

50 BEST CYCLING CITIES

NO MORE FLATS!  
P. 82

# Bicycling®

# LEAN! STRONG! FAST!

**YOUR SIMPLE PLAN**

**THE  
CYCLIST'S  
GUIDE TO  
YOGA**

**SADDLEBAG  
SECRETS  
HOW TO PACK  
IT RIGHT**

**STAY SAFE  
ON BUSY  
STREETS**

**THIS BIKE  
WILL CHANGE  
YOUR LIFE! P. 76**

OUR TESTER  
WENT A  
LITTLE NUTS  
FOR THE  
RIDLEY HELIUM  
SL—AND YOU  
WILL, TOO

INDIANAPOLIS IN 46254-5797  
5315 WALT PL  
ZIPP SPEED WEAPONRY  
ANDY PASKINS  
BKCOMP  
1638  
\*\*\*\*\*AUTO\*\*3-DIGIT 462  
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