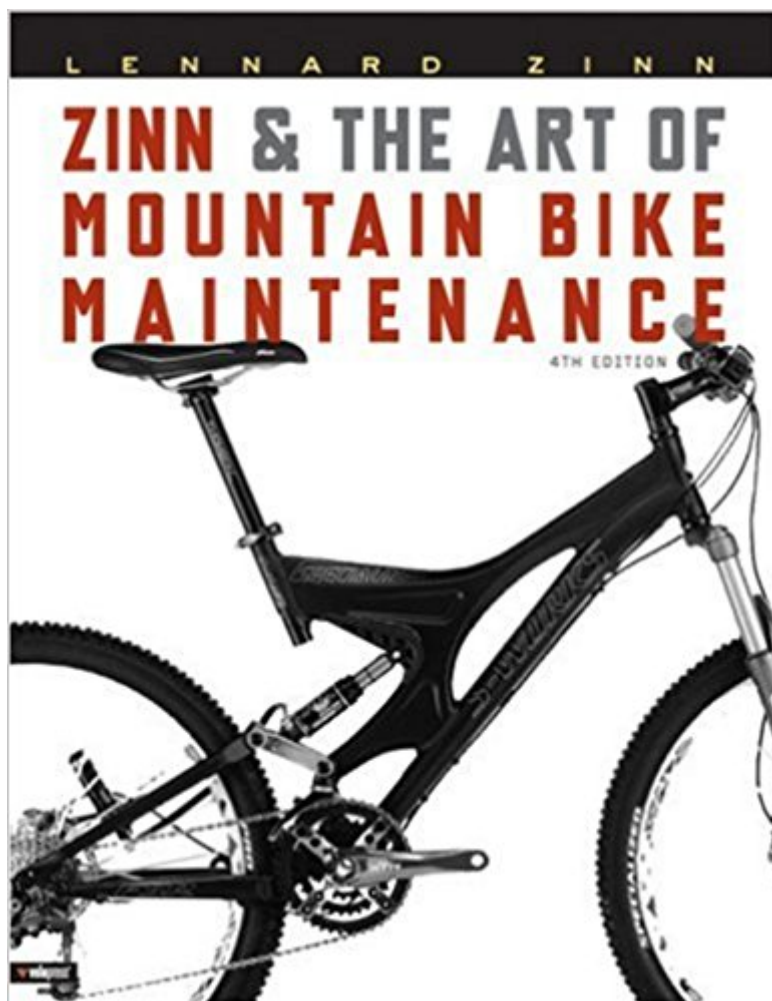


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# Zinn And The Art Of Mountain Bike Maintenance



## Synopsis

The most concise, well-organized, and clearly illustrated reference available, Zinn and the Art of Mountain Bike Maintenance gently guides the reader "regardless of mountain bike experience or mechanical prowess" through every aspect of maintenance, repair, and troubleshooting in a succinct and easy-to-read format and presents the latest technological advances and equipment in mountain bike components. Detailed diagrams and simple instructions explain everything from repairing a flat tire to building a wheel. The instructions are useful for anyone interested in mountain bikes, yet concise and complete enough to cover every state-of-the-art technical concern facing today's mountain biker. This timely revision offers updated information on shock pump adaptors, master links, V-brakes, cleat mounting and pedal overhaul, oversize handlebars, carbon steering tubes, tubeless rims, and much more. Repairs are rated for degree of difficulty while line drawings illustrate how parts fit together and show the tools needed to keep bikes in top shape and pedaling smoothly both on and off the trail.

## Book Information

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## Customer Reviews

"Lennard Zinn's book is packed with in-depth explanations and useful diagrams." Velo magazine "Lennard Zinn is a veritable cycling Einstein, and as a naturally gifted teacher he has the unique ability to explain even the most difficult mechanical task. So unless you currently ride on a high-profile pro team with your own mechanic (and maybe even then), Zinn & the Art of Road Bike Maintenance is an absolute 'must-have' book." Davis Phinney, Olympic medalist, U.S. Pro

