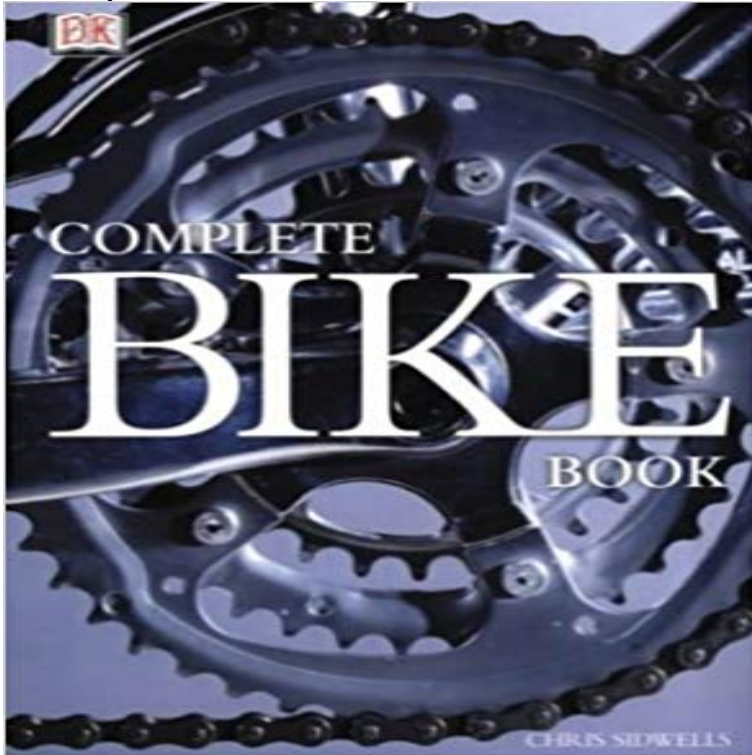


Complete Bike Book



Discover the history of cycling and learn the essentials of riding, from buying the right equipment and clothing, to acquiring safety skills. A unique gallery section showcases the latest cycle types, whether mountain bike or road racer, highlighting the differences between each. The Better Cycling section teaches you key on- and off-road techniques, explaining everything from hairpin cornering and bunny-hopping to handling different road surfaces. Then find out how to really challenge yourself in the world of competitive cycling, and prepare yourself for road, track, and off-road racing with advice on eating well and training. Finally, a detailed maintenance section guides you through bike care and repair with clear photographs and step-by-step instructions.

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