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# The No-Drop Zone: Everything You Need To Know About The Peloton, Your Gear, And Riding Strong



## Synopsis

The No-Drop Zone contains all the information necessary for new cyclists to gain the knowledge and skills to take them from buying their first bicycle to starting their first race. Cyclists learn how to handle the bike, perform minor maintenance, select clothing and accessories, join clubs, and find events. The book also covers every aspect of riding in a group, emphasizing such specific skills as how to avoid bumping into other riders when riding in close quarters and fixing a flat quickly enough to rejoin the group. Author Patrick Brady explores the particular pleasures that come from group riding, a unique experience at once social (talking with friends while riding), exciting (descending in a group), and exhilarating (finishing a long hill). Brady also details the enormous fitness benefits of riding in a group. The No-Drop Zone has all the knowledge a cyclist needs to move to that next level of skill.

## Book Information

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## Customer Reviews

It was a pretty good book. It doesn't tell you absolutely everything you need to know in order to race or tour or even do group rides, but it gives you a strong overview of the sport, the equipment, the types of events, and the culture. Certainly enough to get started and not embarrass yourself. You could probably find all of this information on the internet for free, but having it all collected in a single volume like this could save you a lot of hassle.

I was excited when I heard that Patrick Brady, aka Pdraig of the blog "Red Kite Prayer," was publishing a "Cycling 101" book. I would have devoured this book as an excellent reference when I

was learning the sport of road cycling twenty years ago. There is a little bit of everything included. I recommend this book to beginners just getting started, and to seasoned riders looking for some inspiration and insight. If you are a fan of the blog you will be pleased to know there is plenty of the author's trademark dry wit infused with good advice. As the author of *Watch Your Line (Second Edition): Techniques to Improve Road Cycling Skills*, I am very impressed with the amount of material Mr. Brady was able to research, refine, and publish in this book.

I cycle quite a bit but bought this book for a friend that was getting into cycling. It is a very good book for beginners, probably a little too basic for people with riding experience. As with most references these days, you could probably piece together most of this information from the Internet.

I've been racing for a few years but am an avid follower of Padraig's Red Kite Prayer blog, so bought the book out of interest. Wow, this IS the book you want to read when you start road riding for the first couple years and want to know how to do all the basics. Well illustrated, easy to follow. The section on frame materials is more advanced and as the author says can be skipped unless it's a specific interest. This is the only and best complete 'how to' manual for road biking that I know, and I recommend it to anyone getting rolling.

Brady takes the reader comprehensively through every aspect of serious cycling to an extent that the neophyte can avoid many of the beginner's mistakes and start their new sport at a much higher, more satisfying level. Well worth reading if you want to ride well and avoid making many mistakes of the uninitiated. And it's written to be entertaining, not preachy.

I've been riding for over 30 years. I bought this book originally for a friend who was getting into cycling. I started reading thru it and found it to be not only a great refresher, but also gave me some info I wasn't aware of. I ended up purchasing two books. Highly recommended this book for anyone getting into or currently cycling.

As a "seasoned" rider I didn't find much new in "The No-Drop Zone"; however, I found it full of good information that I sometimes don't think about. I find it is a good thing to be reminded of what we take for granted "out on the road". For new riders there is a wealth of information. Everything from the different types of bicycles, their components to riding techniques. I thought the section on riding with groups was outstanding. In addition to the information presented, I really enjoyed the authors

dry wit. Altogether, a very interesting book, which I'm sure I'll refer to in the future.

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