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Family Cycling (Paperback)

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 group-hug 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 *...



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