



## bicycles

Minneapolis is the No. 1 bike city in the country (so says *Bicycling* magazine) and the estimated economic impact of cycling on the Twin Cities is roughly \$315 million per year. But you know this already; we've told you.

Here are just seven (of the many) reasons why:

1. **a'Velo Business Bike Club** ♦ a corporate biker gang of sorts
2. **Erik's Bike Shop** ♦ one of the largest cycling retailers in the world [eriksbikeshop.com](http://eriksbikeshop.com)
3. **Handsome Cycles** ♦ an upstart frame designer, just beginning to make waves [handsomecycles.com](http://handsomecycles.com)

4. **Hed Wheels** ♦ locally-made, world-class wheels [hedcycling.com](http://hedcycling.com)

5. **Quality Bicycle Products** ♦ you name it (Surly, Salsa Cycles, All City), they make it; better than just about anyone in the world [qbp.com](http://qbp.com)

6. **Nice Ride Minnesota** ♦ the first-of-its-kind public bike share program taking over the Twin Cities and beyond [niceridemn.org](http://niceridemn.org)

7. **Twin Six Alternative Cycling Apparel** ♦ a fresh take on cycling apparel from a couple former ad guys [twinsix.com](http://twinsix.com)

## Bite Tech

Did you know that a mouthguard has the potential to store and play music, directly into your head? Well, the guys behind Minneapolis-based Bite

Tech do. And while the company isn't quite to that point yet, they're already converting droves of professional athletes who notice less fatigue, stress and generally enhanced performance and flexibility simply because they're wearing a Bite Tech mouthpiece. [bitetech.com](http://bitetech.com)



## bloggers

Some of the most important news and opinion feeds of the past year have come from the keypads of bloggers. Although in a still relatively untamed Internet world there will still be charlatans, it can't discount the fact that