



Bicycling Magazine's Complete Book of Road Cycling Skills : Your Guide to Riding Faster, Stronger, Longer, and Safer

Ed Pavelka, The Editors of Bicycling Magazine

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Bicycling Magazine's Complete Book of Road Cycling Skills by Ed Pavelka and the Editors of Bicycling Magazine will help you take your road cycling to the next level with the newest techniques, equipment, and skills from the leading magazine in the sport. Check out how to:

- * Ensure your bike is in tip-top shape in 8 easy steps
- * Boost your efficiency with smooth pedaling and proper form
- * Brake without wasting speed or wiping out
- * Ride safely in wet, cold, and hot weather
- * Convert your mountain bike for the road
- * Master the skills of riding in traffic
- * Get long-distance secrets from the Race Across America record-holder
- * Train indoors with these 5 workouts
- * Prevent saddle sores, numbness, and knee pain
- * Motivate yourself to train harder
- * Discover the world of recumbents and tandems
- * Sprint like a champion
- * Attack hills for maximum fitness

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Angelina Rone:

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Chris Henderson:

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Scott Bourquin:

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Donna Dalessio:

The book untitled Bicycling Magazine's Complete Book of Road Cycling Skills : Your Guide to Riding

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