



Holy Spokes!: A Biking Bible for Everyone

Rob Coppolillo

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Biking is cheap, it's healthy, and it can provide easy access into an incredible array of life experiences. In this wide-ranging and quick-hitting guide, author Rob Coppolillo explains how bikes work, why bikes matter (especially today, when gas is expensive and interest in green living is high), and how readers – whatever their level of experience – can indulge their tastes for mountain trails, competitive racing, city exploration, and just basic transportation from point A to point B. Profiles from a raucous cast of health, racing, and travel experts shed a light on common pitfalls, and offer great ideas about how to pursue your passions while on two wheels. So take the quiz, pick your bike, and let's get rolling!

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