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"The Complete Book of Mountain Bike Maintenance" is a comprehensive guide to keeping your bike healthy. Every area of bike maintenance and repair is covered, using step-by-step photos and accompanying text, to create an easy-to-understand manual that will prove invaluable to any mountain bike enthusiast. Written by a leading expert, the book is broken down into each mechanical area of the bike, providing assistance, tips and trouble-shooting ideas for every problem that may arise. The book covers the simple to the more complex, from the tools needed to emergency off-road repair, from overhauling troublesome pedals to wheel building. Whatever the symptom, "Mountain Bike Maintenance" provides the solution to the problem, aided by 'how-to' sequences that provide visual direction to the task at hand.



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Editorial Review

About the Author

Mel Allwood is a director of Brixton Cycles. She has worked in bicycle shops since the age of 15. During the course of many rides, both epic and frivolous, she has executed a multitude of trailside repairs and fixed an uncountable number of punctures. Mel lives in Brixton, south London.

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