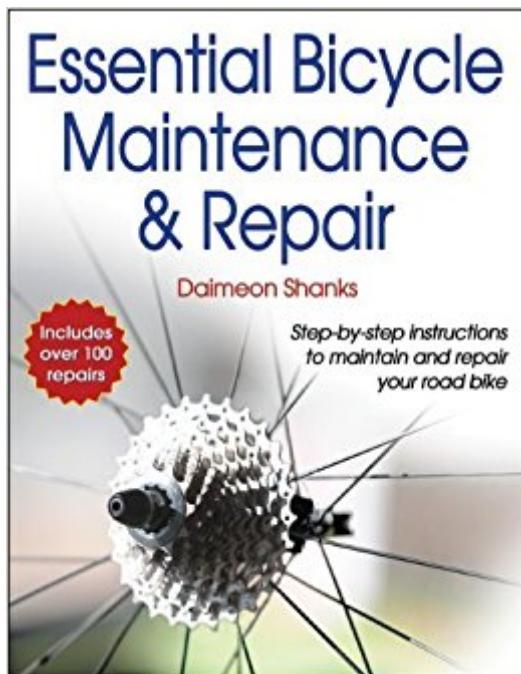


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# Essential Bicycle Maintenance & Repair



## Synopsis

Keep your bike on the road for the long haul! Whether you're training, competing, or simply riding for fun, a properly tuned bike is essential to performance, efficiency, and safety. That's where Essential Bicycle Maintenance & Repair comes in. Author Daimeon Shanks takes a straightforward "you can do it" approach to maintaining and repairing your bike so it's ready to go when you are. Essential Bicycle Maintenance & Repair provides simple step-by-step instructions, accompanied by up-close photos, illustrations, and advice, for more than 100 repairs.

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## Customer Reviews

I got Essential Bicycle Maintenance & Repair in the hopes that it would be more accessible to a novice than the current maintenance manual that I was using. I had been riding a road bike off and on for about ten years, and then about four years ago I began to ride on a much more regular basis. Cycling is an expensive sport, and can become a very expensive sport. The more that a cyclist is able to repair on his own, the better it will be for his wallet. And if you like to cycle a lot, and simple do not want to wait for your bike to be fixed at the shop, it is nice to know how to make simple repairs. Also, it is good to know how a bike works, and essential to know how to make simple road

side repairs such as flat tires and using barrel adjustments. Overall I have to say that I am very pleased with this manual. I did not review that entire manual. Instead I focused on the maintenance that I often perform and therefore more familiar. Already I have found the manual very helpful. One of the aspects of bike maintenance that has been a thorn in my side is front derailleur adjustments. I often take off my cranks in order to clean them or the bottom bracket. And, very often, when I put the cranks back on the derailleur does not work correctly. This is because that chain rings are not in the same position as when it was originally adjusted. This problem can be easily adjusted with the barrel adjustment. It is an obvious and simple fix, but for some reason I had never thought of it until I read this manual. Another example is that for years I have wondered about the little screw on top of my brakes. It turns out that it is to center the brakes on the rim. What I like most about the manual is that it is not overly technical--it is written in a manner in which novices can understand.

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