You - Racing! an Absolute Beginner s Guide to Cycle Sport (Paperback)

By Paul Page-Hanson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A starting from scratch easy-to-read introduction to bicycle racing for any curious novice. Aimed at the beginner, the text covers all necessary aspects of training and preparation. The book guides the reader in choosing the right bike, building a training regime, and finding the appropriate level of competition. All the related technology and jargon is explained. Over twelve clear and concise chapters, the newbie is given straightforward advice regarding the effort, skills, technique, nutrition, and all that is necessary to make the transition from total beginner to race-finisher. Written in a friendly style, including self-reflection questionnaires and plenty of helpful photos and images, all designed to promote a solid grasp of this exciting subject.

READ ONLINE
[5.93 MB]

Reviews

An incredibly wonderful ebook with perfect and lucid explanations. I really could comprehended every little thing using this written e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
-- Tomas Flatley

This publication could be worth a read through, and far better than other. This is certainly for all those who statte there was not a worth reading through. You may like just how the author compose this publication.
-- Dr. Kayley Kovacek PhD