

Reviews

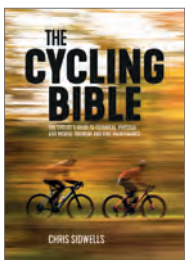
Books

CYCLING INSPIRATION WHEN YOU'RE STUCK INSIDE

Print queue
 Cycle doesn't feature all books received. Reviewers pick the ones they think you need to know about from the editor's list. Send books to:
 Cycle, Cycling UK, Parklands, Railton Rd, Guildford, GU2 9JX



The Cycling Bible



Details
By: Chris Sidwells
Publisher: Vertebrate Publishing
Price: £25
ISBN: 9781839811210

CHRIS SIDWELLS is the nephew of 1960s' pro rider Tom Simpson, and cycling clearly runs through his veins. He's been a journalist for decades and is a prolific author. The Cycling Bible is a wide-ranging and approachable tome; almost any cyclist will be able to find useful advice and some "I didn't know that" moments in its 250 pages. Its chapters cover getting started, types of cycling, bike fit, skills, training (in some detail), nutrition and maintenance.

The book's main challenge is the breadth of its subject matter. In covering everything from reflective jackets and how to change gear, through to the technique of a keirin track race and why glycolytic capacity matters, it can seem as if it's trying to speak to everyone at once.

That means that while it contains good advice for beginners and racers alike, both audiences may find too much of the book redundant and might prefer something more focused on their particular interests. The ideal reader is probably an intermediate rider who has been bitten by the bug already and is looking to improve their skills and fitness, and to soak up more about the world of cycling.

Other criticisms are more minor: it's long winded in places and could do with more practical summaries, especially in the beginners' section; some technique descriptions haven't worked so well in print (including cyclocross remounts!); and overall the book may have benefited from quoting more specialists in their fields. But for a project with such an ambitious aim, it does well.

Sean Fishpool



Excerpts

You can read excerpts from some of the books that Cycle has reviewed at cyclinguk.org/cycle-book-excerpts



Details
By: Nick Cotton & Kathy Rogers
Publisher: Vertebrate Publishing
Price: £20
ISBN: 9781839811647

Traffic-Free Cycle Trails South East England

IDEAL FOR LESS experienced cyclists seeking shorter routes, this well-presented guide helps readers choose, plan and enjoy traffic-free rides. The book includes classic and lesser-known trails and paths in South East England (including East Anglia). Each route description provides clear information on the type of surface, facilities, public transport options and relevant maps. Most rides are under 10 miles so are suitable for younger cyclists and beginners.

Georgina Cox



Details
By: Ceri Stone
Publisher: Pitch Publishing
Price: £12.99
ISBN: 9781801501156

Le Loop

PART MEMOIR, PART self-help book, **Le Loop** is an account of riding every stage of the Tour de France. 'Loopers' are amateurs who cycle the route of the professionals a few weeks ahead of the race, fully supported and raising funds for charity. Just like the pros, riders encounter rivalry, exhaustion, collisions, mechanical failures and thwarted ambition. But they also experience exhilarating highs and a towering sense of achievement. Ceri Stone's book is an entertaining account of his determination to make it to Paris.

Julie Rand



Details
By: Neil Somerville
Publisher: Octopus Publishing Group
Price: £12.99
ISBN: 9781800070042

The Cycling Puzzle Book

THIS COMPACT BOOK might make an ideal gift for your cycling-mad partner. While some of the content is not particularly challenging, it's nevertheless entertaining and informative. It'd be worth taking with you when setting off on a group cycling holiday, to kill time when you're not riding. Alternatively, if you are planning a quiz for your cycling group, this book provides some excellent material.

Andrew Hetherington