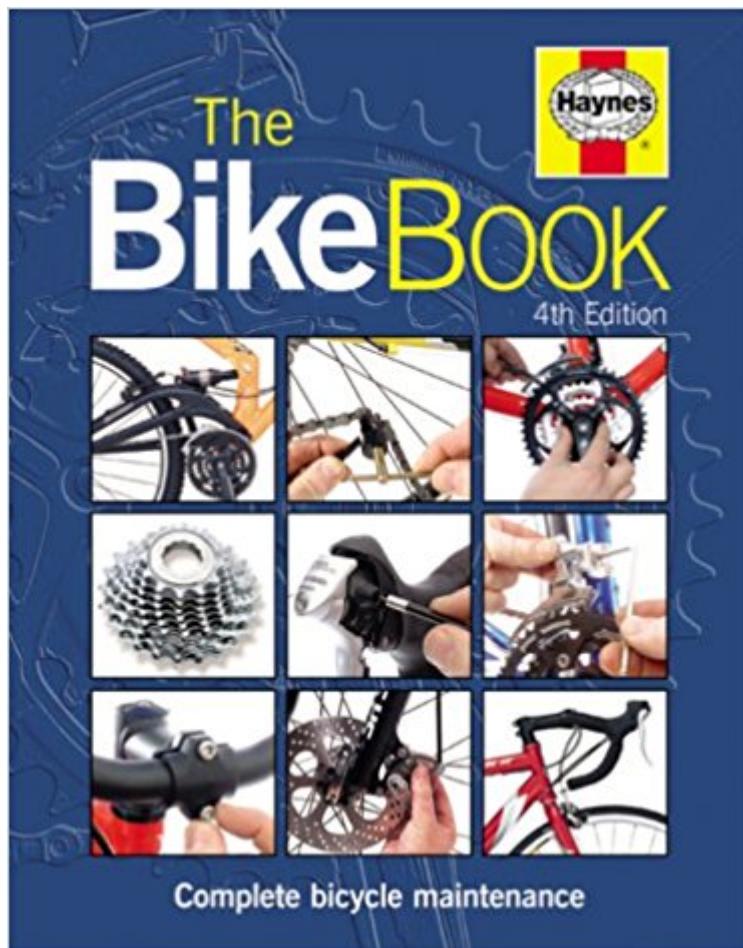


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# The Bike Book



## Synopsis

A complete bicycle maintenance guide, this book has been updated to cover the changes in frame design and materials since the previous edition. Lesser changes like the "Aheadset" and "Hiddenset" headsets and front-loading stems are also covered. In addition, there is more about Shimano and Campagnolo combines gear and brake levers for sports bikes. Full of practical information and handy tips covering almost every bike built since 1970, the book gives any rider the confidence and knowledge required to tackle regular maintenance, repairs and major overhauls.

## Book Information

Hardcover: 176 pages

Publisher: J H Haynes & Co Ltd; 4th edition (March 28, 2003)

Language: English

ISBN-10: 1844250008

ISBN-13: 978-1844250004

Package Dimensions: 10.6 x 8.3 x 0.6 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 2.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,232,928 in Books (See Top 100 in Books) #101 in Books > Sports & Outdoors > Individual Sports > Cycling > Bike Repair #1825 in Books > Engineering & Transportation > Transportation > Owner's Manuals & Maintenance Guides #2258 in Books > Engineering & Transportation > Automotive > Repair & Maintenance

## Customer Reviews

Fred Milson is an all-rounder with books, scripts and radio work on cars and household DIY to his credit. But his first love is bikes, including a lone trip to Istanbul and the daily battle of cycling in and around London.

This is one of the most up to date bicycle repair manuals that I have seen. Includes sections on selecting a bike, necessary tools, quick fixes, advanced repairs and maintenance, and bike extras. All information is given in easy to understand language (there's even a glossary for those of us who want to learn the latest cycling jargon). What stands out most, however, are the full-color photos and illustrations. This book is not only useful, but fun to look at. The Bike Book is definitely the best value in a bicycle repair and maintenance manual that can be found anywhere.

I purchased this book because it was much cheaper than the big blue book-2 by park tools and The Bicycling Guide to Complete Bicycle Maintenance. I now own all three books and this (The Bike Book) is the only one I will not use. It dumbs down a lot of the procedures in the hopes of making things seem simpler, but in reality it makes the process of bicycle repair more confusing. Also if you are looking to learn how to do anything advanced (for example wheel truing or headset installation), The Bike Book suggests you seek professional help. I highly recommend buying The Bicycling Guide to Complete Bicycle Maintenance instead of this book.

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