

Mountain Bike Like A Champion

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The Mountain Biker's Training Bible

Off-road riding is one of motorcycling's most popular pursuits and

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also one of its best training grounds for improving street-riding skills. Off-road riding takes many forms, from motocross and enduro racing, to dual-sport day trips, to trail riding, to adventure tours. No matter the specific pursuit, all dirt riding (and much street riding) shares the same basic skill set. How to Ride Off-Road Motorcycles schools the reader in all the skills necessary to ride safely and quickly off-road. Chapters cover the basics, such as body position, turning, braking, and throttle control, then proceed to advanced techniques, such as sliding, jumps, wheelies, hill-climbing, and more. If you've ever wanted to try dirt riding or if you're an experienced rider looking to sharpen your skill set, How to Ride Off-Road Motorcycles is a perfect riding coach.

Fast After 50

An unprecedented new look at mountain biking and trail riding techniques from the author of The Art of Cycling Riding obstacle-strewn singletrack trails on a two-wheeled machine is one of those seductive challenges that can never be fully mastered, even by the most talented and experienced. In The Art of Mountain Biking, Robert Hurst deliberately avoids discussion of equipment, training, and other subjects that have already been beaten to death in mountain bike books

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and magazines, to focus on the deeply complex art of riding trails. From page to page and switchback to switchback, he chases the complex mysteries that make trail riding so difficult—and so rewarding—from the application of “soft power” and the biomechanics of balance and vision, to the philosophy of line choice and the Riccatti equations that describe the path of the bike's rear wheel, to the nature of dirt itself. Built on the author's own quarter-century of experience and the tried-and-true wisdom of many other veteran mountain bikers, this environmentalist and darkly humorous manual provides a collection of unexpected knowledge that will be indispensable to both novices and experts. Throughout, Hurst explains with clarity, revelation—and a healthy dash of wit—the ins and outs of riding a mountain bike.

How to Ride Off-Road Motorcycles

Explains how to be an effective self-coach, offers instruction for developing a training program based on a sound scientific approach, and discusses the importance of strength work, stretching, and diet.

Cyclist BikeList

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If you want to ride like a pro, you should learn from a pro! In *Mastering Mountain Bike Skills, Third Edition*, world-champion racer Brian Lopes and renowned riding coach Lee McCormack share their elite perspectives, real-life race stories, and their own successful techniques to help riders of all styles and levels build confidence and experience the full exhilaration of the sport. *Mastering Mountain Bike Skills* is the best-selling guide for all mountain biking disciplines, including enduro, pump track racing, dual slalom, downhill, cross-country, fatbiking, and 24-hour races. It absolutely captures the sport and offers everything you need to maximize performance and excitement on the trail. Learn how to select the proper bike and customize it for your unique riding style. Develop a solid skills base so you can execute techniques with more power and precision. Master the essential techniques to help you carve every corner, nail every jump, and conquer every obstacle in your path. Last, but not least, prepare yourself to handle every type of weather and trail condition that the mountain biking world throws at you. Whether you're a recreational rider looking to rock the trails with friends, are a seasoned enthusiast, or are aspiring to be a top pro, *Mastering Mountain Bike Skills* will improve your ride and dust the competition. Don't just survive the trail—own the trail, and enjoy the thrill of doing it.

Mastering Mountain Bike Skills

Robert Penn has saddled up nearly every day of his adult life. In his late twenties, he pedaled 25,000 miles around the world. Today he rides to get to work, sometimes for work, to bathe in air and sunshine, to travel, to go shopping, to stay sane, and to skip bath time with his kids. He's no Sunday pedal pusher. So when the time came for a new bike, he decided to pull out all the stops. He would build his dream bike, the bike he would ride for the rest of his life; a customized machine that reflects the joy of cycling. *It's All About the Bike* follows Penn's journey, but this book is more than the story of his hunt for two-wheel perfection. En route, Penn brilliantly explores the culture, science, and history of the bicycle. From artisanal frame shops in the United Kingdom to California, where he finds the perfect wheels, via Portland, Milan, and points in between, his trek follows the serpentine path of our love affair with cycling. It explains why we ride. *It's All About the Bike* is, like Penn's dream bike, a tale greater than the sum of its parts. An enthusiastic and charming tour guide, Penn uses each component of the bike as a starting point for illuminating excursions into the rich history of cycling. Just like a long ride on a lovely day, *It's All About the Bike* is pure joy-enriching, exhilarating, and unforgettable.

