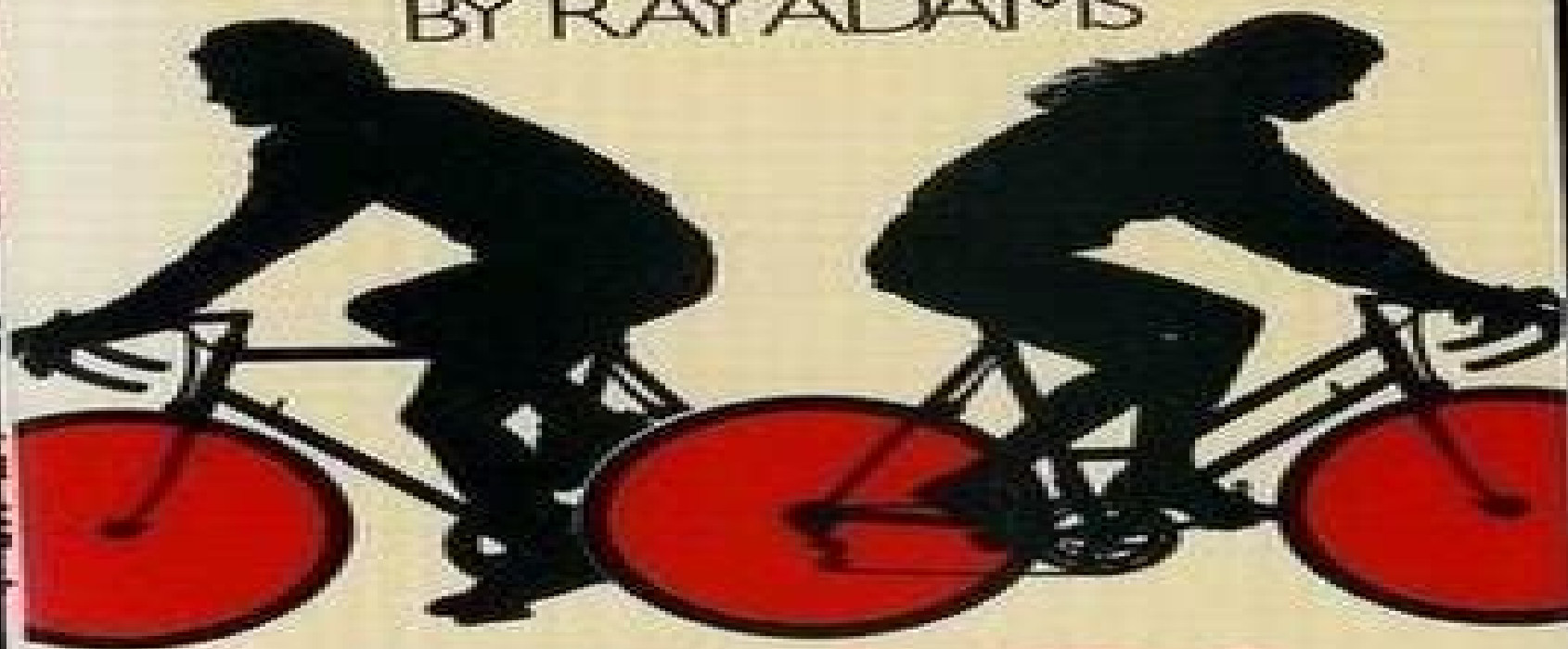


SERIOUS CYCLING FOR THE BEGINNER

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

BY RAY ADAMS



A Runner's World Book

Serious Cycling For The Beginner

Sabine Zange



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