



The Beginner Cyclist: The Before You Buy Your Next Bike Guidebook

Mark Hancharuk

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Whether you're a beginner or simply returning to cycling after an extended absence, this comprehensive manual on finding and maintaining the right bicycle will help you navigate the pitfalls often encountered when embarking on this journey.

Author Mark J. Hancharuk rediscovered the joy of cycling at the age of forty, when he found himself overweight and bored with other forms of exercise. He quickly learned that to truly benefit from and enjoy cycling, he needed not just any old bicycle, but the one that best fit his physique and his needs. After numerous stalls and starts, disappointments and disasters, he found his "magical" bicycle. And now, he shares his discoveries with you.

The Beginner Cyclist distills the myriad of cycling information into an easy-to-follow, practical guide that helps you select a bicycle within your budget that you will want to ride for years to come. With basic terminology, pictures, and diagrams as well as entertaining personal stories, this book removes the stress and confusion from your bike-buying process and encourages you to focus on why you're pursuing this recreation in the first place. If it isn't to have fun, it should be!



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