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in this paper, the author of the well-known riding friends, WeChat public number, "the survival of the haze," the founder. "Survival of the fog and haze" was founded in 2013 when the fog and haze is becoming more and more serious, due to its professional perspective, sharp criticism style, the creation of the beginning of a wide range of attention, received Phoenix < p > in fact very early to write this article, just because of many reasons, has been failed to put pen to paper, until today, I think must put their hearts to long buried feelings written code, is for myself, but for every cycling enthusiasts. from February last year, my riding experience is not long, in this circle can only be regarded as a green hand near new, though, with the love of cycling and certain economic conditions, in this short period of 2 years, I am riding party from a group of wild the amateur team into the road zipper party, to half a game party now, and have their own team, have fixed teammates and riding, riding and training partners, during the relevant experience is not much, but if I summarize yourself as a variety of cycling enthusiasts in the 1 years in the experience, then use two words: not easy, even difficult. < p > the so-called is not easy and difficult, and not personally, but for all cycling enthusiasts, is I, is you, because now placed in the US under the wheels of the road, has been increasingly rough and bumpy, the reason why I say, is based on the following points. 1. bad environment. Familiar with I should know, I do now is environmentally friendly and haze of science, I founded the micro letter public, "haze Survival Handbook" is the more influential haze information platform, so the current domestic air pollution can not be said to be the best understanding of the, also can count is a better understanding of the. It is no exaggeration to say that in addition to Tibet, Yunnan and other remote areas as well as some of the coastal cities in Guangdong, Shenzhen, etc., the rest of the domestic developed areas of the city's air conditions have been completely not suitable for outdoor activities. In our Hangzhou, for example, in 2013 Hangzhou haze day has more than 210 days, in 2014 to the current trend will see more and more serious. The haze of the word a lot of cars may only a smattering of knowledge, thought it was just some of the dust, or that their young, gifted and body resistance, these ideas, I can only say you are ignorant. If you don't understand what is haze, please search related information or to pay attention to my "haze Survival Handbook", if you don't have the patience, so now I can be summarized tell you: haze is extremely tiny particles, floating in the air, they may be heavy metals, chemical contaminants, or a variety of other toxic harmful material, mostly derived from factory emissions and automobile exhaust. These particles will be from your nasal marched through the throat and into the lungs, period in the small can even through the alveoli into the blood circulation. If your body is good, then the long fog and haze days of outdoor riding in 2 or 1 years may only make you feel uncomfortable eyes nose throat or cough, >

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