



# **Bicycling 1,100 Best All-Time Tips: Top Riders Share Their Secrets for Maximizing Performance, Safety, and Fun**

*Jason Sumner*

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Readers will jump-start their cycling savvy with Jason Sumner's compilation of proven tips from the editors of *Bicycling* magazine. The book was first published as *Bicycling Magazine's 900 All-Time Best Tips* in 2000 and then in 2005 as *Bicycling Magazine's 1,000 All-Time Best Tips*; but with seven years of new material and information regarding bike technology, equipment, and technique (not to mention nutrition and exercise science), this is a much-anticipated, refreshed edition of the popular title--complete with 100 new tips!

*Bicycling 1,100 All-Time Best Tips* is the most up-to-date, information-packed collection of advice on both road and mountain biking yet! The cycling tips cover a full range of subjects--from aerodynamics to zones for heart-rate training--and in this new edition, readers will enjoy the addition of assorted training plans, exercise photos, supplemental tips, and journal pages. With a sharp new design and value price, this book is a real steal and a must-have for cyclists of all levels.

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