

# Mountain Bike Like a Champion

NED  
OVEREND



## MOUNTAIN BIKE LIKE A CHAMPION

*Master the Techniques to Tackle the Toughest Terrain*

• ATTACK STEEP CLIMBS AND RAPID DESCENTS • GLIDE OVER  
ROCKS, LOGS, DIPS, AND CURVES • CRASH LESS • MAINTAIN  
CONTROL AT ANY SPEED • PEDAL MORE POWERFULLY

FOR BEGINNERS TO EXPERTS!

By Ned Overend with Ed Pavelka

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Master the techniques of America's greatest rider. \* 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."

作者介绍:

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