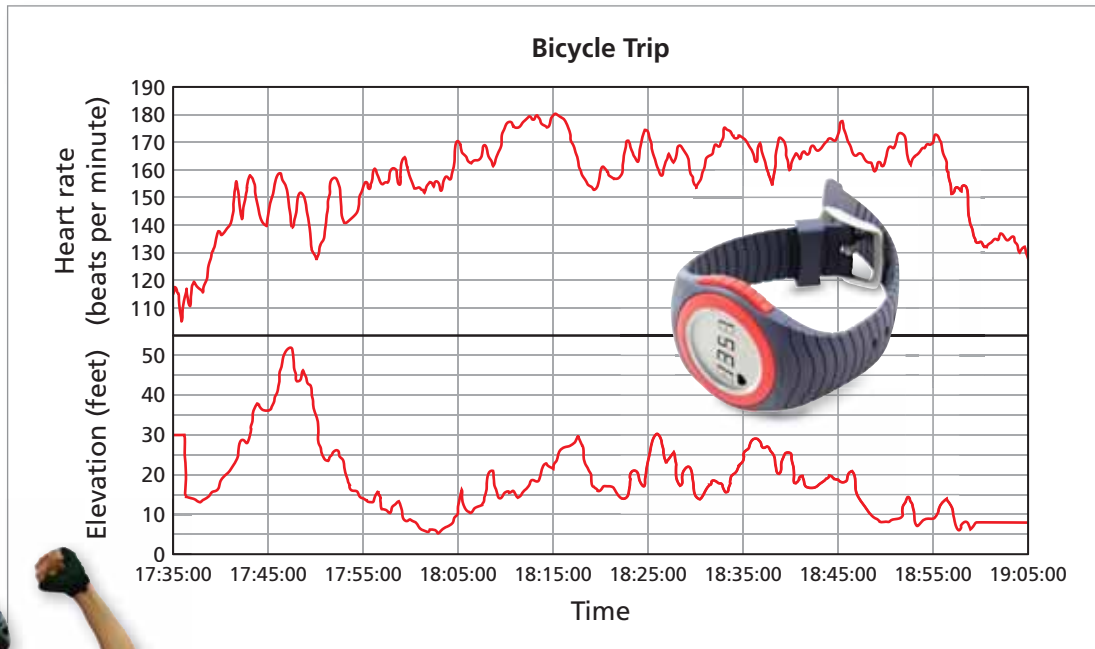


Bicycling and Cross-Country Skiing

Bicycling is one of the most popular outdoor sports in the United States. People not only ride bicycles for exercise and for pleasure, but many commute to work by bicycle.

EXAMPLE 5 Describing a Bicycle Trip

The following graph was created by a cyclist using two devices: one that measured his heart rate and another that measured the elevation. Describe his cycling trip.



SOLUTION

- The trip lasted from 17:35 (5:35 P.M.) to 19:05 (7:05 P.M.), which is 90 minutes.
- The trip did not start and stop at the same elevation, so the person did not make a round trip—beginning and ending at the same location.
- The elevation is low, at times only 5 feet above sea level. So, the person must have been riding near the ocean. On the other hand, there was 1 point on the trip where the elevation was 50 feet above sea level.
- The person’s heart rate was elevated during most of the trip. In fact, during much of the trip, his heart rate was above 160 beats per minute, which is the maximum target heart rate for cardio exercise for a 20-year-old (see page 454).

✓ Checkpoint

Help at Math.andYOU.com



In a survey, bicyclists in the United States were asked why they ride bicycles. Graphically represent the results.

Recreation	26.0%	Visit friend/relative	10.1%
Exercise	23.6%	Go on a bicycle ride	2.3%
Commute to school/work	19.2%	Other	4.9%
Personal errand	13.9%		