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This book reports on an operational management approach to improving bike-sharing systems by compensating for fluctuating demand patterns. The aim is to redistribute bikes within the system, allowing it to be “actively” balanced. The book describes a mathematical model, as well as data-driven and simulation-based approaches. Further, it shows how these elements can be combined in a decision-making support system for service providers. In closing, the book uses real-world data to evaluate the method developed and demonstrates that it can successfully anticipate changes in demand, thus supporting efficient scheduling of transport vehicles to manually relocate bikes between stations. Mike is an adventurous boy who followed his dreams of learning a new skill. He can be impatient at times. He learnt to ride a bicycle with the support of his family. How was he supported? How did he learn to ride a bike? What could he have done better? Let's find out from the story. First Published in 1997. The book explains why homework is important, how teachers can set interesting and effective and well-differentiated homework, how schools can best support homework, how managers can best develop whole-school homework policies, and how parents can support the educational progress of their children. Different parts of this book are aimed at teachers, managers, and parents but pupils do not have a section to themselves. Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting. Keep your bike on the road for the long haul! Whether you're training, competing, or simply riding for fun, a properly tuned bike is essential to performance, efficiency, and safety. That's where Essential Bicycle Maintenance & Repair comes in. Author Daimeon Shanks takes a straightforward “you can do it” approach to maintaining and repairing your bike so it's ready to go when you are. Essential Bicycle Maintenance & Repair provides

simple step-by-step instructions, accompanied by up-close photos, illustrations, and advice, for more than 100 repairs. You'll learn these skills and more:

- Adjust derailleurs and troubleshoot shifting problems.
- True your wheels and tweak your hubs for a silky-smooth ride.
- Install caliper, cantilever, or V-brakes.
- Repair a broken chain on the roadside.
- Fix flats in no time flat.
- Maintain pedals and cleats for efficiency and comfort.
- Install or adjust a headset.
- Install handlebars, including aero bars and flat bars.
- Adjust your saddle for a perfect fit.
- Determine if a triple crankset is right for you.

So spend more time in the saddle and less time and money in costly repair shops. Essential Bicycle Maintenance & Repair is the one guide no cyclist should be without! Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting. This monograph presents a tactical planning approach for service network design in metropolitan areas. Designing the service network requires the suitable aggregation of demand data as well as the anticipation of operational relocation decisions. To this end, an integrated approach of data analysis and mathematical optimization is introduced. The book also includes a case study based on real-world data to demonstrate the benefit of the proposed service network design approach. The target audience comprises primarily research experts in the field of traffic engineering, but the book may also be beneficial for graduate students. A child-centred woodworking experience that focuses on fun and satisfaction rather than "perfect" results. This volume addresses key contemporary aspects in cycling policy, practice and research. Cycling has seen a sharp increase in scientific and policy attention in the past decade. The amount of research has surged over the past couple decades. Also, levels of cycling have increased substantially in many countries and cities, and many areas have seen increases in infrastructure investments. In addition, the last decade has seen innovations in bicycle technology, in particularly the rise of electric-assist (e-bikes) and dock-less bike sharing schemes. This volume reviews the state of the art on cycling from various angles. As such it explores planners' (engineers', policy makers') provisions for cycling, of cyclists' (and non-cyclists') travel behaviour, and resulting consequences for individuals and society. One focus is on demand-side aspects, including the use of bicycles and their users including patterns and trends in cycling, determinants of cycling, and modelling of cycling. Another focus is on impacts of cycling, such as emissions, safety aspects, as well as changes during the COVID pandemic. Contemporary overview of key aspects in cycling research and bicycle planning A focus on design for cycling, behavior of cyclists and consequences of cycling We live in a world where you have to work hard to survive, but there are some people who stand out in the working crowd. The people who give their all in their work with a smile on their face and great appreciation. Appreciate them today with this custom Notebook. A funny cover with a gag quote. Specifications: Soft, Glossy finish paperback cover Cover color: Black with white text 120 pages or 60 sheets Layout: Collage Ruled Dimensions: 7.5" x 9.5" A4 size Binding: Perfect Made In USA Bicycles as a means of transport in cities are playing an ever more important role. The reasons are: reduction of motorcar traffic, sustainable traffic planning, reduction of noise and exhaust emissions, enhancement of the value of public space, healthier form of transport, savings potential in national health services and infrastructure expenditure. The book illustrates urban design ideas and architectural projects which go far beyond purely redesigning road layouts; its eight essays focus on the trend in urban design, landscape design, and traffic planning, it introduces nine exemplary bicycle traffic concepts in various cities (Barcelona, Copenhagen, New York, and Oslo amongst others), and presents 28 forward-looking individual bicycle infrastructure projects. We live in a world where you have to work hard to survive, but there are some people who stand out in the working crowd. The people who give their all in their work with a smile on their face and great appreciation. Appreciate them today with this custom Notebook. A funny cover with a gag quote. Specifications: Soft, Glossy finish paperback cover Cover color: Black with white text 120 pages or 60 sheets Layout: Collage Ruled Dimensions: 7.5" x 9.5" A4 size Binding: Perfect Made In USA The BBB-4 Big Blue Book of Bicycle Repair by Calvin Jones is packed with easy-to-follow, step-by-step procedures, color photos and repair tips for keeping almost any road or off-road bike running smoothly and trouble-free. Whether it's repairing a flat tire,

