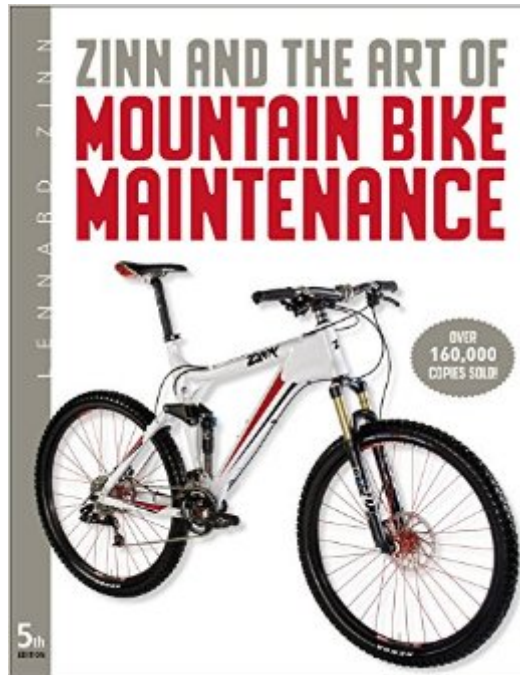




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# Zinn & The Art Of Mountain Bike Maintenance



## Synopsis

Zinn & the Art of Mountain Bike Maintenance is the world's best-selling book on mountain bike maintenance and repair. This smartly organized and clearly illustrated guide--now in two colors for easier reference--can make a bike mechanic out of anyone. Lennard Zinn's expert advice makes quick work of mountain bike repair. Newcomers and experienced mechanics alike will benefit from the hundreds of illustrations, the exploded views of how components go together, and Zinn's practical, time-saving tips. Zinn's friendly advice and years of experience make tackling even the most daunting task fun and easy. All the latest high-tech equipment is covered in this new edition, but Zinn does not neglect older bikes. Indeed, no matter what mountain bike you may have in your garage, chances are you'll find it--and the way to fix it--in these pages. Â

## Book Information

Paperback: 464 pages

Publisher: VeloPress; 5 edition (November 1, 2010)

Language: English

ISBN-10: 1934030597

ISBN-13: 978-1934030592

Product Dimensions: 8.5 x 1.1 x 11 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 214 customer reviews

Best Sellers Rank: #33,546 in Books (See Top 100 in Books) #2 inÂ Books > Sports & Outdoors > Individual Sports > Cycling > Mountain Biking #3 inÂ Books > Sports & Outdoors > Individual Sports > Cycling > Bike Repair #243 inÂ Books > Sports & Outdoors > Outdoor Recreation

## Customer Reviews

"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." --Davis Phinney, Olympic medalist, U.S. Pro champion, and Tour de France stage winner"Understanding the mechanics of your bike, knowing how to adjust it to suit your riding style, and knowing how to keep it running smoothly are essential to your mountain biking performance. Nobody teaches these skills better than the famous artiste "Leonardo da Zinnski." --Ned Overend, World and National Mountain Bike Champion"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"Regardless of your skill level,

this book is a great manual to have on hand. In its 5th edition, Zinn adds to an already impressive knowledge base, keeping things up-to-date with current innovations and tools. It doesn't spend all of its 464 pages going over installation and maintenance procedures; there are also a lot of useful tips and tricks." -- Adventure Cycling magazine

"Zinn is very good at taking you incrementally through the learning process--whether you are a beginner or expert mechanic." -- Out There Monthly magazine

"This book almost rates along with those 'missing manuals' that exist for computer software. When was the last time the manual that came with your bike bore any relation to it? Exactly. You could barely buy a decent tire for the price of this book and that should be justification enough." -- 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 5th edition contains details on bike technology introduced since 2005. Includes sections on belt drives and internal gear hubs, which are completely ignored in almost every other general audience repair book." -- Cyclelicio.us

Understanding the mechanics of your bike, knowing how to adjust it to suit your riding style, and knowing how to keep it running smoothly are essential to your mountain biking performance. Nobody teaches these skills better than the famous artiste "Leonardo da Zinnski." --Ned Overend, World and National Mountain Bike Champion

**NOBODY COVERS BIKES LIKE ZINN**

"Zinn & the Art of Mountain Bike Maintenance" is the world's bestselling book on mountain bike care and repair for good reason: it covers everything you need to know about your mountain bike in an easy-to-follow, step-by-step format. Whether you are an enthusiastic novice or an experienced old hand, you will find complete instructions for basic and advanced repairs, accompanied by hundreds of illustrations, exploded views of how parts go together, time-saving tips, and smart recommendations from Lennard Zinn, America's leading expert on bikes and bike gear.

