



# **Bicycling Magazine's New Cyclist Handbook: Ride with Confidence and Avoid Common Pitfalls**

*Ben Hewitt*

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# Bicycling Magazine's New Cyclist Handbook: Ride with Confidence and Avoid Common Pitfalls

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**Bicycling Magazine's New Cyclist Handbook: Ride with Confidence and Avoid Common Pitfalls** Ben Hewitt

*Bicycling Magazine's New Cyclist Handbook* by Ben Hewitt provides proven wisdom and techniques to help new cyclists get on the road to better fitness and safe, skilled riding.

Now completely revised and updated with the latest advances in the sport, this comprehensive handbook will help any new cyclist ride with confidence and avoid common pitfalls. Learn how to choose the right bike, ride safely in traffic, treat and prevent injuries, train for a century, and perform basic maintenance. Packed with quick tips from the pros at Bicycling magazine, this volume provides everything the new cyclist needs to achieve optimum cycling performance.

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