adjusting brakes and shifting systems, truing wheels, or maintaining hub, headset and bottom bracket bearing systems, the BBB-4 has you covered. Thoroughly researched and revised, the 4th edition of the Big Blue Book contains updated photos, torque specifications and troubleshooting tables, along with new content on wheel building, electronic shifting, 12-speed and 1X drivetrains, tubeless tires, disc brakes, headset and bottom bracket standards, and more. Truly an indispensable tool and reference source for both the novice and advanced bicycle mechanic. We live in a world where you have to work hard to survive, but there are some people who stand out in the working crowd. The people who give their all in their work with a smile on their face and great appreciation. Appreciate them today with this custom Notebook. A funny cover with a gag quote. Specifications: Soft, Glossy finish paperback cover Cover color: Black with white text 120 pages or 60 sheets Layout: Collage Ruled Dimensions: 7.5" x 9.5" A4 size Binding: Perfect Made In USA

The nuts and bolts of bike repair for bicycle commuters, serious cyclists, and casual riders *Bike Repair & Maintenance For Dummies* provides expert guidance and tips for bicyclists who are hitting the bike trail or just spinning around the neighborhood. If you have a little or a lot of experience in using tools on your bike, this book can show you how to keep your bike in top working order, from tires to handlebars, without all the technical jargon. If biking is already a part of your life — or you'd like it to be — this book can help you tackle your own bike maintenance and repair, so you don't have to take it to the shop for routine tune-ups or call for help if you break down in the middle of nowhere. Of course, sometimes you'll need to seek expert help, so the book covers when to attack a problem yourself and when to call in the pros for backup. And although this book is written in easy-to-understand language without a lot of biking jargon, *Bike Repair & Maintenance For Dummies* is still a comprehensive guide. Seasoned bike riders looking for additional tips and tricks to keep their bikes in top condition won't be disappointed. This book will help you repair — and, if necessary, replace — the parts on your bicycle. You'll discover how to make basic bike repairs, such as: Removing a wheel, tire, or tube Patching a tube or fixing a tire Working on hubs and spokes Installing new brakes and pads or addressing other brake issues Adjusting your saddle Using suspension seat posts Dealing with common chain problems Inspecting, cleaning, and lubricating cassettes and freewheels After you nail the basics, you can dive into advanced repairs and maintenance, including: Knowing how a frame is built and inspecting one for problems Adjusting and maintaining a bike's suspension Removing, installing, and adjusting the rear and front derailleurs Removing and installing shifters Taping your handlebars Adjusting and overhauling your headset Get your copy of *Bike Repair & Maintenance For Dummies* to learn all of that, plus tips on staying safe, ensuring your bike is always a good fit for you, and improving your bike's performance. René has done an excellent job of taking a favorite childhood activity and using it as an analogy for life and all of its lessons. His passion for cycling and for helping others shines through as he leads the reader to tools they can use to create success and fulfillment in their lives. René was in the final stages of submitting his manuscript to Balboa Press when his mom, who was his biggest cheerleader about his book, passed away suddenly from a massive stroke. While her death had a major impact on René's efforts to complete his book, he applied his own advice, using the tips that he mentions in this book to “keep pedaling” towards his dreams and goals. Whether you're reeling from a setback that threatens your dream... or trying to figure out how to keep focused on that dream... or wondering what to do about those friends who say you can't succeed... or even if you lack purpose and simply want to find your passion... take advantage of René's experience. Delivered in a warm, conversational style, his stories can show you that you aren't alone. That you have what it takes to live a fulfilling life. The stories, along with tips at the end of each chapter, will help the reader move beyond obstacles that may be holding them back. The goal of this report is to guide cycling advocates and policymakers towards the development of an integrated bicycle network that will encourage more people to ride their bicycle and reduce the strain of congestion on the roads. [...] Guiding principles and implemented, the bike plan objectives behind the plan's rationale encourages the continued use of 5. Improve Streets for Bikes and are based on the values and work of infrastructure and expands its function Pedestrians 8-80 Cities, an organization that strives with a vastly greater

