

**November 13, 2014**

## **New Book by Local Author Highlights the Best Cycling in Greenville**

***Cycling Greenville South Carolina*, is a new paperback book by local business owner, Wendy Lynam**

It's said that "necessity is the mother of all invention." When Wendy Lynam bought her first road bike two years ago and fell in love with Greenville cycling, she looked for a guidebook for new rides and new places to explore by bike. She didn't find anything. Since that time, she opened the Swamp Rabbit Inn, a European style bicycle friendly bed and breakfast in downtown Greenville, and decided that her guests and the community needed a guide to cycling in the area. The result is her new 145-page *Cycling Greenville South Carolina*.

The paperback contains twenty rides in Greenville and the surrounding area. It was compiled with the help of the most seasoned and experienced cyclists in the area, including bike shop owners, cycling coaches, the Greenville Spinners and the Hincapie Development Cycling Team. World champion cyclist George Hincapie, who calls Greenville home, wrote the foreword and contributed a ride for Lynam's book.

Among the twenty rides in *Cycling Greenville South Carolina*, there are 13 road rides, 4 mountain bike rides, the entire length of the Swamp Rabbit Trail is covered, and there's even a 3-day bicycle tour. Rides are arranged from easy to strenuous and range from just a few miles to more than one hundred. All the important information is included – complete turn-by-turn directions, maps, elevation, estimated riding times, pictures, road surface conditions and services along the way. Whether you're a dedicated road rider, mountain biker, or new to cycling, there's something for you in this useful new book.

*Cycling Greenville South Carolina* will be at local bike shops, book stores, outfitters and gift shops across Greenville by December 1<sup>st</sup>.

**\$14.95**

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Available online at [www.cyclinggreenville.com](http://www.cyclinggreenville.com).

If you would like more information about *Cycling Greenville South Carolina*, or to schedule an interview with Wendy, please contact her at 864-517-4617 or [swamprabbitinn@gmail.com](mailto:swamprabbitinn@gmail.com).