

## Bicycling & the Law -

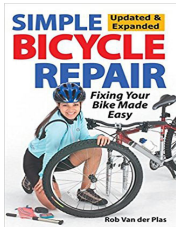
### Your Rights as a Cyclist

By Bob Mionske, JD

Every day, bicycle riders encounter the challenges of commuting in traffic, over-enthusiastic dogs, road hazards, traffic codes, harassment, road rage, theft, and property damage. Riders, this is the book you've been waiting for.

384 pages 5 x 9

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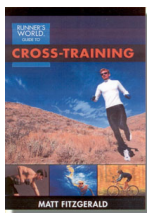
## Simple Bicycle Repair

By Rob Van der Plas

Whether you're an experienced rider or a novice, you'll have more fun riding your bike if you can count on it to not break down - and fix it if it does! That's what this book will help you achieve. 182 full-color photographs.

112 pages 5 1/2 x 8 1/2

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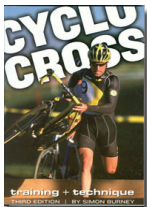
## Cross-Training

By Matt Fitzgerald

The definitive book on integrating alternative exercise activities into your training program for a long, enjoyable, successful life of running. You'll learn everything you need to know about the very best cross-training activities for runners, from the equipment you'll need to the techniques you'll have to master.

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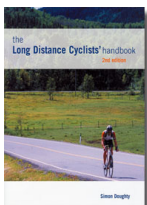
## Cyclo-Cross - Third Edition

By Simon Burney

Thousands Cyclo Cross is considered the bible of modern cyclo-cross racing, yet it also appeals to mountain and road riders looking for an awesome winter workout and perhaps some fun off-season racing as well.

240 pages 6 x 9

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## The Long-Distance

### Cyclist's Handbook - Second Edition

By Simon Doughty, Professional Coach

Contains everything you need to know to ride your bicycle farther than the end of the driveway! From selecting the correct bicycle, accessories, clothing, and gear - to maintenance, on-the-road repairs, bicycle safety, and nutrition and training techniques.

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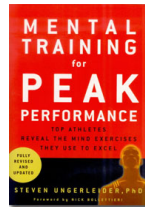
## How to Shit in the Woods - Second Edition

By Kathleen Meyer

This book has been adopted by outdoor enthusiasts everywhere as part of the solution in dealing with the ever increasing threats of pollution in our once-pristine wildlands. Written with an effervescent sense of humor.

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## Mental Training for

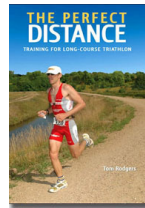
### Peak Performance

By Steven Ungerleider, PHD

An immobilized brain is often the reason why the strongest or fastest or most skillful athlete will lose a competition to a competitor who, on paper, at least, seems inferior. While physical skill is important, other factors determine a champion - chief among them, factors like mental conditioning, toughness, focus, and the ability to recover swiftly from a setback. Top athletes reveal the mind exercises they use to excel.

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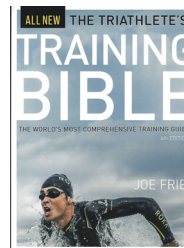
## The Perfect Distance

by Tom Rodgers

1.2 mile swim + 56 mile bike + 13.1 mile run = the perfect distance. What makes long-course triathlon the perfect distance? It's challenging but achievable. It fits into a real-life training schedule. It's great preparation for a full Ironman - and it's fun!

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## Triathlete's Training Bible

By Joe Friel

For nearly 20 years, triathletes have turned to the Training Bible to learn how to train for victory. Now, in this all new edition, Joe distills the latest discoveries in exercise science, data analysis, daily planning, and skills development to help you create a personal training plan for success.

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## Weight Training for Cyclists - 2nd Ed.

by Eric Schmitz and Ken Doyle

Written from the premise that optimum cycling performance demands total body strength, this book informs the serious cyclist on how to increase strength with weight training, as cycling alone cannot completely develop the muscle groups used while riding.

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