



Bicycle! A Repair & Maintenance Manifesto
Sam Tracy

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Sam Tracy's new book *Bicycle!: A Repair & Maintenance Manifesto* brings us back to the heart-pounding excitement of bikes and cycling, minus the sting of breakdowns. In a refreshingly clear, candid voice, Sam Tracy answers questions we weren't sure we knew to ask about repair and maintenance. With personal insight and a counter-culture perspective, Tracy covers everything under the sun relating to bicycles. *Bicycle!: A Repair & Maintenance Manifesto* speaks to the dedicated cyclist.

Only the luckiest of us get our dream bike and, with it, a mentor. The bicycle spirit-guide sports blackened, torn knuckles and thick, permanent fingernail jam. This is the friend who introduces us to pressure gauges and stained zipper cases filled with pristine metric wrenches. For those still lacking a mentor, Sam Tracy acts as your spirit-guide.

Tracy introduces his book by saying, "This is for the little bike that wants to roar" He continues, " ... the means to make your own bike soar, will trace back to a patient series of rituals, the sum of which will embrace your own ride, your kid's bike, and the one after that." He characterizes the process as holistic.

No weekend warrior, the author has worked in the trenches as a bicycle courier and mechanic. After fifteen winters trekking through Milwaukee and Minneapolis on his bike, Sam Tracy currently resides in Boston. Sam volunteers as a mechanic for **Bikes Not Bombs**—a non-profit organization working for alternative transportation and community development—and has been involved in **Critical Mass** movements—monthly bicycle rides to celebrate cycling and to assert cyclists' right to the road—in various cities.

During the early nineties, Sam Tracy produced the magazine, *Biker Pride*, which evolved into *Multiplier*, an urban cycling periodical. *Bicycle!: A Repair and Maintenance Manifesto* completes the treatise Sam Tracy began in his earlier repair manual, *How to Rock and Roll*, published in 2001. Tracy says he wants to do more than add information for his readers; he wants to "tell it like it is." He succeeds.