# **Contents**

Prefaces ix Introduction xv

-				
	Tho	Rick	100	1
	The	DIC	CIC	T

- 1 Mechanical Safety and Operational Inspection 3
- 2 Bicycles, Tools, Equipment, and Clothing 7
- 3 Steering and Handling 37
- 4 Brakes 45
- **5** Gears 65
- 6 Shapes of Bicycles 77
- 7 Dimensional Standards 85

## II Maintenance 89

- 8 Wired-On Tires and Pumps 91
- 9 Tubular Tires 117
- 10 Cleaning and Lubrication 131
- 11 Bearings 139

- 12 Installing Wheels in a Frame 157
- 13 Matching Hubs to Fork Ends 161
- 14 Adjusting Derailleurs 169
- 15 Hub Gears 185
- 16 Cranks and Chainwheels 187
- 17 Chains 195
- 18 Freewheels, Freehubs, and Clusters 201
- 19 Rim and Spokes 211
- 20 Building Wheels 221
- **21** Leather 233

## III The Cyclist 235

- 22 Basic Skills: Posture, Pedaling, and Maneuvering 237
- 23 Emergency Maneuvers 259
- 24 Keeping Your Body Going 271
- **25** The Physiology and Technique of Hard Riding 285

## IV The Cycling Environment 317

- **26** Basic Principles of Traffic Cycling 319
- 27 The Why and Wherefore of Traffic Law 321
- 28 Accidents 337
- 29 Where to Ride on the Roadway 369
- **30** Avoiding Straight-Road Hazards 407
- 31 Changing Lanes in Traffic 413
- **32** Riding the Intersections 423
- 33 Riding at Night 453
- 34 Riding in the Rain 477
- **35** Riding in Cold Weather 485

#### **Enjoying Cycling** 495

- **36** Commuting and Utility Cycling 497
- **37** Mountain Riding 521
- 38 Club Cycling
- **39** Touring 559
- **40** Racing 595
- **41** Cycling with Love 613

#### VI Cycling in Society 639

- **42** How Society Pictures Cycling 641
- **43** Bike-Safety Programs 661
- 44 The Federal "Safety" Regulation for Bicycles with Its Dangerous No-Headlight Standard 671
- **45** The Cyclist-Inferiority Phobia
- **46** Revising Laws to Control Cyclists 699
- **47** The Bikeway Creation Controversy 711
- 48 Bikeway Results 735
- **49** Antimotoring Motivation in Bicycle Transportation 741
- **50** Minute Penalties for Killing Cyclists 745
- 51 Policies of Cycling Organizations and Bicycle Advocacy Organizations 757
- **52** Political Strategy for Cyclists 779

Appendix: Effective Cycling Instruction and Qualification 789 Index 797