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# The Bicycling Big Book Of Cycling For Beginners: Everything A New Cyclist Needs To Know To Gear Up And Start Riding



## Synopsis

Bicycling is undergoing a renaissance in this country as millions of people are taking to the streets in this nostalgic, beloved pastime. From purchasing one's first bike to learning all its different components, Bicycling Big Book of Cycling for Beginners is the go-to guide for any beginning cyclist's collection. The vast territory of cycling and its facets will become a welcome terrain for any rider who wants to ride smarter, faster, and safer using this incredible wealth of knowledge. As the sales of new bicycles increase every year, these helpful tips will educate and inform beginning cyclists so they perform to the maximum potential, all while having fun. Trusted bicycle consultant Tori Bortman distills the essentials every beginning cyclist needs to know. She covers different types of rides, the components of bicycles, proper cycling clothing and equipment, basic road skills, nutrition, training, maintenance, and how to ride for a cause. She also explores how to approach cycling from the conceptual beginnings into tangible, real-time facts about riding as a new cyclist, as well as elaborating on the bountiful health benefits of cycling, including weight loss, stress reduction, and boosted immunity. This is the ultimate guide to bicycling know-how for beginning cyclists.

## Book Information

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## Customer Reviews

TORI BORTMAN is a Portland, OR, bicycle consultant who owns Gracie's Wrench, where she offers classes and one-on-one bicycle consultation.

The concluding section of Tori Bortman's THE BICYCLING BIG BOOK OF CYCLING FOR BEGINNERS makes the claim that "teaching, bicycles, and writing

are Tori Bortman's passions. By the time the reader encounters this line, the truth of it has become clear. Bortman has provided beginner (and, I would say, those who prefer the face-saving term "advanced" beginner) cyclists with a jargon free, highly readable companion for the first thousand miles on thin rubber tires. These pages contain no in-house tech talk meant to bolster anyone's credentials and squeeze out the newbies. Instead, a gifted teacher who really wants her students to love the sport as much as she does builds our understanding from the ground up, step by step, brick by brick, ride by ride. I'm finishing my first thousand miles and cannot think of a more amiable companion than THE BICYCLING BIG BOOK OF CYCLING FOR BEGINNERS and the ambitiously empathetic voice it channels to rookie riders whose gasping lungs and pumping legs are just beginning to know their strength.

Lots of great information on all different aspects of biking. I got the book about a year ago right after I had returned to biking after about 10 years away from riding and having "lost" much of my biking knowledge... Book very helpful to refresh my memory on many things - biking gear, bikes and their components, techniques for riding, nutrition, etc. And a year later after having averaged close to 300 miles a month on my bike, I still find useful things to refer to in this book...

Extremely wordy. I'm sure the author means well but reading this book was like listening to a speaker that takes forever to make a point, where you just want to reach in and pull the words out. Very basic information also. I'm fairly new to riding which is why I picked it up but the information could have been covered in one third the pages if the author did not spend many words setting up each topic before getting to the point.

Great first book on cycling and even though it is an entry level book, I found lots of great tips. The part on buying a bicycle was particularly helpful for me. I recommend this book.

This is a great book for a beginner bicycle. Although I have always enjoyed bike riding, I guess you would say that I am trying to take it the next level. I found that there is so much more to taking up bike riding whether it is on a trail, the road, pavement, or through the woods. When researching for bikes and accessories, it was overwhelming. This book truly makes the search and the unknowns so much easier and covers so many topics. I thank Tori Bortman, the author of the book, for putting together a great guide for us novice riders. But I'm sure more experienced riders benefit by much of

the book as well.

The book I received has a different cover than the image on . ISBN is the same, publication year is the same, and the back cover seems to be the same; however, there's nothing discrete about this book being for beginners on the cover of the version I received. Not a big deal, but wanted to point it out.

This book is perfect for absolute beginners, but if you have some cycling experience under your belt, it is not for you. You will get much more value from other books. I'd give this book 5 stars, but I give it 4, because there are some parts in which the author could have used less words to express the same things. Actually, I'd give 4.5 stars, but I can give only an integer number of stars.

A great book for cyclists at all levels, especially beginners like me trying to get their arms around all things cycling, and sprinkled liberally with great safety tips throughout. I like how the author addresses each issue from several points of view, from the soloist and no-drop social riders to touring cyclists and even competitive cyclists. I found it very interesting.

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