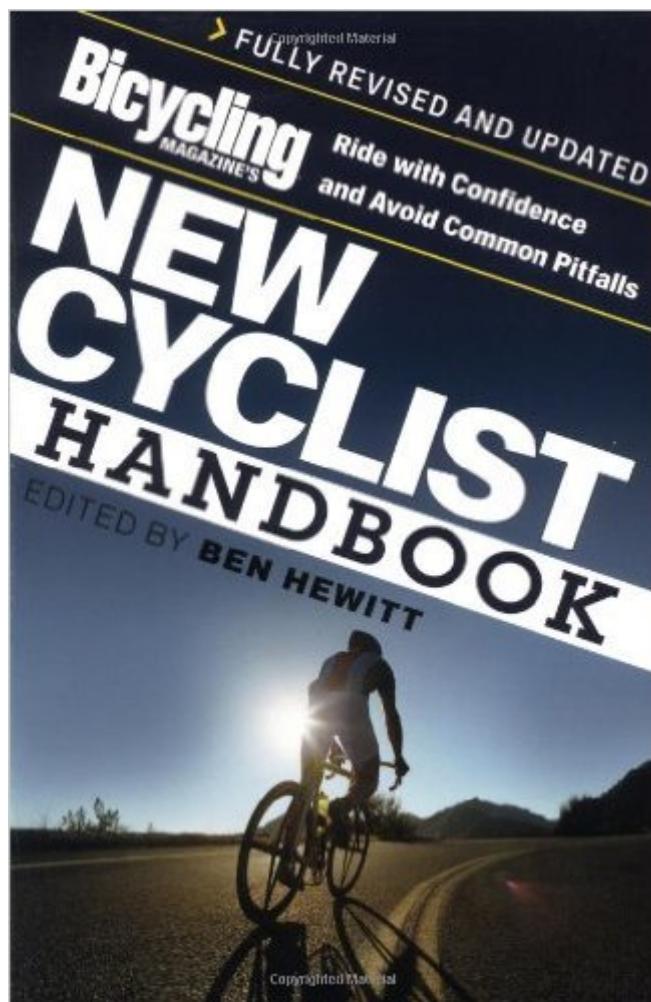


The book was found

Bicycling Magazine's New Cyclist Handbook: Ride With Confidence And Avoid Common Pitfalls



Synopsis

Bicycling Magazine's New Cyclist Handbook by Ben Hewitt provides proven wisdom and techniques to help new cyclists get on the road to better fitness and safe, skilled riding. Now completely revised and updated with the latest advances in the sport, this comprehensive handbook will help any new cyclist ride with confidence and avoid common pitfalls. Learn how to choose the right bike, ride safely in traffic, treat and prevent injuries, train for a century, and perform basic maintenance. Packed with quick tips from the pros at Bicycling magazine, this volume provides everything the new cyclist needs to achieve optimum cycling performance.

Book Information

Paperback: 128 pages

Publisher: Rodale Books; Revised, Updated ed. edition (November 29, 2005)

Language: English

ISBN-10: 1594863008

ISBN-13: 978-1594863004

Product Dimensions: 5.4 x 0.5 x 8.4 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ See all reviewsÂ (34 customer reviews)

Best Sellers Rank: #990,670 in Books (See Top 100 in Books) #110 inÂ Books > Sports & Outdoors > Individual Sports > Cycling > Bike Repair #12969 inÂ Books > Sports & Outdoors > Outdoor Recreation

Customer Reviews

This book is a good introduction to cycling. It will give good tips on how to set up your riding position, ride securely, differences between mountain biking and road biking, buying appropriate clothing, etc. I'm not a total newbie on MTB but i learned a lot with this book. I gave 5 stars to this book because as the title says, this is a book for the new cyclist, so if you are a more advanced rider, you can still find it useful but you should look out to something more specific.

I purchased this book because I wanted to purchase a new bike, but am confused by all the new technology that today's bicycles have. People spend outragous prices for the simplest of parts. Which parts do I need and are worth the money? Which are not? What kind of a bike do I want for the riding I do? The book has one section for me. Then it takes off on a wild ride including "training for a century." If you are a casual rider, then training for a century and the other stuff is of no interest

to you. And if you are an avid enthusiast, you don't need to be told what a mountain bike is. It just tries to serve too broad an audience. On the positive side, it is not expensive, and it may have the one or two tips that you are looking for that will make it well worth your money, such as appear in the section on solving common ailments. I wish that someone would write a book for the person who is new to modern biking. I can't find one. The magazines are no help. They think a cheap bike is one under two thousand dollars!

