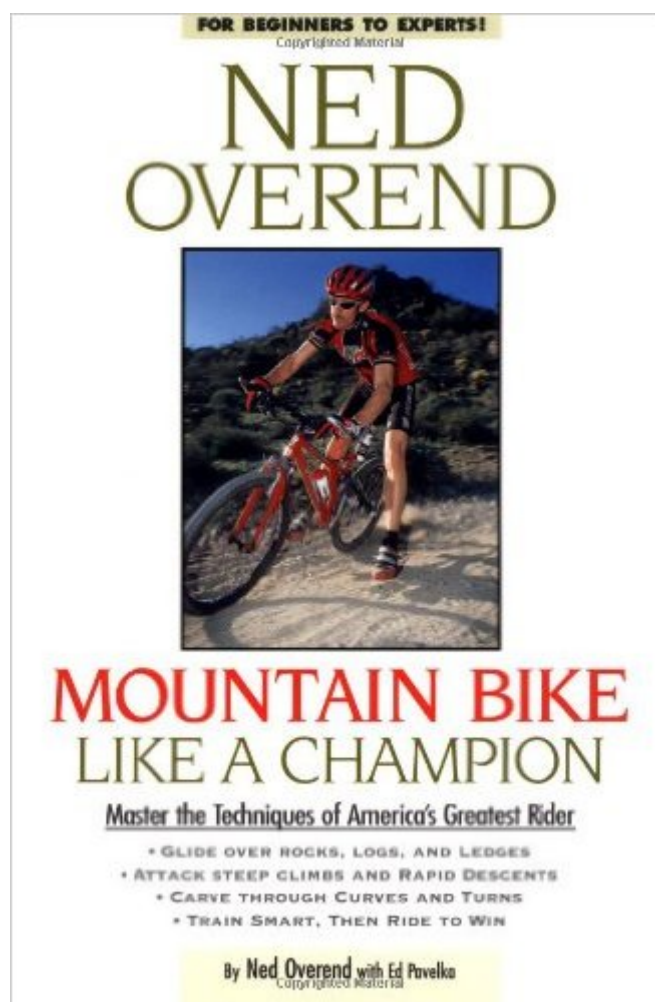


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# Mountain Bike Like A Champion



## 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 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."

## Book Information

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## Customer Reviews

I recently got into mountain biking and headed out to the mountains with some friends. I came home a bloody mess and realized I needed some guidance so that I knew roughly what basic mountain bike techniques I should work on. I bought about four or five different mountain bike books, and this was by far the best of the bunch. Why? Ned Overend is a mountain bike champ, so he definitely knows his stuff. His book is comprehensive, covering everything from trail etiquette and equipment to basic mountain bike techniques and training regimens. The language in the book is straightforward and easy to understand, but it isn't simplified to the point where important details are left out. The only thing I wanted more of was step-by-step action photos demonstrating various

techniques. There are some nice shots in the book, but I would have preferred more sequential photographs for some of the more advanced techniques. I guess I'll have to find a good video for that. Of course, there's no substitute for hitting the trails to improve your technique, but if you're looking to nail down some of the basics, this is the best mountain bike instructional guide out there, hands down.

Last week I purchased this book and have read it cover to cover. The book is set up so you can read and work on specific aspects of Mountain Biking. The tip sections are extremely helpful as are the drill tips. I would recommend this book to anyone new or experienced. There is a ton of information on how to prepare for races and epic rides.

What an amazing book! For new and old, beginner or experienced, this book is so useful. Full of invaluable tips and hints, and written in an easily understood style, with lots of real life experiences from the world's most successful mountain biker. It is totally up to date, with advice that pertains to first timers or experienced riders. Ned's down to earth attitude shines right through the book. A must have!

Whether you are just getting into the sport, or already an avid rider, you will find this book full of useful tips across virtually all dimensions of riding. Ned has done a great job of distilling his years of experience into practical advice that anyone can quickly put to use. Though more photos would be even better, the book is clearly illustrated to ensure that you see each recommendation in action. I have been mountain biking for more than a year, and the only regret I have about reading this book is that I didn't do it sooner--it would have saved me from a few falls. Forget your owner's manual, this book should be included with every new mountain bike sold!

Anyone who has been involved in the sport of mountain biking knows that Ned Overend has played the game better than most. Ned's eloquent explanations coupled with real life "mountain bike racing" anecdotes creates an invaluable book for every mountain bike enthusiast and racer.

Ned is one of the finest examples of an athlete. He is one that just won't quit, he loves the sport, the competition and most of all he challenges himself. It's great when such an athlete stops and takes some time to help out his fans by writing such a helpful book. Some of its most experienced riders will already know, but still the book contains tips and such to fine tune your skills. The biggest help

for me was his tips on fitting the bike. After following his tips my S-Works feels and handles all so much better. Its the little things. For the cost of book you cant beat it. Instead of subscribing to a cycling magazine in hope of finding new help, save yourself some money and time and get it all in one source. Ned is a great guy, rides some of the best bikes made, he knows his stuff.. Although he is a busy guy with Xterra and all he even takes some time to meet, email and answer questions. The book itself will make techniques make more sense and easier to concur. Buy it for yourself or a friend, its a great gift!

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 book is a classic! The style is breezy and enjoyable. Even though it was first printed 15 years ago, Ned's advice is just as relevant now as it was then. I picked up my copy at a thrift store, and I have read it through 3 times in the last year. That's how you can tell a really good book from just an average one. I expect to read it at least a couple of more times. One of the best teaching tools employed by Ned are his personal anecdotes. Wonderful tips for beginners and experts!

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