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Let Your Mind Run

Lou Dzierzak explains how key races and landmark events brought American cyclists out of obscurity and made them internationally dominating competitors. Six-day races, road racing, track racing, and legendary cycling performances at home and abroad the significant events in the history of American cycling come alive within these pages.--Publisher.

Cyclo-Cross

A guide to bicycles and bicycling discusses the history of bicycles, their parts, different types, and choosing the right one; bicycling safety and clothing; bicycle maintenance; and famous cyclists.

Mastering Mountain Bike Skills

Fast After 50 is for every endurance athlete who wants to stay fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn't have to mean getting slower. Drawing from the most current research on aging and sports

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performance, Joe Friel—America's leading endurance sports coach—shows how athletes can race strong and stay healthy well past age 50. In his groundbreaking book *Fast After 50*, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades—and race to win. *Fast After 50* presents guidelines for high-intensity workouts, focused strength training, recovery, crosstraining, and nutrition for high performance: How the body's response to training changes with age, how to adapt your training plan, and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training, rest, recovery, and competition Workout guidelines, field tests, and intensity measurement In *Fast After 50*, Joe Friel shows athletes that age is just a number—and race results are the only numbers that count. With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger.

Jake Maddox: Mountain Bike Hero

This classic reference guide to mountain bike repair and maintenance has been updated to include the most recent information on state-of-

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the-art mountain bike components. 150 illustrations.

My World

Everyone says that Crooked Hill has a curse. But it's the only good place to go mountain biking in Flatte County. When Jonah's brother goes down it during a storm, can Jonah beat the Crooked Hill curse?

Art of Cycling

The day Deena Kastor became a truly elite runner was the day she realized that she had to ignore her talent-it had taken her so far, but only conquering the mental piece could unlock higher levels of achievement. In *Let Your Mind Run*, the vaunted Olympic medalist and marathon and half-marathon record holder reveals how she incorporated the benefits of positive psychology into her already-dedicated running practice, setting her on a course to conquer women's distance running. Blending both narrative running insights and deep-dive brain science, this memoir, written by perhaps the most famous American woman active in the competitive world of distance running, will appeal to the pragmatic athletic population, and jointly to fans of engaging sports

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narratives, inspirational memoirs, and uplifting biographies.

The Evolution of American Bicycle Racing

The bestselling autobiography of a cycling legend and winner of the 2011 Tour de France On the afternoon of Sunday, the first of February 2015, Cadel Evans crossed the finish line in the first-ever race of the event that would immortalise his name: the Cadel Evans Great Ocean Road Race. At that moment, an extraordinary cycling career, spanning 20 years and more than 750 professional races, came to a close. Now, looking back on his journey, Cadel Evans tells his story of the races and moments that mattered. Ranging from the dirt tracks of his early 1990s mountain-biking days to the Tour de France's famous podium in 2011 and beyond, *The Art of Cycling* is a tale of potential realised and ambition fulfilled. It's also the inspiring story of a young boy from the Australian bush, whose focus, talent and dedication conquered the elite world of international cycling in an era when few Australians competed, let alone won. Famous in the sport for his meticulous preparation and as an athlete who prided himself on his ability to give his all, Evans writes with forensic detail about the triumphs, the frustrations, the training, the preparation, the psychology of the sport, his contemporaries, the legends, the

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controversies and, above all, his enduring love of cycling.

