Ladycycle 321

Selene Yeager

Bike Lust Barbara Joans, 2001-08-03 Bike Lust roars straight into the world of women bikers and offers us a ride. In this adventure story that is also an insider's study of an American subculture, Barbara Joans enters as a passenger on the back of a bike, but soon learns to ride her own. As an anthropologist she untangles the rules, rituals, and rites of passage of the biker culture. As a new member of that culture, she struggles to overcome fear, physical weakness, and a tendency to shoot her mouth off-a tendency that very nearly gets her killed. Bike Lust travels a landscape of contradictions. Outlaws still chase freedom on the highway, but so do thousands of riders of all classes, races, and colors. Joans introduces us to the women who ride the rear-the biker chick, the calendar slut straddling the hot engine, the back-seat Betty at the latest rally, or the underage groupie at the local run. But she also gives us the first close look at women who ride in their own right, on their own bikes, as well as a new understanding of changing world of male bikers. These are ordinary women's lives made extraordinary, adding a dimension of courage to the sport not experienced by males, risking life and limb for a glimpse of the very edge of existence. This community of riders exists as a primal tribute to humanity's lust for freedom.

Cycle Power Jane Shuter, 2004 Traces the development of two-wheeled travel including related anecdotes and milestones in technology.

The Monarch Cycle Company Monarch Cycle Company, 1894

What Happens to Your Body When You Cycle Kate Carleton, 2009-08-15 Explains what happens to your body when you cycle and how it benefits the body.

The Ladies' Own Magazine ,1872

The Girls' Bicycle Handbook Caz Nicklin, 2014-03-25 The Girls' Bicycle Handbook is for women cyclists everywhere who need practical no-nonsense advice and information on cycling, but don't want to dispense with style in the process. Whether you're a committed bike commuter or a complete novice, blogger, entrepreneur and passionate cyclist Caz Nicklin gives the low-down on making cycling part of your lifestyle. From choosing the right bike for your needs to looking stylish and comfortable whatever the weather, and from combatting dreaded helmet hair to road safety and fast repairs, The Girls' Bicycle Handbook tells you everything you need to know about life on two wheels.

Our Bodies, Our Bikes Elly Blue, April Streeter, 2015-10-19 Our Bodies, Our Bikes is a resource and companion for women who ride bicycles. Through personal stories, how-to guidelines, and factual information, contributors explore the intersection of cycling and women's health, from bike fit to clothing, from periods to childbirth, from media representation to gender presentation and reproductive rights. Our diverse contributors demystify and elucidate women's issues in cycling in a practical, friendly, and down to earth manner.

Women on the Move Roger Gilles, 2018-10 The 1890s was the peak of the American bicycle craze, and consumers, including women, were buying bicycles in large numbers. Despite critics who tried to discourage women from trying this new sport, women took to the bike in huge numbers, and mastery of the bicycle became a metaphor for women's mastery over their lives. Spurred by the emergence of the safety bicycle and the ensuing cultural craze, women's professional bicycle racing thrived in the United States from 1895 to 1902. For seven years, female racers drew large and enthusiastic crowds across the

country, including Cleveland, Detroit, Indianapolis, Chicago, Minneapolis, St. Louis, Kansas City, and New Orleans -- and many smaller cities in between. Unlike the trudging, round-the-clock marathons the men (and their spectators) endured, women's six-day races were tightly scheduled, fast-paced, and highly competitive. The best female racers of the era--Tillie Anderson, Lizzie Glaw, and Dottie Farnsworth--became household names and were America's first great women athletes. Despite concerted efforts by the League of American Wheelmen to marginalize the sport and by reporters and other critics to belittle and objectify the women, these athletes forced turn-of-the-century America to rethink strongly held convictions about female frailty and competitive spirit. By 1900 many cities began to ban the men's six-day races, and it became more difficult to ensure competitive women's races and attract large enough crowds. In 1902 two racers died, and the sport's seven-year run was finished--and it has been almost entirely ignored in sports history, women's history, and even bicycling history. Women on the Move tells the full story of America's most popular arena sport during the 1890s, giving these pioneering athletes the place they deserve in history.

