



# Zinn & the Art of Mountain Bike Maintenance

*Lennard Zinn*

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## **Zinn & the Art of Mountain Bike Maintenance** Lennard Zinn

Road bikes are surprisingly complex machines, but there's no need to spend excessive amounts on repairs and maintenance. The cost of a copy of *Zinn and the Art of Road Bike Maintenance* should be sufficient in most cases. This well-organized and -illustrated guide, which incorporates the latest in component technology and innovations, shows how to maintain every part of a road bike. This includes chains, derailleurs, shifters, wheels, brakes, cranks, bottom brackets, pedals, saddles, seatposts, handlebars, stems, headsets, forks, and frames — all covered in Lennard Zinn's trademark clear and concise prose. Novices and seasoned mechanics alike can benefit from the clear illustrations, exploded views of how components go together, and practical tips on how to completely and properly maintain all aspects of their road bikes to ensure hours of trouble-free riding. Zinn shows exactly when to tackle a maintenance project and when a trip to the bike shop for repair is unavoidable.

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