



## Just Ride: A Radically Practical Guide to Riding Your Bike

By Grant Petersen

Workman Publishing Company. Paperback. Condition: New. 256 pages. Dimensions: 8.9in. x 4.5in. x 0.8in. In the same way that Michael Pollans slim bestseller Food Rules brought a gust of common sense to the everyday activity of eating, Just Ride is a revelation. Forget the ultralight, uncomfortable bikes, flashy jerseys, clunky shoes that clip onto tiny pedals, the grinding out of endless miles. Instead, ride like you did when you were a kid just get on your bike and discover the pure joy of riding it. A reformed racer who's commuted by bike every day since 1980, whose writings and opinions appear in major bicycling and outdoor magazines, and whose company, Rivendell Bicycle Works, makes bikes for riders ready to opt out of a culture overrun by racing, Grant Petersen shares a lifetime of unexpected facts, controversial opinions, expert techniques, and his own maverick philosophy. In 87 short, two-to-three page chapters, it covers: Riding: Count Days, Not Miles; Corner Like Jackie Robinson; Steer with Your Hips, Shift with Your Legs Suiting Up: The Shoes Ruse; Poncho the Ultimate Unracer's Garment Safety: 1 Rule Be Seen; Helmets Aren't All They're Cracked Up to Be Health and Fitness: Why Riding Is Lousy All-Around Exercise; Saddles Don't Cause...



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