Art of Mountain Biking

Ride faster and smarter than ever before! Olympian, former national champion, and elite cycling coach Ann Trombley is your authoritative guide to learning how with improved -selection and fitting of equipment for the optimal match of personal attributes with current technology, -technical maneuvers that maximize both speed and safety, -training methods and workouts that yield superior results, and -racing preparations and tactics that make competition more rewarding and more successful. Serious Mountain Biking gives you the answers to the questions and solutions to the problems you've encountered while participating in the sport. No need to continue learning by trial and error when such experience and expertise are at your fingertips. Make every minute and mile you invest on the bike more beneficial and enjoyable with the help of this invaluable resource on mountain biking.

Mountain Bike Magazine's Complete Guide To Mountain Biking Skills

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Let's Mountain Bike! stands out as the most comprehensive book ever written on the sport of mountain biking. Detailed information is provided for all of the important facets, including purchasing the right bike, upgrades, accessorizing, bike set-up, bike care, skills training and how to maximize your performance on the trails, fitness training, trail dangers, trail etiquette, and much more. Presented with clear and understandable explanations and visuals, the information is easy to digest and apply. Everyone from the complete beginner to the more advanced rider will benefit from the depth and variety of advice and tips revealed in Let's Mountain Bike! It's an indispensable guide for those looking to hit the trails and become their best. Thousands of trails are waiting so Let's Mountain Bike! Visit letsmountainbike.com to see more from this author.

Mountain Biking Tricks and Techniques

Mountain Bike magazine has everything for the mountain bike enthusiast, from the best mountain bike and equipment reviews to a trail database with the recommended MTB trails.

Trail Solutions

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Bicycling

The classic bicycle road racing book first published in 1978 chronicles a 150-kilometer European road race and its competitors in vivid, realistic detail. Reprint.

Art of Mountain Biking

An unprecedented new look at mountain biking and trail riding techniques from the author of *The Art of Cycling* Riding obstacle-strewn singletrack trails on a two-wheeled machine is one of those seductive challenges that can never be fully mastered, even by the most talented and experienced. In *The Art of Mountain Biking*, Robert Hurst deliberately avoids discussion of equipment, training, and other subjects that have already been beaten to death in mountain bike books and magazines, to focus on the deeply complex art of riding trails. From page to page and switchback to switchback, he chases the complex mysteries that make trail riding so difficult—and so rewarding—from the application of “soft power” and the biomechanics of balance and vision, to the philosophy of line choice and the Riccati equations

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that describe the path of the bike's rear wheel, to the nature of dirt itself. Built on the author's own quarter-century of experience and the tried-and-true wisdom of many other veteran mountain bikers, this environmentalist and darkly humorous manual provides a collection of unexpected knowledge that will be indispensable to both novices and experts. Throughout, Hurst explains with clarity, revelation—and a healthy dash of wit—the ins and outs of riding a mountain bike.

Mountain bike

Trail Solutions, IMBA's guide to building sweet singletrack, presents cutting-edge trail design, construction, maintenance and management techniques in a colorful and easy-to-read format. Includes more than 130 photos and 50 innovative illustrations.

Rusch to Glory

Peter Sagan, at just 29 years of age, is already one of cycling's greatest riders of all time. With six Tour de France points jersey victories, three road race world championships, the 2018 Paris-Roubaix, and multiple spring classics among Sagan's palmares, the

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world of cycling agrees that this intense, yet fun-loving rider is among the most dominant and fun-to-watch riders of his generation. In *My World*, for the very first time, bike racing fans will have the opportunity to glimpse behind the scenes of Sagan's cycling life, revealing the full extent of his dedication to competition and determination to win. They will read about his relationship with fellow riders, his heroes, and how he copes with the expectation of success. He will share technical details about his preparation, dissect the art of the sprint, and analyze the tactics that play out during a fiercely competitive stage or race. Sagan also gets personal, inviting us into his entourage as he blasts through races—then blows off steam with a few well-played pranks on friends. He shares his love for stunts like popping uphill wheelies on his road bike or lip-synching to John Travolta—and explains why bets lost and promises to friends sometimes end with a chicken dance across the finish line. If the rainbow jersey comes with a curse, what happens when you win three? Meet the real Peter Sagan in *My World* and find out why cycling's most interesting personality never takes winning too seriously.

