THE COMPLETE BOOK OF BICYCLING
by Eugene A. Sloane

Here, at last, is the definitive book on the bicycle. Truly an encyclopedia of bicycling, this unique volume covers all aspects of the sport, from what to look for when you are buying a bicycle and which bicycle is best suited to your particular needs, to how to pack and where to go on cycle-camping and touring trips. Everyone’s needs are taken into consideration—there are separate discussions on bikes for women and children and special machines such as tandems, tricycles, and unicycles. For those interested in the exciting sport of bicycle racing, the various types of races and aspects of conditioning are described.

For the more experienced cyclist, a large section of the book is devoted to clear directions for maintaining and repairing your machine, including discussions on gearing, lubrication, and tire maintenance. There is also a chapter on the history of bicycling and discussions on bicycle safety and how cycling can help you keep fit and trim. An appendix includes a glossary of terms and information on bicycle clubs, publications, and wholesale outlets.

This beautiful book includes an index and is profusely illustrated with photographs and descriptive line drawings and charts. A unique and invaluable volume for every person who is thinking about buying a bicycle—or who already has one and wants to enjoy more fully this wonderful sport. $9.95

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This stroke is for flat terrain at threshold, or time trial, intensity. RELATED: Two Pedal Tricks Every Cyclist Needs. Hip-Knee-Ankle Alignment Viewed from the front, your hip, knee and ankle should line up throughout the pedal stroke. "You don't want knee wobble," says Carver. "Just think pistons, straight up and down." If you can't correct this, or if you experience knee pain when you try to restrict lateral movement, you may need orthotics or another type of biomec.