

Holy Spokes!: A Biking Bible For Everyone - Rob Coppelillo

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Biking is cheap, its healthy, and it can provide easy access into an incredible array of life experiences. In this wide-ranging and quick-hitting guide, author Rob Coppelillo explains how bikes work, why bikes matter (especially today, when gas is expensive and interest in green living is high), and how readers whatever their level of experience can indulge their tastes for mountain trails, competitive racing, city exploration, and just basic transportation from point A to point B. Profiles from a raucous cast of health, racing, and travel experts shed a light on common pitfalls, and offer great ideas about how to pursue your passions while on two wheels. So take the quiz, pick your bike, and lets get rolling!Author: Coppelillo, Rob
Publisher: Zest Books Illustration: N Language: ENG Title: Holy Spokes!: A Biking Bible for Everyone
Pages: 00128 (Encrypted EPUB) On Sale: 2013-01-22 SKU-13/ISBN: 9781936976232 Age: 12-UP
Reading Level: 07-UP Category: Juvenile Nonfiction : Sports & Recreation - Cycling

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