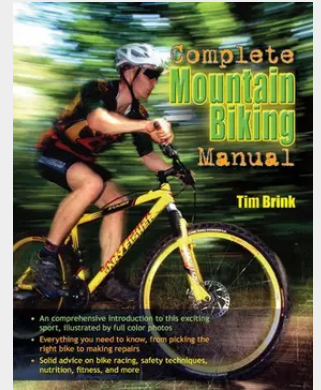


The Complete Mountain Biking Manual

WINNER OF THE NATIONAL OUTDOOR BOOK AWARD FOR INSTRUCTION Have fun and ride safely with advice from this comprehensive biking guide The most comprehensive entry-level guide to mountain biking available, The Complete Mountain Biking Manual covers every aspect of this increasingly popular sport, including equipment, training, off-road skills, competition, safety, repairs, and maintenance. With nearly 400 vivid full-color photos featuring all of the techniques and gear you need, this indispensable guide offers you practical advice on choosing a bike; setting it up for speed, comfort, and safety; getting fit and staying healthy, riding safely; and learning to ride at high speeds.

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