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## Cycling: A Beginner's Guide

By Juliet England

Need2Know. Paperback. Book Condition: new. BRAND NEW, Cycling: A Beginner's Guide, Juliet England, With such a great emphasis on physical activity and exercising, there is no wondering why cycling has become such a popular activity. Cycling is a great way to get started on a new page of your life -- you will increase your energy levels, become more fit, loose weight and, as it is a benefit for all types of exercising, increase your level of happiness. Cycling is a great sport that even the most beginners can look into. All you need is to learn about equipment and gear, how to find a great bike suited for the type of cycling you are interested in and what to do to prevent injuries. Equipped with this knowledge, you will be on your way to years of great bicycle rides on your own or with your friends, family or cycling group! Need 2 Know is now offering this great guide to help you to figure out the difference between your front gears and your rear gears, what kind of shoes you need to wear, how to pick out your helmet and what to do if you dont want to look...



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