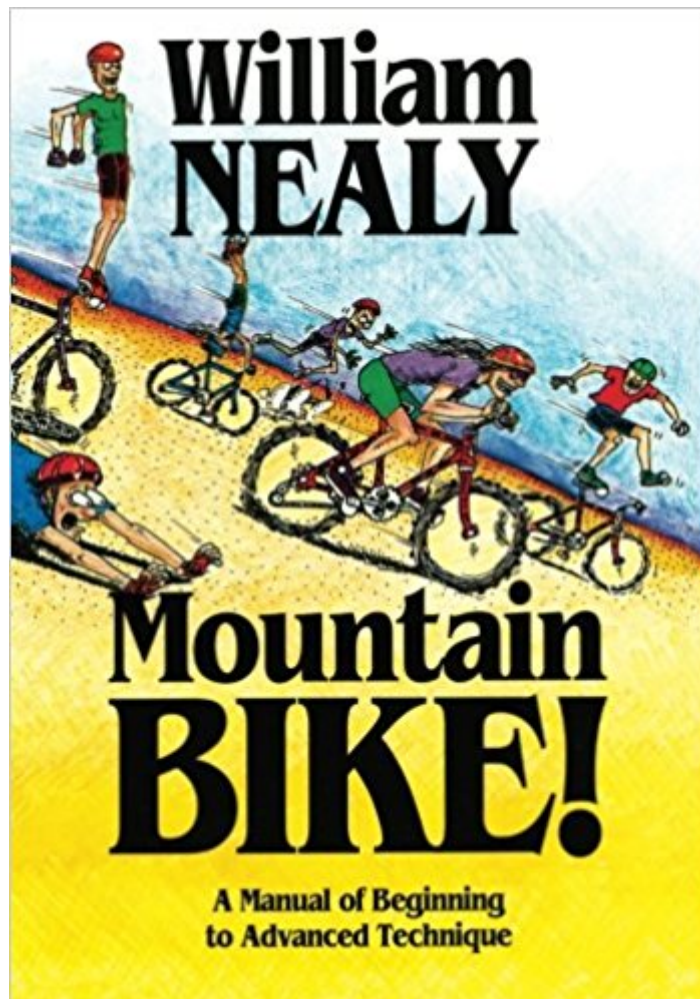


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# Mountain Bike!: A Manual Of Beginning To Advanced Technique



## Synopsis

If you're looking for the ultimate mountain bike guide for the totally honed, welcome to William (Not Bill) Nealy's world. Nealy's expertise (acquired through years of crash and burn) enables him to translate hard-learned reflexes and instinctive responses into easy-to-understand drawings: drawings that will make you a much better rider. Nealy's cartoon illustrations combine insight with humor and knowledge with humiliation. So, if you are ready to shorten the learning curve and master the advanced techniques of mountain biking, get ready to have some laughs and log a few miles with William Nealy.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (47 customer reviews)

Best Sellers Rank: #410,535 in Books (See Top 100 in Books) #19 in [Books > Sports & Outdoors > Individual Sports > Cycling > Mountain Biking](#) #505 in [Books > Sports & Outdoors > Mountaineering > Mountain Climbing](#) #5308 in [Books > Sports & Outdoors > Outdoor Recreation](#)

## Customer Reviews

If you're like me, listening to someone explain the proper way to do a wheelie hop or shift your weight during hill climbing, is about as exciting as watching old people eat, and about as gratifying. If you need something visual to clue you in, then check out Mr. Nealy's fine illustrations. Once you finish laughing your guts out, you'll realize that this guy really knows what he's talking about when it comes to biking. Studying this book can shave years off your learning curve. I absolutely HATE the fact that what I had to learn through 8 years of experimentation and pain, my buddies picked up in 3 months by pouring over this book on every trip to the john. Buy it. Read it. Use it. Then ride like a bat outta hell.

Loved the book. From the 1st time I picked it up I learned skills that I could master within a very short time. Now - one season later, I'm discovering that by rereading the same information, I am

refining my skills and learning even more. A great book for everyone. I dare not put it down or my partner, a much more advanced rider than I, picks up the book and is lost in it. As a female rider just past 50, it's great to find a book that is geared to all ages and genders and will help me improve. This book's focus is on success, not failure - a great attitude. Everyone will learn something from it. Thank you William Nealy!

As a novice scrambling for info, I have found Nealy's book to be extremely useful. Though initially put off by the cartoons (sensitive novice ego at work), after a few minutes with the book I was pleased to find it full of information. The illustrations actually illustrated the author's points quite well, in addition to their humorous value. I enjoyed reading it and am industriously trying to turn the information gained into actual skills.

This is a well written, illustrated, and entertaining book on mountain biking skills, but it suffers from being quite outdated. Anyone who is more interested in contemporary mountain biking than ancient history would be better served with a more up to date tome that includes techniques more applicable to today's modern mountain bike technology. For example, toe clip pedals are not the cutting edge! Check out the Ned Overend book, Mountain Bike Like a Champion. There is also a video, Performance Mountain Biking that may be of interest.

I began mountain biking in January 2000, learning whatever I could from watching the other bikers (and in this sport, there's no time for others to stop and explain!) Don't want to go through the "University of Hard Knocks" to learn more of the sport? Here's the solution! Whether if you are a new mountain biker or an experienced downhill maniac, this book will teach you the basics and perfect your technique. It provides great details on everything a mountain biker should know about arm & leg technique, taking falls, pedaling tricks, trail use and care, emergency repairs, survival techniques, mountain biking "etiquette", no-no's and even what's fashionable and what's not on the sport. I would've rated this book 5 stars, had Nealy provided more help on mud trail mastering techniques, making clipless pedals easy and maybe a couple of dog-dodging and cow/bull evading techniques. (Mud, rocks, dirt, grass, rivers, dogs and even bulls are common on a same trail, in a country like mine - Costa Rica) Perhaps we'll see it in a second edition? The bottom line: This book in its easy-to-understand and funny cartoon format is a must for anybody and everybody who loves mountain biking! So what are you waiting for? Another spectacular crash? Hit that "Add to Shopping Cart" button now!

Whether you are an experienced mountain biker, a beginner, or just someone interested in the sport, if you only buy one book - this is it. It's very informative and funny. The information helped me quite a bit years ago when I was a beginner...now I just reread it every year or so for the entertainment.

If you only have one book in your personal mtn bike library, this is the one. Funny! Interesting! Great illustrations! Originally purchased back in the old school days of the sport and is still the number one to have, mine is on the coffee table...and another copy in the office...

This is a fun beginners mtb book. Advanced guys aren't going to get much out of it. This more oriented on telling you what not to do. A lot of examples from the authors experience mtb and his injuries. Here's a clue from my experience. Don't try catch yourself with your leg when you are going down. You'll get a nasty break and be out of action for six months.

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