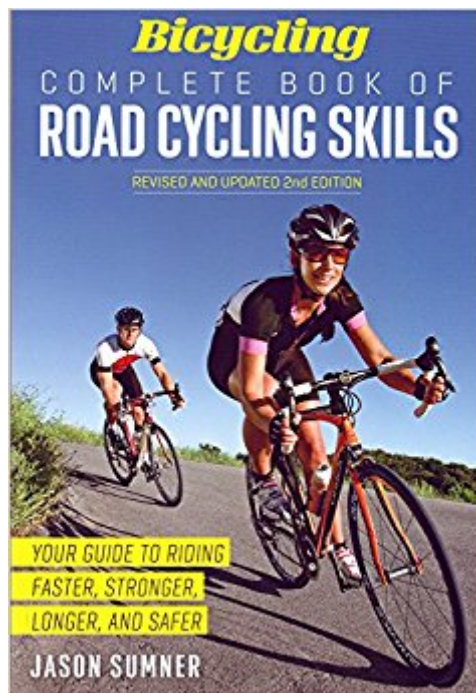




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Bicycling Complete Book Of Road Cycling Skills: Your Guide To Riding Faster, Stronger, Longer, And Safer



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 everyday road cyclists is a comprehensive guide to road cycling skills and safety from the most trusted name in cycling, Bicycling magazine. Updated to include contemporary expert sources, fresh photography, and cutting-edge information on cycling technology, nutrition and supplementation, training, riding techniques, safety, and performance, this is a book no road cyclist should be without. You can improve your performance and bike skills, and this book will show you how. You'll learn how 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, Bicycling Complete Book of Road Cycling Skills is the ultimate guide to riding faster, stronger, longer, and safer.

Book Information

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Customer Reviews

Jason Sumner has been writing about two wheeled pursuits of all kinds since 2000. He has covered the Tour de France, two Olympic games, and numerous international cycling events. A frequent contributor to Bicycling and the editor of Bicycling's 1,100 Best All-Time Tips, he lives in Boulder, CO.

It has some useful hints. Much of it is common sense and nothing special. He doesn't really discuss

gear ratios but just gives numbers. If you are not an expert in the gear ratios it is not helpful. He should explain them more.

Basic information but good to know if you're a beginner.

First things first, I love cycling and thus books about riding. Instead of this book, I'd highly recommend *The Big Book of Bicycling: Everything You Need to Know, From Buying Your First Bike to Riding Your Best*. My goal for reading this book was to hone my skills and pick up a few techniques. To say this book left me wanting more is an understatement. It reads like a collection of blog posts pasted together then bound into a book. The intended audience is unclear - it's as if Sumner tried to throw in a little bit for everyone, but that's going to confuse beginners and frustrate veterans. After only 4 pages dedicated to "Basics of Buying a Bike," Sumner jumps into bike fit and throws in technical terms with little to no explanation (a beginner isn't even going to know what a stem is let alone how to determine if it's 70mm +/- 20-degree or why that's good/bad). Sumner repeatedly quotes the same few folks throughout the book, but reintroduces them every single time. It's a very quick read, so kill the filler words! Spend some time introducing each source the first time, then use only their name subsequently. When discussing on-bike nutrition, Sumner glazes over why some people will crave salt more than sugar, but goes relatively in-depth about the different metabolisms that fuel muscles. If this book is for beginners, it would make sense to explain the importance of replacing salt lost through sweat (and that sweat saltiness varies person-to-person). If it's for advanced riders, then an explanation of alternative low-carb diet options such as ketogenic would be valuable. I don't like writing negative reviews, but this is one book I'd never recommend. Get the Big Book instead.

This is a great book for someone that is either new at cycling or have been off the bike for a long period of time - this book hits all the safety issues and will help give a full understating of a skill set you'll need to get back out on the road

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