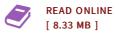




Family Cycling

By Carlton Reid

Snowbooks Ltd, United Kingdom, 2010. Paperback. Book Condition: New. 182 x 134 mm. Language: English . Brand New Book. Family cycling is the latest aspect of cycling to enjoy a boom. More and more families are using cycling as a way to spend time together, to relax, exercise, stay fit and bond. Sample chapters include: 1. Why cycle? Green and lean. Fast and fun.* 2. Tots awheel: carting babies and toddlers * 3. Wobble and scoot: learning to ride, fail-safe techniques for budding bikers * 4. Fine Balancing Act: children with special needs * 5. Girl power: getting more girls on bikes * 6. Cotton wool cycling: when is protective gear necessary? * 7. Safety first: ride on the road. Bikeability basics. (Cycle paths aren t always as safe as you d think.) * 8. Happy families: cycling, it s a grouphug thing, social glue * 9. Have bike, will travel: the how to and why to of cycle touring for juniors * 10. Fast sprogs: racing and competing, BMX, MTB, road and track * 11. Trick pix: photo technique guides on how to pull a bunny hop, ride no-handed, solo on a unicycle, pop wheelies, and jump Ollies *...



Reviews

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A fresh e book with a brand new point of view. It is definitely simplistic but surprises in the fifty percent of your ebook. Its been designed in an extremely basic way and is particularly just soon after i finished reading this ebook where in fact altered me, change the way i really believe. -- Dr. Alberta Schmidt V