Wright / Williams

Cycling For Dummies - UK

Whether you’re looking to hit the open road, scream down the side of a mountain, or simply take the kids out for a ride, Cycling For Dummies, UK Edition, covers all your needs. Topics include choosing the right bike and accessories, staying safe — around town and on the trails — training to improve speed and endurance, making adjustments and repairs, and much more (including answering the basic questions you may be too embarrassed to ask in your local shop). Cycling For Dummies, UK Edition is the perfect place to start when you want to take up this great sport.

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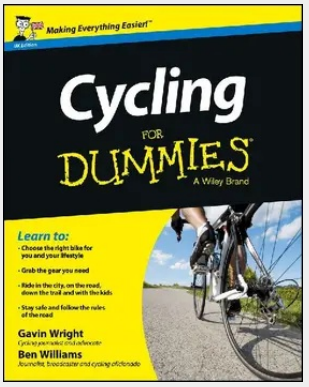

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