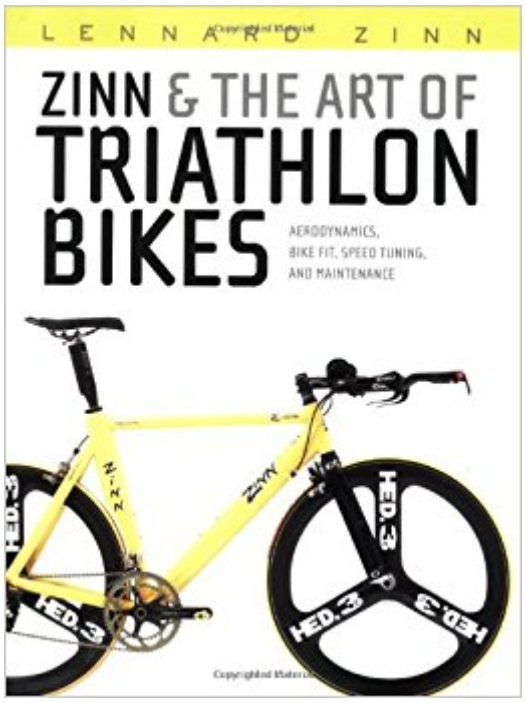
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Zinn And The Art Of Triathlon Bikes: Aerodynamics, Bike Fit, Speed Tuning, And Maintenance



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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

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Customer Reviews

"From the guy who builds 70 bicycle frames per year and fields umpteen bike maintenance and repair questions from devoted masses each week comes the first-ever triathlon bike-specific manual. Both newbie mechanics and experienced bike tool wielders will glean useful information." --Triathlete magazine"Lennard has a simple yet powerful way of teaching the athlete bike maintenance, bike set up, and helpful tips and tools that will most certainly result in great improvements in this discipline of triathlon. I so wish that Lennard’s book was available to me when I was competing!"--Siri Lindley, 2001 Triathlon World Champion, Top-ranked female triathlete in the

world 2001-2003, and Olympic triathlon coach"No longer will you have to see your bike as a mechanical black boxÃ¢â ¬Â¦ Consider Zinn & the Art of Triathlon Bikes the instruction manual that you should've gotten with your bike."--Xtri.com "This book will be the best triathlon accessory you buy. Ever."--Tri247.com "Zinn & the Art of Triathlon Bikes is an easy to understand, thorough, > and very helpful resource for multisport athletes and coaches."--Ray Browning, Serotta Cycling Institute"Zinn & the Art of Triathlon Bikes is a powerful reference for all triathletes. Zinn's chapter on triathlon-specific bike fit contains the most clear and concise description of these principles that I've seen."--Chris Martin, 2005 amateur triathlon champion Ã Â Ã Â

At last, a Zinn book that triathletes can call their own! Hundreds of thousands of road and mountain cyclists have turned to Lennard Zinn for expert bike advice. Now, with Zinn & the Art of Triathlon Bikes, Lennard shows you how to make your triathlon bike a faster,more efficient, and smoother-running machine. More than a simple repair manual, this book is full of clear advice on equipment choices and upgrades in the pursuit of speed. Lennard thoroughly explains the science and secrets of aerodynamics and bike position, and supplies detailed instructions on how to extract maximum performance from your tri bike. Clearly illustrated with hundreds of detailed illustrations, Zinn & the Art of Triathlon Bikes is also filled with Pro Tips from the sport's most creative speed demons. Shave time from your bike split, save money on travel and maintenance, and get the go-fast tricks of the stars.With Lennard Zinn's expertise, you'll gain invaluable know-how and the confidence to tackle any repair or upgrade. LOOK INSIDE TO FIND: The best way to pack and travel with your bike How to fine-tune your position for power and efficiency The right way to install and adjust aerobars and extensions How to choose the best wheels and tires The slickest and handiest third brake lever for your aero position The truth about aero: what makes you fast and what doesn't Pro Tips from triathlon's leading experts in technology and biodynamics Parts upgrades for speed and performance Problem-solving tips and tricks to unstick frozen parts and think your way through the seemingly impossible repair More than 300 comprehensive illustrations and basic step-by-step instructions for regular maintenance to keep your tri bike in perfect condition

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.

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.

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.

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.

This book is great, coming from a person with not much previous knowledge, it will help you with many facets of building up or tearing down your bike even shipping methods for those out of state or even country triathlons. The only problem I have with this book is that most of the illustrations are hand drawn and not pictures, the drawings are good and helpful but it would be nice to have an actual picture. Its really not that big of a deal and the information in the book is great for any skill level triathlete.

I am not a mechanic and wanted a reference guide to bone up on the workings of my tri bike. The book is currently covered in dust, if that tells you anything. (Go back to the first 5 words of this review.)

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!

Yep, as good as everyone said

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