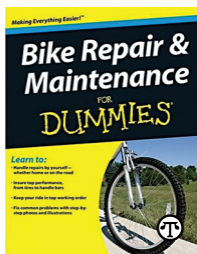


Cycling Smarts

(NAPSA)—These days, more and more Americans are trying to save money and energy, and improve their physical fitness, by taking to the road on bikes. For the common cyclist, it's a good idea to learn how to keep a bike working and in top shape.

To help the country's 96 million bike riders, there's a new book by bike repair experts Dennis Bailey and Keith Gates: "Bike Repair & Maintenance For Dummies" (Wiley). This handy guide explains how to handle repairs at home and on the road.



You'll see how to extend the life of your bike, increase your riding comfort and improve safety.

Here are just a few tips from the book:

- Pay attention to the road in front of you when you ride. Your goal is to avoid obstacles such as rocks, potholes and other hazards that, if you hit them, could result in a bent rim or other incident.

- Instead of jumping or riding across a curb—which could damage your rim or even cause you to crash—dismount and walk your bike.

- Shift into your lowest gear before you reach the steepest section of a climb. Trying to shift when you're barely moving puts a lot of strain on the chain.

- If you have to go over a bump, raise yourself off the saddle to lessen the impact.

The book is available at all major bookstores or you can go online at www.dummies.com.