

The Bicycling Big: A Comprehensive Guide to Cycling for Beginners

Cycling is a great way to get exercise, explore your surroundings, and save money on gas. But if you're new to cycling, it can be overwhelming to know where to start. This guide will provide you with everything you need to know to get started, from choosing the right bike to finding the best trails.



The Bicycling Big Book of Cycling for Beginners: Everything a new cyclist needs to know to gear up and start riding by Tori Bortman

★★★★☆ 4.4 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 290 pages



Choosing the Right Bike

The first step to getting started with cycling is choosing the right bike. There are many different types of bikes available, so it's important to find one that fits your needs and riding style. Here are a few things to consider when choosing a bike:

- **Type of riding:** What type of riding do you plan on ng? If you're just starting out, a hybrid bike is a good option. Hybrid bikes are designed

to be comfortable and versatile, making them suitable for a variety of riding conditions.

- **Frame size:** The frame size of a bike is measured from the center of the bottom bracket to the top of the seat tube. It's important to choose a frame size that is right for your height. A bike that is too big or too small will be uncomfortable to ride.
- **Wheel size:** The wheel size of a bike is measured in inches. Most adult bikes have 26-inch or 700c wheels. 26-inch wheels are smaller and more maneuverable, while 700c wheels are larger and faster.
- **Gears:** Gears allow you to adjust the resistance of the bike, making it easier to ride up hills or accelerate from a stop. The number of gears on a bike is typically indicated by a number followed by a letter, such as "21-speed" or "30-speed." More gears give you more options for adjusting the resistance, but they can also make the bike more complex to shift.
- **Brakes:** Brakes are essential for safety. There are two main types of brakes used on bicycles: rim brakes and disc brakes. Rim brakes are less expensive and easier to maintain, while disc brakes are more powerful and provide better stopping power in wet or muddy conditions.

Finding the Best Trails

Once you have the right bike, it's time to find some trails to ride. There are many different resources available to help you find trails in your area. Here are a few:

- **Local bike shops:** Your local bike shop is a great place to start looking for trails. They can provide you with maps and information on the best trails in your area.
- **Online trail databases:** There are many online trail databases available, such as the Trailforks and the MTB Project. These databases allow you to search for trails by location, difficulty, and type of riding.
- **Social media:** Social media can be a great way to find out about new trails and riding groups in your area. Follow local cycling clubs and organizations on Facebook and Twitter to get the latest updates on trail conditions and events.

Getting Started

Once you have the right bike and the best trails, it's time to get started. Here are a few tips for beginners:

- **Start slow and gradually increase your distance and intensity.** Don't try to do too much too soon. Start with short rides and gradually build up to longer rides as you get stronger and more comfortable.
- **Listen to your body and take breaks when you need them.** Don't push yourself too hard. If you're feeling tired or sore, take a break and rest.
- **Stay hydrated.** Drink plenty of water before, during, and after your ride.
- **Wear a helmet.** Helmets are essential for safety. Always wear a helmet when you're riding a bike.

- **Have fun!** Cycling is a great way to get exercise, explore your surroundings, and save money on gas. Enjoy the ride!

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Additional Resources

- Bicycling Magazine
- REI Biking
- League of American Bicyclists



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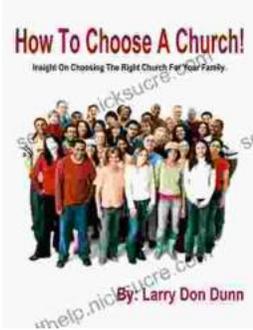
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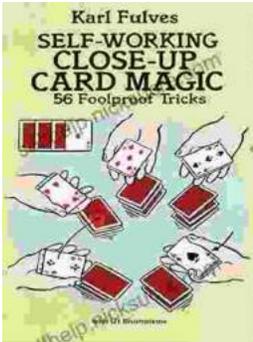
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