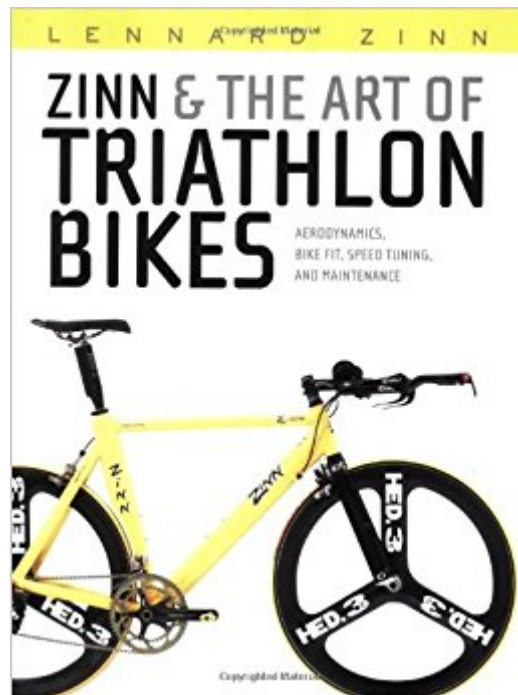


The book was found

# Zinn And The Art Of Triathlon Bikes: Aerodynamics, Bike Fit, Speed Tuning, And Maintenance



## Synopsis

Zinn and 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.

## Book Information

Paperback: 352 pages

Publisher: VeloPress (May 16, 2007)

Language: English

ISBN-10: 1931382972

ISBN-13: 978-1931382977

Product Dimensions: 8.5 x 0.9 x 11 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #869,437 in Books (See Top 100 in Books) #98 in [Books > Sports & Outdoors > Individual Sports > Cycling > Bike Repair](#) #161 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons](#) #11400 in [Books > Sports & Outdoors > Outdoor Recreation](#)

## Customer Reviews

Clear and easy to understand, even for this not-too-mechanical girl. Thanks to Zinn I can now tune my own shifting perfectly and even wrench for others on occasion. If you own the extremely popular Cervelo P3, you'll enjoy seeing your bike in the illustrations.

As an avid runner, I started doing triathlons last year. The first thing that I noticed is although I was able to pick up on how to ride a bike, I did not know much about the maintenance and precision of triathlon bikes. This book helped me understand the differences between road bikes and tri-specific bikes. It also gave me a good idea on how to maintain my bike and prepare it for races. The book

also gets into fitting and does a thorough job of identifying and detailing all aspects and parts of a bike. A must have for any triathlete, regardless of skill level.

This book covers nearly every detail of every tri bike repair in depth. The author (Lennard Zinn) really knows what he's talking about and the book is extremely well written and organized. Sometimes I feel as if I'm reading a detailed tell-all by a racing mechanic. I bought this book before purchasing a bike which has educated me immensely in choosing a triathlon bike and knowing what the heck I'm talking about. His descriptions of the many repairs/component upgrades are very concise and easy to follow. Although there are very good illustrations, the step-by-step guide drawings don't illustrate every single detail. However, once you use the book to determine what work needs to be done, I know you can find videos or photo tutorials on making the complex repair which would have more detailed visuals as to what you're doing. This really applies to the more difficult work which has tons of small, moving parts. Mechanically-uninclined dummies like me need a lot of pictures and/or video for complex tasks like many of the repairs presented in the book. In that case I would use the book in conjunction with a step-by-step video or online guide. Reading about repairing a tire is one thing but reading about it AND watching a pro change one out quickly is ideal. A perfect example of how I used the book is this... on a rental bike when in first (low) gear the bike just didn't sound right. From the relative safety of home, by spinning the crank I found the chain was scraping/hitting the front derailleur in that gear. Using the book as my guide I found the low-gear limit-screw adjustment screw and turned it a quarter of a turn clockwise. This was the perfect fix for an otherwise unpleasant riding experience. I can't believe the fine-tuning was that simple once I knew what to do! I highly recommend this book to any triathlete even if they always have tune-ups and repair work done by the bike shop. There are safety tips, bike fitting strategies, troubleshooting charts, aero theories, and race day repair guides that are invaluable.

This year I was new(ish) to cycling. There were plenty of things that I knew how to do, like change a tire, but ultimately I felt like I needed to keep my bike in great shape for the longer distance races that I am now doing. Since I didn't grow up working on bikes, I had no idea how to do some of this stuff. This book got me to a place where I am comfortable disassembling my bike and packing it for destination races as well as making adjustments to cables and such. If you don't mind taking your bike to the shop for everything, then this isn't very necessary. If you want to do some of the work yourself, I would get this.

If you are looking for a no nonsense approach to your bike, this book is for you. Everything you would want to know and great for the novice to teh experienced rider. Excellent!!!

A good book/reference on bike repairs and tuning. Lennard does a great job of explaining how to do a set up and tuning of most items you would run into with a bike repair.Great job on derailleur adjustments.A good book to have in the old bike repair go bag of tricks.

I'm a runner but wanted to get into biking. This book has a lot of information in it. If you need a paper pal, this is the thing for you. I was overwhelmed so I just grabbed some biking friends and had them go over the bike and my needs for it. Much easier and interactive!

I have been doing triathlons for a while now, and to be honest, I had neglected the " bike knowledge" part of the sport. I mean, I'm quite proficient/ above average in terms of overall knowledge, but this book takes it to a whole other level. It is very detailed and easy to read. If you don't know anything about bikes, a lot of it will go over your head until you own a tri bike and you can relate. It would be a great read for sure, but you wouldn't get as much out of it. If you do own a tri bike, and want to take it to the next DIY level... this is a great buy.

[Download to continue reading...](#)

Zinn and the Art of Triathlon Bikes: Aerodynamics, Bike Fit, Speed Tuning, and Maintenance Speed Reading: The Ultimate Speed Reading Course to Increase Your Reading Speed (speed reading techniques, speed reading for beginners, speed reading training) (Genius Guide: Step By Step Book 3) Zinn and the Art of Mountain Bike Maintenance Zinn & the Art of Road Bike Maintenance Bicycling Magazine's Complete Guide to Bicycle Maintenance and Repair for Road and Mountain Bikes Dirt Bikes (Motorcycles: Made for Speed) Dirt Bikes (Speed Machines) Arachnomania: The General Care and Maintenance of Tarantulas and Scorpions (General Care and Maintenance of... Series) MCTS Self-Paced Training Kit (Exam 70-432): Microsoft® SQL Server® 2008 - Implementation and Maintenance: Microsoft SQL Server 2008--Implementation and Maintenance (Microsoft Press Training Kit) RV Repair and Maintenance Manual (RV Repair & Maintenance Manual) RSMMeans Facilities Maintenance & Repair 2016 (Facilities Maintenance & Repair Cost Data) Simple Bike Maintenance: Time for a Tune-Up! (Spokes) Mountain Bike Maintenance: The Illustrated Manual Mike: The Tike On the Bike: An Adventurous Story Of A Boy, His Bike and His Balance! Bike Mechanic: How to Be an Ace Bike Mechanic (Instant Expert) Short Bike Rides® Long Island (Short Bike Rides Series) The Complete Strength Training Workout Program for Cross

Fit: Develop More Power, Speed, Agility, and Flexibility Through Strength Training and Proper Nutrition  
Dirt Bike Racing (Super Speed) Original Zinn: Conversations on History and Politics  
Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn

[Dmca](#)