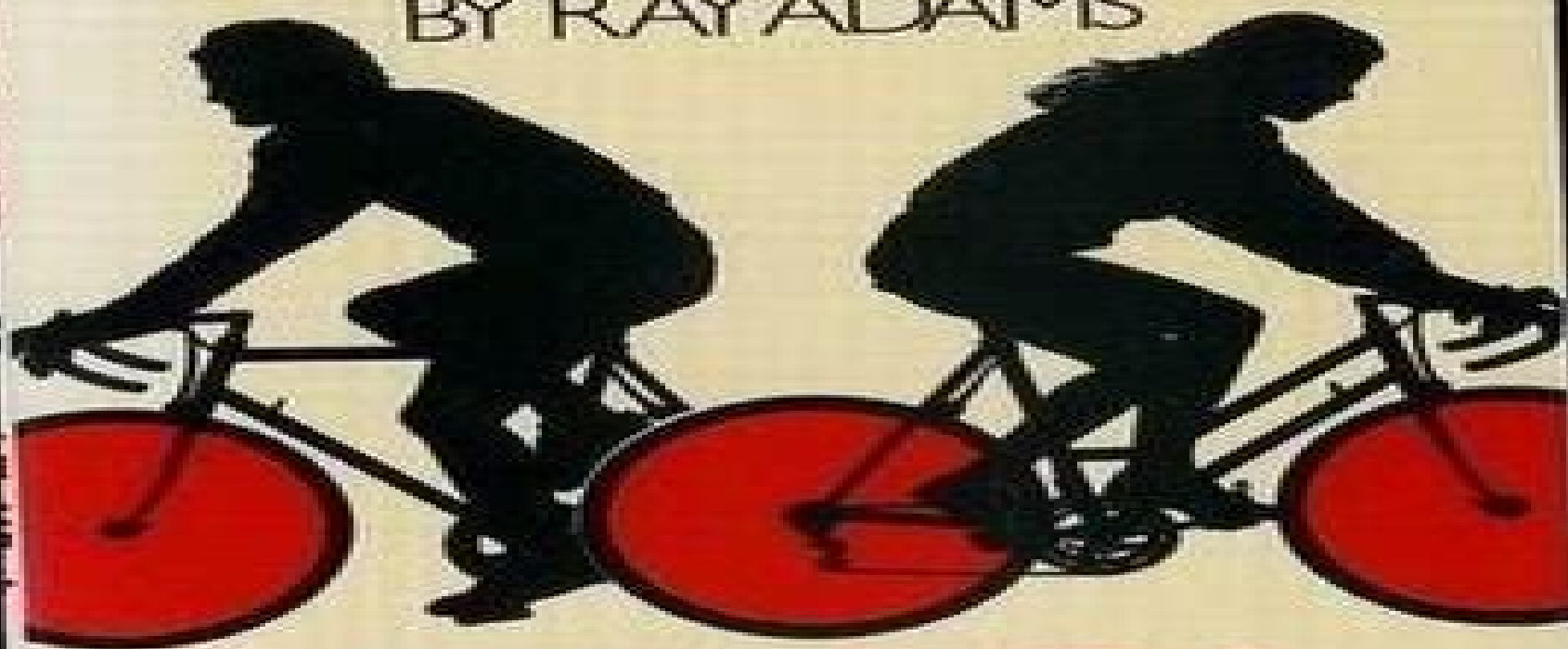


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FROM SHIFTING GEARS TO REPAIRING FLAT  
TIRES, EVERYTHING THE 10-SPEED CYCLIST  
NEEDS TO KNOW FOR SAFE, ENJOYABLE RIDING

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*A Runner's World Book*

# Serious Cycling For Beginners

**Tobias Bleicker**



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