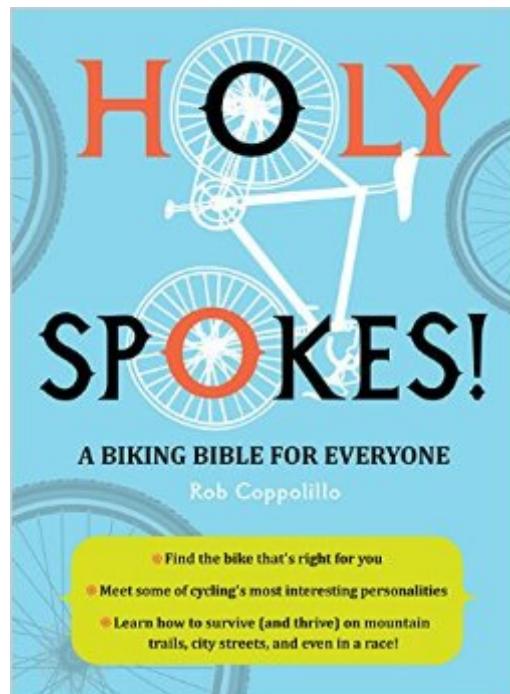


The book was found

# Holy Spokes!: A Biking Bible For Everyone



## Synopsis

Biking is cheap, itâ™s healthy, and it can provide easy access into an incredible array of life experiences. In this wide-ranging and quick-hitting guide, author Rob Coppolillo explains how bikes work, why bikes matter (especially today, when gas is expensive and interest in green living is high), and how readers â“ whatever their level of experience â“ can indulge their tastes for mountain trails, competitive racing, city exploration, and just basic transportation from point A to point B. Profiles from a raucous cast of health, racing, and travel experts shed a light on common pitfalls, and offer great ideas about how to pursue your passions while on two wheels. So take the quiz, pick your bike, and letâ™s get rolling!

## Book Information

Lexile Measure: 1160L (What's this?)

Paperback: 208 pages

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Product Dimensions: 5.5 x 0.5 x 7.5 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.1 out of 5 starsÂ See all reviewsÂ (19 customer reviews)

Best Sellers Rank: #2,762,146 in Books (See Top 100 in Books) #51 inÂ Books > Children's Books > Sports & Outdoors > Cycling #403 inÂ Books > Teens > Sports & Outdoors

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Holy SpokesBefore I critique the book, here's some background info. As someone who enjoys car and motorcycle racing, I also enjoy bicycles for training and fun on 2 wheels. I've already gotten involved with repairing and modifying bicycles, and there's actually a small group of diehard cyclists at work who have high end kit as well as high end carbon fiber frames (Pinarello, Felt, Cervelo, etc..). However, I am not that extreme. I've got very inexpensive kit: mainly Pearl Izumi Pro Barrier clothing and Shimano SPD cycling shoes on an inexpensive Kent aluminum bicycle from Wal-Mart. But I've done a lot of work on the bike: fitment, new saddle, shorter steering stem, new SPD pedals, new Continental tires, new Kool Stop brake pads, derailleur adjustments, etc... I also switched the

front and rear brake levers so that it was more like a motorcycle. A lot of the principles behind 2-wheeled vehicles are the same, except bicycles are much lighter and more agile/less stable and have far less power. So how does this all apply to the book? Well, the author made it clear that this book was intended to be a fun and easy to read primer for someone who wants to delve into the world of cycling - essentially a Cliff's Notes bicycles. It starts with the history of the sport and technology and leads the reader into professional cycling (or at least what to expect). I don't consider myself a beginner to bicycles, but I'm certainly not a professional. There are chapters devoted to technique, fitment, maintenance, different bicycle choices, and competition. I also liked how they referenced American Flyers as a recommended movie. I remember watching the movie and seeing how it accurately portrayed professional cycling in the US. If you liked this book, I recommend doing Google searches for bicycle maintenance references written by the late Sheldon Brown. Also, check out Park Tool for reference information and maintenance guides, as well as their selection of tools. That said, I felt that I didn't gain a great deal from the book even though it was well written, humorous, and could probably pass as a light version of a "Bicycles for Dummies" book. Overall: 5/5 stars, great for beginners and those that already ride! Not as much technical info as I'd like, but it covers the basics extremely well.

We're in the middle of another bicycle boom right now. At some of my local grade schools, 40% of the kids bike to school year round. There are lots of beginner bicycling books on the market and this one doesn't really say anything that the other do not. Most of the others are written for adults and are more detailed. Perhaps a shorter sparser book will be more suitable for a teenage attention span? Most sections of the book have just enough information to get you interested, but not enough to get you into trouble.

In *Holy Spokes*, the author sets out to provide an introduction to biking, accessible to a wide audience but geared more specifically at teenagers. Many activities include the warning, "Check with your parents first", so it is obvious that Coppolillo has set out to get the younger set into the hobby of biking. He walks through the entire process of discovery, from the history of the sport to finding the type of bicycle you want to ride. Indeed, with town bikes, road bikes, mountain bikes, etc, you will often have trouble even deciding what variety of bike to buy, to say nothing of the exact brand or style. This book helps you narrow it down, explaining the types of bike in greater detail. Mini-essays set off from the text share other thoughts on the sport of biking and add flavor to the book. So why only 3 stars? Perhaps expectations were set too high with this book when I saw the title was "The

Biking Bible", but I was quite disappointed at the relative lack of detail on many aspects of the sport. While going through the types of bikes, some of the types had nice pictures to explain, but many of them had no illustrations at all. Discussions of bike repair including information on the derailleur and shocks were screaming for some illustration. Some really popular biking fads were barely mentioned (like recumbent bikes), and others got an inordinate level of detail (such as how to pin on a number in race and whether or not you should shave your body hair). Once again, the book was interesting to read, and quick to flip through. It is obvious the author loves his sport and wants to share it, but the book itself just didn't do it for me. Advanced cyclists will know all of this information already, and beginners will get bewildered and want more information immediately. While not feeling it's a bad book per se, it's not one I would recommend for a person just getting into the sport.

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