

EVERY WOMAN'S GUIDE TO
CYCLING

EVERYTHING YOU NEED TO KNOW,
FROM BUYING YOUR FIRST BIKE
TO WINNING YOUR FIRST RACE

SELENE
YEAGER

Bicycling Magazine's Fit Chick



**Every Woman's Guide to Cycling: Everything You
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More women than ever before are jumping on their saddles to enjoy one of the fastest growing sports in the country-and to improve cardiovascular fitness, control their weight, and liven up their social lives. At the same time, cycling remains very much a "man's sport," an intimidating world that can be difficult for women to navigate.

Now celebrity spokeswoman Selene Yeager covers all the basics-for all ages and fitness levels. Women will learn...

- How to find the perfect bike and other essential equipment
- How to shift, spin, climb mountains, and get back down
- Training techniques that take it up a notch
- What to eat off-and on-a bike
- Competition craziness-race information and strategies
- Why guys who work in bike shops act the way they do
- And more!

Every Woman's Guide to Cycling: Everything You Need to Know, From Buying Your First Bike to Winning Your First Race Details

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Ali6 says

Excellent book! I'm new to cycling and interested in doing long-distance rides. This book covers everything from buying a new bike, safety, repairs and maintenance, nutrition, training, developing a training schedule (the book includes these already) and much more. Well written and good for anyone from a novice to professional.

Jo * Smut-Dicked * says

There isn't really too much out there about cycling that is written for a beginner (or a newginner - someone who once knew how to ride and worries she has forgotten everything after 25 years...). This one really is a complete guide. I suspect it will be more complete than many want as it is geared for all but has quite lengthy sections of bike training plans. These are very helpful if you choose to race. I'd of actually like to have seen something more attuned to a triathlon cyclist schedule just to see how that compared (in her book from a cyclists perspective) with a century or other ride. Maybe I'm just curious.

I found the first 1/3 to be absorbing and exactly what I needed. I think the last part on maintenance suffered from lack of pictures to really demonstrate well. I would have liked to have this more illustrated.

Overall excellent book for a beginning cyclist and someone who wants to really get into cycling for any reason (maybe other than strictly commuting or similar). This is more either weight loss/fitness/health or bike racing focused but I didn't feel it lent so much that way that a regular Josephine wouldn't get a ton out of it.

Shannon says

Excellent resource for women cyclist with solid information. Yes, there is a lot of basic information that is covered elsewhere, but Selene Yeager goes into depth in a lot of areas as well. This is suitable for any beginner to somewhat experienced cyclist. Right away I applied what I learned about my pedal stroke, and my cadence and overall speed/ability has greatly improved. I'm anxious to try one of the detailed training plans. I consider this to be a must-read.

Wendy says

Good book, easy to read and understand. Doesn't get too technical but doesn't talk down to you either. I

learned some new tricks that will hopefully help me become stronger, faster, and meaner on the bike. (Leaner wouldn't be a bad thing either).

Robin says

This is a book that I ordered for my library's collection and checked out so I could read it myself. Those who know me are aware of my resurgence of interest in cycling. Of course, a few months back I would have said I like riding my bike but since that makes folks ask if I ride a Harley, I'll stick to the lingo (and the library catalog term) and say I enjoy cycling. This is all because I have a wonderful man in my life who fixed my old mountain bike which hadn't been ridden in at least five years and had been left outside for at least three years! I've even got cycling shoes and pedals and feel really great to be exercising outdoors even in November!

This book is useful for someone like me who is new to cycling and would be great for women who have been riding longer but want ideas for workouts and whatnot.

Alannah Davis says

When I started riding a bike this year for the first time since I was a kid, the first chapters of this book were exactly what I needed. You know that old cliché that says you never forget how to ride a bike? Well, that's a big, fat lie. So the thorough, detailed explanations for everything from operating the brakes to dealing with bike shops, are extremely helpful.

Since I personally am interested only in recreational riding, I didn't get as much use from the chapters dealing with racing. Still, if you're a rank beginner like me, this book is well worth the reading even if you don't need every piece of information provided.