A Champion Cyclist Against the Nazis

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Rebecca Rusch is one of the great endurance athletes of our time. Known today as the Queen of Pain for her perseverance as a relentlessly fast runner, paddler, and mountain bike racer, Rusch was a normal kid from Chicago who abandoned a predictable life for one of adventure. In her new book *Rusch to Glory: Adventure, Risk & Triumph on the Path Less Traveled*, Rusch weaves her fascinating life's story among the exotic locales and extreme conditions that forged an extraordinary athlete from ordinary roots. Rusch has run the gauntlet of endurance sports over her career as a professional athlete--climbing, adventure racing, whitewater rafting, cross-country skiing, and mountain biking--racking up world championships along the way. But while she might seem like just another superhuman playing out a fistful of aces, her empowering story proves that anyone can rise above self-doubt and find their true potential. First turning heads with her rock climbing and paddling skills, Rusch soon found herself spearheading adventure racing teams like Mark Burnett's Eco-Challenge series. As she fought her way through the jungles of Borneo, raced camels across Morocco, threaded the rugged Tian Shan mountains, and river-boarded the Grand Canyon in the dead of winter, she was forced to stare down her own demons. Through it all, Rusch continually redefined her limits, pushing deep into the pain cave and emerging ready for the next great challenge. At age 38, Rusch faced a tough

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decision: retire or reinvent herself yet again. Determined to go for broke, she shifted her focus to endurance mountain bike racing and rode straight into the record books at a moment when most athletes walk away. Rusch to Glory is more than an epic story of adventure; it is a testament to the rewards of hard work, determination, and resilience on the long road to personal and professional triumph.

The Art of Cycling

A legendary mountain biking champion offers practical instructions, accompanied by entertaining anecdotes and reminiscences, on the essential techniques, skills, and tactics of mountain biking, offering tips on safety, developing a training program, equipment, and more. Original. 20,000 first printing.

Teach Like a Champion 2.0

"Zinn & the Art of Mountain Bike Maintenance" is the world's best-selling book on mountain bike maintenance and repair. This smartly organized and clearly illustrated guide--now in two colors for easier reference--can make a bike mechanic out of anyone. Lennard Zinn's

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expert advice makes quick work of mountain bike repair. Newcomers and experienced mechanics alike will benefit from the hundreds of illustrations, the exploded views of how components go together, and Zinn's practical, time-saving tips. Zinn's friendly advice and years of experience make tackling even the most daunting task fun and easy. All the latest high-tech equipment is covered in this new edition, but Zinn does not neglect older bikes. Indeed, no matter what mountain bike you may have in your garage, chances are you'll find it--and the way to fix it--in these pages. "

The Complete Book of Long-Distance Cycling

World-Champion mountain biker Brian Lopes and distinguished coach Lee McCormack provide techniques and training tips for mountain bikers of all skill levels in *Mastering Mountain Bike Skills*. The advice Lopes, the most successful U.S. mountain biker, and McCormack offer will benefit recreational riders and intense competitors alike with practical instruction, full-color photo sequences and real-life race stories. Engaging, high-quality photos make it easy to visualize every maneuver and give readers great insight into world-class competition. Original.

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Mountain Bike

If you're looking for the ultimate mountain bike guide for the totally honed, welcome to William (Not Bill) Nealy's world. Nealy's expertise (acquired through years of crash and burn) enables him to translate hard-learned reflexes and instinctive responses into easy-to-understand drawings: drawings that will make you a much better rider. Nealy's cartoon illustrations combine insight with humor and knowledge with humiliation. So, if you are ready to shorten the learning curve and master the advanced techniques of mountain biking, get ready to have some laughs and log a few miles with William Nealy.