champion, and Tour de France stage winner. "Lennard Zinn is an institution in the bicycle world—a legend. Legions of cyclists have learned to repair bikes from him, ridden bicycles he's built, or used his advice as guidance on how to better enjoy the world on two wheels." Bicycle Times magazine "Today's bicycles are complicated machines that can be expensive to maintain and repair. Zinn has written this book to help both the leisure bike rider and expert mechanic handle almost any problem associated with road bikes." Library Journal "Zinn & the Art of Road Bike Maintenance has instructions on anything an aspiring wrench would want to know. What impresses most is Lennard's overall approach of simplifying a task and reminding us how rewarding it is to perform our own service." Podium Café "Lennard Zinn really is the world's most helpful and comprehensive human when it comes to bicycle repair and maintenance." Bike magazine "When you read Zinn's books, it's like he's sharing secrets from the pro ranks with you. | The illustrations in this book are as informative as they are enjoyable to look at. This is a super helpful manual that belongs on every roadie's workbench." RoadBikeRider.com "Zinn & the Art of Road Bike Maintenance is simple, easy to follow and the illustrations are magnificent. | If you are looking for a bicycle repair manual, get this book." Cycloculture "Lennard Zinn's book might be the work that launched a 1,000 repair projects. Or, at least, it placated many home mechanics when they started cursing skipped shifts or loose headsets." Canadian Cycling magazine "If ever there was a classic text on bike maintenance, this has to be it. | Like its predecessors, it goes from super simple right through to complete re-builds. All are explained by a combination of Zinn's unique humour-filled, insightful and clear text, with Todd Telander's brilliant illustrations." 220 Triathlon "Zinn is very good at taking you incrementally through the learning process—whether you are a beginner or expert mechanic." Out There Monthly magazine "There really is no other bicycle repair manual like this. Zinn & the Art of Road Bike Maintenance is very up to date, very clear—thanks to the profuse illustrations—and accurate and comprehensive. | And it's all in a very enjoyable format intended to be encouraging and confidence-building." — US Cycling Report.com "There is a wealth of excellent info in this rather large tome. | Zinn makes little pre-supposition as to the technical abilities of his readers and it's this aspect that makes you feel that you can manage the majority of the repairs detailed in the book." TheWashingMachinePost.net "Simple to read and follow, the illustrated, large-format paperback manual features everything from replacing a flat to repairing components. It's a great addition to any new biker's library but offers invaluable advice for experts, too." Sports Guide magazine --This text refers to an out of print or unavailable edition of this title.

Zinn & the Art of Road Bike Maintenance: The World's™ Best-Selling Bicycle Repair and

Maintenance GuideThe World's Best Repair Guide for Bikes!If you are looking for easy-to-follow instructions on how to repair a bicycle,Zinn & the Art of Road Bike Maintenanceis the best guide you'll find. No matter what kind of bike you own – an aging 10-speed with hard-to-find parts or a brand-new, tricked-out race machine – Lennard Zinn's guide to all road and cyclocross bicycles is a one-stop reference that will show you the correct way to maintain and repair any bike. Whether you are a novice bike mechanic or an experienced gearhead, you will find complete DIY instructions for basic and advanced bicycle care, accompanied by hundreds of detailed illustrations, exploded views of how parts go together, and time-saving tips. Itemized tool lists explain what you'll need to do the job, whether you are stocking a workshop or tackling a roadside repair. Bicycle Basics • How to do your own bike fit • Simple instructions for regular bicycle care • Maintenance schedules to keep your bike running trouble-free Complete Bike Repair • How to fix every bike part: Brakes, wheels, tires, headsets, derailleurs, pedals, chains, hubs, handlebars, saddles – you name it, it's covered Solve Common Bicycle Problems • Diagnose and fix problems like a skipping chain, rough shifting, squeaky brakes, or a stuck seatpost with troubleshooting tables and tips Everything Covered, Old & New • Campagnolo EPS and Shimano Di2 electronic shifting systems (all types); all Ergopower and Dual Control STI systems, including 11-speed; all SRAM DoubleTap • Mechanical and hydraulic disc brakes for road and cyclocross bicycles • All bottom brackets, cup-and-cone to BB90 and everything in between The Ultimate Reference • Exhaustive troubleshooting index; glossary of terms; torque specifications; gear chart for compact and regular cranks; bike fit tables Over 650 Illustrations and Exploded Views! Lennard Zinn was a member of the U.S. national racing team and has been riding and fixing bikes for more than 50 years. A professional frame builder and bike designer, Lennard is also the technical writer for Velo magazine and hosts the popular Q&A column on VeloNews.com. His other books include Zinn & the Art of Mountain Bike Maintenance, Zinn & the Art of Triathlon Bikes, Zinn's Cycling Primer, The Mountain Bike Performance Handbook, and The Mountain Bike Owner's Manual. He lives and works in Boulder, Colorado. --This text refers to an out of print or unavailable edition of this title.

I have had many years of wrenching on cars and bikes alike. I felt that this book was a great all-in-one general maintenance book for Road Bike Maintenance. It does not give every single detail that is possible for all parts (e.g. shimano brakes, it doesn't tell give you a parts breakdown like one would if you went to the manufacture site and downloaded their technical documents).\*\*\*TIP for specific instructions for bike parts: most manufactures will post up online detailed technical specifications for each part and some will even post a parts breakdown document as well. Many of

