



## Essential Bicycle Maintenance Repair

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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 you're training, competing, or simply riding for fun, a properly tuned bike is essential to performance, efficiency, and safety. That's 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 it's ready to go when you are. Essential Bicycle Maintenance and Repair provides simple step-by-step instructions, accompanied by up-close photos, illustrations, and advice, for more than 100 repairs. You'll 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 V-brakes. 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...



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