



## Mountain Bike Like a Champion (Paperback)

By Ned Overend

RODALE PRESS, United States, 1999. Paperback. Condition: New. 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.



READ ONLINE  
[ 8.98 MB ]

### Reviews

*This ebook is amazing. It can be rally interesting throgh looking at time. You may like how the author compose this ebook.*  
-- Nikko Bashirian

*An incredibly awesome ebook with perfect and lucid answers. It can be loaded with knowledge and wisdom You may like how the article writer compose this ebook.*  
-- Mr. Chadd Bashirian V