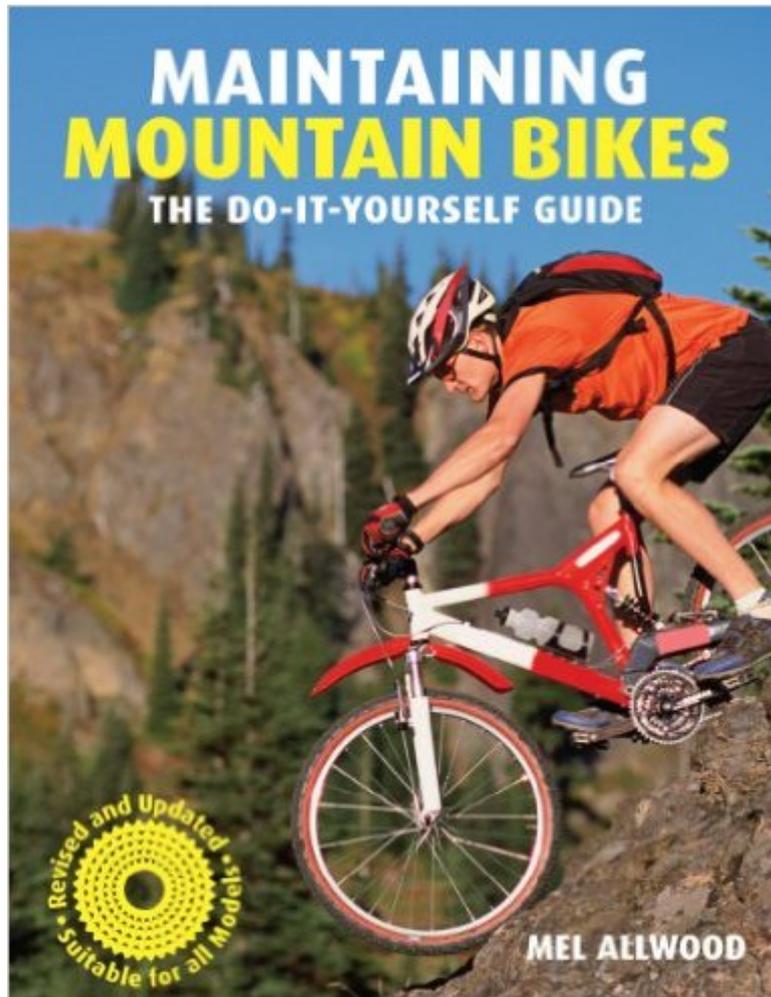


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# Maintaining Mountain Bikes: The Do-It-Yourself Guide



## Synopsis

A comprehensive illustrated guide now updated with information on all of the latest bikes and equipment. *Maintaining Mountain Bikes* is the essential guide to getting the most out of riding and caring for any model and vintage of mountain bike, including the most recent versions and their components. Using detailed step-by-step photographs and clear text, two leading mountain bike experts show riders how to keep their equipment in tiptop shape. This updating of *Mountain Bike Maintenance* includes 100 new full-color photographs and fully revised text that covers the bicycle in detail from wheel to wheel, including:

- Bike parts terminology
- Basic repair tools
- Regular routines for maintenance and cleaning
- Safety routines
- Shimano chains
- Mending a broken chain, shortening a chain to single speed, deep cleaning a chain
- Twisted links
- Crank and pedal repairs
- Cantilever brakes and disc brakes
- Fitting and adjusting brake blocks, a new brake cable and new brake units
- Fitting a new gear cable
- Transmission troubleshooting
- Tires
- Suspension
- Creaking noises

Every mountain bike component is thoroughly described, including its location, function, maintenance, common problems and repairs, as well as its replacement and installation. The authors also recommend the essential tools to carry on board and how to do roadside repairs. There is expert advice on annual and seasonal tunings, safety checks, and the nuts and bolts of adjusting, fitting, upgrading and replacing every part of a mountain bike. The updated resource list of suppliers is particularly valuable.

## Book Information

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## Customer Reviews

I have found this particular book to be extremely useful, helpful and understandable. More about that

later. In my case I am dealing with three different types of bike; mountain bikes, road bikes and hybrids. I ride all three depending upon what-ever activity I am engaged with. I probably ride the hybrid more than any and actually the mountain bike the least for the simple reason that I am old and getting older and as each year passes I stand more of a chance of breaking my neck. My wife keeps telling me I need to grow-up and perhaps she may have a point. Anyway, this book, while primarily addressing the upkeep, maintenance and repair of mountain bikes, also provides very useful information on my other bikes...many of the parts are the same and many of the techniques and directions provided for in this book can be used on most of today's high tech bikes. No make no mistake. My mechanical abilities are woefully lacking, and while I would not call myself completely incompetent, I certainly could never make a living performing bicycle repair for others. But I do know when I am in way over my head (I do know that much) and am not at all shy about hauling one of my vehicles to the professionals when needed. And this lack of mechanical ability is the only problem I had with this particular book. The technical jargon, in many cases, was way, way over my head. I simply do not know the terminology used here for the book to be helpful for me personally in some areas. There is no way I would attempt to repair disc brakes, suspension systems and transmissions. I can though, through the information provided here, perform general maintenance on these systems.

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