

A cyclist wearing a red jersey and black shorts is riding a road bike on a paved path. The cyclist is in a dynamic, forward-leaning position, suggesting speed. The background shows a clear blue sky and green foliage, indicating an outdoor setting. The overall image has a sense of motion and energy.

Bicycling.

GET FAST!

**A Complete Guide
to Gaining Speed
Wherever You Ride**

SELENE YEAGER

Get Fast By Selene Yeager

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