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Mastering Mountain Bike Skills - 2nd Edition



Synopsis

Mastering Mountain Bike Skills is your guide for riding better, faster and more confidently on all terrain. World champion racer Brian Lopes and renowned coach Lee McCormack provide you with all of the key techniques and skills you'll need to take your ride to the next level. This new and improved edition of Mastering Mountain Bike Skills provides detailed, technical instruction for every mountain biking discipline: Trail, Gravity, Aggro, and more. The high-quality photo sequences and demonstrations combined with race stories from Brian Lopes will give you the tools you need, whether you're a recreational rider looking to rock the trails with friends or a rider looking to beat the competition. Let Mastering Mountain Bike Skills help you ride with more confidence and have more fun.

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Customer Reviews

"Undisputedly the best all-around world class cycling athlete." USA Today "I love to mountain bike after a long season of races like the Tour de France and the Tour of California. Mastering Mountain Bike Skills has helped me to ride more safely and have more fun on the dirt, which improved my skills on and off road." Levi Leipheimer -- 3x Tour of California Champion, Tour de France Stage Winner "Brian has amazing fitness and superb skills. I always step it up a notch when I ride with him, and I know that anyone who reads Mastering Mountain Bike Skills will see improvement too!" Willow Koerber -- Cross Country Bronze Medalist, UCI World Championships

2009 "Mastering Mountain Bike Skills by Brian Lopes is an essential read for any mountain biker. The expertise, advice, and insight he shares in this book are guaranteed to take your riding to the next level." — Steve Peat -- 2009 DH World Champion

With over 15 years as a professional mountain biker, the name Brian Lopes is synonymous with American Mountain Bike racing. Since his professional debut back in 1993, Brian has been a constant presence on race podiums worldwide. With over 25 World Cup wins, four World Championship titles, and nine National Champion titles in both DH and Dual Slalom, Brian holds the most World Cup wins out of any male racer to date, and is recognized as the winningest American pro mountain biker. In 2008 his winning ways were recognized, as Brian was inducted into both the Mountain Bike and BMX Hall of Fame. Having raced BMX for most of his childhood, Brian learned how to ride a bike at the tender age of 4, turning Pro at the age of 17 and competing in the BMX circuit for 7 years before channeling all his efforts to mountain biking. He has appeared on EuroSport, Universal Sports, CBS Sports, Outdoor Life Network and has graced the covers of every major national and international mountain biking magazine, including Mountain Bike Action, MBUK, Dirt, Bicycling, VeloNews, and Mountain Biking, and has received coverage in such mainstream media as Men's Health, Rolling Stone, and USA Today. Brian currently has various signature mountain bike products: TLD knee guards, Bell helmet, Kenda tires, WTB bike seat and a signature Sportsmobile design. Other career highlights include being nominated as ESPYs Extreme Athlete of the Year and starring as himself in Playstation's video game Downhill Domination. Lopes resides in Laguna Beach, California, with his wife, Paula. Lee McCormack is the world's leading technique instructor and uses his own sequential teaching curriculum to coach riders of all types and levels from homemakers to pro downhillers to ride better, safer, and faster. He is a journalist who has written for Bike, Mountain Bike Action, Twentysix, Flow, and Mountain Biking. He also publishes www.leelikesbikes.com, a mountain biking Web site visited by thousands of readers worldwide. McCormack has won numerous writing and informational graphics awards at the state and regional levels and was part of the team that won the 1998 Pulitzer Prize for public service. Lee has been a bike nut for over 20 years and enjoys all riding disciplines from single-track to road to dirt jumps and pump tracks. McCormack lives in Boulder, Colorado, with his wife, Arlette, and four children: Kate, Ian, and twins Finley and Fiona.

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 raling 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 MBUK 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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