



## Bicycling Magazine's 1,100 Best All-time Tips: Top Riders Share Their Secrets to Maximize Performance, Safety and Fun

By Jason Sumner

Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, Bicycling Magazine's 1,100 Best All-time Tips: Top Riders Share Their Secrets to Maximize Performance, Safety and Fun, Jason Sumner, Readers will jump-start their cycling savvy with Jason Sumner's compilation of proven tips from the editors of Bicycling magazine. The book was first published as Bicycling Magazine's 900 All-Time Best Tips in 2000 and then in 2005 as Bicycling Magazine's 1,000 All-Time Best Tips; but with seven years of new material and information regarding bike technology, equipment, and technique (not to mention nutrition and exercise science), this is a much-anticipated, refreshed edition of the popular title - complete with 100 new tips! Bicycling Magazine's 1,100 All-Time Best Tips is the most up-to-date, information-packed collection of advice on both road and mountain biking yet! The cycling tips cover a full range of subjects - from aerodynamics to zones for heart-rate training - and in this new edition, readers will enjoy the addition of assorted training plans, exercise photos, supplemental tips, and journal pages. With a sharp new design and value price, this book is a real steal and a must-have for cyclists of all levels.



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