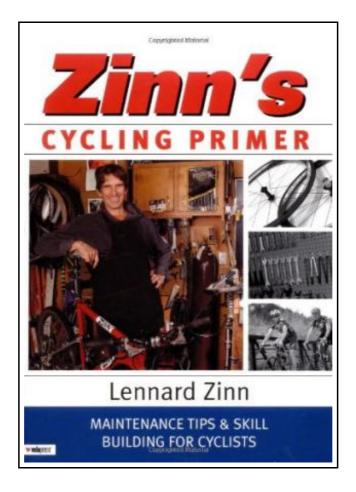
Zinns Cycling Primer: Maintenance Tips and Skill Building for Cyclists



Filesize: 6.75 MB

Reviews

Complete information for publication enthusiasts. I have go through and that i am confident that i will gonna go through once more again in the future. Its been printed in an exceptionally basic way and is particularly just following i finished reading through this book by which basically altered me, alter the way i really believe.

(Angela Kuhn)

ZINNS CYCLING PRIMER: MAINTENANCE TIPS AND SKILL BUILDING FOR CYCLISTS



VeloPress. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 10.5in. x 7.3in. x 0.8in.A complete guide to the sport and pastime, Zinns Maintenance Tips and Skill Building for Cyclists is for the novice and aficionado alike. The book includes routine bicycle maintenance tips, simple tricks to fix troublesome quirks, and tutorials to help increase cycling performance. The focus is on both learnable skills and understanding components and hardware. Specific units range from improving pedal stroke and building a disc brake rear wheel to setting up clip-in pedals and shoes and mastering technical uphills. Famous athletes and mechanics provide special insight, and accompanying photographs clearly illustrate each procedure. Aimed at road and mountain cyclists as well as triathletes, this book presents valuable information in a format thats fun and easy to grasp. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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