degree of Cyclists have the ability to be to create vibrant and healthy cities connectivity. [...] Cycle City invoked GIS to identify sources, which include interviews with Cycle City took to the streets to assess clusters of bicycle commuters to the public/individuals in cycling pedestrian, transit and traffic patterns guide the placement of proposed organizations, and field research. [...] While The TTC currently has a bicycle-bus Toronto's extensive array of ring-and- the bike rack is full, it is up to the program in place, called Rack it and post bike racks offer great short-term discretion of the bus operator to allow Rocket. [...] Wilson •These two roads both share the •As one of the longest proposed •Home owners along the same capacity to support routes it does an excellent job of roads may resist such a Avenue and separated cycle tracts, presently connecting the east and west end significant change to York Mills accommodating up to six lanes traffic patterns •Connects to the Yonge and of traffic as well as a shoulder Road. Bicycling magazine features bikes, bike gear, equipment reviews, training plans, bike maintenance how tos, and more, for cyclists of all levels. Blank 150 page lined journal for your thoughts, ideas, and inspiration. Desmond and Andres are in for a bike-riding adventure in the second book of the Desmond Cole Ghost Patrol chapter book series! Welcome to Kersville, a town with a spooky history and a collection of ghosts and spirits who are major mischief-makers. Most kids spend their days without ever seeing or dealing with a ghost, but some kids get stuck with a haunt. When that happens, they call Desmond Cole Ghost Patrol. There's no job too spooky, icky, or risky for Desmond. I'm not like that at all. My name's Andres Miedoso. I'm Desmond's best friend and ghost patrol partner. So when Desmond and I are called to track down a ghost on wheels, Desmond is sure that ghosts don't ride bikes. Here's why: they float everywhere. Makes sense, right? But if there's one thing I've learned during my Ghost Patrol days, it's this: Never tell a ghost what they can or can't do. With easy-to-read language and illustrations on almost every page, the Desmond Cole Ghost Patrol chapter books are perfect for emerging readers. From a bike rack to the world's most glamorous cycling shop, Velo Architecture shows how our cities are being transformed by a new wave of bike-related design. . From racetracks to commuter paths and from bike sharing to bridges, this comprehensive survey details every aspect of this brave new cycling world. With an introductory essay that considers the history and future of cycling and packed with numerous color illustrations, this book is perfect for design enthusiasts and cyclists alike. Bicycling magazine features bikes, bike gear, equipment reviews, training plans, bike maintenance how tos, and more, for cyclists of all levels. Twenty-five years ago, Karimul Hak lost his mother because he could not afford an ambulance and there was no other way to take her to a hospital. However, when his co-worker fell sick, Karimul resolved to ensure that history did not repeat itself. Bike Ambulance Dada, the authorized biography of Padma Shri awardee Karimul Hak, is the most inspiring and heart-warming story you will read this year. It documents the extraordinary journey of a tea garden worker who saved thousands of lives by starting a free bike-ambulance service from his village to the nearest hospital in an attempt to fill the gap the insufficient rural healthcare created. This book, about the extraordinary life of a man who has devoted his entire life to helping those around him and putting others before himself, is a must-read today, serving as an inspiration for us to do and be better. First published in 1979, Bike Touring introduced tens of thousands of riders to the joys of bicycle travel, and quickly became the go-to reference for an entire generation of bike-touring enthusiasts. But much has changed in the last three decades—and this fully revamped edition provides authoritative information on both the latest equipment and the ever-expanding universe of touring options for a whole new generation of riders. Readers learn how to train, equip, plan, and pack for tours of any length and difficulty, from overnight trips near home to multiweek journeys abroad. Author Raymond Bridge surveys the wide range of touring options, which now include extensive commercial offerings and roof-to-roof (or "credit card") tours, as well as independent, self-contained travel. Chapters covering bike styles—road, mountain, and world-touring models—along with bike frames and fit, drive trains, wheels, brakes, saddles and handlebars, and accessories, offer up-to-date guidance on the myriad equipment choices from the booming bike industry. And chapters on camping, transporting bikes, and roadside repairs are full of expert advice to help both novice and experienced bike travelers get maximum pleasure from any

