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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

As someone who recently returned to biking, perhaps a bit more than casually, I wanted to be educated but not preached to. This book wonderfully accomplished that. One of the things I have learned is that, with virtually every hobby and sport, there is a natural progression. For example, many new riders (myself included) find the seats of many bikes, even or especially upscale ones, are ridiculously hard and uncomfortable and will opt for padded seats of various kinds. There is a

common, but not universal, progression away from padded, soft seats toward the harder ones as one's skills and experience increase. I know this and I am pretty sure I will be one to follow that course. But what I don't need -- and what will do me no good -- is for an experienced rider to tell me padded seats are bad, heavy, wrong, etc. I may eventually get used to them, like them or even believe you. But right now, a padded seat will keep me riding. So, the point of all this is that Bortman, clearly an experienced, expert rider realizes this and, while she makes her personal preferences known, she acknowledges that there are other points of view and other stages of the game. So, me being a beginner, she provides me with information, acknowledges my non-elitist, non-purist preferences and provides me useful information I can and will but to use. At the same time, there is a presumed understanding that I will most likely evolve and maybe even embrace the things I now either don't understand or don't like. She does not demand that I do so, nor suggest that I will eventually come to understand the amateurishness of my ways. Instead, she provides me with answers to questions I either have, or soon will have, and, at the same time offering the possibility that I will evolve, without demanding I do so.

This book is a well-designed, extensive introduction to cycling, aimed mostly at beginners, but also with good ideas even for experienced cyclists. The author is an expert in cycling and bike maintenance, and runs a well-known bike shop in Portland, Oregon.â—° WHY YOU SHOULD READ THIS BOOK â—„If you are new to cycling, and want to see the "big picture" of biking, this is the book for you! The focus is very broad, starting with selecting your bike, all the way to what type of biking clothes to wear. There is a LOT in here, so take take your time reading, and enjoy!â—° BEST IDEAS IN THE BOOK â—„,â™| Tips on "Avoiding the Bonk," For a long time, I had not heard of this result of sudden lack of energy, usually due to improper fluids/nutrition. I bet a lot of beginners are not aware of this either. (Side note--the term apparently was first used in a cycling film in the 1950's.) There is an extensive discussion of this, near the end of the book. (I guess so that the newbies won't be scared off right away!)â™| Useful chart using "Frequently Replaced" parts.â™| Good discussion on how the pedal design has changed over the years from platform to clips, to clipless.â™| Excellent discussion of safety, especially helmets. "Rider's shouldn't saddle up without reaching for their helmet first."â™| Excellent chart on what to hold in the Saddle Bag.â™| Extensive discussion on cleaning/lubing your bike. Lots of good points.â™| Lots of good advice on "Becoming a Flat Repair Pro." I learned some things here.â—° THINGS I DIDN'T LIKE â—„,â™| I can't think of anything I didn't like.â—° QUALITY OF EDITING â—„,â™| Great illustrations--for example the artwork showing, "Clipping in and out of clipless pedals." Really nice artwork!

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