## The Positive Health Benefits of Bike Riding

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27th International Symposium of Biking



## This is a frame title

## This is normal text

- Item 1
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- Item 2

This is a Title
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## Theorem (This is a theorem)

Let B be the set of bike riders in Davis. If wind speed  $s_w > 0$ , then  $\forall b \in B$ ,  $d_b = -d_w$ , where  $d_b$  is the direction of the rider, and  $d_w$  is the direction of the wind.

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