journey while saving money and staying safe. James Preller's wry, witty, Jigsaw Jones chapter book mysteries are once again available to inspire the next generation of young readers, featuring both new titles and classroom classics! The Case of the Bicycle Bandit Why would anyone steal an old hunk of junk? Ralphie Jordan loves his beat-up bike, Old Rusty. The tires are bent, spokes are missing, and the chain keeps falling off. But Ralphie wouldn't trade it for any other. Then Old Rusty goes missing just outside the library, and Ralphie is devastated. It's up to Jigsaw and Mila to find out who stole it—and the thief may be closer than anyone would have guessed! "...with plenty of tips and advice for those who want to get back into biking even after decades have passed, "The Practical Cyclist" is a read many readers will embrace for fitness and the environment." - James. A. Cox, The Midwest Book Review "Dust off the bike, put some air in the tires, and discover a new world that has been waiting for you. that's an easy-to-accept invitation from the author, who is a bicycle enthusiast, commuter, and self-described all-round "neighborhood bike guy" from Clearwater, Florida. the text addresses the transition into a two-wheeler mindset in an easy-to-follow format. His writing style is light enough to convince a reluctant reader to take that first spin around the block and do so eagerly and confidently. The advice is sound, too. The author encourages first-time bike commuters to resist the temptation of taking the same route they take with an automobile. "There are many roads that all, eventually, lead to the same place if you're willing to work at it,"he writes. "You want, poetically speaking, to take the road less traveled. It will make all the difference." And this book will make all the difference for a bicyclist with an open, resourceful mind and a willingness to step outside the box for an adventure on two wheels."- ForeWord Magazine "This introductory book is an easygoing ramble through the basics and joys of cycling for anyone who has just mastered riding or is returning to the bike after a long hiatus. Haynes, a commuter cyclist in Florida, aims to encourage more regular local riding and commuting with practical tips on selecting from various types of bikes; basic bike mechanics; gear and accessories. This practical, low-key approach eases the reader into integrating cycling more often into their life for pleasure or health and as an affordable, flexible, local transportation option. - Jean Chong, Momentum Magazine "First off, here's what this book is NOT; a comprehensive guide to training, repair, nutrition, racing strategy or any of that other in-depth stuff. What his book IS is a very simple, very practical and extremely humorous guide to bicycling for everyday purposes. Seasoned cyclists and hardcore commuters probably won't get much out of The Practical Cyclist other than a lot of laughs...frankly, it's just not written for the accomplished cyclers among us. But for someone just entering this wonderful world of bicycles, this book is a must read. Let's hope this book sells a billion copies!!! - Jack "Ghost Rider" Sweeney, bikecommuters.com Riding a bicycle is something you never forget—even if the last time you owned a bike, it had playing cards pinned to the spokes. People are coming back to bicycling in droves; propelled by rising gas prices, expanding waistlines, or the allure of fancy gear, bicycling for all ages has never been more popular. The Practical Cyclist is for those who have not been actively cycling for years, or perhaps are new to the sport; it is bicycling for real people. The author recognizes that not every cyclist cares about fancy equipment and competitive riding. The book's low-impact approach is uniquely geared to people who would like to come back to cycling but don't know where to begin. There are many reasons for hopping back on a bike—becoming healthier, saving money, saving the environment, but mainly to have fun. The Practical Cyclist provides simple, basic information that takes the intimidation out of visiting a bike shop and includes: How to choose equipment Proper riding technique Safety tips Accessories Easy rules on where, when, and how to ride As this book says, anyone can ride a bike and look good doing it. You don't have to go fast, and you don't have to go far. You just have to go. Chip Haynes has been a year-round commuter for a decade, and he owns too many bicycles. He writes about bicycling for The Wire Donkey and is known as "the neighborhood bike guy" in Clearwater, Florida. 'Chris is someone I've always looked up to. A true role model.' - Geraint Thomas, 2018 Tour de France winner An invaluable manual for cyclists of all ages, experience and ability, which will help them achieve peak performance. Full of practical advice, this book includes information on: Strength conditioning to improve your performance Targeted training plans to focus on strengthening weaker areas Bike care &

