

Mastering Mountain Bike Skills 2nd Edition Mvsz

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Mastering Mountain Bike Skills 2nd

We head along to a mountain bike coaching day with multiple national champ and DH racer Katy Curd to regain some trail zen.

I went to a mountain bike skills coach and this is what I learnt

I swear even when he's not actively challenging everyone to try riding flat pedals for 30-days, or now "twelve targeted trail rides," he's passively doing it every time he rides. With a big smile and ...

The 365 Day Flat Pedal Challenge

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Lift-served mountain bike parks make ski resorts really attractive during the summer months and improvements are made each year. Check these out.

Top lift-accessed mountain biking adventures; ever-improving

Learn how to increase control and power on your e-bike, with one of the world's best trials rider as your coach - Chris Akrigg.

E-bike skills: wield your e-bike like precision tool instead of blunt instrument

The cross-country mountain biker tells all on his journey from biking with his father to winning a major World Cup event and two European Championships.

Lars Forster explains how he reached the top of mountain biking

The hillside above Skyway Park Elementary School will soon be transformed into a pump track designed to help beginner and intermediate mountain bikers of all ages improve their skills.

Construction on mountain bike pump track in Colorado Springs' Cresta Open Space to start in spring

Wollongong City Council is considering spending more than \$1 million on the next stage of the Cringila Hills mountain bike circuit.

Cringila Hills mountain bike track's million-dollar spend

The Minnesota High School Cycling League seems to be gaining speed like a downhill time trial at the infamous Tour de France.

Popularity continues to grow for high school mountain biking

Mara Roldan rides downhill during a mountain bike race in Squamish. She's competing in the UCI

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Mountain Bike World Championships in Italy tomorrow. Mara Roldan, 17, of the Roldan mountain biking ...

Yukoner competing in world mountain bike championships in Italy

When I finally decided I needed a new mountain bike, there weren't any. I stopped at all the local bike shops — nothing in stock in the size and type ...

Wheel Family Fun: Finding a bicycle to buy — it ain't easy!

If you're riding your bike back to school, here's what you need to stay safe, protect your bike, and easily carry a laptop & books!

Best Bike to School Accessories: Ride from Kindergarten to College!

It's time to at least experiment with allowing e-bikes on our trails, writes columnist Roger Marolt. By the time the dust settles, we all might be old enough to truly appreciate the enlightenment.

Roger Marolt: Open our trails to e-bikes before we're all too old

Tracy Toler has been building trails at Ridenour Lake in Nitro. As a mountain biking enthusiast and Nitro resident, Toler gladly donated his time to ...

Ridenour Lake's new trails a boon to bikers, hikers

Diego Hinojosa, left, and Nikolai Nelson (sophomores Los Alamos High School) geared up for a day of fast descents. Courtesy/Los Alamos Mountain Bike Team Pajarito Mountain celebrated Labor Day by ...

Pajarito Mountain Celebrates Labor Day Hosting Forearm Fatiguing Enduro Style Race On Labor Day Sunday

ST: Your cancer diagnosis must have come as a real shock. I can't even imagine what that's like to get hit with that news. You and your wife, Anne, have been chronicling your cancer battle on Caring ...

CX Champ Mark Savery Redefines Cancer

Some ebikes are bicycles with a bit of assist to flatten hills, and others are borderline electric motorcycles with pedals just for show. The Fuell Flluid 1S is the rare near-perfect blending of the ...

Ride Review: The Twin-Battery Fuell Flluid E Perfectly Blends The Best Of An Ebike And A Motorcycle

As it begins its second year of operation, the Trek Bike Park of Santa Clarita will soon boast a number of new features for mountain bike riders to explore.

Santa Clarita Trek Bike Park Installing Advanced Ramps

Northwest Arkansas' outdoor recreation economy is thriving. Strategic investments from the public and private sector have boosted the region's tourism profile in various areas, including parks and ...

Fly Oz in Bentonville helping backcountry aviation become an important part of state tourism

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