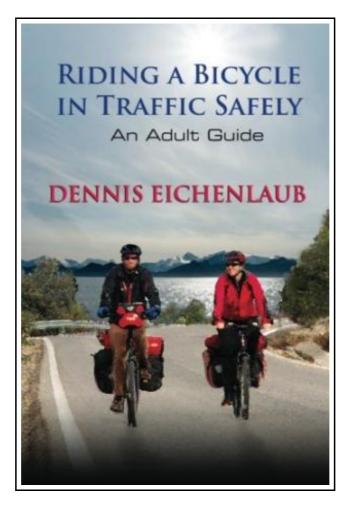
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RIDING A BICYCLE IN TRAFFIC SAFELY: AN ADULT GUIDE (PAPERBACK)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Cycling can give a feeling of freedom and independence. The simplicity of the bicycle allows a feeling of minimalism and elegance. When cycling, one can see America in a unique and wonderful way. One is in the open. The sounds, smells, shapes, textures, and colors are available to be enjoyed with all of one s senses. Do you want to you ride fast, or exercise your cardiovascular system, or explore an interesting area, do some chores, or just enjoy the sheer pleasure of a great ride on a beautiful day? All of these are grand reasons for cycling on the road. But how does one ride safely? This book for U. S. adults who drive cars regularly but who also want to bike on the road. Cycling has some risks, but the risks are not out of line with other things we do. Far too many cyclists are injured riding on the road. Some accidents are the fault of motorists. Some are the fault of cyclists. But almost all of the accidents can be prevented by the cyclist. The purpose of this book is to show you how to avoid accidents. The book shows the reader step-by-step exactly how a cyclist keeps safe while riding in traffic. It shares the advice of experts in how to sections. It discusses the skills one needs to be a good rider. It reviews specific road conditions and how to handle them. It uses personal stories to illustrate important safety points. References are included for those who are interested in learning more about a specific area. In summation, it shows the reader how to be a safe and confident cyclist on...

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