in the city of bikes story amsterdam cyclist pete jordan

In the City of Bikes - The Story of the Amsterdam Cyclist

Pete Jordan, author of the wildly popular Dishwasher: One Man's Quest to Wash Dishes in All Fifty States, is back with a memoir that tells the story of his love affair with Amsterdam, the city of bikes, all the while unfolding an unknown history of the city's cycling, from the craze of the 1890s, through the Nazi occupation, to the bike-centric culture adored by the world today. Pete never planned to stay long in Amsterdam, just a semester. But he quickly falls in love with the city and soon his wife, Amy Joy, joins him. Together they explore every inch of their new home on two wheels, their rides a respite from the struggles that come with starting a new life in a new country. Weaving together personal anecdotes and details of the role that cycling has played throughout Dutch history, Pete Jordan's In the City of Bikes: The Story of the Amsterdam Cyclist is a poignant and entertaining read.

In the City of Bikes - The Story of the Amsterdam Cyclist

When Pete Jordan arrives in Amsterdam to study how to make America's cities more bicycle-friendly, he immediately falls in love with the city that already lives life on two wheels. His new bride, Amy Joy, joins Pete, and despite their financial hardships and instability, she eventually finds her own new calling as a bicycle mechanic as Pete discovers the untold history of cycling in Amsterdam. From its beginnings as an elitist pastime in the 1890s to the street-consuming craze of the 1920s, from the bicycle's role in a citywide resistance to the Nazi occupation to the White Bikes of the 1960s and the bike fishermen of today, Jordan chronicles the evolution of Amsterdam's cycling. Part personal memoir, part history of cycling, part fascinating street-level tour of Amsterdam, In the City of Bikes is the story of a man who loves bikes—in a city that loves bikes.

Dishwasher - One Man's Quest to Wash Dishes in All Fifty States

Dishwasher is the true story of a man on a mission: to clean dirty dishes professionally in every state in America. Part adventure, part parody, and part miraculous journey of self-discovery, it is the unforgettable account of Pete Jordan's transformation from itinerant seeker into "Dishwasher Pete"—unlikely folk hero, writer, publisher of his own cult zine, and the ultimate professional dish dog—and how he gave it all up for love. Includes an excerpt from Pete Jordan's new book In the City of Bikes.

Bike Your Butt Off! - A Breakthrough Plan to Lose Weight and Start Cycling (No Experience Necessary!)

A complete guide to shedding pounds, burning fat, and strengthening one's core through cycling
In just 12-weeks, beginner- and experienced- cyclists alike will learn the heart-pumping techniques designed to lose the weight, rediscover the thrill, and welcome challenges of bicycling! With delicious nutritional information, tips, training plans, and core-strengthening exercises, readers will see the pounds melt off while having the time of their lives. With Bike Your Butt Off!, the synergy of weight loss and cycling has never been easier to adopt. Author Selene Yeager guides the beginning cyclist through exercises, goals, and techniques in order to lose the weight and nourish a love for cycling. With the economic climate in this country, cycling is enjoying its renaissance as people by the millions are turning to this iconic pastime in this country. Along with the weight epidemic, these two movements go hand in hand in helping each other lose the pounds, and rediscover this enjoyable, nostalgic activity, with more than 57 million people in the United States alone who use bicycles regularly. With weight loss/fat loss goals, Yeager highlights fat-burning and heart-pumping exercises to help maximize one’s workout, along with nutritionist Leslie Bonci’s health expertise. Whether the reader has just a little bit of weight to lose, or really quite a lot, Bike Your Butt Off! will help him or her to meet their weight-loss goals in no time—thanks to its expert-tested food and exercise plans.

**Bike Boom - The Unexpected Resurgence of Cycling**

Bicycling advocates envision a future in which bikes are a widespread daily form of transportation, but this reality is still far away. Will we ever witness a true "bike boom" in cities? What can we learn from past successes and failures to make cycling safer, easier, and more accessible? In Bike Boom, journalist Carlton Reid uses history to shine a spotlight on the present and demonstrates how bicycling has the potential to grow even further, if the right measures are put in place by the politicians and planners of today and tomorrow. He explores the benefits and challenges of cycling, the roles of infrastructure and advocacy, and what we can learn from cities that have successfully supported and encouraged bike booms. In this entertaining and thought-provoking book, Reid sets out to discover what we can learn from the history of bike "booms."

