



A Basic Guide to Cycling (2nd Revised edition)

By United States Olympic Committee, Suzanne Ledeboer

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, A Basic Guide to Cycling (2nd Revised edition), United States Olympic Committee, Suzanne Ledeboer, Whether your idea of fun is riding your ten-speed around the neighbourhood or facing the challenges of off-road racing, A Basic Guide to Cycling offers savvy tips for safety and enjoyment. This book provides practical suggestions for buying a bicycle, caring for your bike, and getting and keeping fit. You'll also find up-to-date advice on how to join the community of cyclists, wherever you live. In simple, non-technical language, A Basic Guide to Cycling explains the three disciplines of Olympic cycling -- Road Racing, Track Racing, and Mountain Bike Racing. Special features include: Results of the 2000 Olympic Games in Sydney, Australia; Profiles of leading US Olympic cyclists; Advice on selecting and purchasing a bike; Accessories: what to wear, what to bring with you; Getting started in racing and competitive cycling; Coverage of road, track, and off-road events.

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