

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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