

## **Cateye EI600rc User Guide**

Complete Home Fitness Handbook  
40 Years of Cycling Photography  
Tales from the Toolbox

### **Complete Home Fitness Handbook**

Now readers have the rare opportunity to get a behind-the-scenes look at European road racing. Former Motorola Cycling Team mechanic Scott Parr spins tales from his years of turning wrenches for America's top pro cycling team. Parr's unique perspective and his state-of-the-art insight into the technowizardry of modern professional cycling provide a real treat for the reader of cycling literature. -- Delivers the insider's story on such great racers as Lance Armstrong, Phil Anderson, Sean Yates, Frankie Andreau, and Axel Merckx

### **40 Years of Cycling Photography**

40 Years of Cycling Photography represents a lifetime's work for World famous cycling photographer Graham Watson. From Bernard Hinault in the 1970's through to Chris Froome in the 2010's, Watson's photography of the greatest champions and epic races is the most complete cycling archive ever captured by a single

photographer. Watson was there when Hinault won his first Tour de France in 1978, and when Miguel Indurain won his fifth Tour in 1995. In recent times, Watson recorded the emergence of a new breed of cycling superstars from Cadel Evans to Mark Cavendish and Peter Sagan. Cycling fans will revel in the variety and quality of the images in 40 Years. Sean Kelly's glorious career, as well as other great Classics stars such as Tom Boonen and Fabien Cancellara feature throughout the 300-plus images. Graham Watson began his career photographing aristocracy in London with a heavy old Kodak camera made of wood and glass. He describes the transition from black and white sheet-film, to colour slides, to digital, and finally to direct transmission from the camera in the modern era. Watson has previously authored more than twenty titles, ranging from Visions of Cycling in 1988, 20 Years of Cycling in 2000, Landscapes of Cycling in 2004, and his personal Guide to the Tour de France. In addition, Watson has co-authored coffee-table books with some of the sport's most famous names - Stephen Roche, Miguel Indurain, Sean Kelly, Lance Armstrong and Cadel Evans.

### **Tales from the Toolbox**

Discusses how to determine one's fitness level and set fitness goals, offers exercises for stretching, weight machines, and free weights, and suggests how to get the most from stationary bikes, stair-climbing, treadmills, and more

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