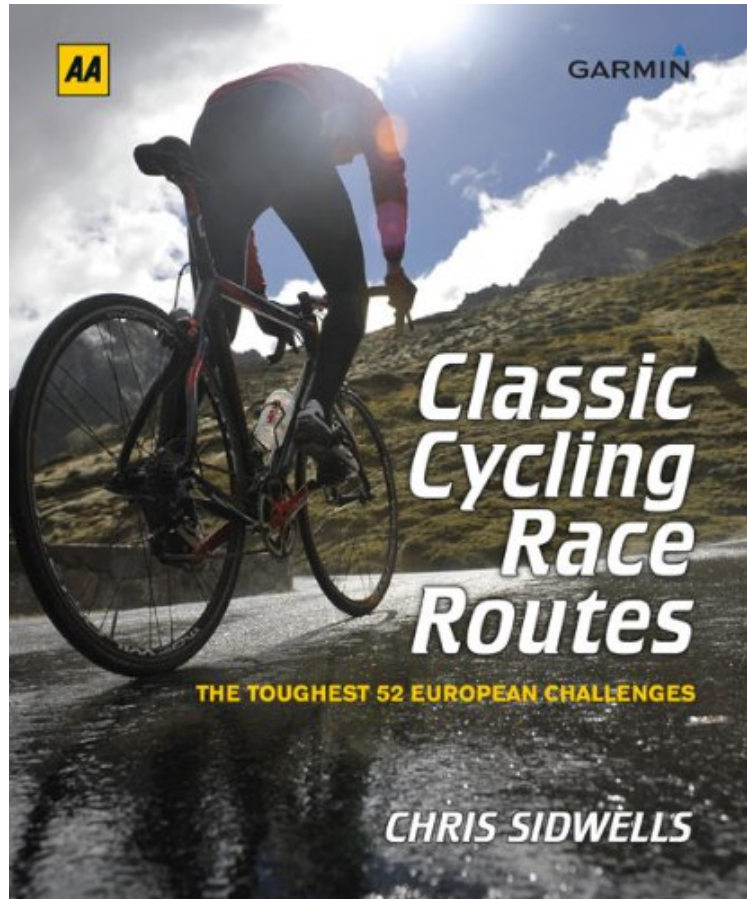


(Read and download) Classic Cycling Race Routes: The Toughest 52 European Challenges

# Classic Cycling Race Routes: The Toughest 52 European Challenges

Chris Sidwells

ebooks | Download PDF | \*ePub | DOC | audiobook



DOWNLOAD



+

READ ONLINE

#910476 in Books imusti 2014-04-01Original language:EnglishPDF # 1 11.29 x .93 x 9.40l, 2.94 #File Name: 0749574100224 pagesAA Publishing | File size: 58.Mb

**Chris Sidwells : Classic Cycling Race Routes: The Toughest 52 European Challenges** before purchasing it in order to gage whether or not it would be worth my time, and all praised Classic Cycling Race Routes: The Toughest 52 European Challenges:

The toughest 52 cycling challenges in Europe These routes, all of at least 40 miles in length, are based on the best cyclosporitive eventsthe most famous single-day professional races, which are known in cycling as The Classics, and on stages of the Grand Toursthe Tour de France, Tour of Italy, and Tour of Spain. Not just pretty rides in the country, these are serious challenges that require training and preparation, but are all accessible and are achieved by many thousands of ordinary cyclists every year. Each route contains a map with directions and an elevation diagram as well as tips for tackling the route and a background history to the event. The book also offers advice on equipment, nutrition, ride strategy, and technique. Perfect for cyclists looking for the next challenge, these routes will inspire readers to test their limits.

About the Author Chris Sidwells is a cycling writer whose books include *Bike Repair Manual* and *A Race for Madmen: The History of the Tour de France*. He has also been published in *Cycling Plus*, *GQ*, *Men's Fitness*, *Running Fitness*, and the *Sunday Times*.