



Get Fast!: A Complete Guide to Gaining Speed Wherever You Ride (Bicycling)

Selene Yeager

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Every cyclist wants to get faster. Whether they're a weekend warrior, a crit specialist, or a charity cruiser, speed is the X factor that lets a rider ride strong, feel fresh, and thoroughly enjoy each ride.

Get Fast! is the cyclist's go-to guide for gaining speed. In it, author Selene Yeager addresses speed from every possible angle, including not only the standard chapters on riding techniques and bike maintenance tricks specific to getting fast but also stand-alone chapters on fitness and weight loss, stretching, nutrition and supplementation, motivation, and mental attitude. Together they present a complete and comprehensive guide to achieving one's top speed.

Bolstered by a foundation in science and road-tested by Yeager and the editors of *Bicycling* magazine, the wisdom presented in *Get Fast!* will have riders and readers flying on the road, dirt, dirt roads, cross course, track--anywhere and everywhere they love to ride most--in no time at all.

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