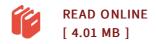




## Essential Bicycle Maintenance Repair

By Daimeon Shanks

Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 10.9in. x 8.4in. x 0.6in.Keep your bike on the road for the long haul! Whether youre training, competing, or simply riding for fun, a properly tuned bike is essential to performance, efficiency, and safety. Thats where Essential Bicycle Maintenance and Repair comes in. Author Daimeon Shanks takes a straightforward you can do it approach to maintaining and repairing your bike so its ready to go when you are. Essential Bicycle Maintenance and Repair provides simple step-by-step instructions, accompanied by upclose photos, illustrations, and advice, for more than 100 repairs. Youll learn these skills and more: Adjust derailleurs and troubleshoot shifting problems. True your wheels and tweak your hubs for a silky-smooth ride. Install caliper, cantilever, or Vbrakes. Repair a broken chain on the roadside. Fix flats in no time flat. Maintain pedals and cleats for efficiency and comfort. Install or adjust a headset. Install handlebars, including aero bars and flat bars. Adjust your saddle for a perfect fit. Determine if a triple crankset is right for you. So spend more time in the saddle and less time and money in costly repair shops. Essential Bicycle Maintenance and Repair is...



## Reviews

*This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook. -- Lillie Toy* 

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly. -- Miss Marge Jerde