



Zinn & the Art of Mountain Bike Maintenance

By Lennard Zinn

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Zinn & the Art of Mountain Bike Maintenance By Lennard Zinn

Road bikes are surprisingly complex machines, but there's no need to spend excessive amounts on repairs and maintenance. The cost of a copy of *Zinn and the Art of Road Bike Maintenance* should be sufficient in most cases. This well-organized and -illustrated guide, which incorporates the latest in component technology and innovations, shows how to maintain every part of a road bike. This includes chains, derailleurs, shifters, wheels, brakes, cranks, bottom brackets, pedals, saddles, seatposts, handlebars, stems, headsets, forks, and frames — all covered in Lennard Zinn's trademark clear and concise prose. Novices and seasoned mechanics alike can benefit from the clear illustrations, exploded views of how components go together, and practical tips on how to completely and properly maintain all aspects of their road bikes to ensure hours of trouble-free riding. Zinn shows exactly when to tackle a maintenance project and when a trip to the bike shop for repair is unavoidable.

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Editorial Review

Amazon.com Review

Lennard Zinn explains that it doesn't take special skills to learn how to care for one's bike, only "a passion for spreading new grease on old parts." Clearly, his ambition is to share with newcomers the Zen-like joy of bike maintenance. But it's seasoned bike mechanics that should be tripping over each other for a copy of this comprehensive and ambitious manual. *Zinn* differs from other how-to books by guiding readers--with plain-speaking text--through almost every imaginable repair on almost every imaginable part. He covers everything from rebuilding hubs, to loosening seized stems, to installing six different types of bottom brackets. He even risks cycling blasphemy by walking mere mortals through the art of wheel building--an intimidating task that can take years to perfect. Although best suited for the old pros, his guide is user-friendly, funny, and essential to *anyone* willing to love their bike. --*Ben Tiffany*

About the Author

Zinn is a bicycle framebuilder, a technical writer, avid cyclist and bike lover. He is the founder of Zinn Cycles, a company that produces custom road and mountain-bike frames and forks, and custom cycling apparel.

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