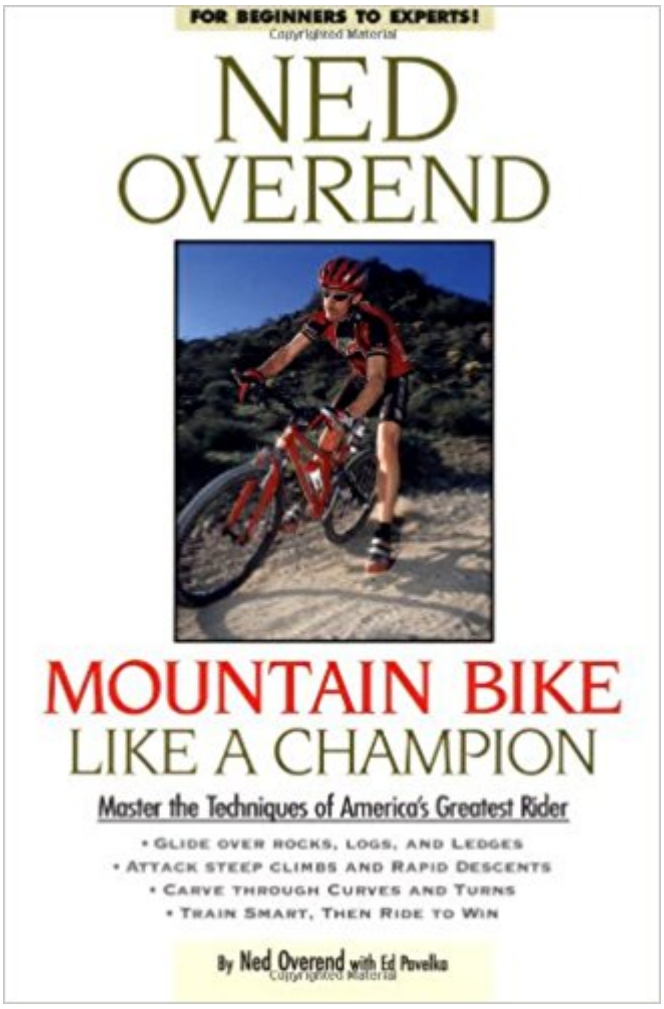
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Mountain Bike Like A Champion



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Synopsis

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."

Book Information

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Customer Reviews

Ã¢â ¬Å“This book is loaded with Ned’s secrets for a lifetime of great rides. It’s destined to be a classic.Ã¢â ¬Â• Ã¢â ¬â ¢Juli Furtado, two-time world mountain bike championÃ¢â ¬Å“Ned Overend is the grand master of mountain biking. If you want to improve your skills, this is your source.Ã¢â ¬Â• Ã¢â ¬â ¢John Tomac, world mountain bike champion and 10-time national downhill champion

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.""This book is loaded with Ned's secrets for a lifetime of great rides. It's destined to be a classic."--Juli Furtado, two-time world mountain bike champion"Ned Overend is the grand master of mountain biking. If you want to improve your skills, this is your source."--John Tomac, world mountain bike champion and 10-time national downhill champion

Bought this book on a recommendation from someone that didnt like the "Mastering Mountain" book by Brian Lopes. This book if a fine beginners book, if you dont really bike at all. If you do bike, road or mountain, you will be dissapointed. No pictures, or photos and not much in diagrams to illustrate the techniques described. Plus the book is dated. 1999 skills and information, which has dramatically changed. For instance, describing how the author uses VBrakes instead of the "New" disc brakes, or that bikes shouldnt cost more than $1900 dollars for pro versions. Talking about new style full suspensions that use springs. Thius book would best be served with an update and more diagrams. There are better books out there.

This dude is insane! I hope I can ride half as good as this dude one day. He gives great tips and ideas for different styles of riding.

I found this book very usefull, the only catch is the bike slang used to describe every situation, technique, etc. As my nature language is not English it was a lot more difficult to understand every concept explained on the book... maybe for some others this will not be a problem.Now, this book is great, it will improve your skills and bike control, specially if you aren't and advanced rider. The book is full of tips, personal Ned's experiences (great value) and various drills to help you improve faster. But, although it's a great book this is not a must-have... its simply great-to-have.I gave 4 stars and maybe it should be 4.5 but not 5 because it lack a little of detail and it contain very few photos. Maybe more experienced riders find usefull a simple explanation (which is simple for him being an experienced rider) but beginners like us need more photos so we can understand right away every concept.Hope this helps!

Great book for beginner mountain bikers up to beginner racers. Some of the material is dated due to technology changes, but still generally applicable. Lots of good race anecdotes giving context to Ned's advice.

It is amazing how relevant this book still is. Ned gives riding tips and racing strategies that can be used by bikers of all skill levels. The only changes since the book was written have been in the technology used by 21st century athletes. I have a friend who has been riding mountain bikes for many years and he says he is still learning from this same book. It is only a shame that in all this time no one else has stepped up to publish a more recent version.

A good book for new MTB people to read

Good book on skills, factual and easy to read.

Boy, you know you got a gem when it devotes one whole chapter on balance. That is like the most fundamental skill of cycling and if you can't do that right you should take up tennis or something. Most people can do tricks and hops but I venture to say not too many can do a track stand (bike stationary) for more than minute. This is more for XC as the guy writing it is pro XC racer. But these skills are fundamental for every discipline of cycling.

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