maintenance Riding different terrains & environments Road cycling skills & safety The book will also help you explore your five key abilities of cycling fitness, defined as the maximum effort you can maintain for the following periods of time: 6 seconds (max sprinting) 30-60 seconds (sub-max sprinting) 3-5 minutes (VO2 max) 1 hour (zone of transition) Several hours (long steady distance riding) This book is training toolbox to structure bespoke sessions to improve these five facets of performance. How to Ride a Bike also features diet and weight loss advice, the psychology of cycling, and stories and anecdotes from Sir Chris Hoy's Olympic track career. Full of helpful and inspiring advice for those getting on a bike for the first time in a while, along with plenty of tips and tricks for seasoned cyclists looking to take it up a notch, this is a book for beginners and pros alike. If you want to learn the basics about mountain biking by an everyday expert, then get this step-by-step guide. In this no-fluff, short, and straight-to-the-point step-by-step guide, you will discover the tips and tricks on how to mountain bike the right way. - How to mountain bike the right way. - Mountain biking jumping secrets revealed. - Bunny hop mountain bike tricks. - Wheelie mountain biking tips. - How to ride the mountain bike on trails. - How to ride the mountain bike on rocky terrain. - Step-by-step mountain biking techniques. - Gear shifting tricks explained. - How to choose the right helmet for mountain biking. - How to choose the right clothing for mountain biking. - How to choose the right mountain bike for yourself. - Different type of mountain bikes explained. - How to stay in great shape for mountain biking. - How to maintain your mountain bike the easy and affordable way. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts. How to make city cycling--the most sustainable form of urban transportation--safe, practical, and convenient for all cyclists. Cycling is the most sustainable mode of urban transportation, practical for most short- and medium-distance trips--commuting to and from work or school, shopping, visiting friends, going to the doctor's office. It's good for your health, spares the environment a trip's worth of auto emissions, and is economical for both public and personal budgets. Cycling, with all its benefits, should not be reserved for the fit, the spandex-clad, and the daring. Cycling for Sustainable Cities shows how to make city cycling safe, practical, and convenient for all cyclists. It all begins with balance. This is a simple truth about both cycling and life. There are many similarities between learning to ride a bike and living a happy and fulfilling life. Like Riding a Bike: A Cycle Logical Exploration of Life illuminates these similarities and provides insight into their potentials. This book is not one of great victories or epic tours, but of the experiences, thoughts, and reflections that are a part of both the world of cycling and the journey of life. Like Riding a Bike is an inspirational guide for personal understanding and development. It uses cycling experiences as a point of departure for life lessons. But the book is not just for active cyclists; it is accessible by anyone who travels through life with more than a passing interest. The lessons and themes are based in practical reality and extend far beyond cycling. Like Riding a Bike takes an innovative approach that differentiates it from other sports and personal growth books. First, it invites readers to actively participate in the learning process. Readers are encouraged to try the cycling experiences upon which the life lessons are based, not just to apply the lessons that are derived. How many other books enable readers to prove a point to themselves rather than just take the author's word for it? The clearer the connection to the metaphor, the greater the value of the lesson. Another innovation of Like Riding a Bike is how cycling experiences are used. Most personal coaching or growth books start with someone's ideas about the way things should be. The author then collects or creates stories that support those ideas. In contrast, the cycling elements of Like Riding a Bike are actual experiences that do not merely reflect key points, they generate the issues and lead to the lessons. The validity of each idea is derived from reality, not idealization. Virtually all books deal with growth as a linear process. But is life actually linear? A third innovation of Like Riding a Bike is that it recognizes the cyclical nature of learning and development. While each chapter presents different topics and lessons, there is an underlying logical structure and repetition of themes that cyclically builds to the conclusion. The presentation of Like Riding a Bike is a personal dialogue between the author and the reader. This is done to draw the reader into the ideas, discussions, and lessons, and to promote personal insight. Again, the manuscript encourages reader involvement. Life

is a personal exploration. What makes this concept easier to learn and apply than a book that actually starts the process for the reader? Each chapter concludes with five questions for personal reflection. Like *Riding a Bike* is unique in many aspects, but most importantly it gives practical advice on techniques the reader can apply to develop and pursue his or her own vision for life. It presents life lessons from a fresh perspective and provides a process for personal development. It suggests answers, yet also encourages questions. Like *Riding a Bike* begins by setting a foundation with the key elements of balance, motion, and vision. The book then addresses the basic skills required to find balance and establish a context for growth. The reader is led through a process for personal development that includes building on existing skills, working variety into life, stepping back when necessary, and reaching out to others for help when needed. The second half of the book further develops the themes from the first half, beginning with a section dedicated to meeting challenges. Chapters in this section address anticipating obstacles, facing challenges, understanding the "price" of choices, and speaking up for yourself.