my opinions are also formed based upon my maintenance use and ownership of the Park Tool Big Blue Book 2nd Edition (which should be the current edition). Hands down, this book is much better than the Park Tools book, for it is much more detailed in many areas that the Park Tools book lacks. This book covers most of the popular designs and manufactures (e.g. different shifting systems including campagnolo, shimano, and sram). It also details the differences between the companies as well on certain parts that need attention because of the unique design by the company. The book does a great job at sorting the different repair tasks by three different levels, which most tasks I feel are generally level 2. Not only that, it also gives an overview of different type of maintenance tool sets one should have from level 1, the basic level tool kit for the beginner, to level 3 + tools that a shop should own. Zinn also explains each of the parts for every kit level as well. I feel they do a pretty good job overall on giving a easy to follow guideline as to what common tools are needed for each of the different levels of repair difficulties. For the new bike maintenance person, this book provides a comprehensive view of what it takes to wrench on a road bike (which I believe just about everyone can manage (if they proceed carefully and slowly). Also, the writing style is extremely simple to follow and believe or not written in an encouraging manner that it makes a person feel they can repair anything on their road bike. This book does not give advise onto which brands to get for all the tools (although they do have some recommendations for certain tools interspersed throughout the book). But it gives enough advise to pretty much get most things and help guide a person onto which tools to look for and which ones may be avoided. This is a great book for those who do not have an all-in-one reference book. It is cheap and affordable and definitely worth the small amount you pay for it. I don't know right now if it is offered as a digital book, but if it ever does, I'd personally continue to pick up the paper version, since having a physical book in the workshop is much better than digital! Happy Wrenching!

Absolutely amazing book that is clear and concise. I believe I can maintain my bike without having to go to the shop anymore, especially after this purchase. The graphics and text work really well. My new garage bible :D.

So, I'd like to preface by stating that this book is great. It provides detailed information and pictures for reference. It covers different kinds of bikes, the tools needed to maintain them, and how to install parts and troubleshoot problems. Truly a thorough explanation of nearly everything for any kind of rider. With that being said, everything I have learned about maintaining my bike has been from youtube channels. I've had it for a year and used it one time when I was researching parts and

building my first bike. I will undoubtedly use it again when I attempt a second build for an entirely new form of riding. Great to have lying around and very clutch in the moment when you need it.

The book has clear instructions with good drawings to guide the user, and it covers most things you would need to do to maintain or repair most types of road bikes. I say "most" because three speed bikes and shift mechanisms are not covered, which is an area I'm interested in (I'm on the hunt for cool old Raleighs and similar vintage bikes). It does cover what I need for the bikes I actually have, which (like me) are also vintage - the newest is twenty years old and the oldest is going on 40!

It's true~ ~ This book really saved me some money by letting me know exactly how to fix my bikes problems. I was able to stop a bike chain problem, brake problem and gear shift problem by using this book.

I think this is probably good for a beginner who wants to start with a book. For that purpose this book is first rate. The illustrations are fantastic. IMHO it's not as deep as it needs to be for my interests. For example the section on brifters says to simply replace a unit that is not working properly. I still would have liked to see an exploded view of the whole clockwork and an explanation of how complicated is the teardown. In 2015 for most folks I think it's probably best to assemble your own Pinterest/file cabinet of resources on bicycle maintenance. During the time I've had this book I've learned more from YouTube than from the book.

I haven't ridden in years. I bought a NIB bike off Ebay for a steal and decided to try my hand at assembly. I bought this book along with a few tools with the understanding that if I took the bike to the shop they wanted \$50 on average and I'd have to return for adjustments after the first 100 or so miles...so another \$40. I figured I could at least be able to learn how to do basic/regular maintenance from this book to pay for the few tools. So far so good. This is a pretty thorough book covering all areas of the bike, tools, maintenance, overhaul and different part manufacturers. I think the only thing I wish it had was color photos vs line drawings. Other than that it's a nearly perfect book for beginners and I suspect even intermediate/expert bikers looking to handle 75% of their own repairs/maintenance issues.

This book is fantastic. The introduction breaks down various tools for different levels of repair difficulty, as well as giving you basic information for caring and maintaining your bike. From there,

the chapters are broken down into the various components of the bike with many cross-references to other sections for ease of use. Overall, I would highly recommend this book to anyone wanting to become more serious about cycling and understanding how bicycles are designed and repaired.

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Zinn & the Art of Road Bike Maintenance  
Vehicle Maintenance Log: Vehicle Maintenance Log Template: Car Maintenance  
â “ Reminder | Log Book | Mileage Log | Repairs And Maintenance | Everything ... | 5.5 x 8.5â • small & compact (Volume 1)  
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Zinn's Cycling Primer: Maintenance Tips and Skill Building for Cyclists  
Mountain Bike America: New Hampshire/Maine: An Atlas of New Hampshire and Souther Maine's Greatest Off-Road Bicycle Rides (Mountain Bike America Guides)  
Mountain Bike America: Washington, D.C./Baltimore, 3rd: An Atlas of Washington D.C. and Baltimore's Greatest Off-Road Bicycle Rides (Mountain Bike America Guides)  
Bay Area Mountain Bike Trails: 45 Mountain Bike Rides Throughout the San Francisco Bay Area  
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