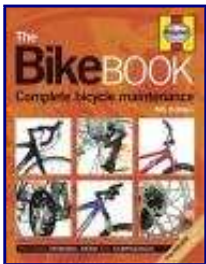
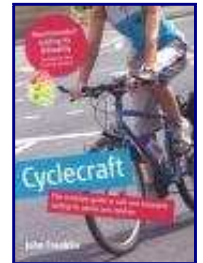


**City Cycling by Richard Ballantine - £9.99.** An excellent introduction to practical cycling, covering topics as diverse as how to choose the right bike, bicycle theft and security, panniers and carrying luggage, safe cycling techniques, and routine maintenance and servicing. Written by the author of Richards' Bicycle Book (a legendary guide to cycle maintenance published in various editions since the 1970's), this latest offering is actually an entertaining read with quirky photos and a few humorous anecdotes. Its only downfall is that it possibly attempts to squeeze too much into a book barely larger than a novel.

**Cyclecraft by John Franklin - £12.50.** The definitive guide to safe cycling on the UK's roads. A kind of detailed highway code geared specifically towards cyclists, this is the book used by cycle trainers and professional cyclists. Also briefly covers topics such as types of bicycle available, which to choose, and in what size.



**The Bike Book (a Haynes Manual) by Fred Milson - £14.99.** A very comprehensive guide to bicycle maintenance and repair for the home mechanic, covering all common types of brake and gear systems as well as most other bicycle components which are likely to require servicing, all in full colour. With the exception of wheel truing which is disappointingly briefly dealt with, this book is as an excellent all-round guide for the novice mechanic and could only be beaten by real hands-on tuition.

**Bicycle Design by Mike Burrows - £9.99.** More a coffee-table book than a serious reference manual, this small volume will suffice as a reasonable introduction to the fundamentals of bicycle design, but only for those too daunted by basic maths and physics to read the much better *Bicycling Science* (below). The author's highly informal and at times slapdash style will annoy some readers, and despite the most recent edition being published in 2008 most of the content reads as though it were written in about 1995, albeit with some hastily tacked-on updates at the end of some of the chapters. The sections on aerodynamics and composite frame materials are interesting but slightly spoilt by the dogmatic and opinionated views of the author which make it difficult to know what to believe and what to treat with scepticism. An interesting if frustrating read with the odd tit-bit of useful information, but not a thorough or comprehensive work by any means.



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**0117 329 7363**

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**Jake's Bikes, 6A Ground Floor, Haymarket Walk, Bristol BS1 3QY**

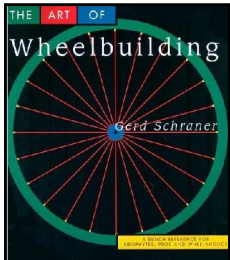
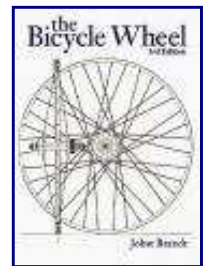
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**Bicycling Science by David Gordon Wilson - £17.95:** The serious cycling geek's bible! A truly excellent, well researched and fascinating guide to the scientific theory behind the bicycle. The bulk of the book is devoted to the engineering and physics of frame materials and construction, steering dynamics and geometry, an examination of bicycle aerodynamics and rolling drag, the basic principles of wheel design, and dispelling some common myths. However, also discussed in detail is the human physiology of the rider in terms of power transfer, respiration and heat dissipation. The only possible criticism is the lack of more up to date detail, for example on modern suspension systems or new frame materials.

**The Bicycle Wheel by Jobst Brandt - approx £35 (not officially published in the UK):**

The most comprehensive book available on the subject of wheel building. Whilst other wheel building manuals often rely on the author's intuition or trial-and-error methods, the first half of this book is devoted entirely to an examination of the physics behind the bicycle wheel and an explanation of why certain considerations are important whilst other oft-cited factors are simply irrelevant. Only once the scientific principles are dealt with is this theoretical base expanded upon with a clear and thorough step-by-step guide to building a good wheel.



**The Art of Wheelbuilding by Gerd Schraner - £16.00:** A reasonable instruction manual for building a wheel, especially the section on spoke lacing which is clear, easy to follow and points out the common pitfalls. However, this book is let down by unclear and sometimes inaccurate explanations of the physics behind spoked wheels, for example confusing spoke alignment with stress relieving. The author is all too keen to talk about the 'art', 'craftsmanship' and 'professionalism' of wheel building but neglects to provide sufficiently rigorous scientific explanations to back up some of his claims.

**www.sheldonbrown.com** - a vast collection of articles on all things bicycle related, with especially detailed information on components and specifications, by the late Sheldon Brown of Harris Cyclery, Massachusetts

**www.ctc.org.uk** - the website of the UK's Cycle Touring Club containing all sorts of information. Especially useful is the questions and answers section by the CTC's technical guru Chris Juden.

**www.parktool.com/repair** - a practical guide to bicycle maintenance and repair, including detailed information on which tools to use and how to use them.

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