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## Bike race for beginners 2019 results

theres no better way to see the world than on two wheels . You don't have to win the Tour de France in order to enjoy long, scenic cycling. Everywhere in the world - from the United States to France to Japan - you'll find excellent bike tours that cater to beginner cyclists. Cycling has been a favorite hobby for people around the world since the 19th century. The bike was invented by Carl von Drais in Germany, and it was a relatively cumbersome running car that did not include pedals, steering wheels or brakes, according to the Brown University website. When the modern safety bike was invented by John Kemp Starley in the UK, it allowed for a free, sustainable ride - and just like that, cycling began to become a well-liked hobby. Today, along with hiking, hiking, and camping, cycling is one of the most popular outdoor activities. And of course this means that there are tons of excellent cycling destinations that are perfect for young and old cyclists, experienced and inexperienced. You can ride by mountain in Switzerland or breeze through vineyards in France, Italy, or Chile. You can even hop from island to island in the Philippines, Japan, and Croatia with your bike in tow. And no matter what continent you're on, because you can find a trail in North America, South America, Europe, Asia-Pacific as well. Take a look at some of these beautifully scenic cycling destinations that are sure to please cyclists in each level. In Puglia there are a large number of cycling tours and cycling holidays where you can set your activity level based on your experience and type of trip. There's really something for everyone - from beginners to advanced cyclists. Plus, you can't beat the views of these stunning coastal paths, which are mostly uncongested by tourists. Sign us up for a trip that includes some easy-going cycling that is rewarded with delicious wines. This region of France is renowned for its grapes, as well as its cuisine, but it is also a wonderful place to take in fresh air and cycle its way through the countryside. And, if you want to stop at a few vineyards and sample some wine along the way, it's greatly encouraged. You can see the best of the Emerald Islands by taking one of the many guided or self-guided bike tours in this western region of Ireland. The Connemara Lazy Day tour is particularly popular for beginner cyclists who want a good ride without trying too much. The tour includes a short distance trip by bike while enjoying the region's many cultural attractions. Cycling from the end of the land in Cornwall, England to John o' Groats in Scotland is a classic ride that is probably more experienced for a ride, but makes for a great journey however. This scenic, 1,000-mile journey typically takes between two and three weeks and you'll see some of Britain's best sights along the way. You can actually start a bike tour around Lake Constance from either Austria, Germany or depending on your preference . This massive lake isn't just beautiful, it also makes for a very customizable ride. You can break the journey into challenging long rides or a few short days with stops in many beautiful and adorable towns nearby. The route is also surprisingly flat, especially given its proximity to the Alps. If you're not cycling for long distances, try island hopping bike tour where you cycle across the ground and then hop on a boat to the next island to do it all again. There are also many tours that take you from Dubrovnik to Hvar to split by bike. Croatia also has a 100-mile trail connecting the country and near Bosnia and Herzegovina, if you're a little more advanced. If you're looking for a bike paradise, look more than Amsterdam. A bike-loving town has always been welcoming to car-free life, so even the most inexperienced cyclists can easily get on two wheels around. Of course, since many locals commute by bike, be sure to stay out of the way if you're in the mood for a slow, scenic ride. Or you'd better do a guided tour, cycling and wine tasting isn't just for the French. This beautiful area of Chile is also renowned for its wines and is a great spot for cyclists to take leisurely, scenic rides with stops for vino along the way. Depending on your goal for your holiday, you can opt for more active cycling or plan for a few short periods that allow for additional wine tastings. If you've not been to Byway's fruit and wine, now is your chance to start planning a trip. This beautiful, 25-mile trail through Colorado's not-so-well-known wine country and peach bish may be the best late-summer excursion any cyclist can plan. Travel through the scenic (and fragrant) gardens and fields of lavender and breeze along the Colorado River with regular stops at the local wine vineyard. Passenger breaks are becoming a go-to place for cycling enthusiasts to live and visit. The Blue Ridge Mountains present the perfect challenge for advanced bike lovers, but there are also some short and relatively flat trails that are simple enough for even the least experienced rider to enjoy. And not only are there exquisite scenic trails, as well as close vineyards, boutique hotels, exotic towns, and many favorite cultural spots. Starting in