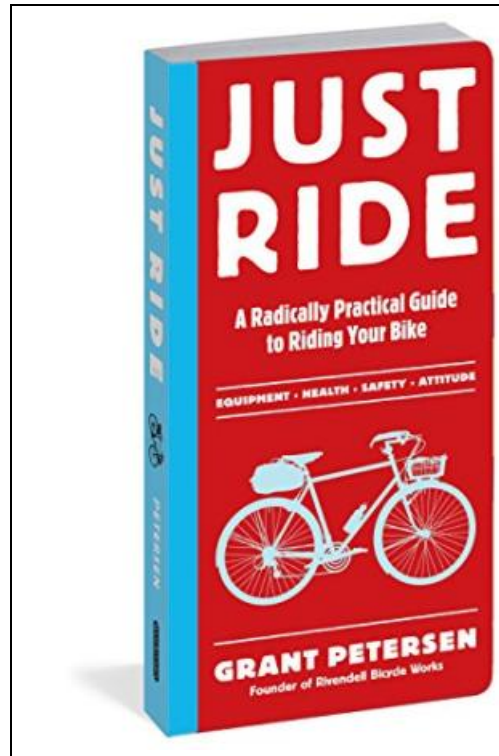


## Just Ride: A Radically Practical Guide to Riding Your Bike



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## JUST RIDE: A RADICALLY PRACTICAL GUIDE TO RIDING YOUR BIKE



Workman Publishing Company. Paperback. Condition: New. 256 pages. Dimensions: 8.9in. x 4.5in. x 0.8in. In the same way that Michael Pollans slim bestseller *Food Rules* brought a gust of common sense to the everyday activity of eating, *Just Ride* is a revelation. Forget the ultralight, uncomfortable bikes, flashy jerseys, clunky shoes that clip onto tiny pedals, the grinding out of endless miles. Instead, ride like you did when you were a kid just get on your bike and discover the pure joy of riding it. A reformed racer who's commuted by bike every day since 1980, whose writings and opinions appear in major bicycling and outdoor magazines, and whose company, Rivendell Bicycle Works, makes bikes for riders ready to opt out of a culture overrun by racing, Grant Petersen shares a lifetime of unexpected facts, controversial opinions, expert techniques, and his own maverick philosophy. In 87 short, two-to-three page chapters, it covers: Riding: Count Days, Not Miles; Corner Like Jackie Robinson; Steer with Your Hips, Shift with Your Legs; Suiting Up: The Shoes Ruse; Poncho: The Ultimate Unracer's Garment; Safety: 1 Rule Be Seen; Helmets Aren't All They're Cracked Up to Be; Health and Fitness: Why Riding Is Lousy All-Around Exercise; Saddles Don't Cause Impotence; Drink When You're Thirsty; Not Before. Also includes chapters on Accessories, Upkeep, and Technicalities as well as a final chapter titled Velosophy that includes the essential, memorable thought: Your Bike Is a Toy. Have Fun with It. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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