

## Cyclist BikeList: The Book for Every Rider



Bikes are becoming an ever-more vital part of daily life for people of all ages. Laura Robinson combines fascinating history (the first bike was propelled by the riders feet pushing against the ground) with useful and fun information, including tips for the way to dress for safe and efficient biking; what to eat for maximum body efficiency; and how to select and maintain a bike. The book features riding superstars like Lance Armstrong as well as the kids from Chippewas of Nawash First Nations, whose mountain bike team is coached by Robinson. Detailed diagrams and charts of different types of bikes, tire treads, and even road signs, along with bios of famous cyclists throughout history make this lively book the perfect resource for both dedicated riders and first-time cyclists.

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