Onomichi in Hiroshima Province, you can take the Kaidō Shimanami route (also known as the Nisto Highway), which connects the city with Ibaraki in Ehime Province. The 40-mile road passes through the Gyu Islands and is built with cyclists in mind. It's detached bikes and pedestrian lanes, so anyone can enjoy this gorgeous and relatively short route. The islands of Cebu, Bohol, Blacks, Guimaraes, and Panay are all easy places to take some two-wheeled transportation and see some incredible scenery. Cycling tours along the coastlines are one of the region's most popular excursions, especially since the roads are paved and relatively flat, making Enjoyable for cyclists in each level. Dancing the island with a bike is another option. Fluent to use crisp autumn weather with cycling? Before hitting the streets, make sure every bit of it is a faithful while ready and ready to go. The regular tune keeps the bike safe, steady, and hassle-free. Without having to spend time and money in the repair shop, imagine the places you'll go! Here's a checklist of the top five bike maintenance skills that every cyclist - from maven wheel training to Tour de France beast - should know. Sharing in PinterestIllustration by Shannon OrcuttRock n' Roll - planFirst's own action off, every cyclist must have a basic toolbox to deal with their possible mid-ride failure. Be sure to include bicycle tire pumps with built-in barometer, turk and regular wrench, tire lever, spare inner tube, tire patch kit, a chain tool and a few additional links, and lubricant. (Looks pretty serious? If and when something goes wrong (as they inevitably do), be sure to always start with scrub down. Trying to tighten the bolts in the muddy or wet frame is a recipe for frustration; So make sure everything is clean and shiny before getting wrenched. You're not sure where to start? For inexperienced cyclists, repairing bikes at home (or off the road) can seem obviously impossible. Here is Greatist's guide to the top five most common bike repairs.1 Make a drupy flat wheel? Check the tire pressure before looking for holes. To ensure the tyres inflate properly, find the desired air pressure range for each tire, which is usually printed on the flat side of the tire (not the treads). Use the bike pump with a built-in tire barometer to find the sweet spot. And unless the explosive tyres look like a fun time, avoid air pumps at gas stations that are very powerful and can easily blow up smaller bike wheels. If the tyres start to droop immediately, it's time to get away with a hole. It's a good idea to always travel with a spare inner tube, just in case. Here are six steps to get the bike wheel bouncing again. Most road bikes have a fast emission bike wheel, which makes it easy to pop the wheel out of the frame without any tools. Open the lever, take the wheel and allow the remaining air out of the tire by opening the valve. Then press the metal valve into the tire so as not to stick it out inside the tire. Next, weft two or three tire levers under the edge of the tire, until it comes out of the edge of the wheel. No leverage? no problem. Removing a tire without tools only requires delicate thumbs and a bit of elbow grease. Take out the inner tube\* and make sure to lift the pipe over the valve. It's a good time to find holes - a piece of rock, glass, or tree branches sticking out of tires is usually a good clue. Just be careful when removing sharp objects - anything that cuts tires can easily cut fingers, too. Take the new inner tube and inflate about halfway through, then. It's like that. Reverse the process by slipping the inner tube into the outside tire. Again, use those thumbs to stick the edge of the tire to the edge, and use the bike tire pump to re-inflate the whole shebang to the correct pressure. Don't forget to close the tap free fast. And that's it, fellas! Time to roll on. Note: if you're unlucky or just unprepared and don't have a spare inner tube, a patch is the way to go. This process is very similar; Instead of getting a new pipe find holes to slowly inflate the inner tube, slap on a patch, and stick the repaired pipe to the tire. Sometimes patches don't stick well to high-pressure road bike tires, so this is definitely a short-term solution to tire holes. Total money saved: up to \$15. Inner tubes cost about \$10, while the patch kit will set you almost five dollars. Mechanics charge for materials, plus about \$20 for the workforce.2. Reattach chain Slip ChainA slips off can turn a pleasant jaunt into a ride from hell. But putting the chain in is very simple and requires no tools at all! Here's what to do: Usually when a chain is down, it falls from the rear cogst and/or the front chain (part of the limp). First put the chain in the bottom groove in the rear kog. When the chain is attached to the kog, place the chain on the teeth above the front chain of the grape. The last step is to re-establish the connection between the rear cogst and the front chain. When the chain is in the right place, gently turn the pedal forward, which chains around the entire chain pulling and returning to the cogset. If the chain keeps falling off, it's probably too long for the bike frame. To remove additional chain links, or to fix a broken chain, check out these further