

CYCLING TO WORK

A beginner's guide

Rory McMullan

All you need to start cycling to work

"A handy guide to get you started with cycling to work - and once you start, you won't want to stop!" Sustrans

"A fantastic introduction to cycle commuting - comprehensive, yet accessible; it makes me wonder why more people don't cycle! - Dr Colin Black, Chairman, Association for Commuter Transport

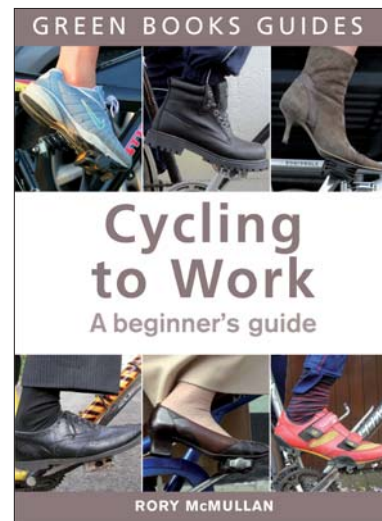
Maybe you'd like to cycle to work, but think: 'I can't - I'm unfit, I don't want to get sweaty, I live too far away.' This book might just change your mind. It is packed with great tips on:

- buying the right bike and equipment
- riding safely in traffic
- finding the best route to ride to work
- integrating cycling with other forms of transport
- basic bicycle mechanics
- finding bike buddies

Cycling to work: a beginner's guide gives you all the information you need to get to work on your bike. Get fit, save money, and be green!

The Author: Rory McMullan has had many cycling adventures in the Far East, and worked in marketing for the cycle industry for many years. He is currently Marketing Manager for the Association for Commuter Transport. He commutes to work on his bike from his home in Wandsworth, London.

For further information, please contact
Bee West: email bee@greenbooks.co.uk
or phone 01803 863260.



6th September 2007

Green Books

ISBN 978 1 900322 12 6

165 x 119 mm

96pp in colour

£4.95 pb

CONTENTS

Why cycle?

Can you cycle to work?

Buying a bike

What else do you need?

Getting started

Cycle maintenance for beginners

Is your workplace cycle-friendly?

It's not all work

Further information

Index