

It's All About the Bike: The Ultimate Guide to Cycling



Sean Yates: It's All About the Bike: My Autobiography

by Sean Yates

★★★★☆ 4.5 out of 5

Language : English
File size : 14796 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 401 pages

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Cycling is a great way to get exercise, explore your surroundings, and have some fun. But if you're new to cycling, it can be tough to know where to start. That's where *It's All About the Bike* comes in.

This comprehensive guide covers everything you need to know about cycling, from choosing the right bike to training for your first race. Whether you're a beginner or an experienced rider, this book has something for you.

In *It's All About the Bike*, you'll learn:

- How to choose the right bike for your needs
- The basics of bike maintenance
- How to get started with cycling
- Training tips for beginners and experienced riders
- How to race a bike
- And much more!

It's All About the Bike is the ultimate resource for cyclists of all levels. With its clear instructions, helpful tips, and beautiful photography, this book will help you take your cycling to the next level.

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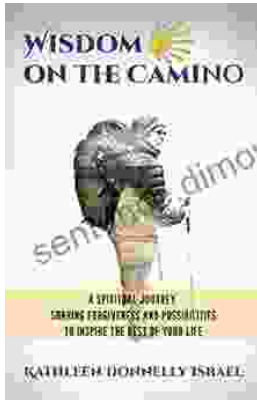
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