**The Basics:**

- Simple instructions for regular maintenance
- How to choose a bike, including fitting and sizing
- Full coverage of cross-country, hardtail, full suspension, downhill, and hybrid bikes old and new

**Advanced repair:**

- Integrated-spindle cranks, clipless pedals, suspension forks, internal headsets, hydraulic brakes, hub and cassette overhaul, and much more
- Problem-solving for frozen parts, stripped threads, missing pieces
- Pro Tips to speed your work

**All about wheels:**

- Tubeless tires, sealant systems, flat repair, tire sizing and choice
- Wheelbuilding and general wheel maintenance and repair

**The latest and greatest:**

- The newest components including BB30, BB92, PF24 cranksets, inertial valve suspension forks, air sleeve rear shocks

**The most complete reference available:**

- Glossary of bike

terms, specifications for bolt tightening, gear chart for 26- and 29-inch wheels, and a comprehensive troubleshooting index - More than 350 illustrations, including exploded views of critical assemblies

Lennard Zinn was a member of the U.S. national racing team and has been riding and fixing bikes for nearly 50 years. A professional frame builder and bike designer, Lennard is also the technical writer for "VeloNews "magazine and Singletrack.com and hosts the popular Q&A column on VeloNews.com. His other books include "Zinn & the Art of Road 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.

My family is fortunate to own seven bikes including two very nice high end dual suspension carbon fiber mountain bikes and I am at about the advanced home mechanic level of expertise. I clean, rebuild or install my own headsets, bottom brackets, hub bearings, disk brakes and fork internals. I even build my own wheels occasionally. I however, am not a shop mechanic, and I do not chase bottom brackets, weld frames or align dropouts. With that said, I like to have as a backup to the internet, one complete reference for everyday maintenance. The Zinn book fits that bill perfectly. His book covers all the basics from purchasing the right tools to basic maintenance to emergency repairs. (I like his recommended tool lists more than those covered at the Park Tools website or the lists compiled by United Bicycle Institute) He also covers roughly 99% or more of the repair procedures that any home mechanic might need to attempt. The book even covers wheel building (which bike purists would say is holy ground), frame alignment, proper rider fit and has a decent set of torque tables. The repair procedures are broken down by difficulty in each chapter into Levels I, II and III. For example, a Level I repair would entail a procedure that a newbie mechanic could tackle (like changing a tire or adjusting a seatpost), a Level II would be something more for the home mechanic with some experience (like installing a new front derailleur) and a Level III repair would be for the advanced home mechanic or shop guru (like facing a bottom bracket). There are a few areas where Zinn does not go into much detail, but these tend to be rare topics that even the experienced shop mechanic is probably only going to see a few times a year. Perhaps the only weakness of the book is that for a few of the more detailed procedures, some more photos or diagrams would be helpful. For myself, I was fine with the amount of diagrams but I can see where a newer home mechanic might appreciate it. I am also glad he tends to update this work about once every three to five years. Will be waiting for the next release, and a great guide for more than 99% of home mechanics. Five stars

The book is good...and comprehensive, but I struggled with it on a few fronts. 1: It's too technical for me. I'm new to biking. I was hoping this book would help me get up to speed on bikes and aid me in working on my own bikes. It immediately jumps into pieces and terminology that is just too foreign for me. I struggled to follow along. 2: I personally think youtube is better. The graphics in this book are helpful, and so are the write ups, but it has not been nearly as helpful as watching some videos online to learn. 3: it's big. When I'm at home I'm now using youtube (as I already mentioned). When I could see myself using a book would be when i'm on the trails and something breaks and I don't have service. This book is far to big to take along on a ride. Overall, I'm sure this is good for more bike-technical folks. I'm probably just too new to the game to get the most out of it.

Very thick, well written book. Not a thing wrong with it, you can tell a lot of thought and expertise went into the writing of this book. However, as a new mountain biker I found it to be a bit advanced. Will exchange for a more "basic" repair guide, and something with pictures instead of line art. Once I get the bare bones basics down, I'll graduate to this book.

I'm not particularly fond of relying purely on the internet for information, mostly because network connections aren't the most reliable in my area. This is nice to have on hand in my garage in the off chance that I come across something weird that I need to look up while there's a power outage or something. If you're not collecting obscure bikes, this book and a decent set of tools should be more than most people need.

I've been borrowing many bicycle fixing books from the library for years. Whenever my bicycle would need fixing this was my go to book amongst many others. So I finally bought it. The information is easier to understand with pictures. It's no politicised like some other bike books (which can get distracting, and annoying at times.)

After getting basic skills in bike repair (and having read a basic introductory book or two about the subject) everyone who wants to go into more serious and complex bike repair projects should give a try on Zinn's bike maintenance books. Comprehensive but also easy to understand, they go into details well beyond the beginners' guide and offer in-depth descriptions of the astounding variety of systems out on the market with lots of illustrations showing views of their construction and step by step description of the procedures for fixing them and the tools needed for the job. Since I have a mountain bike I got this book, but Mr Zinn also wrote a book for "the other guys" - Road, touring,

cruise. Highly recommended!

Ahhhh... There's too many bikes out there with too many parts for this to be a go to book. It will get you started. But it won't fix your bike. You're still gonna end up going to YouTube, so why not start there. I don't hate I bought it, but it is taking up space on my bookshelf.

This book offers good entry level advice for maintaining your mountain bike, but the information is lost in a series of black and white sketch diagrams that attempts to cover every model of bike and component out there, when in reality there are too many to cover and models change frequently. Some good step by step knowledge if you can find what you are looking for. I recommend finding something specific to the bike or equipment manufacturer.

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