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YOU - RACING! AN ABSOLUTE BEGINNER S GUIDE TO CYCLE SPORT (PAPERBACK)



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...

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- Authored by Paul Page-Hanson
- Released at 2015



Reviews

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