Mountain to Mountain

Whether you're just getting started or you're a seasoned off-road rider, this guide will help you hone your skills and make the most of every ride. You'll learn from experts who've been through it all, like former world champion Ned Overend and Olympic medalist Susan DeMattei. From uphill skills to downhill thrills, you're sure to find everything you need to know to ride like a pro. Discover how to: * Fit a great ride into a busy schedule with the "hour of power." * Cruise through

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the toughest corners with the tripod turn. * Tap into the flow--and glide over challenging terrain. * Acclimate quickly and easily to every hazard on trails. * Boost your climbing speed and comfort with switch-side breathing. * Revive a midseason training slump. * Crash without getting hurt.

Mountain Bike Like a Champion

Ride Strong, Ride Long Whether Your Goal Is 30 Miles or 3,000 From Edmund R. Burke, Ph.D., and Ed Pavelka - two of the country's top cycling experts - comes the most comprehensive guide ever to achieving the strength, skills, and strategies you need for long-distance riding. Whether you're training for day rides, centuries, or cross-country trips, The Complete Book of Long-Distance Cycling helps you choose the right equipment, train step-by-step, and map out your riding strategy so that you can go the distance. Discover how to: * Make the most of every hour on your bike * Build your mileage base efficiently * Customize your training to suit your personality and physical capabilities * Build extra training time into your hectic schedule * Avoid injuries and the dangers of overtraining * Achieve the mental edge you need to ride farther and faster * Train for both road and off-road touring * Choose cycling gear that goes and goes *

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Eat for the long haul-- nutrition before, during, and after your rides To help you achieve your riding goals, The Complete Book of Long-Distance Cycling gives you complete, step-by-step training programs for riding a half-century, century, double century, and beyond. You'll also find strategies and techniques for special situations, such as riding in bad weather and riding at night. Published by the world's leading authority on bicycling, this informative guide is a must-have for all cycling enthusiasts.

It's All About the Bike

The power of the bicycle to impact mobility, technology, urban space and everyday life.

Serious Mountain Biking

Describes equipment and techniques for beginners and experts

One Less Car

'Mountain Biking Tricks and Techniques' is the definitive guide to

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riding a mountain bike. Within its pages you will find everything you need to know from the basics of how to balance on a bike right through to how to back flip one giving aspiring riders the skills they need to be a better biker.

Cycling Past 50

Shy twelve-year-old bookworm Lindsay, future superhero, spends a summer with her cousin/nemesis Phoebe learning BMX tricks, making new friends, and showing boys that girls can compete, too.

Lindsay's Joyride

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

Zinn and the Art of Mountain Bike Maintenance

Being inspired to act can take many forms. For some it's taking a weekend to volunteer, but for Shannon Galpin, it meant leaving her

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career, selling her house, launching a nonprofit and committing her life to advancing education and opportunity for women and girls. Focusing on the war-torn country of Afghanistan, Galpin and her organization, Mountain2Mountain, have touched the lives of hundreds of men, women and children. As if launching a nonprofit wasn't enough, in 2009 Galpin became the first woman to ride a mountain bike in Afghanistan. Now she's using that initial bike ride to gain awareness around the country, encouraging people to use their bikes "as a vehicle for social change and justice to support a country where women don't have the right to ride a bike." In Mountain to Mountain, her lyric and honest memoir, Galpin describes her first forays into fundraising, her deep desire to help women and girls halfway across the world, her love for adventure and sports, and her own inspiration to be so much more than just another rape victim. During her numerous trips to Afghanistan, Shannon reaches out to politicians and journalists as well as everyday Afghans – teachers, prison inmates, mothers, daughters – to cross a cultural divide and find common ground. She narrates harrowing encounters, exhilarating bike rides, humorous episodes, and the heartbreak inherent in a country that is still recovering from decades of war and occupation.

