

Bicycle designs cater to specific type of riding, terrain

By Geralda Miller, Reno Gazette-Journal

Bicycling in Northern Nevada is a great way to get in shape and see the area's varied terrain.

Easier on the joints than some aerobic activities, bike riding can burn calories, develop muscle and strengthen the core.



Bikes come in a variety of shapes and sizes.

Marian Jamison, who works at Peloton Bicycles in Reno, said you can get a good workout when riding a bike, depending on how fast you go.

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