a bike

Whether you're looking to join the Lycra brigade, tear down mountain bike trails or simply teach yourself — or your child — how to ride, this practical guide covers all your needs, from choosing the right bike and accessories to hitting the road and trails. Improve your health and fitness, reduce your carbon footprint and have fun along the way!

- Pick the bike and equipment that suit you — determine whether a road bike, mountain bike or something in-between is best for you
- Find the time to incorporate cycling into your lifestyle — start commuting to work and plan your cycling schedule
- Understand your rights and responsibilities as a cyclist — know the regulations that apply in your local area
- Stay safe in traffic and off-road — be seen and heard, and feel confident when dealing with potential dangers and hazards
- Train to improve — adopt programs to improve your speed and endurance on the road, or your fitness and skill for mountain biking
- Prepare yourself and your bike for touring — research your route and transport options, get your bike ready and know what to pack
- Get your kids on a bike — add a child to your bike, pick the right bike for your older child and teach your kids to ride the easy way
- Maintain yourself and your bike — prevent or ease cycling ailments and learn how to repair and service your bike

Open the book and find:

- How your bike should be adjusted to fit you
- Advice on the easiest way to get on a bike and start pedalling
- How to avoid dangers presented by cars, trucks, dogs and birds
- Tips for riding with other people
- Pointers on incorporating cycling into the school run
- Guidelines for eating and drinking before, during and after cycling
- The ten best rides in Australia and New Zealand
- Ten great tours and races from around the world

Learn to:

- Choose the right bike for you and your lifestyle
- Select the best gear to keep you looking good and riding well
- Obey the road rules and stay safe
- Find your riding style, from off-roading to cycling with kids

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