



Bicycling Basics Series



Join the Salt Lake County Bicycle Ambassadors for a 1 hour bi-weekly event that starts with 15-20 minutes of instruction, followed by a casual group ride. Learn a variety of skills that will help you gain confidence & independence. Then we'll explore different areas of Salt Lake County.



9/28/17, 6:30 pm - ABC Quick check

- + What you should check before each ride.
- + **Walden Park, 5425 S Murray Parkway Ave (1070 W)**



10/12/17, 6:30 pm - Fix a flat and chain problems

- + Everyone gets a flat and yes you can fix it!
- + **SLC Bicycle Collective, 2312 S West Temple**



10/26/17, 6:30 pm - Rules of the Road

- + Learn how to interact with other vehicles and positioning.
- + **Cottonwood Heights City Hall, 2277 E Bengal Blvd**



11/9/17, 6:30 pm - Commuter Tricks

- + Learn skills to help you commute to work, store, anywhere.
- + **SL Co, exact location tbd**



FOR MORE EVENT & PROGRAM INFORMATION:

- <http://slco.org/planning-transportation/active-transportation/bicycle-ambassadors/>
- Email: bikeambassadors@bikeutah.org
- Call: Beth @309-241-0966

Bicycling Basics

Lois Winkel, Eileen Palmer Burke



Bicycling Basics:

Bicycling Basics Tim Wilhelm, Glenda Wilhelm, 1982 Traces the history of bicycling and describes the modern bicycle and its parts Includes advice on buying a bicycle learning to ride correctly and safely touring and bicycle racing *The Science of Bicycle Racing* Suzanne Slade, 2014 Describes the science concepts involved in several types of bicycle racing

Bicycling Magazine's Cycling for Health and Fitness Ed Pavelka, 2000-03-08 Explains how to improve physical conditioning through either road cycling or mountain biking and offers advice on choosing a bike fixing common riding mistakes recognizing signs of overtraining and avoiding injuries Bicycling Peter Oliver, 1995 Smart instructive and beautifully designed every book in the Trailside Guide series contains the essential information readers need to master outdoor activities and have fun in the process *Bicycling Basics* Tim Wilhelm, Glenda Wilhelm, 1985-03 Traces the history of bicycling and describes the modern bicycle and its parts Includes advice on buying a bicycle learning to ride correctly and safely touring and bicycle racing Basic Bicycling, 1980 Anatomy, Stretching & Training for Cyclists Lisa Purcell, 2014-05-06 Full of Exercises Training Tips and Injury Remedies That Every Cyclist and Coach Should Have Every year more and more people take up cycling to get in shape and stay fit Thousands of people are buying new bikes with the latest technology entering races and even forgoing rush hour traffic and crowded public transportation to ride to work But the joy and thrill of cycling are often marred by injuries that can bother you for a few weeks or for years That's why every cyclist needs to have *Anatomy Stretching Training for Cyclists* Lisa Purcell includes a detailed exercise program that is designed for cyclists from beginner to advanced levels and that is devised to strengthen and stretch the major muscle groups used in cycling She provides answers and tools for training including Step by step photos Tests to assess your form An assessment of cycling gear Exercises to improve your core The truth about stretching And much more Featured are targeted stretches to increase flexibility and a wide ranging selection of exercises that thoroughly strengthen the legs and arms and build both core strength and stability as well as hone your balance and posture on the bike A handy guide lets you know which muscles are the main targets of each exercise as well the exercise's benefits and cautions along with tips on perfecting your form With a series of sample workouts that show you how to devise a training program to suit your unique goals *Anatomy Stretching Training for Cyclists* is the ultimate reference for anyone wanting to achieve optimal cycling fitness

Bicycling 101 Joshua Severn, 2012-04-03 Remember the freedom you felt as a child when you received your first bicycle That first taste of freedom a vehicle that could take you around the block and around town Over the years the car replaced this carefree fun and if like your bicycle chain your riding skills have rusted over the years this book is for you Recapture the fun and freedom with this beginning primer on the world of cycling containing all the information a new or returning cyclist needs to ensure a comfortable safe reunion with an old childhood friend **Bicycling Magazine's Complete Guide to Bicycle Maintenance and Repair** Jim Langley, 1999-06-19 Fix a broken chain with a shoelace Improve shifter performance

with dishwashing detergent Inside are thousands of tips to repair and maintain any road or mountain bike Whether it s the latest model or a classic that has thousands of miles on it beginners or experienced riders can keep their bikes on the road longer and spend less time in the repair shop With this ultimate repair manual Build a dream bike workshop with complete plans and comprehensive tool lists Wow ride partners with tricks for fixing breakdowns with a minimum of tools Roll wheel hoops and save time and money Dial in suspension shocks for comfortable rides Discover top tricks from professional mechanics Expertly work on any style of brakes including the V Brake Overhaul freewheels and cassettes for peak performance Service clipless pedals for maximum safety What s new in the expanded and revised fourth edition Updated text that covers the latest models and parts Over 160 new photos so you get repairs right the first time Clearer better designed captions so you can read as you repair Troubleshooting sections to quickly identify and correct common problems Web sites and phone numbers of bicycle and parts manufacturers An updated glossary with the latest in bike lingo [Revenue Cycle Management](#) HCPro (Firm),2006 **Bicycles and Bicycling** Barbara A. Schultz,Mark P. Schultz,1979 **Safetyline** ,1994 *The League Guide to Safe and Enjoyable Cycling* Amy Thompson,Sami Fournier,2004 **The Elementary School Library Collection** Lois Winkel,Eileen Palmer Burke,1990 **Transportation Engineering Basics** A. S. Narasimha Murthy,R. Henry Mohle,1993 **Basic Military Training** Paul Stanley Bond,1928 **National Union Catalog** ,1983 Includes entries for maps and atlases [A Basic Guide to Cycling](#) United States Olympic Committee,2001 A guide to cycling including profiles of Olympic cyclists and the rules for bike racing **National Union Catalog, 1982** ,1983 **The Harper & Row Basic Reading Program: a] From bicycles to Boomerangs** ,1966

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