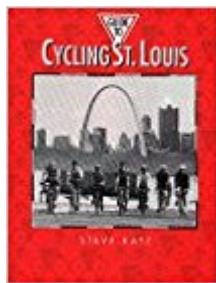


The book was found

Guide To Cycling St. Louis (Show Me Missouri)



Synopsis

The definitive cycling guide to St. Louis for road and mountain bikers.

Book Information

Paperback: 127 pages

Publisher: Pebble Pub (June 1994)

Language: English

ISBN-10: 0963273027

ISBN-13: 978-0963273024

Product Dimensions: 0.5 x 8.8 x 11.2 inches

Shipping Weight: 12.8 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #7,910,048 in Books (See Top 100 in Books) #85 in Books > Travel > United States > Missouri > St. Louis #1505 in Books > Travel > United States > Central #2195 in Books > Sports & Outdoors > Individual Sports > Cycling > Excursion Guides

Customer Reviews

Compiling this book involved two unique challenges. First, as both the author and publisher, I was not a native St. Louisan and, therefore, I had little familiarity with the area. I called upon local cyclists, who, not only willingly shared their favorite routes with me, but also, introduced me to other friends in this wonderful St. Louis cycling community. Most of these contributors are profiled throughout the guide and many are pictured on the cover. The publication of Guide To Cycling St. Louis was the combined effort of many dedicated cyclists. The second challenge was the flood of '93 which made virtually all maps and many cycling routes obsolete. During the publication of the guide in the winter of 1993-94, many of the areas were being reconstructed, including the Katy Trail. We've attempted to designate where routes are still under repair. We intend for this guide to be effective for several seasons and, therefore, we ask you patience and your understanding. While the popularity of bicycling is very much on the upswing in both St. Louis and the nation, the availability of "safe" country roads is being reduced by urban sprawl. Take the long popular St. Albans area as an example. It's become more and more difficult to use our bicycles as transportation because of increased distances between home and the workplace plus heavier rush hour traffic adds to the burden. This guide has attempted to be sensitive to this problem by noting the times when a route is less congested. Since we are obliged to share the road with motorists, we ask two favors of our readers. Please always wear a helmet and encourage kids to do the same.

And, when a motorist is rude and there's that temptation to express your anger negatively, just smile and wave back. Guide To Cycling St. Louis is published solely for the enhancement of your cycling pleasure. While all routes have been cycled many times, the guide does not imply that all are safe. Safety is the responsibility of every cyclist. There are certain times of day and certain days of the week that are safer times to cycle a particular route. Please factor this into your plans. There are a variety of things that attract us to cycling, including exercise, companionship, adventure, challenge, independence, and so on. In the decade that I've cycled I've realized many more benefits than I ever dreamed existed. Today, I use my experiences plus the friends I've made cycling, to act in the role as an advocate, as a positive voice for cycling. There are three developments I'd like to see happen in the future to improve our cycling way of life. 1. Stripe and sign existing "bicycle friendly" roads and bridge by using the Share-the-Road logo. 2. Consider all new road and bridge construction for bicycle use in the initial planning stages. 3. Incorporate bicycle programs into schools, starting early, to establish the right attitudes and behavior. These are my hopes for the future. I always welcome those of others. Share your hopes and dreams with me, and together we can work to make St. Louis an even better place to ride a bicycle.

This guide is divided into five sections: St. Charles County, West County, Metro-Central including North & South County, Metro-East and Other. The starting point of a ride determines into which sector a ride is placed. For example, if an entire ride is in St. Charles County, but starts in Chesterfield, it will be listed among West County rides. Since almost all rides are on public roads, the guide defers the responsibility of safety to you. Obviously, conditions vary with the weather, the traffic, the days of the week, and the time of the day. All these factors have been carefully considered in selecting rides for this guide. If you're an inexperienced cyclist or new to St. Louis, we urge you to join one of the cycling organizations listed on page 123 or to try an organized ride. In addition to the Bike Clubs and tour groups, we have included a listing of Bicycle Dealers to aid in purchasing a new bicycle or in servicing the one you already own. These bicycle shops are both capable and willing to suggest routes to try and organizations to join. Most cyclists tend to "ride in their own backyard". We suggest you use this guide to explore other areas. The St. Louis Bicycle Touring Society has regularly scheduled rides during the season at 6:00 PM as follows: Monday-St. Charles; Tuesday-Jefferson Barracks; Wednesday-Clayton, Thursday-Fairview Heights. AYH also has regularly scheduled rides in all areas of St. Louis. This is an excellent way to learn new routes and meet new people. The other groups listed under organized rides have weekday, evening, and weekend rides to meet your needs. It's no exaggeration to say that during the cycling season, there's

at least one ride each day in the St. Louis area. We hope that Guide to Cycling St. Louis will become your passport to new, exciting, and adventuresome bicycling in the St. Louis area.

[Download to continue reading...](#)

CARB CYCLING - The Best Carb Cycling Recipes for Beginners! ARB CYCLING - The Ultimate Carb Cycling Guide to Weight and Fat Loss Carb Cycling: The 7-Day Carb Cycle Transformation
Carb Cycling Diet, Carb Cycling Recipes, Carb Cycling Meal Plans Guide To Cycling St. Louis (Show Me Missouri) Rand McNally 2008 St Louis, Missouri: Street Guide (Rand McNally St. Louis Street Guide: Including St. Louis & St. Charl) Cycling St. Louis: The Complete Guide to St. Louis Area Road Rides, Bike Paths, Mountain Biking Trails and Other Two-Wheel Getaways (Show Me Series) Lewis and Clark Expedition, 1804-1806: From St. Louis, Missouri, to Pacific Ocean and return, with particular reference to the upper Missouri and Yellowstone Rivers Saint Louis Restaurant Guide 2018: Best Rated Restaurants in Saint Louis, Missouri - 500 Restaurants, Bars and CafÃƒÂ©s recommended for Visitors, 2018 Rand McNally 2007 St. Louis Street Guide (Rand McNally St. Louis Street Guide: Including St. Louis & St. Charl) Weird Missouri: Your Travel Guide to Missouri's Local Legends and Best Kept Secrets CARB CYCLING: Recipes for Beginners! - The Ultimate Carb Cycling Guide to Weight and Fat Loss Cycling in the Cotswolds (Cycling Guide Series) HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss Carb Cycling: The Simple Way to Work With Your Body to Burn Fat & Build Muscle
•Includes Over 40 Carb Cycling Recipes! Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) 101 Cycling Workouts: Improve Your Cycling Ability While Adding Variety to Your Training Program Lonely Planet Cycling Vietnam, Laos & Cambodia (Lonely Planet Cycling Guides) Biking the Loire The Best Book Ever About Cycling the Loire (The Steve Says Cycling Series) Cycling Michigan: The 30 Best Road Routes in Western Michigan (Cycling Tours) Missouri Gardener's Companion: An Insider's Guide To Gardening In The Show-Me State (Gardening Series) Hiking Kansas City: The Complete Guide to More Than 100 Hiking and Walking Trails in the Kansas City Area (Show Me Missouri)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help