

# The Pocket Mountain Bike Trail Guide: Your Slope Saviour - Clive Forth

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From the author of The Mountain Bike Skills Manual, this is a take-it-with-you trail guide that covers everything you need to know when you're out on your bike. The emphasis is firmly on the practical, including changing your chain, adjusting your gears, fixing breaks and mending punctures - skills that a surprising number of riders lack. There is a section on getting the best out of your bike and your ride - from cornering effectively to wheelies and bunny hops - as well as information on preparation, planning, weather, nutrition and trail etiquette. Last but not least, the book contains a easy-to-follow first-aid section. Packed with colour photos and illustrations in a step-by-step format, compact, comprehensive and clear, this is a must-have companion for all mountain bikers heading out on the trail. Author: Forth, Clive  
Publisher: Bloomsbury Publishing Illustration: Y Language: ENG Title: The Pocket Mountain Bike Trail Guide: Your slope saviour Pages: 00000 (Encrypted PDF) On Sale: 2012-04-12 SKU-13/ISBN: 9780762779987 Category: Sports & Recreation : Cycling - General

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