



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

By Ned Overend, Ed Pavelka

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 win Improve 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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