



Mastering Mountain Bike Skills - 2nd Edition

By Brian Lopes, Lee McCormack

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Mastering Mountain Bike Skills is your guide for riding better, faster and more confidently on all terrain. World champion racer Brian Lopes and renowned coach Lee McCormack provide you with all of the key techniques and skills you'll need to take your ride to the next level.

This new and improved edition of *Mastering Mountain Bike Skills* provides detailed, technical instruction for every mountain biking discipline:

- Trail
- Gravity
- Aggro
- Racing
- and more

The high-quality photo sequences and demonstrations combined with race stories from Brian Lopes will give you the tools you need, whether you're a recreational rider looking to rock the trails with friends or a rider looking to beat the competition. Let *Mastering Mountain Bike Skills* help you ride with more confidence and have more fun.

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"Undisputedly the best all-around world class cycling athlete."

USA Today

"I love to mountain bike after a long season of races like the Tour de France and the Tour of California. Mastering Mountain Bike Skills has helped me to ride more safely and have more fun on the dirt, which improved my skills on and off road."

Levi Leipheimer -- 3x Tour of California Champion, Tour de France Stage Winner

"Brian has amazing fitness and superb skills. I always step it up a notch when I ride with him, and I know that anyone who reads Mastering Mountain Bike Skills will see improvement too!"

Willow Koerber -- Cross Country Bronze Medalist, UCI World Championships 2009

"Mastering Mountain Bike Skills by Brian Lopes is an essential read for any mountain biker. The expertise, advice, and insight he shares in this book are guaranteed to take your riding to the next level."

Steve Peat -- 2009 DH World Champion

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