Scottsdale Public Library says

If you haven't been on a bike since grade school or the most cycling you've done since then has consisted of a week-long devotion to become the next Lance Armstrong only to succumb to the routine of daily responsibilities the following week, then this book is for you. Selene Yeager guides you on everything from deciding on what type of bicycle is best for your needs to clothing to equipment to nutrition. Reading the book, it's like she is right there talking to you. There are lots of good information and tips in a woman-to-woman type of way. A very inspiring book I would definitely recommend to anyone considering getting into the sport.

-Kassandra V.

Elaine Nelson says

Not really what I need in a cycling book. Definitely oriented towards "serious" road riding/racing, with the

largest portion of the book dedicated to creating a training regimen.

However: I did get some useful tips on turning better (like Zoolander, I have a hard time turning left), climbing hills, and pedaling more effectively. I'm getting some nice speed bursts now with not that much more effort.

Jennifer says

Great if you have no idea about what getting into biking involves from an adult recreational and health perspective. If you've been riding for a year or more there's very little new information to be had.

Cami says

My questions on what to look for in buying a bike and how to train and compete were answered in this fun reading guide. It covers pretty much everything you'd need to know. This left me wanting to dive head first into the world of cycling.

Kerry says

I essentially read this book in one sitting from cover to cover. I just bought a Specialized "Ruby" and then thought, hmm, is this the right bike for me? It turns out it is, and now I know why. Yay. This is a great book geared towards the novice. Was very pleased.

Leah Hortin says

This is a pretty good basic guide to cycling. It's written in lament terms and she has a sense of humor so it makes it easy to get through but I don't think it could/should ever replace hands on learning and using your local bike gurus as resources.

I found the first third of the book to be especially helpful - basics about different bike styles, how to figure out what bike is right for you, the basic components, essential gear.

The middle third was mostly training plans that I skipped nearly completely. This book tends to assume that cycling will be your primary exercise and the training plans tend to have you riding 5-6 days a week during peak season. It isn't ideal for me between running and lifting but it would be helpful for people that plan to be avid cyclist. It also has different types of rides integrated into the schedule and honestly, it is pretty much exactly like my running programs - speed-work, easy, and long rides and gradually work your way up in time and distance. It's not really rocket science to me since I am familiar with training plans but it could be useful to others and if I ever decided to do a century or something, I may refer back to it.

The last third had some supplemental information about strength training, cross training, nutrition, weight loss, and ends with some maintenance tips that I couldn't wrap my head around without having a bike right

there in front of me.

Kelly says

Informative, easy to read, and written in a down to earth conversational tone and without extra filler material to increase the length of the book. This is a quick and motivating read for any woman passionate about cycling. The author supports those just starting out and with major medical concerns to those ready to race and do century rides. I love the training plans and focus on nutritional support. Can't wait to test some of this out once the kids go back to school and before it snows.

Eli says

Every bicycling book has *something* useful, this one included. Yeager covers some issues that even many "beginner" books skip, assuming everyone already knows how to ride a bike: a section at the beginning on more effective pedaling, dealing with hills, and obstacle avoidance; and one at the end on proper ride nutrition are especially helpful.

However, I am not this book's target audience, as I realized the first time (of many) that Yeager referred to cycling as "your sport". Cycling is not my "sport". It is my transportation and sometimes my recreation. But I have no interest in racing or in riding a century or a multi-day charity ride, which led to my skipping vast swathes of the book's middle.

I have a "take what I need and leave the rest" attitude toward most cycling books. This one has some very high-quality "what I need" but an *awful* lot of "the rest".

CJ says

In my new hobby as a cyclist, I'm reading everything I can get my hands about riding (because if it's worth doing - it's worth reading about). This book is a quick read and is definitely for the beginner. I had already decided on which bike I wanted and ordered it, so those sections were interesting, but not particularly helpful for me.

There's a great section on training plans if you're planning on racing or riding for a purpose, along with alternate exercises to keep everything else fit while your legs and glutes are getting the workout of their lives. I also appreciated the "how-to-ride" tips Yeager provides. This will be a great book to share with others just starting in the sport.
