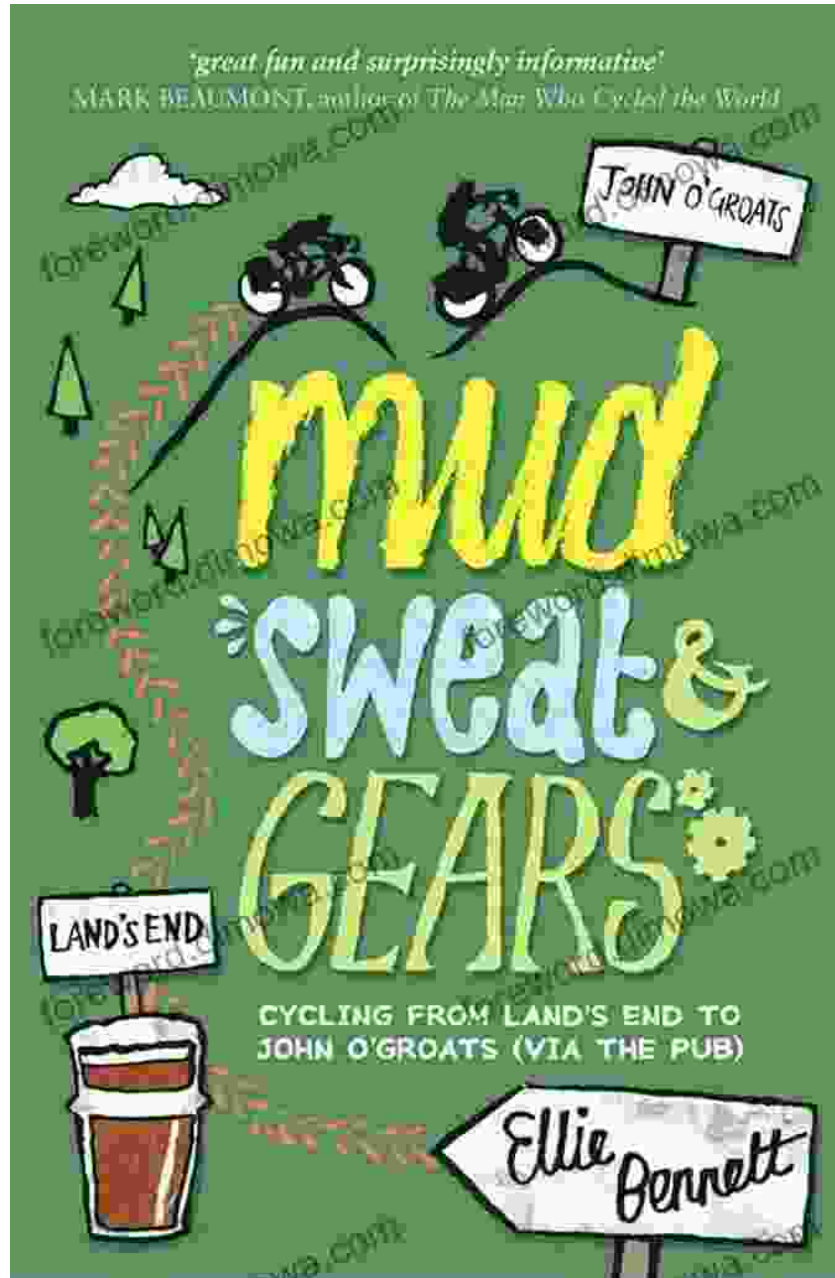


Mud, Sweat, and Gears: The Ultimate Guide to Mountain Biking



Mountain biking is a challenging and rewarding sport that can be enjoyed by people of all ages and fitness levels. Whether you're just starting out or

you're a seasoned pro, *Mud, Sweat, and Gears* has everything you need to know to get the most out of your mountain biking experience.



Mud, Sweat, and Gears: A Rowdy Family Bike Adventure Across Canada on Seven Wheels

by Joe Kurmaskie

★★★★☆ 4.3 out of 5

Language : English
File size : 2379 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 304 pages
Lending : Enabled



In this book, you'll learn:

- How to choose the right mountain bike for your needs
- How to set up your mountain bike for optimal performance
- The basics of mountain bike riding, including how to brake, shift, and corner
- How to master advanced mountain bike skills, such as climbing, descending, and jumping
- How to train for mountain biking and improve your fitness
- How to prepare for and participate in mountain bike races

Mud, Sweat, and Gears is packed with expert advice and tips from some of the world's top mountain bikers. Whether you're a beginner looking to learn the basics or an experienced rider looking to improve your skills, this book has something for you.

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