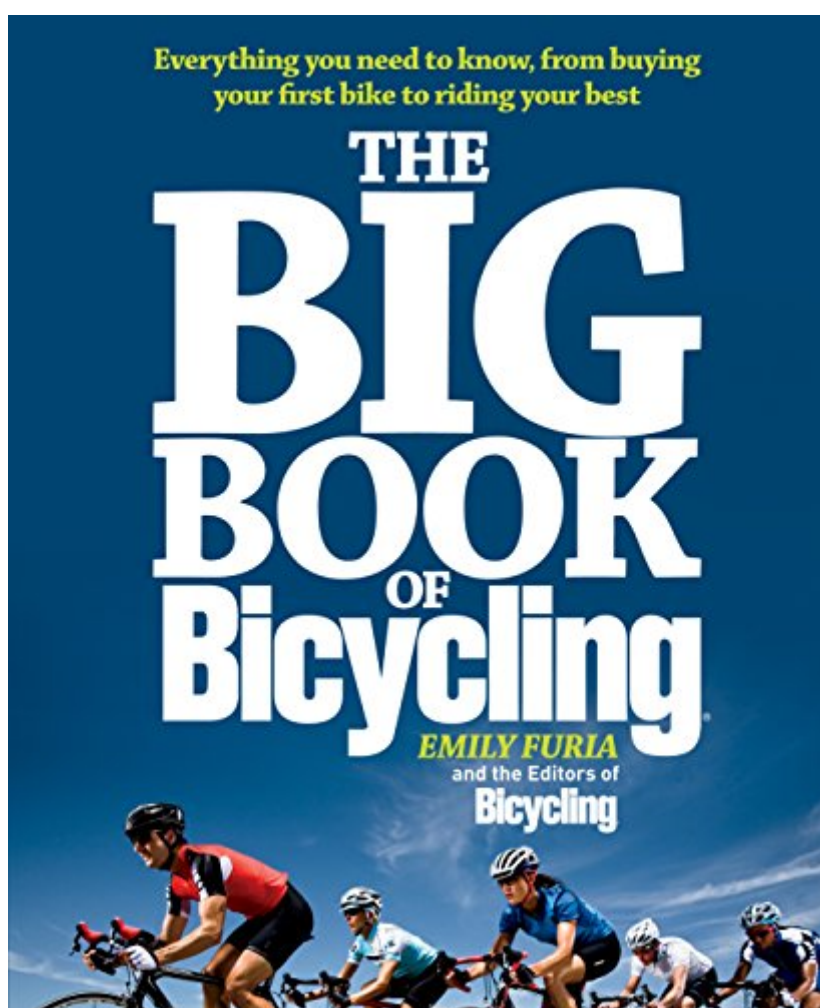


The book was found

The Big Book Of Bicycling:Â Everything You Need To Know, From Buying Your First Bike To Riding Your Best



Synopsis

The world's authority on cycling provides a comprehensive guide to the sport for cyclists of all levels. For nearly 50 years, Bicycling has brought its readers the most up-to-date advice on everything from training and gear to nutrition and stories of cycling's greatest stars. Now, for the first time, Bicycling gathers its best advice in a must-have book that cyclists of all levels can refer to again and again for answers to all of their cycling questions. Senior editor Emily Furia and her colleagues have gathered the latest, most useful information on getting started, buying gear, maintaining both road and mountain bikes, training for speed, racing techniques, understanding the rules of the road, and much more. This evergreen book is an invaluable resource for any cyclist who wants to ride their best.

Book Information

File Size: 6320 KB

Print Length: 306 pages

Publisher: Rodale (November 13, 2010)

Publication Date: December 7, 2010

Sold by: Digital Services LLC

Language: English

ASIN: B004C43EL2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #311,806 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37

in Books > Sports & Outdoors > Individual Sports > Cycling > Bike Repair #116 in Books > Sports &

> Kindle eBooks > Nonfiction > Sports > Individual Sports > Cycling #5637 in Books > Sports &

Outdoors > Outdoor Recreation

Customer Reviews

This book may seem overwhelming at first for beginner cyclists. As I progressed in my riding, I found that reading the book again on specific subjects enriched by knowledge and experiences of bicycling (and it made a lot of sense!). A good investment in my cycling hobby.

boot arrived on time but not rally what I wanted

This is a book for people who don't have any idea of cycling and want to Lear something before they start. Its a great book easy to understand.

Great book

As a newer cyclist this book was fantastic. It has now changed hands to other newbies - a cycling bible, so to speak.

I expected more from this book than it delivered. It would be a great book for someone relatively new to the sport who needs more insight into bike maintenance and associated information. That said, it is well written and organized but just not as comprehensive as I would have liked.

This book truly covers everything you need to know. Ironically, the book is not that big physically, but large on information that is relevant and current, from purchasing to nutrition and maintenance to training. Well worth the money, glad I purchased this book.

The big Book of Bicycling everything yo uneed to know from buying to riding and training for long rides and races. Tells you what to eat and not. prepares you for Triathonlons Bike tours. You name it this is the only book you will ever need. The big Book of Bicycling even helps teach how to fix tires, broken chains. Good Read

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