



# **The Big Book of Bicycling: Everything You Need to Know, From Buying Your First Bike to Riding Your Best**

*Emily Furia, Editors of Bicycling(R)*

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The world's authority on cycling provides a comprehensive guide to the sport for cyclists of all levels

For nearly 50 years, *Bicycling* has brought its readers the most up-to-date advice on everything from training and gear to nutrition and stories of cycling's greatest stars.

Now, for the first time, *Bicycling* gathers its best advice in a must-have book that cyclists of all levels can refer to again and again for answers to all of their cycling questions. Senior editor Emily Furia and her colleagues have gathered the latest, most useful information on getting started, buying gear, maintaining both road and mountain bikes, training for speed, racing techniques, understanding the rules of the road, and much more. This evergreen book is an invaluable resource for any cyclist who wants to ride their best.

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