I liked this book a lot. There is some information on about any subject you could think of that relates to cycling. It isn't the most in-depth on every subject, but I don't think that's the purpose of this book. I didn't read every chapter, I didn't need to worry about training, as I'm just getting started, but I can see that I will refer to this book again and again over the coming year as I progress in the sport. I would highly recommend this to someone looking for an overview of cycling to help them make decisions about what equipment they need and how to improve at their specific discipline. If you're a beginning cyclist - this is a great book.

I haven't been on a bike in thirty five years. Now I'm trying to get back on it. This book is an excellent source of information. I think it is great for new cyclists or us older riders who want to get back on the bike.

VERY informative little book, I must say. While some of the instructions go a little "over the top", length-wise, (changing a flat tire), it is always feasible to be too "wordy", than not "wordy" enough. Basic maintenance is crucial to enjoying a bike, and to think nothing is going to happen to your bike while riding, is asking for trouble. This book should be standard reading for all bike enthusiasts....mountain AND road. It answers most of the beginning cyclist's questions with easy to read text. Even seasoned "veterans" will appreciate the full spectrum of subjects included in this paperback.

This book is a handy guide for beginner cyclists to at least get the basics from. Not overly technical, and written with the beginner in mind it certainly helped me learn a few things about cycling. I'm pretty new at this so it was a good fit for me. If you're a bit more experienced you may be better off with a less "beginner" book.

I hadn't been on a bike in about 5 years. I had never done much street riding or commuting. This

book has a lot of good information. I wish it had a little bit more about actually picking out the first bicycle. Maybe a list of questions to ask the bike shop person who helps you would be good. Otherwise, no complaints.

This is good basic information that is covered in a number of other introductions to cycling. It is the kind of book that should be included free when you buy a new bike, like for years "Play It Pro" by San Sneed was given away when you bought a set of Wilson golf clubs. Is this book worth \$8.00 with shipping? Not to me, there are a number of much better books in that price range, such as *Cycling to 100*. Great Book. Having said that, it is a solid little book that covers all the bases, you can have it read in an hour or two and give it to a friend.

[Download to continue reading...](#)

Bicycling Magazine's New Cyclist Handbook: Ride with Confidence and Avoid Common Pitfalls
Bicycling Magazine's Complete Guide to Bicycle Maintenance and Repair for Road and Mountain Bikes WoodÂ® Magazine: Scroll saw Patterns (Wood Magazine) Earl Scruggs: Pickin Magazine January 1977 (The Magazine Of Bluegrass & Old Time Country Music) Keep Talking German Audio Course - Ten Days to Confidence: Advanced beginner's guide to speaking and understanding with confidence (Teach Yourself: Keep Talking) Calculate with Confidence, 6e (Morris, Calculate with Confidence) Calculate with Confidence, 5e (Morris, Calculate with Confidence) Interviewing: BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! (BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! GET THE JOB YOU DESERVE!) (Volume 1) 25 Bicycle Tours in Maine: Coastal and Inland Rides from Kittery to Caribou (Bicycling) Bicycling The Pacific Coast Backroad Bicycling in Vermont The Hidden Magic of Walt Disney World Trivia: A Ride-by-Ride Exploration of the History, Facts, and Secrets Behind the Magic Kingdom, Epcot, Disney's Hollywood Studios, and Disney's Animal Kingdom When You Ride Alone You Ride with bin Laden: What the Government Should Be Telling Us to Help Fight the War on Terrorism Max Ride: Ultimate Flight (Maximum Ride (Hardcover)) Living with a Diabetic Dog: How to Keep Your Dog Healthy, Prevent Common Problems and Avoid Complications Dropshipping: Dropshipping guide for beginners on how to avoid common dropshipping mistakes and disasters (Dropshipping Basics for Beginners Book 1) Options Trading: 2 Manuscripts - The Ultimate Beginner's Guide, The Most Common Mistakes to Avoid The Enlightened Cyclist: Commuter Angst, Dangerous Drivers, and Other Obstacles on the Path to Two-Wheeled Trancendence Reg Harris: The rise and fall of Britain's greatest cyclist Road to Valor: A True Story of WWII Italy, the Nazis, and the Cyclist Who Inspired a Nation

[Dmca](#)