



Joyride: Pedaling Toward a Healthier Planet, 2nd Edition

Mia Birk

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* New edition includes "50 Keys to Transforming Your Community," a detailed checklist for communities trying to adapt bike-friendly and more sustainable policies

* Successful in the first self-published edition, this new edition will now be available to book and outdoor retailers for the first time

Joyride tells the inspiring story of Mia Birk's twenty-year crusade to integrate bicycling into daily life. With only table scraps of funding, Birk led a revolution that helped grow Portland, Oregon, into the country's premier cycling city. She then hit the road, teaching communities how to incorporate cycling into their civic DNA to make their towns healthier, safer, and more livable. Through a panoply of hilarious and poignant stories, Birk takes readers on a rollercoaster journey of global and local discovery, while bringing into sharp focus some of the planet's most pressing and hotly debated energy and transportation issues, policies, shortcomings, and solutions. Her funny, touching, and instructive *Joyride* offers hope and experienced how-to advice to anyone interested in changing our world for the better—one pedal stroke at a time.

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