



## RE-Cycling Taking up Bicycling Again as an Adult

By Bruce Wynkoop

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 gives common sense suggestions for safer, more enjoyable cycling, and answers questions he has been asked over the years by adults interested in taking up bicycling again. The book is written with two aims in mind: To encourage adults to take up cycling again and to help them get started. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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