



You - Racing! An Absolute Beginner's Guide to Cycle Sport

Paul Page-Hanson

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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 clear and concise chapters, the newbie is given straightforward advice regarding the effort, skills, technique, nutrition, and all that is necessary to make the transition from total beginner to race-finisher. Written in a friendly style, including self-reflection questionnaires and plenty of helpful photos and images, all designed to promote a solid grasp of this exciting subject.

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