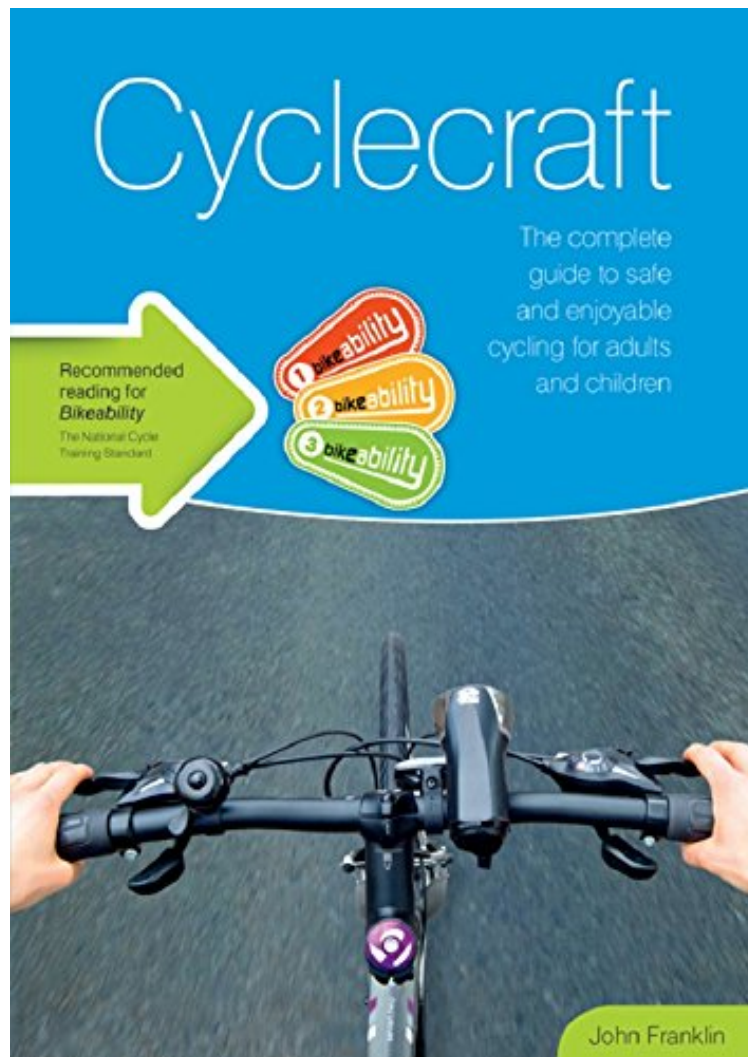


(Read ebook) Cyclecraft: The complete guide to safe and enjoyable cycling for adults and children

# Cyclecraft: The complete guide to safe and enjoyable cycling for adults and children

Von John Franklin

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**Von John Franklin : Cyclecraft: The complete guide to safe and enjoyable cycling for adults and children** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cyclecraft: The complete guide to safe and enjoyable cycling for adults and children:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Excellent book about cycling on today's roadsVon Helen Hancox'Cyclecraft' is recommended reading for Bikeability (the national cycle training standard, rather more advanced than cycling proficiency) and that's why many people will probably buy it. However I think it is an excellent read for anyone who takes their bike out on normal roads. Franklin

looks at all aspects of cycling (except for bike maintenance), including choosing a bike, setting it up correctly, gear changing etc and advice on riding on the roads. His diagrams are all generally helpful but it's his overall comments about taking your position on the road as a cyclist that are so helpful. He dispels common myths about cycle positioning (that we should hide ourselves in the gutter) and his advice makes cycling much safer. This is a very readable book, including information about other forms of cycling such as tricycles and recumbents (I have a recumbent trike so I was interested to read this), towing children in a trailer, tandems etc. My only criticism is that sometimes the book makes cycling on a normal upright seem rather dangerous (comments about braking correctly, not skidding in the wet etc) and might have put me off a little if I cycled one of these. However despite this reservation I can heartily recommend this book and have found it exceptionally useful for my own cycling and something that I will refer to many times.

Kurzbeschreibung Cyclecraft is the definitive guide to safe and enjoyable cycling for both adults and children. Whether you are new to cycling, looking to extend your skills or wanting to know how best to teach your children to cycle, Cyclecraft offers practical advice on how to ride a bike confidently and safely in modern traffic conditions. Contents include: how to get started, with special advice for parents choosing a bike and setting it up basic skills, such as balancing, steering and gear-changing how to share the roads and integrate with traffic advanced techniques for cycling safely on busier roads with faster traffic advice on carrying children and goods and riding with others. Cyclecraft is closely associated with Bikeability, the National Cycle Training Standard, for which it is the recommended course book and required reading by cycle training instructors. This latest edition of Cyclecraft has been revised and extended to reflect experience gained through implementation of the national standard. Kurzbeschreibung Cyclecraft is the definitive guide to safe and enjoyable cycling for both adults and children. Whether you are new to cycling, looking to extend your skills or wanting to know how best to teach your children to cycle, Cyclecraft offers practical advice on how to ride a bike confidently and safely in modern traffic conditions. Contents include: how to get started, with special advice for parents choosing a bike and setting it up basic skills, such as balancing, steering and gear-changing how to share the roads and integrate with traffic advanced techniques for cycling safely on busier roads with faster traffic advice on carrying children and goods and riding with others. Cyclecraft is closely associated with Bikeability, the National Cycle Training Standard, for which it is the recommended course book and required reading by cycle training instructors. This latest edition of Cyclecraft has been revised and extended to reflect experience gained through implementation of the national standard. Synopsis A manual of skilled cycling techniques for adults. This text includes advice on: a safe and efficient bike; basic cycling skills; sharing the roads; everyday movements and more difficult manoeuvres; non-traffic hazard; and cycling in town and country, at night and in all weathers.