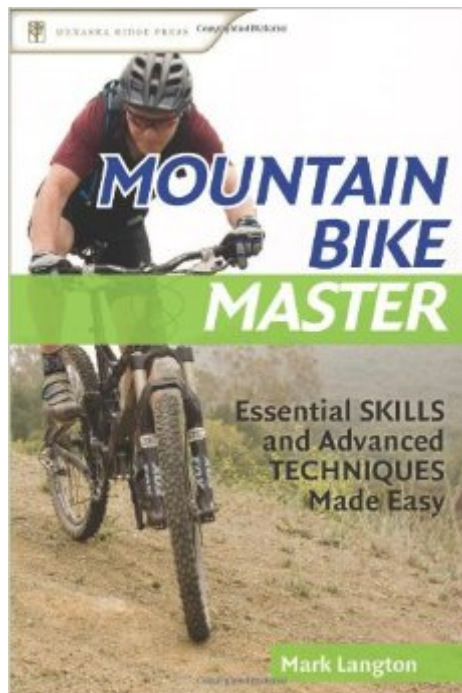


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# Mountain Bike Master: Essential Skills And Advanced Techniques Made Easy



## Synopsis

Ride faster, better, and stronger with professional mountain bike skills guide Mark Langton. Mountain Bike Master is a practical and inspiring guide that begins with the fundamental skills like shifting, braking, and climbing. Simple moves such as correcting seat-height adjustment and learning how to best-shift when engaging a steep ascent add tons of fun and efficiency to any ride. Intermediate skills, including riding technical terrain, power wheelies, and cornering, zip readers into the next level of riding competence. Now sporting a wide grin and the confidence of nailing the basic and intermediate skills, readers transition into advanced skills such as jumps, bunny hops, and counter steering. After reading and putting Langton's lessons to practice, what once was a thigh-quivering lap around the park should now feel and look more like an iron-saddled grind up a steep mountain path. Today's demanding trails and high-tech bikes meet needs for speed, bumps, and thrills. Veteran mountain biker Mark Langton expertly guides and instills the confidence needed to get out there and have a great time while minimizing injury to self and bike. Headed into his 22nd year as a mountain bike trainer and guide, Langton and Mountain Bike Master take the guesswork out of quickly and safely mastering the art and science of cleanly rounding banked mountain curves and getting the most pedal for the metal with efficient riding basics.

## Book Information

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## Customer Reviews

The book is exactly what the cover says it is: Essentials Personally, I found the breadth of the content to be just about perfect. Not only did it include how to do something, but it also pointed out common mistakes and how to avoid them. The book was well formatted and edited with quite a few

good pictures that did a good job of illustrating the textual explanations. While this book would make a good cliff-notes of essential mountain biking skills, it definitely isn't the best or most complete book on the subject. I would have to recommend: *Mastering Mountain Bike Skills - 2nd Edition* My biggest complaint is the price. Based on current market offerings, I would expect to pay no more than \$6 for the content in this book. If the price doesn't matter and you are looking for a short intro or refresher on MTB skills, this book will be perfect for you!

The book should have been called "a brief introduction to advanced techniques." Despite the fact that the book is supposedly teaching "advanced technique," the author provides far too little description of the techniques discussed to be useful. Each "technique" is given little attention, and there is no discussion of common pitfalls, things to avoid, etc. Additionally, there are too many wasted pages on fluff like "how to set up your bike" and the outdated references to "modern clipless pedals." Also, the book does not explain when/why you would choose one technique over another--i.e. when to use a "manual wheelie" or "torque wheelie." I guess the "made easy" part of the title means "dumbed down to the point of uselessness." The other major drawback is pictures--or lack thereof. The pictures were black and white and there were not nearly enough of them to visualize the techniques being described. One of the pictures on "cornering" just showed the author on his bike with his wheel turned---no lines showing the different approaches through the turns, line of sight, etc....in fact, you could not even see the turn! Also, the author makes distinctions between off-camber cornering and other types of turns, but again, no pictures to show what he means. Most of the photos in the book are extreme close-up so you cannot get a feel for the context of the trail or set up for the move being described. The book may be useful for a teenager who is just getting into mountain biking and wants a very basic introduction with a taste of advanced technique. However, if you are a roadie switching over to offroad and know the basics of bike set-up/basic handling and are looking for a detailed skills manual, look elsewhere, as this book is not worth the money.

Intermediate rider here. I've read Brian Lopes' book which covers all disciplines. This book is targeted more towards the XC/ Technical XC rider. I'm an OK rider, not great, and learnt a few things from the book. Highly recommended. Content wise, the pictures were b/w which was disappointing for a book this price.

Difficult to understand! Too technical! It could have been a good book if the author had put an effort in using a less technical and boring description.

Good stuff here. I thought it would be longer. I still learned some things though. Well written and thought out.

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