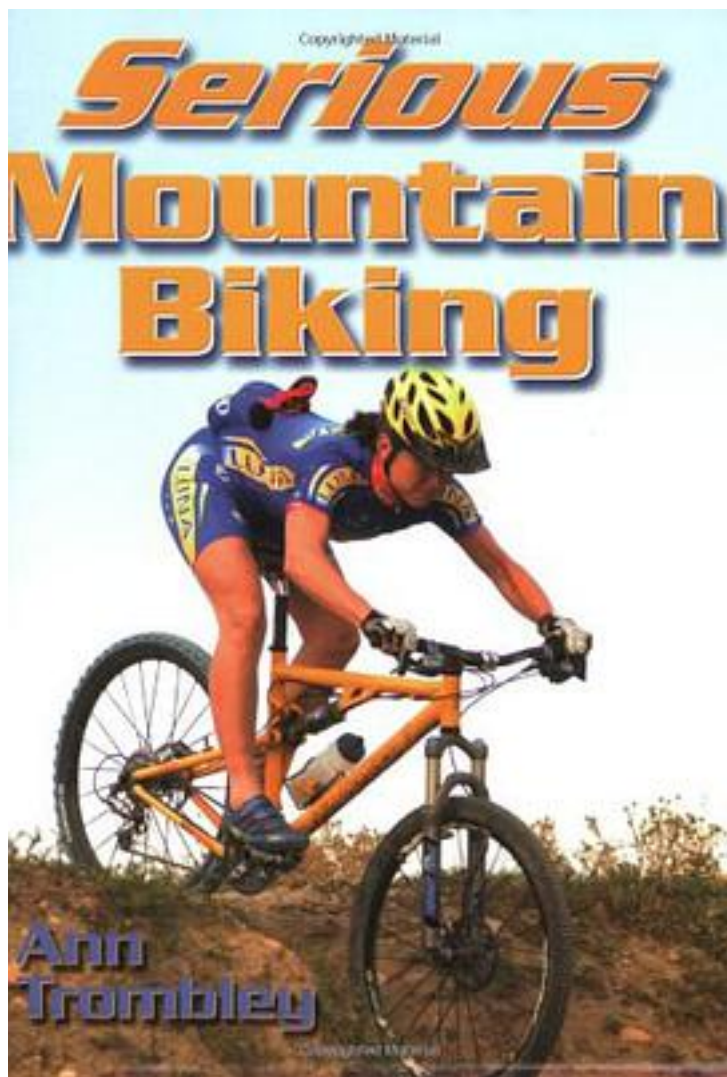


# Serious Mountain Biking



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Ride faster and smarter than ever before! Olympian, former national champion, and elite cycling coach Ann Trombley is your authoritative guide to learning how with improved -selection and fitting of equipment for the optimal match of personal attributes with current technology, -technical maneuvers that maximize both speed and safety, -training methods and workouts that yield superior results, and -racing preparations and tactics that make competition more rewarding and more successful. "Serious Mountain Biking" gives you the answers to the questions and solutions to the problems you've encountered while participating in the sport. No need to continue learning by trial and error when such experience and expertise are at your fingertips. Make every minute and mile you invest on the bike more beneficial and enjoyable with the help of this invaluable resource on mountain biking.

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