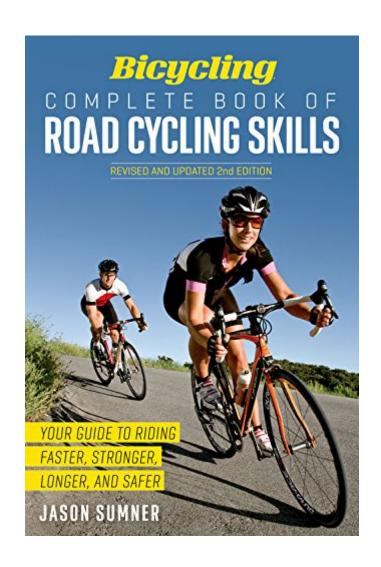
The book was found

Bicycling Complete Book Of Road Cycling Skills:Â Your Guide To Riding Faster, Stronger, Longer, And Safer





Synopsis

Take your road cycling skills to the next level with the latest techniques, equipment, and skills. This completely revised edition of the popular handbook for everydayroad cyclists is a comprehensive guide to road cycling skills and safety from themost trusted name in cycling, Bicycling magazine. Updated to include contemporaryexpert sources, fresh photography, and cutting-edge information on cyclingtechnology, nutrition and supplementation, training, riding techniques, safety, andperformance, this is a book no road cyclist should be without. You can improveyour performance and bike skills, and this book will show you how. You'll learnhow to ensure your bike is in tip-top shape in 8 easy steps, prevent injury and knee pain, boost your efficiency with smooth pedaling and proper form, brake without wasting speed or wiping out, discover the benefits of riding in a paceline, and master the skills of riding in traffic. Packed with tips from professional cyclists, coaches, and experts, BicyclingComplete Book of Road Cycling Skills is the ultimate guide to riding faster, stronger, longer, and safer.

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