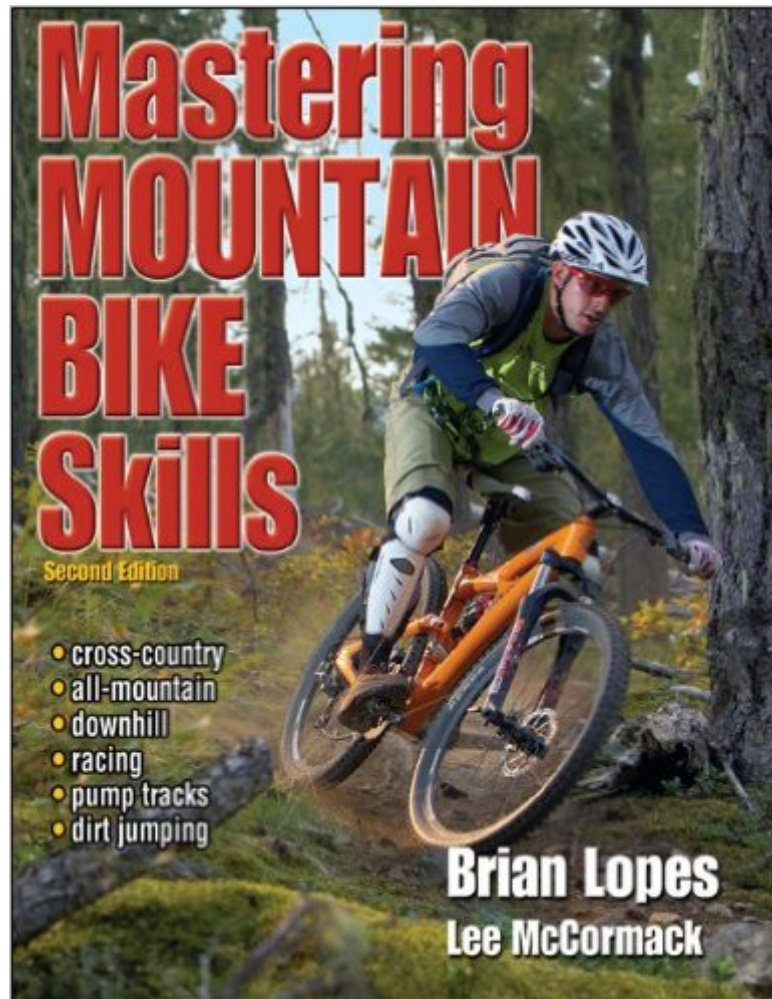


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# Mastering Mountain Bike Skills - 2nd Edition



## 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 Racing 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. v

## Book Information

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## Customer Reviews

Bicycle training includes physical, psychological, and skills training. Although riders often ignore the latter, without skills training mountain bikers limit their potential enjoyment and development as competent cyclists. This is one of the best books ever published on acquiring mountain biking skills, a book whose principles broadly apply to other forms of bicycling, including road cycling. The book is well-organized and the topics flow well. The book begins with general bike set-up and pedaling, transitions to braking, cornering, hopping, dropping, and jumping, and puts the basics together in chapters about flowing, crazy (miscellaneous) conditions, and racing. The book has more than 100 color photos and diagrams, which overall illustrate its points well. Diagrams, such as those on pages

64, 66, and 67 depicting zero, negative, and positive camber help the reader learn the meaning of familiar yet uncertain terms. Time-sequence photography, such as images on pages 106 and 107 illustrating the difference in jumping techniques of a dirt-jumper and cross-country racer are superb. The book attempts to detail principles for beginners and experts alike, and overall does a great job. As excellent as the book is, it could be improved. A glossary would help. Authors and editors often forget that not everyone knows the meaning of the jargon words-such as rail and carve. Even if explained at first usage, a glossary of mountain biking terms would improve the book. The language is hip, sometimes crude. Although attractive to many who practice downhill mountain biking, the lingo might not appeal to all.

Learning anything proceeds along a continuum. Starting from where one isn't even aware how much one doesn't know, (unconscious incompetence), the first step is to become aware of just how much one doesn't know. This would be the stage of conscious incompetence. As one gains knowledge and practices a set of skills, they are in the phase of conscious competence. Elite athletes, like Brian Lopes in mountain biking, have reached the stage of unconscious competence. They no longer even have to think about it, they "just do it." Lopes started riding at 4 years old, and turned pro at 17. Rising from the ranks of BMX, Brian has been successful in a vast range of off road biking activities. Not only has he been successful at many of the biking disciplines, he holds world records in bunny hopping and distance jumping, and he is even the star of a mountain bike video game "Downhill Domination" for PlayStation. The problem is, people at Brian Lopes' level of unconscious competence are not necessarily any longer the best teachers for us mere mortals. The years of developing skills, motor memory, reflexes, and balance, mean folks at this level are no longer even aware of all that goes into their amazing performance. They aren't even necessarily able to say how they do certain things. Enter Lee McCormack, a man who has been explaining things and writing about bicycling for years. Despite some pretty impressive biking achievements of his own, he is still close enough to his conscious competence to break down and write about the basics and specific skills that go into excellent biking performance. *Mastering Mountain Bike Skills* describes itself as for anyone who wants to ride better, faster, or more confidently.

I think this is a great book for a visual perspective. Things that are hard to describe in words are often given good visual treatment. I especially liked it when they showed multiple frames to illustrate a technique that might have changes across time. For example, they illustrate performing a jump by showing you various frames including when the rider enters the jump (showing body position, etc),

while he's in the jump, and what he looks like when exiting. This alone puts this book above others I have read on the same topic. I also liked the treatment of many different topics. There's a really good cross-section of useful information covered, so it seems like just about anyone in the sport would benefit from the content. There are a couple of things that I think need to be improved on to make this book better. First and foremost, the book either needs to dispense with all the flowery, colorful jargon, and stick closer to simple English, or it needs to provide a glossary up front. I am a beginning rider (supposedly one of the people this book is aimed at) and there were many times I did not understand a section perfectly clearly because of the specialized language they used. Here's an example, taken from early on in the book: "Pump backsides. Any time the trail turns downward, press down for some free speed". That probably makes perfect sense to someone who understands these terms, but it did not help be as a beginner. What does "pump" mean? Does it mean to "pedal hard"? Does it mean to quickly raise and then lower your body on the bike to "pump it"? And how about "press down" - press down on what? The pedals? The handlebars? The saddle?

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