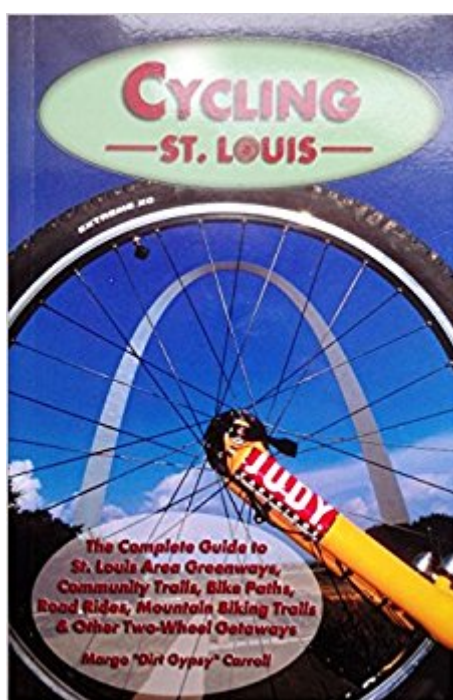


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# Cycling St. Louis: The Complete Guide To St. Louis Area Road Rides, Bike Paths, Mountain Biking Trails And Other Two-Wheel Getaways (Show Me Series)



## Synopsis

**CYCLING ST. LOUIS** There has never been a better time to explore St. Louis by bike. With many new greenway projects, trails and park paths developed in recent years, now is a great time to rediscover St. Louis. **CYCLING ST. LOUIS** includes bike routes, paved park paths, road routes and mountain biking trails for every skill level-from weekend saunterers to competitive road cyclists. This is not only a comprehensive guide for "cyclists," but also for those who may need to dust off their bike and air up the tires to explore the wonderful parks, historic areas, and off-the-beaten path communities in and around St. Louis. Included are a before-the-ride checklist, ride descriptions of more than 40 cycling routes, along with things to see, possible hazards, approximate pedaling times, and skill-level ratings.

## Book Information

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Average Customer Review: 2.0 out of 5 stars 1 customer review

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## Customer Reviews

"...a tremendous resource for bike enthusiasts everywhere. Carroll offers a fresh look at regional bicycle trails, routes and rides." -- Deb Ridgway, MetroBIKE  
"CYCLING is a must for area cyclists...comprehensive guide will assist and entice cyclists to get out and get crankin'!" -- Steve Tiemann, St. Louis County Park Ranger  
"Carroll has put together a wonderful cycling guide. All you have to do is get on your bike and enjoy." -- Lee Isselhardt, Schwinn/GT Bicycle Company  
"These wonderful bike paths have been one of the area's best kept secrets;until now! Finally we have a guide." -- Bev Moore, Illinois Trails

## Conservancy

Margo Carroll has been a photographer for as long as she can remember. She says what drives her is the enjoyment she gets sharing what she sees with others. Margo has raced bikes since she was 14, including BMX, road and mountain bikes and has been ranked number 2 nationally. "I enjoy mostly just riding, enjoying the sights, sounds and smells of the forest. Mountain biking is such a wonderful experience, it can take you places you will never see in a car. I enjoy riding in all the different seasons and enjoying the wildflowers or the quiet crispness of a winter day," Margo said. Margo was also one of the founders of the Midwest Mountain Bike Club, back in the 1980s. This group was the first of its kind in this area and was instrumental in establishing mountain biking relationships with area land managers, and bringing people together. The Club also promoted a 12-race series each year and the State Championships for several years. Margo founded and is very involved with the Women's Riding Network, a group of women who cycle in the St. Louis area. She is also a sales representative at Riteway Products, a division of GT. Her photography is featured in Brett Dufur's book *Show Me Mountain Biking*, including the cover. *Cycling St. Louis* is her first book. Throughout her work and play, her goal remains the same. "I enjoy sharing the great joys of cycling with others. As Ghandi said, "We must be the change we wish to see in the world."

The pricing was a farce. \$0.74 for the publication and \$12.49 for the shipping. Not a very helpful guide at all.

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