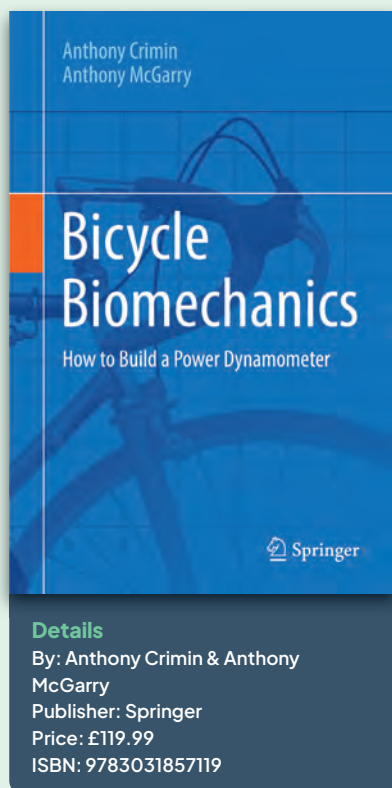


Bicycle Biomechanics



Details

By: Anthony Crimin & Anthony McGarry
 Publisher: Springer
 Price: £119.99
 ISBN: 9783031857119

If you've ever stopped mid-ride to lower your saddle by two millimetres, convinced this tiny tweak will unlock cycling heaven (only to reverse it minutes later!), or pondered the 'roundness' of your pedal stroke, then *Bicycle Biomechanics* may be the deep dive you need.

This isn't a book for the casual reader. It's for those who want to know not just what to do but why – and who have a decent technical grounding. It takes you on a journey from early bicycle design through to the biomechanics underpinning how we ride today.

"The RRP is steeper than Winnats Pass... but still far cheaper than a professional bike fit these days"

The authors are clear: this is not a step-by-step bike-fit manual. Instead, it provides the basis to understand why certain fits work, and what really matters when setting up a bike for comfort, efficiency or speed. Their explanation of how small geometric changes affect posture – and how rider physiology influences power on the bike – feels particularly empowering for anyone wanting to take bike fitting into their own hands. However, you need to be willing to tackle some challenging material.

Some sections are undeniably academic. But stick with it and you'll gain a sharper intuition for your own riding and perhaps a more sceptical eye for the marketing jargon of the big brands. The RRP for this hardback version is steeper than Winnats Pass at £119.99 (and even the e-book version is £95.50). That's still far cheaper than a professional bike fit these days – or the university course that teaches this stuff! For those serious about deepening their technical understanding, this book is a worthwhile, informative and surprisingly engaging companion.

Tomos Owens



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From Ibiza to the Norfolk Broads

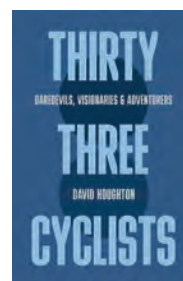
Details

By: James Briggs
 Publisher: Icon books
 Price: £20
 ISBN: 978183773118

The mad idea behind this mid-life-crisis odyssey is to cycle a lyric from

a David Bowie song, trying to figure out the meaning to 'Life on Mars'. The author follows his 'Star Map', a list of places of significant Bowie events: concert venues, recording studios and former residences. Nearly 3,000 miles of cycling adventure later, he is not much the wiser but finds peace and a new direction. If you love bikes and Bowie, as I do, you'll love this book.

Ian Small



Thirty Three Cyclists

Details

By: David Houghton
 Publisher: Independently published
 Price: £11.35
 ISBN: 9798287574406

Thirty Three Cyclists charts the overlooked

achievements of a breadth of riders across a 208-year period. It starts where it all began, with Karl von Drais and his Laufmaschine in 1817, and ends in 2025 with Vedangi Kulkarni, the only woman to have cycled around the world twice. It documents incredible feats of bravery, stubbornness, endurance and a simple love of cycling. Recommended.

Ross Adams



Boys on Bicycles

Details

By: Bob Hurling
 Publisher: Self-published
 Price: £14.99
 ISBN: 9798262554843

This is an amiable, slightly blokey recollection of happy, underprepared touring with friends as a

young adult, full of ridiculous scrapes, dumb assumptions and good times. Their tour is in a newly liberated Hungary in 1991, and you feel your own anxiety as their bikes get sent ahead on a train with an arrival time of 'later'.

Sean Fishpool