



Book Inventory – VBC Library
(May 14, 2009)

A- Adventure

<u>Title</u>	<u>Author</u>
Every Second Counts	Lance Armstrong
Free Wheelin' A Solo Journey Across America	Richard Lovett
Following the Sun A Bicycle Pilgrimage from Andalusia to the Hebrides	John Hanson Mitchell
Heft on Wheels	Mike Magnuson
Home to Italy	Peter Pezzelli
It's Not About the Bike, My Journey Back to Life (2)	Lance Armstrong
The Long Ride	Lloyd Sumner
Off the Map Bicycling Across Siberia	Mark Jenkins
Pilgrim on a Bicycle	Barbara Mary Johnson
Re-Engineering the Engineered World	Keith Watkins
Ride Over the Mountain Reflections on a Two-Wheeled Journey Around America	Martha Retallick
Self-Propelled in the Columbia River Gorge	Keith Watkins
Two Wheels North Bicycling the West Coast in 1909	Evelyn McDaniel Gibb
Two Wheels and a Taxi A Slightly Daft Adventure in the Andes	Virginia Urrutia
Wilderness Road Odyssey A Cyclist's Journey Through Present and Past	Fess Green

Key

- A- Adventure
- G- General
- MB – Mountain Biking
- M&R – Maintenance and Repair
- N – Nutrition and Health
- R-Racing
- T- Training and Fitness
- Tour - Touring



G-General

Title

The All New Complete Book of Bicycling
“Bicycle” (VHS)
Bicycling with Children – A Complete How-To Guide
Bicycling Science
Complete Bike Book
The Complete Book of Bicycling - All New 4th Ed.
Complete Book of Road Cycling Skills (2)
Core Performance Essentials
Crash! (DVD)
Cycling: Repair and Safety (VHS – 48 min.)
The Cyclist’s Bible
The Cyclist’s Companion
Cycling in Posters
Derailleur – A Cycling Murder Mystery
Effective Cycling
Greg LeMond’s Complete Book of Bicycling
The Haynes Bicycle Book
On Your Bicycle
 An Illustrated History of Cycling
Pedal Power
Riding Fundamentals - 66 Tips (CD-ROM)
Serious Cycling for the Beginner
The Woman Cyclist
Understanding the Ten-Speed Bicycle

Author

Eugene A. Sloane
Famous Cycling Video
Trudy Bell
Frank R. Whitt & David G. Wilson
Chris Sidwell
Eugene A. Sloane
Ed Pavelka & Bicycling Magazine
Mark Verstegen
Bob Roll
Bosworth and Graves
Alfred Sagazio w/ Bob Elman
John Howard
Jan Michael
Greg Moody
John Forester
Greg LeMond
Bob Henderson
James McGurn
Ray Thomas
Ray Adams
Elaine Mariolle & M. Shermer
D. M. de la Rosa and M. J. Kolin



T-Training and Fitness

Title

Bicycle Fitness Book, The

The Complete Bicycle Fitness Book

The Complete Book of Long-Distance Cycling

Core Performance Endurance

Cycling for Fitness

Cycling for Sport

Improving Your Cycling Technique and Training

Cycling Past 50 (2)

The Cyclist's Training Bible

Fitness Through Cycling

Sport Cycling, A Guide to Training, Racing,
and Endurance

Training for Fitness and Endurance

Training Tips for Cyclists

The Ultimate Off-Season Conditioning Program

Author

Rob Van der Plas

James C. McCullagh

Ed Burke and Ed Pavelka

Mark Verstegen

John Schubert

Michael J. Kolin

Joe Friel

Joe Friel

Bicycling Magazine

Michael Shermer

Bicycling Magazine

Chris Carmichael

Cyclo-Core DVD

MB- Mountain Biking

Complete Book of All-Terrain Bicycles

The Mountain Bike Book

Mountain Bike Oregon

Mountain Bike Washington

Mountain Biker's Guide to AZ

Mountain Biking in the Northern Sierra

Mountain Biking Skills

Mountain Biking Skills

Mountain Biker's Training Bible

Mountain Biking for Mere Mortals

Mountain Biking – The Complete Guide

Mountain Bike Guide to Oregon

The Single Track Anthology – Hood River (2)