**Roadie - The Misunderstood World of a Bike Racer**

Veteran race announcer and long-time cycling enthusiast Jamie Smith sets out to explain the sport he loves and the roadies who live for it in this lighthearted treatise on bike racing. Finally, a book to explain those people who roll out for a ride dressed in technicolored Lycra at the crack of dawn on Saturday, and return at sundown with a glow of satisfaction and even stronger tan lines. Perfect for anyone who has ever known a roadie, considered becoming a roadie, or walked away from a bike race completely puzzled, Roadie addresses all of the curiosities that accompany the sport of cycling, from shaved legs to colorful jerseys and unbelievably expensive bicycles, shoes, and components. Every seemingly neurotic tendency is explained and celebrated with humorous illustrations from nationally syndicated cartoonist Jef Mallett (also rumored to log thousands of miles of riding per year). Explaining strategy and races from the famous Tour de France stage race to the local criterium, Roadie brings the excitement of bike racing alive for anyone with an appetite for adrenaline. And for the thousands who purchase a shiny new road bike each spring, it's a much-needed primer on the politics of a group ride. Pacelines, drafting, sprinting, climbing, and breakaways are turned into everyday commonsense
with colorful anecdotes. Whether interested onlooker or cycling aficionado, readers will find themselves laughing out loud as they revel in the roadie's world.

**Training and Racing with a Power Meter, 2nd Ed.**

Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter--for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. Training and Racing with a Power Meter makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak form Introduces fatigue profiling, a new testing method to pinpoint weaknesses Includes two training plans to raise functional threshold power and time peaks for race day Offers 75 power-based workouts tuned for specific training goals This updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout. Training and Racing with a Power Meter, will continue to be the definitive guide to the most important training tool ever developed for endurance sports.

**Urban Transportation and Air Pollution**

Urban Transportation and Air Pollution synthesizes state-of-the-art methods on estimating near-road concentrations of roadway emissions. The book provides the information needed to make estimates using methods based on a minimal set of model inputs that can be applied by a wide range of users in many situations. Discussions include methods to estimate traffic emission under numerous urban driving conditions, the uncertainty of emission models, and the effects of road configurations, such as near-road solid barriers. Final sections present dispersion models that link traffic emissions with near road concentrations in urban environments. Addressing transportation-related environmental issues is extremely important as urban areas are constantly searching for ways to mitigate impacts from transportation sources. This book helps to explain dispersion models, a critical tool for estimating the impact of roadway emissions in cities. Compiles and synthesizes the state-of-the-science methods for estimating roadway emissions Demonstrates, with clear examples, how modeling methods reduce uncertainties in real-world problems Emphasizes how local-scale, semi-empirical, steady-state modeling can be applied using only a small set of inputs Offers an overview of the meteorology that governs air pollution dispersion in cities

**City Cycling**

A guide to today's urban cycling renaissance, with information on cycling's health benefits, safety, bikes and bike equipment, bike lanes, bike sharing, and other topics. Bicycling in cities is
booming, for many reasons: health and environmental benefits, time and cost savings, more and better bike lanes and paths, innovative bike sharing programs, and the sheer fun of riding. City Cycling offers a guide to this urban cycling renaissance, with the goal of promoting cycling as sustainable urban transportation available to everyone. It reports on cycling trends and policies in cities in North America, Europe, and Australia, and offers information on such topics as cycling safety, cycling infrastructure provisions including bikeways and bike parking, the wide range of bike designs and bike equipment, integration of cycling with public transportation, and promoting cycling for women and children. City Cycling emphasizes that bicycling should not be limited to those who are highly trained, extremely fit, and daring enough to battle traffic on busy roads. The chapters describe ways to make city cycling feasible, convenient, and safe for commutes to work and school, shopping trips, visits, and other daily transportation needs. The book also offers detailed examinations and illustrations of cycling conditions in different urban environments: small cities (including Davis, California, and Delft, the Netherlands), large cities (including Sydney, Chicago, Toronto and Berlin), and “megacities” (London, New York, Paris, and Tokyo). These chapters offer a closer look at how cities both with and without historical cycling cultures have developed cycling programs over time. The book makes clear that successful promotion of city cycling depends on coordinating infrastructure, programs, and government policies.

**Bicycle! - A Repair and Maintenance Manifesto**

Presents information on maintaining and repairing bicycles, covering the tools needed, roadside repairs, and dealing with rust, as well as tips for low cost solutions based on the author's experience as a Peace Corps volunteer in Mauritania.