



Bike Racing 101

By Kendra Wenzel, Rene Wenzel

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Infinitely practical and packed with powerful insights, *Bike Racing 101* is the single best resource for cycling enthusiasts who are ready to move from the sidelines to cycling competition. From preparation to performance, *Bike Racing 101* gives you the essential information you need to hone your skills, chart your course, and get into the race.

Penned by renowned experts Kendra and René Wenzel, *Bike Racing 101* gives you the inside edge from world-class competitors who've raced at top levels of international competition. Equipment, apparel, training, skills, nutrition, and even the unwritten rules of racing etiquette are covered in this comprehensive guide.

Written for the experienced cyclist who already has a firm grasp on biking basics, *Bike Racing 101* offers key technical advice in a format that's easy to follow. You'll learn skills that are essential for competitive performance, from cornering and climbing to sprinting. You'll get the inside edge on bikes and equipment, from the gear you need to the options you should consider to power your performance even further.

Bike Racing 101 will help you develop an effective training program and deploy practical tactics that can make a difference when the heat is on. From time trials to road and multiple-day stage races, you'll be fully prepared on race day with tips and checklists to take you all the way to the finish line.

Between them, the book's authors have almost 50 years of combined racing and coaching experience. Kendra is a Pan American gold medalist, top national performer, and former member of the U.S. national team. René is an international champion who has coached U.S. Postal Service team member George Hincapie and powered the U.S. National junior team to two world championships. Together, they offer the insights, instruction, and simple advice you need to enjoy the competitive side of one of the world's most challenging sports.

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""Bike Racing 101 is the perfect book for anyone who's serious about getting into racing. René and Kendra combine their coaching and racing experience and expertise to cover every aspect of this highly competitive sport, making this the one book you'll use again and again.""

George Hincapie

U.S. Postal Service team member

""Bike Racing 101 is a thoroughly enjoyable book. It sets out to encourage the beginner in the world of cycle racing and it not only achieves this goal, but also has enough depth and weight to be of interest to the more experienced rider too. The book deserves to be successful because the authors offer excellent coaching and training experience and expertise while maintaining a clear, concise and realistic approach.""

DailyPeloton.com

From Cyclingnews.com

""If you want to race bikes, then Bike Racing 101 is the book to read.""

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