

AFALCON GUIDE®



John Nagiecki and
Kimberly Grob
THIRD EDITION

Road Biking™

NORTHERN CALIFORNIA



Road Biking Northern California Road Biking Series

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75 Classic Rides Northern California Bill Oetinger, 2014-03-13 [CLICK HERE](#) to download a sample route from 75 Classic Rides Northern California Bill Oetinger calls Northern California something approaching cycling paradise But as he says in the introduction to 75 Classic Rides Northern California Even paradise will be a muddled maze if you don't know your way around it and that's where this book comes into play this guide is intended for everyone from novice to expert cyclists It's accessible friendly and fun highlighting truly classic rides rated from easy to epic For Bill this means wine country loops Berkeley waterfronts Santa Cruz mountains gold Country tours Sierra epics and more think redwood cathedrals and rugged coastlines grasslands and vineyards and all along Bill's expert advice guiding you down the road Out of 75 rides the majority are doable as one or two day outings ambitious cyclists however will find a cross state route to plan for or dream about too Each ride includes the following A downloadable turn by turn cue sheet Difficulty level and distance Average time to complete Elevation gain and high point Best season to ride Maps and key resources including land managers Detailed route descriptions and photos Easy to use mileage log *Moon Northern California Biking* Ann Marie Brown, 2012-04-10 Avid biker and experienced travel writer Ann Marie Brown knows the best places to cycle in Northern California from steep ocean front rides to meandering scenic trails through Sonoma and Napa *Moon Northern California Biking* guides seasoned riders and beginning bikers to the best trails paths and roads throughout the San Francisco Bay Area Tahoe Yosemite and Northern California wine country Complete with elevation charts route maps and options to extend or shorten each route as well as information on bike shops riding clubs and bike organizations throughout the region *Moon Northern California Biking* gives bicyclists the tools they need to create a more personal and memorable experience [The Complete Idiot's Guide to Cycling](#) Vic Armijo, 1999-07-01 Learn how to make the wheels turn in this informative guide that provides solid instruction on choosing the best bicycle and the differences between road touring racing and cross bikes [Urban Trails: Sacramento](#) John Soares, 2021-03-01 The city of Sacramento and the surrounding urban area has a rich history as the state's capitol With a half million residents and a diverse professional workforce Sacramento is a dynamic and growing urban area one whose walkers runners and hikers will welcome a guide to the best paths parks and trails Metropolitan area includes Davis Folsom Roseville Auburn Elk Grove and more Features include 35 trails in city and nearby towns hills valleys At a glance chart for easy trail selection Detailed route descriptions including distance elevation difficulty trail amenities Family and dog friendly options Sidebars highlighting area history Full color photos and maps [75 Classic Rides Colorado](#) Jason Sumner, 2015-04-28 Includes rides ranging from easy to epic Features rides within easy distance from population centers plus 2 multiple day trips and 1 cross state tour Free downloadable turn by turn cue sheets for each ride Jason Sumner was on his way to becoming a pro sports reporter when he happened to cover a bike race It changed his life He writes Becoming a cyclist meant exploring my home state in ways I never had before Fifteen years and thousands of miles later I get to share what I discovered with you

This guide is intended for cyclists from novice to expert It s accessible friendly and fun highlighting less driven back roads scenic views epic mountain pass challenges and ambling routes Each ride includes the following information Difficulty level Distance Average Time to complete Elevation Gain High Point Best Season to ride Maps Info on land managers for reference Directions to start of route Description of ride nature of the ride sights along the way best places for food refueling and more Variations Alternate Route details Full map of route Elevation profile Photo

Bike for Life Roy M. Wallack,2015-03-10 Do You Want to Ride to 100 and Beyond BIKE FOR LIFE Now with training plans worldwide adventures and more than 200 photos Ride a century when you turn a century that was the promise Bike for Life offered when it was first published A decade later this blueprint for using cycling to achieve exceptional longevity fitness and overall well being has helped tens of thousands of cyclists to ride longer and stronger Now nationally known fitness journalist and lifelong endurance road and mountain biker Roy M Wallack builds upon his comprehensive Bike for Life plan with even more practical tips and strategies to keep you riding to 100 and beyond Fully updated revised and illustrated Bike for Life features Cutting edge workout strategies for achieving best ever fitness at any age Science based 8 and 16 week Century training schedules A radical new workout method that ll make you fly up the hills An anti aging plan to revive muscularity strength and reaction time An exclusive 10 step Yoga for Cyclists routine Strategies to fix cyclist s knee and biker s back Advice on avoiding cycling related impotence and osteoporosis Ways to survive mountain lions bike jackers poison ivy and headwinds Handling skills and bike fit advice from famous coaches Tips on staying motivated with worldwide adventures and challenges The Bike for Life hall of fame stories of amazing riders in their 60s 70s 80s and up With oral history interviews and profiles of the biggest names of the sport including John Howard Gary Fisher Rebecca Rusch Ned Overend Tinker Juarez Juli Furtado Marla Streb Missy Giove Johnny G Eddie B Mike Sinyard and Rich The Reverend White

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