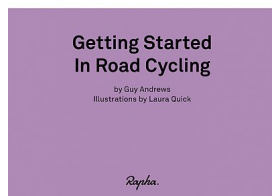


Rapha Handbook 1 - Getting Started in Road Cycling



Livres / revues CCY225

Note : Pas noté

Prix

Prix de base avec taxes 18,00 €

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Description du produit

The first in the series, Getting Started in Road Cycling is designed to guide you through the beginning of your journey as a cyclist. The book features practical advice from an impressive cast of expert contributors. There's riding tips from Giro d'Italia winner Andy Hampsten and cyclocross star Helen Wyman while expert mechanic Sam Humpheson provides guidance on maintenance.

Carefully collated by Guy Andrews and accompanied by the marvellous illustrations of Laura Quick, the advice answers the frequently asked questions of those new to the sport.

How to choose a bike? What to wear? How to fix a puncture? What's a chamois pad? This book will be the antidote to much of what may be bewildering and help you out day after day.

Author: Guy Andrews

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