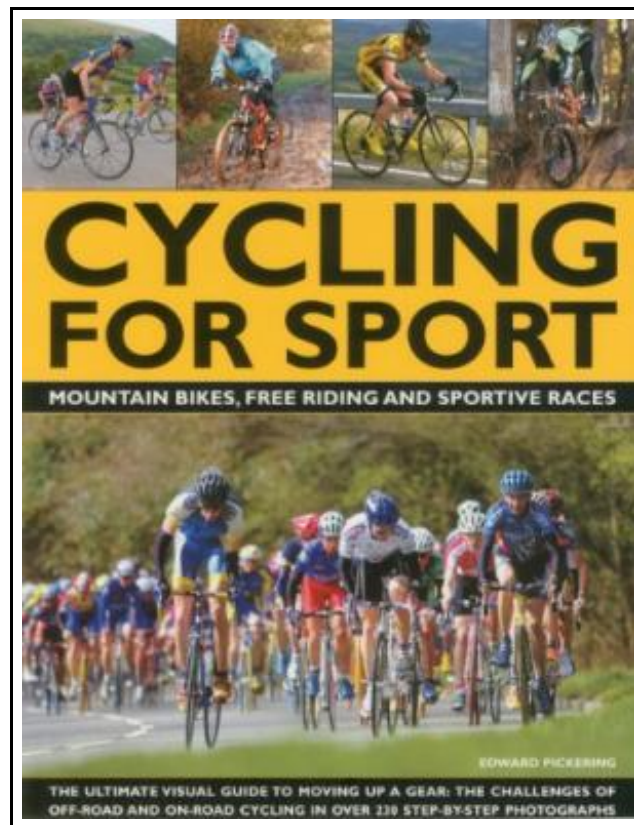


Cycling for Sport: Mountain Bikes, Free Riding and Sportive Races



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(Dr. Benjamin Lakin)

CYCLING FOR SPORT: MOUNTAIN BIKES, FREE RIDING AND SPORTIVE RACES



Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Cycling for Sport: Mountain Bikes, Free Riding and Sportive Races, Edward Pickering, This title deals with mountain bikes, free riding and sportive races. This is the ultimate visual guide to moving up a gear: the challenges of off-road and on-road cycling in over 230 step-by-step photographs. This is an informative guide to training and taking part in sportive rides and mountain bike events, offering expert advice for cyclists who want the challenge of speed and competition. Full of practical information on the preparation needed to build up to basic fitness, it provides professional tips on choosing a bike, equipment and the training programmes that ensure success. This is a guide to the thrills and spills of trail riding, racing and multi-day events, and to the world's most inspirational sportive and mountain bike venues, their routes and the pitfalls. More than 230 photographs inform and inspire. The great sportives of the world such as Cape Argus, Gran Fondo Gimondi and Milan - San Remo are outlined in detail - the difficulties of the rides and the tactics that will help you win. Sportive events are the equivalent of marathon running, in which cyclists are involved in a personal fight to ride long distances. Mountain biking can be fast and furious, although always fun. There are many variations, from trail riding and four-cross to slalom and dirt-jump riding. More than 230 evocative photographs illustrate the bikes and equipment, the skills, the great races and training techniques. This volume is the essential guide for any cyclist who wants take their performance to the next level on a sportive or mountain bike.



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