This new edition of John Forester's handbook for transportation policy makers and bicycling advocates has been completely rewritten to reflect changes of the last decade. It includes new chapters on European bikeway engineering, city planning, integration with mass transit and long-distance carriers, "traffic calming," and the art of encouraging private-sector support for bicycle commuting. A professional engineer and an avid bicyclist, John Forester combined those interests in founding the discipline of cycling transportation engineering, which regards bicycling as a form of vehicular transportation equal to any other form of transportation. Forester, who believes that riding a bicycle along streets with traffic is safer than pedaling on restricted bike paths and bike lanes, argues the case for cyclists' rights with zeal and with statistics based on experience, traffic studies, and roadway design standards. Over the nearly two decades since *Bicycle Transportation* was first published, he has brought about many changes in the national standards for highways, bikeways, bicycles, and traffic laws. His Effective Cycling Program continues to grow. The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in *The Debates and Proceedings in the Congress of the United States (1789-1824)*, *the Register of Debates in Congress (1824-1837)*, and *the Congressional Globe (1833-1873)*

Kids everywhere want to ride bikes... even kids on Planet Klynia! When twins Hazel and Henry move to Planet Klynia, they find a very different world. As they explore on their bicycles, they see that the local people, called Zonns, never smile. And the twins are the only ones on the whole planet who have bikes! After befriending a Zonn boy named Durst, the twins realize that people everywhere are not so different after all. Durst wants to ride a bike too, but is having trouble learning. With the help of the twins and their step-by-step tips, Durst discovers the joy of riding. Soon all of Klynia is riding bikes and smiling! A fun story for kids ages 6-12... and up. And a great book for any child who wants to ride a bike or has had trouble learning to ride in the past. Seeing that virtually anyone (if ambulatory and sighted) can ride a bike--even aliens--will inspire your child to hop on, feel the wind in the face, and become a smiling bike rider! Includes a How-To Guide to help you coach and teach your child! If your child wants to learn to ride a bike, these tips will help them get past training wheels. Your child will: Overcome their fear of riding Feel confident in learning to ride Learn to ride independently Professor Klein has been instrumental in developing a national program for teaching children with disabilities to master bike riding, and has applied his techniques to this step-by-step guide. This program has helped tens of thousands of children, making it the largest and most successful program of its kind. Professor Klein's bike riding tips can help your child too! Interview with the Author Some people call you The Bike Whisperer. Would you say that's true? I consider that a great compliment. It's a joy to help and see children overcome their fear of riding. Understanding the child/bicycle connection is the key, just as understanding the horses was crucial in *The Horse Whisperer*. I help each child learn to listen to what the bike is telling them. My goal is to inspire confidence--I always tell the learning child that it's easy and they start to believe it. Will this book really help ANYONE learn to ride a bike? Bike riding isn't something we teach a person to do,

but rather it's a discovered skill. Each child has the potential to discover how to ride a bike so long as the environment is conducive for that discovery. Through experimentation, children adapt to and master the bicycle and refine their balancing skills. What makes your techniques so different? There is little oral instruction. I provide an appropriate training bike (or modify their own bike if possible), a safe environment, correct spotting techniques, and then launch them to find their balance. For children with disabilities, I provide a series of trainer bikes with gradually more challenging characteristics until the children are able to master a conventional bike. How long have you been interested in bicycles? My academic background focused on understanding movement and control of movement. In 1983, during my tenure as a mechanical engineering professor at the University of Illinois, my research led to the study of how children learn to ride bicycles, how to design better learning bicycles, and then the innovation of a world-recognized adaptive bike program for children with varied disabilities. The program has now spread throughout much of North America. Where can I get more information about the adaptive bike program? In *The Bike Whisperer: Changing the World One Bike Rider at a Time*, I tell the story of my experiences in developing the program. You can also visit RainbowTrainers.com to get more information about our mission or icanshine.org/programs to learn about instructional camps. *Smart Cycling: Promoting Safety, Fun, Fitness, and the Environment* contains information that new or returning cyclists need to know before taking to the road, including basic cycling skills, rules of the road, safety strategies, and maintenance. The book includes a DVD of four videos that can be shown to participants to help them better visualize the skills being taught.

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