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Michael Brown



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The Bicycling Big Book of Cycling for Beginners Tori Bortman, Editors of Bicycling Magazine, 2014-06-03 Bicycling is undergoing a renaissance in this country as millions of people are taking to the streets in this nostalgic beloved pastime From purchasing one's first bike to learning all its different components Bicycling Big Book of Cycling for Beginners is the go to guide for any beginning cyclist's collection The vast territory of cycling and its facets will become a welcome terrain for any rider who wants to ride smarter faster and safer using this incredible wealth of knowledge As the sales of new bicycles increase every year these helpful tips will educate and inform beginning cyclists so they perform to the maximum potential all while having fun Trusted bicycle consultant Tori Bortman distills the essentials every beginning cyclist needs to know She covers different types of rides the components of bicycles proper cycling clothing and equipment basic road skills nutrition training maintenance and how to ride for a cause She also explores how to approach cycling from the conceptual beginnings into tangible real time facts about riding as a new cyclist as well as elaborating on the bountiful health benefits of cycling including weight loss stress reduction and boosted immunity This is the ultimate guide to bicycling know how for beginning cyclists **Newsweek** ,2005 **Noseweek** ,2006 Hotel & Catering Review ,2008 **U.S. News & World Report** ,2005 **The New Yorker** ,2007 Yoga Journal ,2002-12 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Body & Soul (Watertown, Mass.)** ,2005 **The New York Times Magazine** ,2002 **The Illustrated London News** ,1848 **Ebony** ,2001-10 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Resurgence** ,2003 PT ,1994-05

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