Surviving the Trail – A guide to mountain bike maintenance (VHS) Video Action

Women's Mountain Biking

Eugene A. Sloane

Rob Van der Plas

Lizann Dunegan

Amy and Mark Poffenbarger

Sarah Bennett

Bob Ward

Bicycling Magazine

Mountain Bike Magazine

Joe Friel

Michael Hodgson

Sports Illustrated

Jack D. Remington

T. Barnes & K. Reynolds

Jennifer Kulier



M&R-Maintenance and Repair

Title

Anybody's Bike Book (2 copies '71 & '98)
Basic Maintenance and Repair
Fix it Right
How To Fix Your Bicycle
The Bicycle Repair Book
Pocket Guide to Bicycle Maintenance and Repair
Roadside Bicycle Repairs
Sloane's New Bicycle Maintenance Manual
Upgrading Your Bike
Complete Guide to Bicycle Maint. and Repair

Author

Tom Cuthbertson
Bicycling Magazine
Bicycling Magazine
Helen Garvt
Rob van der Plas
Greg LeMond
Rob Van der Plas
Eugene A. Sloane
Frank J. Berto
Bicycling Magazine

N-Nutrition and Health

Title

Bicycling Fuel - Nutrition for Bicycle Riders (2)
The Two-Wheeled Athlete
 Physiology for the Cyclist
Sports Nutrition Guidebook
Cycling Health and Physiology (2 copies)
 Using Sports Science to Improve Your Riding and Racing

Author

Richard Raftery, MD
Ed Burke
Nancy Clark
Ed Burke

R-Racing

Title

Bicycle Racing Guide, The
Bicycle Road Racing
 Complete Program for Training and Competition
Cyclists
 How the World's Most Daring Riders Train and Compete
Riding & Racing Techniques
Solo Cycling (2 copies)
 How to Train and Race Bicycle Time Trials

Author

Rob Van der Plas
Edward Borysewicz
Steven Boga
Bicycling Magazine
Fred Matheny



Tour-Touring

Title

The American Biking Atlas & Touring Guide
Best Bike Rides Around Portland (2 copies)
The Best Bike Rides in the Pacific Northwest
Bicycling Magazine's Guide to Bike Touring
Bicycling the Backroads of Northwest Oregon (3)
Bicycling Backroads of SW Washington (4 copies)
Bicycling the Backroads Around Puget Sound
Bicycling the Pacific Coast (3 copies)
Bicycling the Back Roads of Northwest WA
Bicycle Touring in Australia
Bicycling California's Spine
 Touring the Length of the Sierra Nevada
Bike Touring – Sierra Club Guide to Outings
Biking the Great Northwest
 20 Tours in WA, OR, ID, and MT
The CTC Route Guide to
 Cycling in Britain & Ireland
Cycle Touring in New Zealand
Cycling Italy
Exploring By Bicycle
 SW British Columbia and the San Juan Islands
Exploring Rural Ireland by Bicycle
Grand Canyon to Mexico Bicycle Route
Roads to Ride
 Alameda, Contra Costa and Marin Counties
Roads to Ride – South
 San Mateo, Santa Clara, and Santa Cruz Counties
Road Biking Oregon
San Juan Islands Afoot and Afloat
Touring the Islands

Author

Sue Browder
A. Wiselogle & V. Church
T. Litman & Suzanne Kort
Doug Donaldson
PN Jones & J Henderson
Erin & Bill Woods
Erin & Bill Woods
T. Kirkendall & V. Spring
Erin and Bill Woods
Leigh Hemmings
Bil Paul
Raymond Bridge
Jean Henderson
C. Gausden & N. Crane
Bruce Ringer
Lonely Planet
Tim Perrin & Janet Willson
Martin Ryle
Ed & Lori Stiles
Grant Petersen
Grant Petersen
Lizann Dunegan
Mountaineers
P. Powers & R. Travis