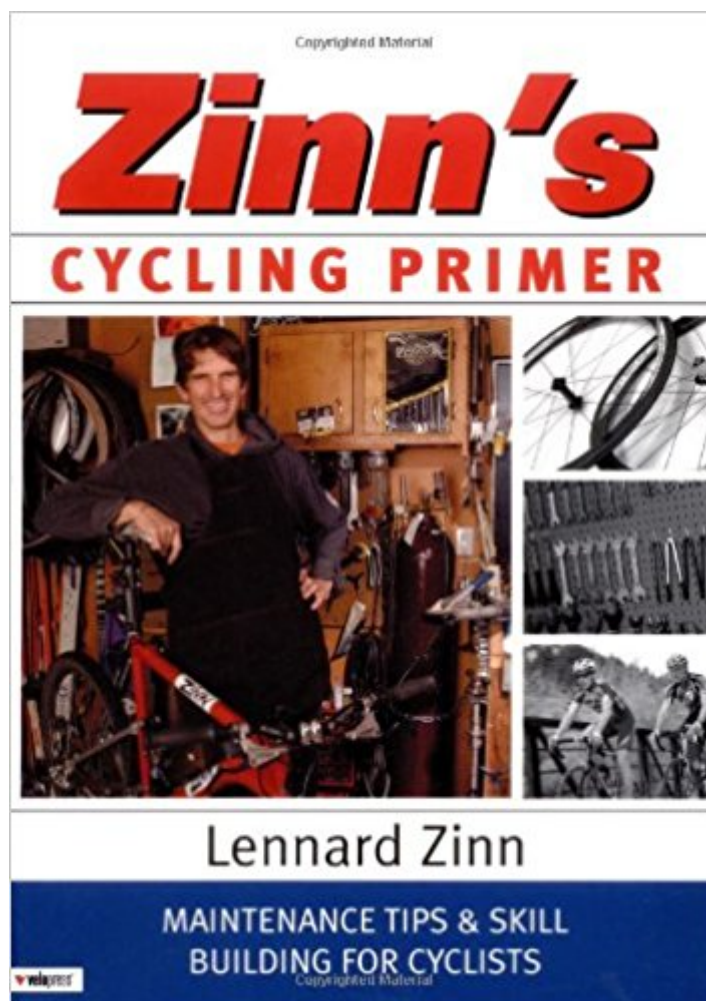


The book was found

# Zinn's Cycling Primer: Maintenance Tips And Skill Building For Cyclists



## Synopsis

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 uphills. 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.

## Book Information

Paperback: 200 pages

Publisher: VeloPress (June 16, 2004)

Language: English

ISBN-10: 1931382433

ISBN-13: 978-1931382434

Product Dimensions: 6.9 x 0.7 x 9.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 10 customer reviews

Best Sellers Rank: #763,356 in Books (See Top 100 in Books) #58 in [Books > Sports & Outdoors > Individual Sports > Cycling > Mountain Biking](#) #60 in [Books > Sports & Outdoors > Individual Sports > Cycling > Bike Repair](#) #3337 in [Books > Engineering & Transportation > Engineering > Mechanical](#)

## Customer Reviews

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."

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.

When I first saw the title of this book, I thought "That is an odd combination." How about a book on "diet and wheelbuilding"? But seriously, the book is valuable because it also includes a good overview on bike fit, as well. I believe proper bike fit is the first and most important aspect of riding a bike that needs to be understood and routinely revisited. If my friends would read the sections on road and mountain bike maintenance tuning, they would be more self-sufficient on group rides. But then they wouldn't need our help, and it's nice to be needed. Please note that the maintenance tips are not a substitute for the detailed books on advanced maintenance and assembly by Mr. Zinn and others. I don't believe the book description is misleading, I just wanted to be clear to readers. I respectfully disagree with one of the reviewers that the book is too advanced for a beginner. We have to start somewhere. We might as well read books that educate. I am also an author of a road cycling skills book *Watch Your Line: Techniques to Improve Road Cycling Skills* and considered this book by Mr. Zinn as a useful reference.

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.

I have no doubt that Zinn knows a lot about bicycles and bicycling, and I have gleaned a useful tip or several from this book. But be alerted to the fact that this is not a primer (defined as a book that deals with the basics of a subject). This is a book for the intermediate cyclist--and probably one who is preparing for serious cycling or competition. Those looking for information for beginners should look elsewhere.

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.

Zinn is a great asset to anybody interested in the world of cycling.

A great guide for a Cyclist at any level

Excellent must have reference

This book is pretty much worthless. A primer is supposed to be written for those who are generally unfamiliar with a topic. This book, however, is full of confusion, jargon, and irrelevance. It is not a primer! For example, for one of the most basic items of maintenance (adjusting bicycle brakes) it refers readers to a website. I didn't buy the book for web references. I considered it a waste of money and returned it.

[Download to continue reading...](#)

Zinn's Cycling Primer: Maintenance Tips and Skill Building for Cyclists CARB CYCLING - The Best Carb Cycling Recipes for Beginners!: ARB CYCLING - The Ultimate Carb Cycling Guide to Weight and Fat Loss Carb Cycling: The 7-Day Carb Cycle Transformation Æ& -â œ Carb Cycling Diet, Carb Cycling Recipes, Carb Cycling Meal Plans Zinn & the Art of Road Bike Maintenance: The World's Best-Selling Bicycle Repair and Maintenance Guide Vehicle Maintenance Log: Vehicle Maintenance Log Template: Car Maintenance Æ& -â œ Reminder | Log Book | Mileage Log | Repairs And Maintenance | Everything ... | 5.5 x 8.5 Æ& -â • small & compact (Volume 1) Intarsia Woodworking for Beginners: Skill-Building Lessons for Creating Beautiful Wood Mosaics: 25 Skill-Building Projects Zinn and the Art of Triathlon Bikes: Aerodynamics, Bike Fit, Speed Tuning, and Maintenance Zinn and the Art of Mountain Bike Maintenance Zinn & the Art of Mountain Bike Maintenance Zinn & the Art of Mountain Bike Maintenance: The World's Best-Selling Guide to Mountain Bike Repair Zinn & the Art of Road Bike Maintenance Car Maintenance Record Book: Car Maintenance - Repair Log Book Journal. Log Date, Mileage, Repairs And Maintenance. Notebook With 100 Pages. (Auto Books) How to Climb Hills Like a Pro: Tips on How to Improve Speed and Efficiency for Triathletes and Cyclists (Iron Training Tips) Fun ACT Prep English and Reading: Skill by Skill: because test prep doesn't have to be boring Carb Cycling: Unleash Your Body Æ& -â „œs Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) CARB CYCLING: Recipes for Beginners! - The Ultimate Carb Cycling Guide to Weight and Fat Loss Carb Cycling: The Simple Way to Work With Your Body to Burn Fat & Build Muscle Æ& -â • Includes Over 40 Carb Cycling Recipes! 101 Cycling Workouts: Improve Your Cycling Ability While Adding Variety to Your Training Program Cycling in the Cotswolds (Cycling Guide Series) Lonely Planet Cycling

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)