



Bicycling: 1000 All-time Top Tips for Cyclists: Top Riders Share Their Secrets to Maximise Fun, Safety and Performance

By Ben Hewitt

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Bicycling: 1000 All-time Top Tips for Cyclists: Top Riders Share Their Secrets to Maximise Fun, Safety and Performance, Ben Hewitt, Jump start your cycling savvy with this compilation of effective tips from the editors of "Bicycling and Mountain Bike" magazines: an information-packed collection of advice on road and mountain biking which has now been revised, updated and adapted to make it indispensable for anyone seeking to become a better cyclist. Tips cover: safety in traffic; perfect riding positions; building skill; training; distance riding; mountain biking; racing; health and fitness; nutrition; equipment; and bike care. Bursting with strategies to build your skill level, this is a book guaranteed to improve the performance of any cyclist who reads it.



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