



## Mountain Biking Pocket Guide

By Clive Forth

Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, Mountain Biking Pocket Guide, Clive Forth, From the author of The Mountain Bike Skills Manual, this take-along guide has everything you need to know when you're out on your mountain bike. Mountain bike racer and trainer, Clive Forth, emphasizes practical skills that a surprising number of riders lack, including changing your chain, adjusting your gears, fixing breaks, and mending punctures. Included is information on getting the best out of your bike and your ride - from cornering effectively to wheelies and bunny hops - as well as tips on preparation, planning, weather, nutrition, trail etiquette, and first aid. Packed with color photos and illustrations in a step-by-step format, this is a must-have companion for all mountain bikers heading out on the trail.



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