

EVERYDAY BICYCLING:

How to ride a bike for transportation (whatever your lifestyle) by ELLY BLUE

“Bicycling was key to simplifying my life and this book will help you make your life better too. It’s like the friend you wish you had who can patiently show you all the details that make bicycling fun rather than frustrating.” —**Tammy Strobel**, author of **Simply Car-free, Smalltopia, and rowdykittens.com**

“A super-smart indie writer who keenly understands bike issues and how bikes can help our cities.” —**Kevin Buchanan, Fort Worthology**

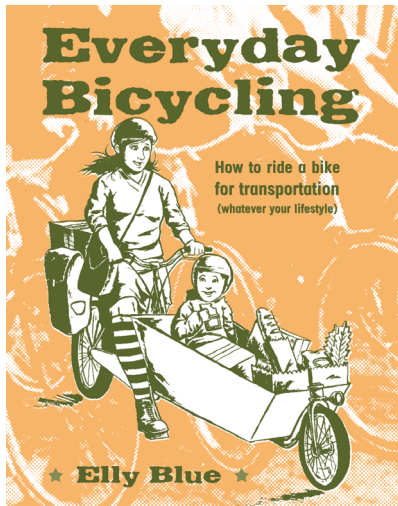
“Bicycling is one thing each of us can do that will have an immediate, positive impact on the environment. This book is an excellent place to start.” —**Matthew Modine**, founder, **Bicycle For a Day**

“When it comes to bicycling, knowledge is power. This book gives you the knowledge you need to get around under your own steam. It’s a real life guide for real people with places to go and things to do.” —**Mia Birk, Joyride: Pedaling Toward a Healthier Planet**

Praise for Previous Work:

“Will bring you up to (ten) speed on Portland’s unstoppable bike culture.” —**Portlandia IFC**

“[Elly’s] ‘Sharing the Road with Boys,’ is a thoughtful essay on gender disparities in the Portland bicycle world. And, though she doesn’t offer any finite solutions (understandably so), she does provide valuable thoughts on ways to begin closing the bicycling gender gap.” —**Publica**



Everyday Bicycling is a guide to everything you need to know to get started riding a bicycle for transportation. Elly Blue introduces you to the basics, including street smarts, bike shopping, dressing professionally, carrying everything from groceries to children to furniture, and riding in all weather. With its positive, practical approach, this book is perfect for anyone who has ever dreamed of riding a bicycle for transportation.

Subject: Transportation / Fitness

RELEASE: **December 2012**

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ISBN: 9781621067252

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Marketing Notes

- 1: Practical instructions for riding a bicycle, dress for bicycling in any weather, use safety gear, and carry cargo and children for daily transportation.
- 2: Encouragement for people new to bicycle transportation to incorporate daily riding and tips about choosing when and where to ride.
- 3: Entertainment from personal anecdotes, stories of impressive feats performed by everyday people, and whimsical illustrations.

Comparative Titles

- Bike Snob: Systematically and Mercilessly Realigning the World of Cycling* 9780811869980 (Chronicle) \$16.95, 2010
- On Bicycles: 50 Ways the New Bike Culture Can Change Your Life* 9781608680221 (New World Library) \$16.95, 2011
- The Art of Nonconformity: Set your own rules, live the life you want, and change the world* 9780399536106 (Perigee) \$14.95, 2010
- Biking to Work* 9781933392981 (Chelsea Green) \$7.95, 2008
- How to Live Well Without Owning a Car* 9781580087575 (Ten Speed Press) \$12.95, 2006
- The Practical Cyclist: Bicycling for Real People* 9780865716339 (New Society Publishers) \$14.95, 2009
- The Art of Cycling: A Guide to Cycling in 21st Century America* 9780762751280 (Falcon) \$14.95, 2006
- Pedaling Revolution: How Cyclists are Changing American Cities* 9780870714191 (Oregon State University) \$19.95, 2009



Elly Blue is a writer and bicycle activist living in Portland, Oregon. Her work has appeared in **Grist, Bitch Magazine, BikePortland, Momentum, and Reclaim** among other publications. She has been featured on **Democracy Now!**, in the **Oregonian**, and on **Oregon Public Broadcasting**. She blogs about bicycling and empowerment at takingthelane.com.

Cantankerous Titles was founded in 2009 as a new publishing project by Joe Biel of Microcosm Publishing, and is dedicated to “explaining how the world works.” Recent titles include the best-selling *Henry & Glenn Forever*, *Between Resistance and Community* and *Aftermass: A Post-Critical Mass Portland*.

In 2009, 1% of all U.S. trips were made by bicycle, an increase of 25% from 2001. —U.S. Department of Transportation and Federal Highway Administration, 2009

71% of Americans say they would like to bicycle more than they do now. —Royal, D., and D. Miller-Steiger, 2008

During the summer of 2002, an estimated 2.5 billion bicycling trips were made by people 16 and older in the U.S. —Royal, D., and D. Miller-Steiger, 2008

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