Cycle Savvy Toni Weschler, 2006-10-31 Should I be concerned if my cycles are rarely 28 days? Why do I often feel so emotional before my period? And how can I know when my period's really going to start?! If you're a teenage girl, you've probably asked yourself these questions and many more. Now Cycle Savvy has the answers that will help you understand what is really happening with your body on a day-to-day basis. It's the first book specifically designed to teach young women about the practical benefits of charting their cycles. Explore the fascinating world of ovulation, fertility, and why you even have periods at all! And learn all about the body signals, mood changes, and other

signs that accompany your cycle. With charming illustrations, fun brainteasers, confidence builders, sample charts, and first-person tales of experiences that every girl can relate to, Cycle Savvy takes the mystery out of your amazing body.

The Bicycling Big Book of Cycling for Women Selene Yeager, 2015-09-15 Women are built differently, ride differently, train differently, burn different macronutrients as fuel, and have a different relationship with their bikes than men do. It's only natural they should need their own comprehensive cycling book. The Bicycling Big Book of Cycling for Women is an instructional manual geared specifically toward women. It breaks down the sport of cycling into easily digestible sections, beginning with the history of women's cycling and progressing into equipment, lifestyle, technique, training, and fitness goals. The book also includes a women-specific section that covers cycling while menstruating, cycling while pregnant, how menopause affects training, and how specific parts of the female body are uniquely affected by cycling. The Bicycling Big Book of Cycling for Women will serve as an indispensible, lifelong quide for every female cyclist.

Cycle Sexy Cycle Men Books, 2019-02-20 The wind in your hair, the sun on your face, and the freedom. Enjoy this candid photo journal of men on their bikes at the beach and in the street.

Romancing the Bike Peggy Badgett,2008-11 Peggy Badgett began reacquainting herself with the unparalleled freedom of riding a bicycle in her fourth decade of life. Her affair began innocently enough, after an unpromising finish in a local triathlon. She began to attend indoor cycling classes, and with the encouragement of a seasoned cyclist who became her coach and mentor, began to ride her first true racing bike. The relationship between Peggy and

the tubes attached to the skinny tires grew from tenuous first outings to long sunny summer days. She fell in love with her bike. Touring, racing, and commuting have become an integral part of her life, in addition to introducing her to a brand-new group of friends she dearly treasures. This is the account of her adventures, from learning how to stay upright, to racing in time trials, and finally riding up mountains.

The Lady's Present, Or, Beauties of Female Character Ariel Ivers Cummings, 1852

Velo Vixen #2 Rachel Krause, 2014-12-20 The first Velo Vixen was one of our favorite bike zines in recent years, so it was extra exciting when the second issue showed up in the mail containing a richly layered, multimedia, cacophony of big-hearted essays, well-curated photographs and art, and fascinating Victorian-era manifestos both for and against women's participation in that scandalous past-time of bicycling. The second issue includes tributes to bicycling moms and dads, an essay about getting older by bike, a poem about going places, the story of a bike ride across Kansas, a guide to starting your own bike coffee cart (because being crafty/adventurous/creative is sexy), helpful resources for cycling in Kansas City, Missouri, and lots of great art and design. It's another big winner and we think you'll like it as much as we do.

<u>Bike Week Blues</u> Mary Clay,2004-02 Leigh is building a new, single life at teh beach. Ruthie's in town for a spiritual seminar. Flamboyant Penny Sue, hot on the trail fo her latest soul mate, buys a Harley and follows him to Bike Week. In true DAFFODILS fashion, no sooner do the sorotity sisters reunite, then all hell breaks loose.

This Road I Ride Juliana Buhring, 2016-05-19 This Road I Ride is the

remarkable story of one woman's solo journey around the world by bicycle, -- Amazon.com.

Ladies' Home Journal ,1927

<u>Boss Lady</u> Omar Tyree, 2006 Hollywood celebrity Tracy Ellison's personal assistant and cousin, Vanessa, oversees the trials and tribulations of a film production about Tracy's life.

Let's Ride a Bike Ruth Walton, 2012-12-31 Discusses uses of bicycles, how bikes are made and designed, and bicycle safety and riding tips--

Pedal by Pedal: A Zine about Women Over Forty Who Ride Bicycles: Volume 1 Julie Brooks, 2017-06-27 This little zine is packed with experiences of women over 40 who ride bikes — from funny to poignant, from observations of prejudice to experiences of liberation, this is good stuff that'll make you want to ride, and write, yourself. Includes essays like Biking Over 50 (by Nan Cousins), Biking While Being a Woman of Color (by Taz Loomans), and topics ranging from finding a good bra to bike in (because come on already!), pushing your limits, and overcoming limitations by changing what you can rather than giving up.

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