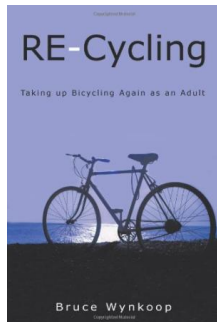


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RE-CYCLING TAKING UP BICYCLING AGAIN AS AN ADULT



AuthorHouse. Paperback. Condition: New. 92 pages. Dimensions: 9.0in x 6.0in x 0.2in This book is not for the put-your-head-down-and-ride-like-the-wind-while-only-seeing-the-pavement-and-the-tire-in-front-of-you-rider. It is a primer for adults who want to get back into cycling but have been putting it off because they are unsure of how to go about it. The author covers, in plain language, with a touch of humor, starting out, buying the bike, equipment, where to ride, the rules of the road, more comfortable riding, and riding more seriously. He...

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