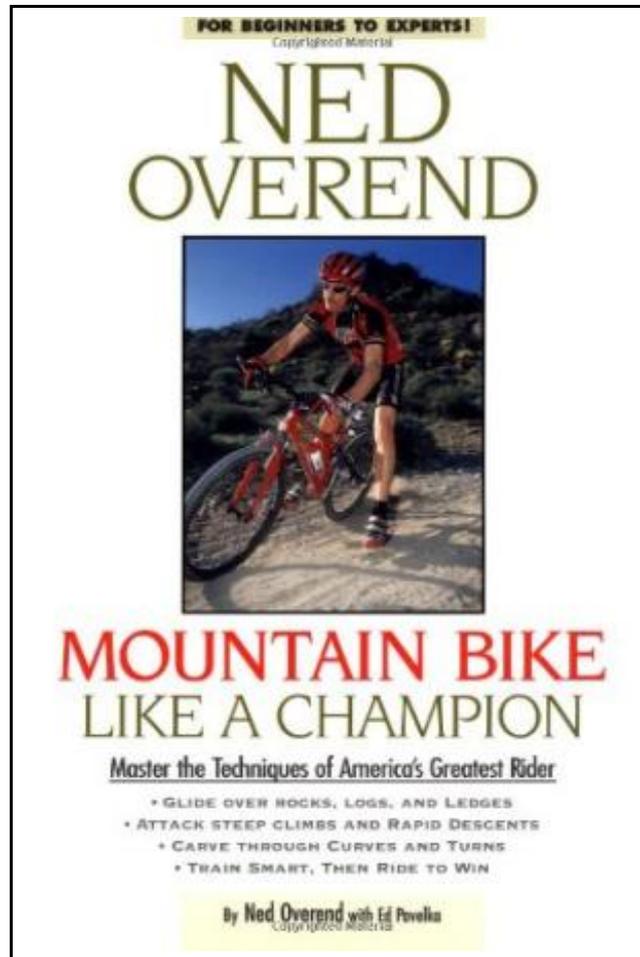


Mountain Bike Like a Champion: Master the Techniques to Tackle the Toughest Terrain



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Reviews

A must buy book if you need to adding benefit. It can be rally interesting through looking at period of time. Its been designed in an remarkably simple way and it is only after i finished reading this publication by which in fact altered me, modify the way i believe.

(Ms. Julie Huels)

MOUNTAIN BIKE LIKE A CHAMPION: MASTER THE TECHNIQUES TO TACKLE THE TOUGHEST TERRAIN



RODALE PRESS, United States, 1999. Paperback. Book Condition: New. 223 x 152 mm. Language: English . Brand New Book. Master the techniques of America s greatest rider with Mountain Bike Like a Champion. * Glide over rocks, logs, and ledges * Attack steep climbs and rapid descents * Carve through curves and turns * Train smart, then ride to winImprove your performance with these tips, techniques, and off-road tales from mountain biking legend Ned Overend. At the 1990 world championships in Durango, Colorado, Thomas Frischknecht and I were locked in a dogfight. At the start of the fourth and final lap was a pitch of rocky, loose trail that went straight up the face of a ski run. My Swiss rival had been dismounting and running this climb while I stayed on my bike. On previous laps, I d opened a little gap, so I knew this would be my chance. I attacked when Thomas got off again. He never caught me. To ride that steep trail, I had to use five climbing techniques. There s no reason why you can t make them part of your arsenal, too.



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