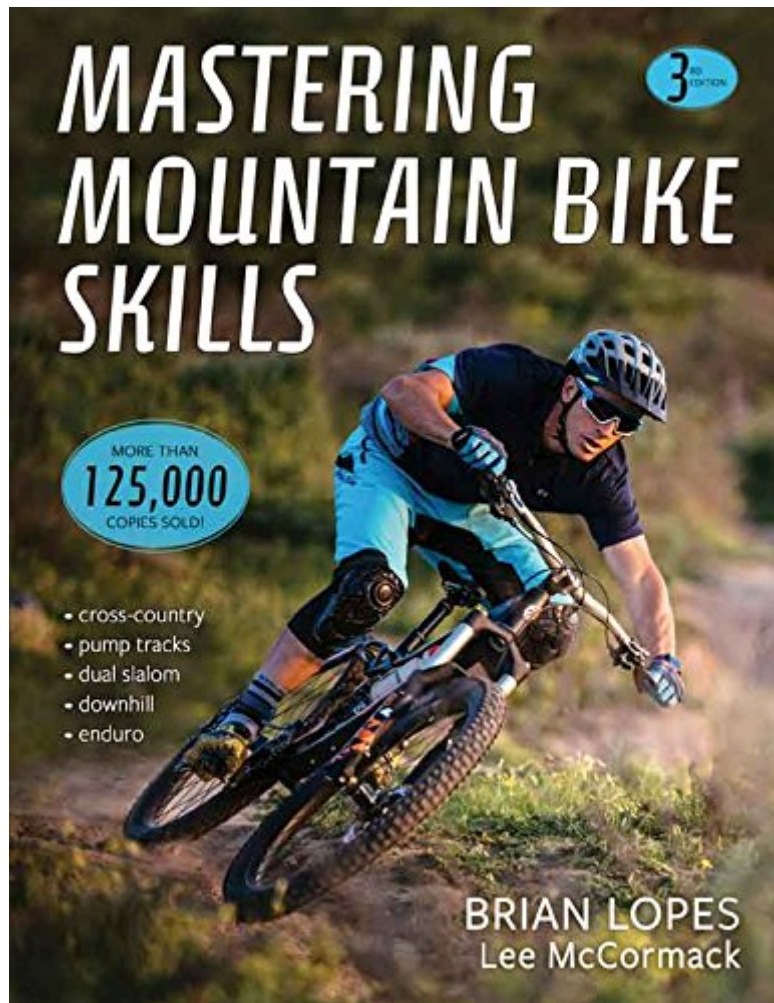




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Mastering Mountain Bike Skills



Synopsis

If you want to ride like a pro, you should learn from a pro! In *Mastering Mountain Bike Skills, Third Edition*, world-champion racer Brian Lopes and renowned riding coach Lee McCormack share their elite perspectives and their own successful techniques to help riders of all levels build confidence and experience the full exhilaration of the sport. *Mastering Mountain Bike Skills* offers everything you need to maximize your fun and excitement on the trail. Learn how to select the proper bike and customize it for your unique riding style. Develop a solid skills base so you can execute techniques with more power and precision. Master the essential techniques to help you carve every corner, nail every jump, and conquer every obstacle in your path. Last, but not least, prepare yourself to handle every type of weather and trail condition that the mountain biking world throws at you. Whether you're a first-time mountain biker, a seasoned enthusiast, or an aspiring professional, this book is the guide for improving your ride. Don't just survive the trail—own it, and enjoy the thrill.

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Customer Reviews

First, about me: I'm just a weekend single-track warrior with little intention of ever racing on a serious level. I've been riding the trails for maybe 8 years now and am on my third bike. I can honestly say I learned a lot from this book. I think beginners and pros and everyone in between can pick up some great tips. I see this book as a MTB version of *Proficient Motorcycling: The Ultimate Guide to Riding Well*, a book that I return to when I just want to touch up my skills in certain areas. The bike setup tips have given me some ideas for my next upgrades (shorter stem and maybe a remote seatpost!) and the riding tips have already started paying off. Though I already practiced a lot of the recommendations for my kind of riding, it wasn't really on a conscious level and therefore wasn't consistent. Brian and Lee put everything into easy-to-understand terms and explain why some things work well and others don't. The writing flows well and the occasional humor is spot-on. Together with the useful information, it all just comes together as an enjoyable reading experience. This book has inspired me to want to try some different disciplines; Super D sounds like a lot of fun and I really wish we had a pump track in the area! I'm sure I will occasionally return to this book and any future updates as a way to stay on track and continue my improvement. By the way, I briefly considered the Kindle version of this book but I would have really lost out on the great photos. They're worth the extra price and really help illustrate the points being made.

Great book. Very thorough. Complete with everything you need to help you get started from beginner to expert. The new edition comes with a glossary of terms, as some of the language used is colorful from the racing circuit crowd. Most beginners will not know what things like pumping and railing mean, so turning to the glossary will explain it. Perfect.

First: I have almost 15 years of mtb riding. About 12 of them were spent - to use Lee's words - sucking. I always enjoyed riding though but got stuck in a rut. I read quite a few useless books during that time. Then I discovered MBIK Magazine, bought Trials ace Martyn Ashtons book, ditched my SPD pedals and lycra outfit and started over from scratch, learning the basics on flats and with knee pads. Track stand, hops etc. etc. Trail riding became a lot more fun. I stumbled over Lees Facebook page one day and there was a piece on suspension and riding a bigger wave. What he wrote made instant sense. I'm an engineer but in this case, someone just needed to nudge my brain pattern. A lot fell into place. I went out and tried his advice 'heavy feet, light hands' to great effect. There was flow! So I got the book. I reckon, even if I read ten or twenty books before, there will be something new in this book that's worth while. I went through it in a few days. As I write this, I've just been out riding and messing around with the 'attack position' on a familiar piece of trail. I tried it going down a

set of stairs and some steep descents. It worked flawlessly. I went down stuff that scared me before with unbelievable ease and I went over lumps and bumps smoothly. I had to try it again and then again. I forgot myself briefly and went back to my old ways and promptly hit the ground. I'm gonna re-read and practice and yeah, there will be 'braaaaap'. So, this book is really good. I wish someone gave it to me years ago. I spent so many years doing stuff plain wrong or just not knowing.

This book is incredibly comprehensive. It starts with the basics like the difference between MTB types and how to pedal your bike and apply the brakes all the way to connecting double manuals and getting big air. I read it cover to cover and incorporated the information into my riding and literally got better overnight. I like the entertaining writing style, I cracked up at certain points and it's easy to read and re-read to hone your skills. It's technical too though and every time you read it subtle things sink in. This is a must buy! They reference Lance Armstrong a bit in the book which makes it feel a bit dated, they discuss the 29er wheel size and ultimately dismiss it which is no longer reality, Lee rides hard on gold specialized bike in the photos (Lee, I know you rock that bike hard and my Grandma thinks it fits her apartment nice too) but that stuff is really inconsequential. If you want to get better at riding your MTB. Stop reading this review and read the damn book already then go RIDE!

A great book for bikers at all levels. Really not much to say about its merit. Translating physical actions on paper is challenging, and the authors, who are authorities on MTB, have done a wonderful job here. Deducted one star because you get the feeling that the authors assume you are a MTBiker and know MTB lingo. So as a rank beginner, it was a bit annoying, however, it didn't really hamper the learning experience from reading this book.

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