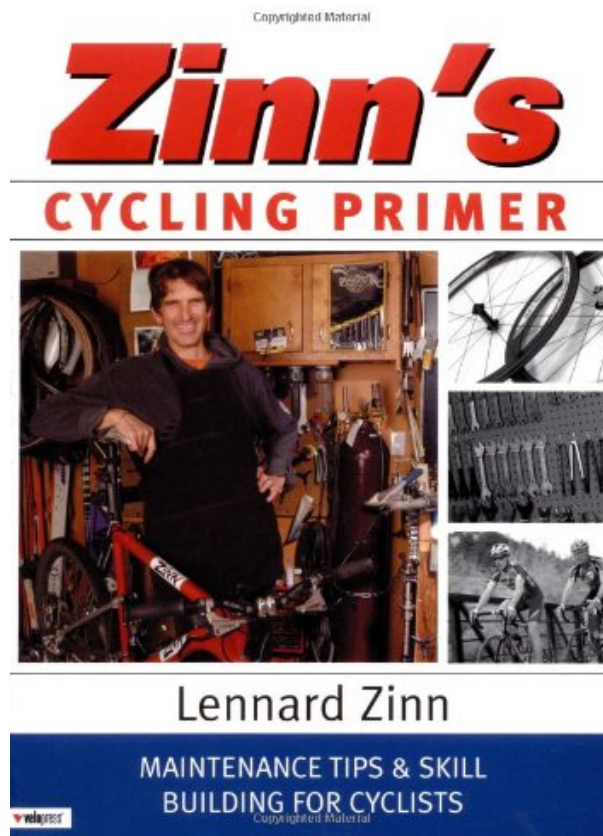


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Review

Praise for Zinn and the Art of Road Bike Maintenance. "Whether someone is experienced at repairing bicycles or is just a weekend rider, this book includes everything to keep bikes rolling."

About the Author

Lennard Zinn is the world's leading expert on bike maintenance and repair. A professional frame builder and bike designer, Lennard is also the technical writer for Velo magazine, VeloNews.com, and Singletrack.com. His other books include Zinn & the Art of Mountain Bike Maintenance, Zinn & the Art of Triathlon Bikes, Zinn's Cycling Primer, The Mountain Bike Performance Handbook, and The Mountain Bike Owner's Manual. Zinn was a member of the U.S. national racing team and has been riding and fixing bikes for over 50 years.

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A complete guide to the sport and pastime, Zinn's 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 uphill. 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 that's fun and easy to grasp.

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Features

- By Lennard Zinn
- Zinn's Cycling Primer increases a cyclist's knowledge of bike and body for faster and stronger riding
- Road cyclists, mountain bikers, and triathletes will find 50 different topics to enhance their riding experience
- Zinn recommends upgrades to customize a rider's bike for his or her riding requirements, and routine care to keep road and mountain bikes functioning smoothly
- Paperback

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Manual. Zinn was a member of the U.S. national racing team and has been riding and fixing bikes for over 50 years.

Most helpful customer reviews

3 of 3 people found the following review helpful.

Mini cycling encyclopedia....

By Connfounded

Excellent reference volume for any cyclist. Nearly all aspects of biking including basic set-up, maintenance, physical conditioning, and honing riding skills are dealt with in "blocks" consisting of a few pages to full chapters. I find myself checking a section for a few minutes in the "library" and then rereading full chapters.

22 of 22 people found the following review helpful.

Great bicycle book for beginners and experts

By C. P Ungermaann

Zinn's brand new book (2004) is a must have in any bike enthusiast's library. Building on his excellent maintenance books, which go into every detail of fixing and tuning your bike, the cycling primer is abundant with tips and tricks to improve riding skills.

Ok, I ride a Zinn bike and might be biased but he is a competent author who used to race internationally and who explores unorthodox ways to cater for special needs of tall (and short) people. The book goes into great detail on how to properly fit a bike, tune it and a good overview on training techniques. I enjoyed reading it and will keep consulting it.

1 of 1 people found the following review helpful.

Somewhat out of date

By Richard Bennett

This book is an intro to cycling that would be good to read before you buy your first bike as it has an awful lot of information on bike sizing. The sizing part starts to sound like an infomercial for Zinn's bike shop, so I ended up skipping the end of it to get to the rest of the stuff about workouts, massage, and stretching. Zinn's views on self-massage and stretching are sensible enough, but they're kind of thin. A better bike book would expand this part and shorten the bike sizing message.

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