



Zinn & the Art of Triathlon Bikes: Aerodynamics, Bike Fit, Speed Tuning, and Maintenance

Lennard Zinn

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Zinn & the Art of Triathlon Bikes guides triathletes through the many triathlon-specific problems of bike tuning and maintenance. It also explains about safely shipping a bike from race to race and provides clear advice on equipment choice and upgrades so that readers can make sensible choices as they advance through the sport. With this book, triathletes can become faster and more comfortable during the aerodynamic time trial and increase their enjoyment of the bike leg, the most technically demanding leg of any triathlon race. Newcomers and experienced mechanics alike can benefit from the clear illustrations, expanded views of how components go together, and practical tips on how to completely and properly maintain their bikes in order to ensure hours of trouble-free riding. Lennard Zinn's advice helps readers decide whether to tackle the maintenance project or head to the bike shop for repairs.

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