



Mountain Bike Master: Essential Skills and Advanced Techniques Made Easy

Mark Langton

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Ride faster, better, and stronger with professional mountain bike skills guide Mark Langton. *Mountain Bike Master* is a practical and inspiring guide that begins with the fundamental skills like shifting, braking, and climbing. Simple moves such as correcting seat-height adjustment and learning how to best-shift when engaging a steep ascent add tons of fun and efficiency to any ride. Intermediate skills, including riding technical terrain, power wheelies, and cornering, zip readers into the next level of riding competence. Now sporting a wide grin and the confidence of nailing the basic and intermediate skills, readers transition into advanced skills such as jumps, bunny hops, and counter steering. After reading and putting Langton's lessons to practice, what once was a thigh-quivering lap around the park should now feel and look more like an iron-saddled grind up a steep mountain path.

Today's demanding trails and high-tech bikes meet needs for speed, bumps, and thrills. Veteran mountain biker Mark Langton expertly guides and instills the confidence needed to get out there and have a great time while minimizing injury to self and bike.

Headed into his 22nd year as a mountain bike trainer and guide, Langton and *Mountain Bike Master* take the guesswork out of quickly and safely mastering the art and science of cleanly rounding banked mountain curves and getting the most pedal for the metal with efficient riding basics.

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