Mountain Bike!

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The bicyclist is under attack from all directions - the streets are ragged, the air is poison, and the drivers are angry. As if that weren't enough, the American cyclist must carry the weight of history along on every ride. After a brief heyday at the turn of the twentieth century, American cyclists fell out of the social consciousness, becoming an afterthought when our cities were planned and built. Cyclists today are left to navigate through a hard and unsympathetic world that was not made for them. Yet, with the proper attitude and a bit of knowledge, cyclists can thrive in this hostile environment. Covering much more than just riding a bike in traffic, author Robert Hurst paints, in uncanny detail, the challenges, strategies, and art of riding a bike on America's modern streets and roadways. The Art of Cycling dismantles the bicycling experience and slides it under the microscope, piece by piece. Its primary concern is safety, but this book goes well beyond the usual tips and how-to, diving in to the realms of history, psychology, sociology, and economics.

Bicycling Magazine's Mountain Biking Skills

One of the most influential teaching guides ever—updated! Teach Like a Champion 2.0 is a complete update to the international bestseller.

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This teaching guide is a must-have for new and experienced teachers alike. Over 700,000 teachers around the world already know how the techniques in this book turn educators into classroom champions. With ideas for everything from classroom management to inspiring student engagement, you will be able to perfect your teaching practice right away. The first edition of Teach Like a Champion influenced thousands of educators because author Doug Lemov's teaching strategies are simple and powerful. Now, updated techniques and tools make it even easier to put students on the path to college readiness. Here are just a few of the brand new resources available in the 2.0 edition: Over 70 new video clips of real teachers modeling the techniques in the classroom (note: for online access of this content, please visit my.teachlikeachampion.com) A selection of never before seen techniques inspired by top teachers around the world Brand new structure emphasizing the most important techniques and step by step teaching guidelines Updated content reflecting the latest best practices from outstanding educators With the sample lesson plans, videos, and teachlikeachampion.com online community, you will be teaching like a champion in no time. The classroom techniques you'll learn in this book can be adapted to suit any context. Find out why Teach Like a Champion is a "teaching Bible" for so many educators worldwide.

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The Ultra Mindset

Provides a training schedule, exercises, nutritional guidelines, equipment suggestions, and tips on technique for safe and healthy cycling for the middle-aged

Let's Mountain Bike!

How to apply an endurance athlete's gritty, perseverant, and positive mental strategies cultivate a winning mindset and achieve success in work, family, athletics, and beyond

The Rider

Covers all aspects of buying and riding a bicycle, from road and trail touring to riding around town, with a full survey of the latest bike designs

Bicycle

Italy, 1943. Although allied with Hitler, there were those who refused

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to accept the fascist policies of racial discrimination and deportation. Among them was Gino Bartali. A champion cyclist, he won the Giro d'Italia (Tour of Italy) three times and the Tour de France twice. But these weren't his only achievements. Deeply religious, Bartali never spoke about what he did during those dark years, when he agreed to work with the Resistance and pass messages from one end of the country to the other. Despite the dangers, Bartali used his training as a pretext to criss-cross Italy, hiding documents in the handlebars and saddle of his bicycle, all the while hoping that each time he was searched they wouldn't think to disassemble his machine. As a result of his bravery, 800 Jews – including numerous children – were saved from deportation. He died in Florence in 2000 and was recognized as one of the 'Righteous Among the Nations' in 2013. In this book, Alberto Toscano shares the incredible story of this great sportsman and recalls the dramatic moments in Italy and Europe in the twentieth century.

Zinn & the Art of Mountain Bike Maintenance

The nineteenth century's "mechanical horse" offered an exciting new world of transportation for all and ushered in an era of changes that resonates to the present day, changes cataloged and described in a

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fascinating history of an engineering marvel.

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