



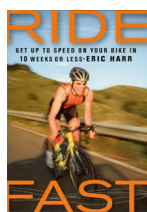
1,000 All-Time Best Tips - Revised Edition

By *Bicycling Magazine*

Top riders share their secrets to maximize fun, safety, and performance.

144 pages 5 1/2 x 8 1/2

978-1-59486-051-5 2005 B074.....\$12.99



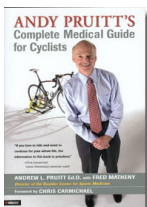
Ride Fast

by *Eric Harr*

Get up to speed on your bike in 10 weeks or less. An easy to follow 10-week program that helps you gradually build up your speed to 25 miles per hour and feel stronger, get leaner and be better prepared to tackle the demands of modern life.

176 pages 9 x 6

1-59486-058-0 B218.....\$12.95



Andy Pruitt's Complete Medical Guide for Cyclists

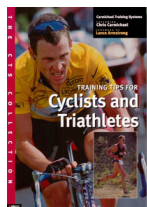
by *Andy Pruitt*

If you love to ride and want to continue for your whole life, the info in this book is priceless.

Andy's advice can help you ride more comfortably and with more power.

226 pages 6 x 9

1-931382-80-8 2006 B219.....\$18.95



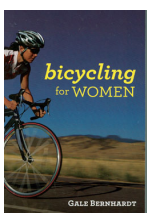
Training Tips for Cyclists and Triathletes

Chris Carmichael Training Systems

The genesis of this guide is the mission state end of CTS: to provide physical, behavioral, and strategic coaching aids to help athletes develop their full potential.

208 pages 7 x 10

1-931382-02-6 2001 B194.....\$21.95



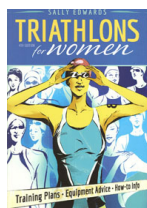
Bicycling for Women

by *Gale Bernhardt*

More women than ever are taking up cycling. With the benefits of improved fitness, and invigorating exercise, it's easy to see why! Presents every detail a woman needs to successfully navigate the sport, in and out of the saddle.

322 Pages 6 X 9

978-1-934030-28-8 2008 B170.....\$18.95



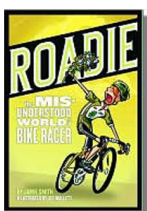
Triathlons for Women - Fourth Edition

By *Sally Edwards*

Begin training with a comprehensive training plan; keep your training fun with a wide variety of workouts; Improve your technique with simple drills for swimming, cycling and running; Common sense advice for better nutrition.

276 pages 6 x 9

1-934030-40-0 2010 B208.....\$19.95



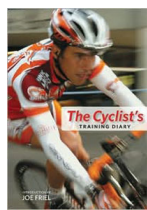
Roadie

by *Jamie Smith*

"A bike race is like a chess game, a boxing match, and a stampede disguised as a sport, encompassed by a life-style, and surrounded by a community on a never-ending road trip to the brink of bankruptcy."

256 pages 6 x 9

978-193403-017-2 2008 B259.....\$21.95



Cyclist's Training Diary

by *Joe Friel*

This guide will help you make every workout count. Friel walks you through the essential details of tracking your progress towards your racing and fitness goals.

978-1931382-08-0 2007 B176.....\$15.95



Gravel Cycling

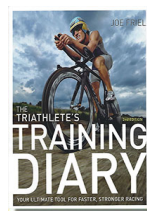
by *Dick Legan*

The complete guide to gravel racing and adventure backpacking. A glorious return to the purest roots of two-wheeled adventure, from farm roads and miners' paths to the high passes of the Alps and

Rockies, gravel cycling will set you free to explore, enjoy, persevere, and discover.

304 pages 7 1/2 x 9 1/2

978-1937715-70-0 2017 B311.....\$24.95

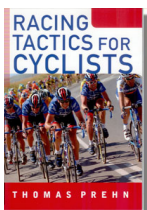


Triathletes Training Diary - Second Edition

by *Joe Friel*

Your Ultimate Tool for Faster, Stronger Racing. A perfect companion to any triathlon training program, The Triathlete's Training Diary offers an ideal way for you to plan, record, and better understand your workouts and performance.

978-1937715632 2016 B177.....\$15.95



Racing Tactics for Cyclists

By *Thomas Prehn*

Prehn helps cyclists avoid common race mistakes and ride intelligently. You may have dedicated hours to training and improving YOUR level of fitness. Now that you CAN race, here is HOW to race.

240 pages 7 x 10

1-931382-30-1 2004 B199.....\$18.95

Nutrition for Peak Performance

978-1-579542-52-8 B074.....\$ 9.95

Century Training Program

1-59486-184-6 B217.....\$14.95

Mike and the Bike

1-59441-498-X B226.....\$16.99