

The Bicycling Big Book of Cycling for Women: Your Complete Guide to Biking



The Bicycling Big Book of Cycling for Women: Everything You Need to Know for Whatever, Whenever, and Wherever You Ride by Selene Yeager

★★★★☆ 4.5 out of 5

Language : English
File size : 11673 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 321 pages



Whether you're a beginner or a seasoned cyclist, *The Bicycling Big Book of Cycling for Women* is the most comprehensive guide to biking for women. This book covers everything you need to know to get started and keep riding, including:

- Choosing the right bike for your needs
- Getting started with basic bike maintenance
- Training for your first century ride
- Finding the best trails and routes for women
- Overcoming common cycling challenges
- And much more!

With over 300 pages of expert advice and stunning photography, *The Bicycling Big Book of Cycling for Women* is the perfect resource for any woman who wants to get started with biking or take her riding to the next level.

What's Inside

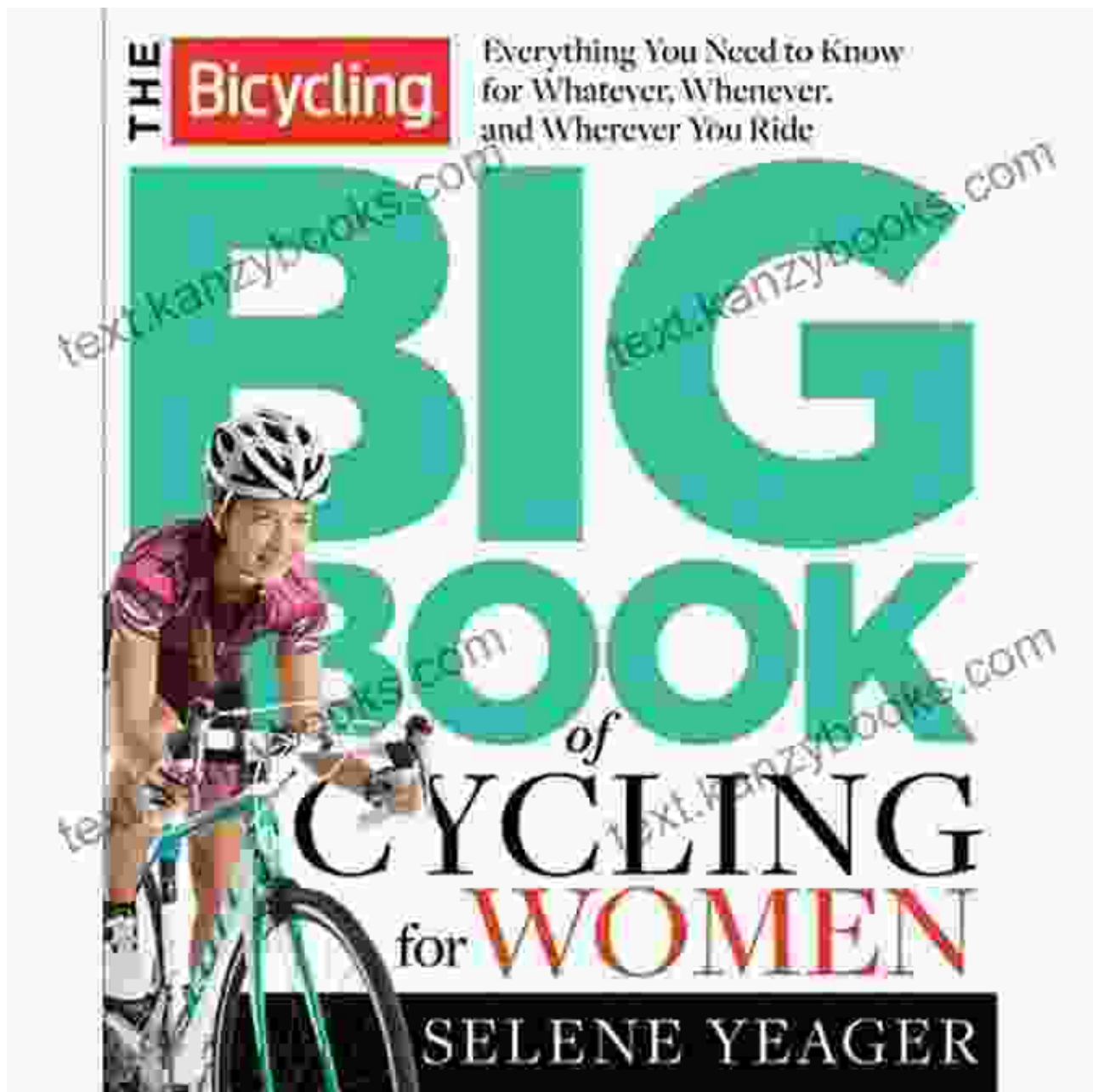
The Bicycling Big Book of Cycling for Women is divided into four main sections:

1. **Getting Started** covers the basics of biking, including choosing the right bike, getting fitted, and basic bike maintenance.
2. **Training** provides everything you need to know to get in shape for your first century ride, including training plans, nutrition tips, and injury prevention.
3. **Riding** offers advice on finding the best trails and routes for women, as well as tips on how to overcome common cycling challenges.
4. **Lifestyle** covers the non-riding aspects of cycling, including choosing the right gear, finding a cycling community, and staying safe on the road.

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Free Download Your Copy Today!

The Bicycling Big Book of Cycling for Women is available now at your local bookstore or online.



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