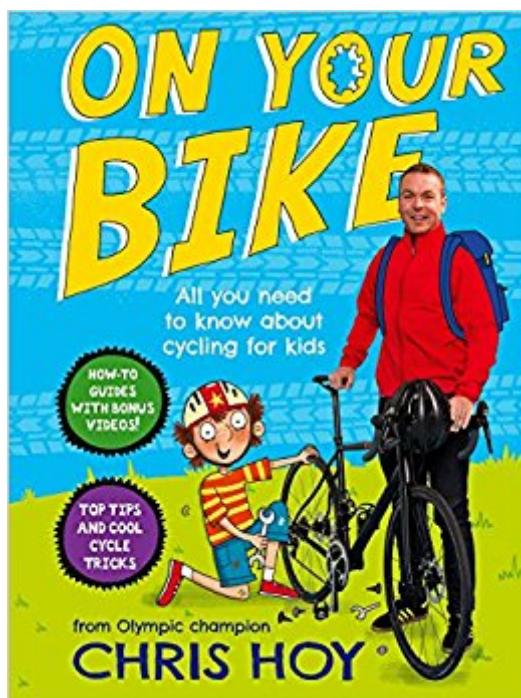


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# On Your Bike: All You Need To Know About Cycling For Kids



## **Synopsis**

So you've got a new bike? Or just getting into cycling? Or just fancy learning more about the bike you already have? *On Your Bike* by Olympic champion Sir Chris Hoy is the perfect guide for children looking to make the most of their bikes. \* How to choose your bike? BMX, Racer, Mountain bike? Which tribe are you? \* Get the right kit. Advice on cycling essentials for riding in all weathers and safety tips to make sure you are seen on the road. \* Maintenance. Step by step guides with illustrations to help you change a tyre, check your bike for wear and tear plus access to bonus video footage with Sir Chris Packed full of handy hints, fun facts, quizzes, checklists and illustrations, Sir Chris shows you how to look after your bike and much, much more.

## **Book Information**

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Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #4,157,371 in Books (See Top 100 in Books) #83 in Books > Children's Books > Sports & Outdoors > Cycling

## **Customer Reviews**

Here is a book that adults and children can enjoy, laced with experience and values, but most importantly, a brilliant story of adventure, ingenuity and creativeness \* The List (Glasgow and Edinburgh) \* Whilst being full of good advice, great tips and spot-on facts, it's also fun and easy to read. It's brightly coloured, packed with photos and illustrations and neatly ring bound in hard covers for ease of use \* The Scotsman Magazine \* There are technical drawings, diagrams and practical photography, all of which go to ensure children really understand how their bike works, how to look after themselves when riding, and how to gain the maximum enjoyment as well as health benefits. How to Choose Your Bike; Bike Maintenance; tricks, games and a Fill-In-Your-Own Cycling Log - it truly is a comprehensive book, and really engagingly written. Perfect for every young cyclist, aspiring champion or not \* Parents in Touch \* A fabulous book for bike-mad kids, from none other than Sir Chris Hoy himself. Time to get "On Your Bike!" Knowing how to be safe on the roads is

important, but kids can find out so much more in Sir Chris Hoy's awesome "On your Bike". There are tons of brilliant tips and tricks to get you up and running super-quick and downloadable videos also help to compliment the book's pages \* Read It, Daddy! Book Blog \* This full colour guide is sure to delight and inform all his young fans \* road.cc \* An accessible cycling guide to primary age children \* Cycle Magazine \* This entertaining and informative book will teach children all they need to know about the wonderful world of cycling. Using the Flying Fergus characters (from Chris Hoy's fiction series, also written in collaboration with Joanna Nadin and illustrated by Clare Elsom) to assist Sir Chris in teaching children about bikes, and a scrapbook-style collage of nostalgic snapshots from his own childhood on a bike as well as technical drawings, diagrams and practical photography, this book draws on the Olympic champion's wealth of expertise in a fun, friendly and accessible format \* The Federation of Children's Book Groups (FCBG) \* 'Whether you're a bike enthusiast or just starting out, the pages are packed with loads of useful advice- ranging from how to choose the right bike, to safety and maintenance tips.' \* The Week Junior \*

Sir Chris Hoy Sir Chris Hoy MBE was born and raised in Edinburgh. He raced BMX until he was 14. Chris won his first world medal in 1999 - a silver in the Team Sprint - and has won 11 world and two Commonwealth titles to date. Chris won his first Olympic gold medal in Athens in 2004 and went on to win three gold medals at the Beijing Olympics. In 2012 at his home Olympic Games in London, Chris won his fifth and sixth gold medals- in the Keirin and Team Sprint- becoming Great Britain's most successful Olympic athlete of all time with six gold medals and one silver. Chris was voted BBC Sports Personality of the Year in 2008 and awarded a Knighthood in 2009. Follow Chris at [www.chrishoy.com](http://www.chrishoy.com) or on Twitter: @chrishoy Joanna Nadin Joanna Nadin is the author of more than 30 books for children and young people. She has been shortlisted for the Roald Dahl Funny Prize and is a former broadcast journalist and Special Adviser to the Prime Minister. She lives in Bath. Follow Joanna at [www.joannanadin.com](http://www.joannanadin.com) on Twitter: @joannanadin

Perfect book for my grandson on bike safety!

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