instructions:The first step is to get rid of broken links using a chain tool. Put the pin through the broken link and clamp down until the chain breaks down. Make sure the pin is still part of the link because it is very difficult to re-insert the pin which is completely removed. Remove broken links. If spare links are available, that's when they come into the picture. Attach new links to the chain, using the chain tool to push the pin into the link. Make sure the chain has a female finish and a man finish so can bond seamlessly together again. No links? For a short-term solution, it's ok to just remove the broken chain and link the remaining ends together. This will shorten the chain that affects the quality of the ride and also put stress on the derailed over time. Thread the back chain over the limp set and through the outside lane with the pin finish sticking towards the outside of the bike. Finally use the chain tool to push back the pin through both parts of the chain and then use the hands to loosen the new connection. Total money saved: \$15-\$40. A very basic chain tool goes for \$15, although more expensive models can run you \$100 and up. Many bike shops will replace slips or A chain with a brand new one, which can get expensive. Even if the tune-off just re-attaches the old chain, expect to be horses for labor costs.3. Tightening the bike's loose bolts together is held entirely by nuts and bolts, so before titled off on a two-wheel jaunt, make sure all the hardware is safe - but not too tight. The main problem areas are handles, stems, and chairs, where pressure and friction can loosen bolts. Overtightening can wrap away bolts and ruin threads on bikes, making for an expensive repair job. Invest in a wrinkle wrench instead, which is incredibly accurate, leaving speculation out of the setting. These wrenches have measurements to allow the user to control the amount of force applied. Check in the bike manual for information on screw tightening, and then connect everything properly first. When the bolts go to The Turkued, leave them alone! There is no need to re-tighten any ride, or even every week - just keep an eye (and ears) for loose pieces or ratch. Total money saved: at least \$10. Turk wrench is an investment - the cheapest models for about \$30. It costs about \$20 a pop instead of stripped nuts and round bolts — math does not lie.4. Loose SeatAs stuck anyone who has ever got my hands down a bike knows, there is nothing worse than dealing with a seat-stuck that is too high or too low. The first step is to loosen binder all the way and remove the collar and screw. Soak up the whole trouble zone with the WD-40 and leave it alone overnight so the spray can work its magic. If the chair still doesn't bud, grab the saddle and try to make a free twist. If it's still stuck, take the clamp and some player and start wrapping and pulling the pieces together. Do you want to avoid this problem al overall? To avoid a sticky situation, and keep the tube clean and well greasy. Mark the right height with the electric strip, and then unseal it from the tube. Wipe and pipe with clean truss, slather some grease in the tube and in the post, and put everything together again. Total money saved: \$15. Materials for this quick fix (wrench, WD-40, and enques) cost about \$10 each, and most people now have them in hand.5. Wrapping the HandlebarsAfter drops a season of cycling adventures in rain, mud, and sleek, road bike handlebars can gums, stinky, and worn out, making for an unpleasant cycling experience. Luckily, re-wrapping the handles in the new bar is a breeze! Start by peeling off those nasty old strips, using scissors if it gets stuck. Most bar kits come with two extra scraps from the bar - stick those under both brake levers so there is no gap between the brake machine and the knob. Take the bar and start from the bottom of the reduced end of the handle bar, with the edge of the bar underneath. Wrap over the top of the handle bar tightly and smoothly clockwise. Make sure to overlap the edges as you go so there is no space in twisting. When you To brake levers, flip the plastic covers up and wrap carefully around the handlebar - because the strip scrap is now in that part of the bike, there should be no gaps in the bar. Cut the bar when one side is covered in the bar to the center point of the handle and secure the edge by wrapping it once or twice around with the electric strip. Repeat the trend on the other side, and hit the road! Total money saved: \$5-\$10. The cost will vary depending on the brand and bar style of the handle, but a mechanic will usually charge about \$20 for work. Are you still confused? If these shared solutions don't do the trick or when dealing with a particular problem, find a professional. A good bike shop has the right equipment and knowledgeable mechanics to solve more complex riddles. Fixing bikes at home looks scary, but the most common problems are easy to fix with just a few tools. With these easy bike repairs, each cyclist can spend more time out of the garage and in the fast lane. This article has been read and verified by great-oriented experts Kelvin Gray and Victor Jimenez. What's your bike? Reply in the comments below or tweet Sophia @sophbreene. @sophbreene .

