



# Mountain Bike Maintenance: The Illustrated Manual

*Mel Allwood*

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**Mountain Bike Maintenance: The Illustrated Manual** Mel Allwood

*Complete step-by-step guide, from simple repairs to major overhauls.*

Mountain bikes endure a great deal of punishment.

**Mountain Bike Maintenance** explains how to keep a bike trouble-free on- or off-road.

From fixing flat tires to replacing worn brakes, from headset to chainset, this book is crucial for every level of mountain-biker from beginners to veterans.

**Mountain Bike Maintenance** shows how to:

- Make maintenance a pleasure -- not a chore
- Customize your bike for special conditions or a personal riding style
- Increase a bike's speed
- Do roadside repairs
- Extend a bike's life.

This book is filled with practical advice, new technologies, tricks, tips and shortcuts -- an essential reference for mountain bike owners.

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