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# Mastering Mountain Bike Skills 3rd Edition



## Synopsis

If you want to ride like a pro, you should learn from a pro! In *Mastering Mountain Bike Skills, Third Edition*, world-champion racer Brian Lopes and renowned riding coach Lee McCormack share their elite perspectives, real-life race stories, and their own successful techniques to help riders of all styles and levels build confidence and experience the full exhilaration of the sport. *Mastering Mountain Bike Skills* is the best-selling guide for all mountain biking disciplines, including enduro, pump track racing, dual slalom, downhill, cross-country, fatbiking, and 24-hour races. It absolutely captures the sport and offers everything you need to maximize performance and excitement on the trail. Learn how to select the proper bike and customize it for your unique riding style. Develop a solid skills base so you can execute techniques with more power and precision. Master the essential techniques to help you carve every corner, nail every jump, and conquer every obstacle in your path. Last, but not least, prepare yourself to handle every type of weather and trail condition that the mountain biking world throws at you. Whether you're a recreational rider looking to rock the trails with friends, are a seasoned enthusiast, or are aspiring to be a top pro, *Mastering Mountain Bike Skills* will improve your ride and dust the competition. Don't just survive the trail—own the trail, and enjoy the thrill of doing it.

## Book Information

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## Customer Reviews

"I've known Brian for years, and he is one of the best mountain bike riders I ever rode with. Reading his book is sure to take your skills to the next level." —Nino Schurter, MTB Olympic Gold Medalist (2016), Five-Time Cross Country World Champion

“Brian helped me achieve my dream to become a great bike racer. He showed me the dedication and discipline that one needs to make this happen. The experience Brian shares in his book will allow everyone to achieve their goals of becoming a better and safer rider.”

•Cf©dric Gracia, 4X World Cup and World Champion “Working with Lee changed my world of mountain biking. He simply is THE best skills coach in the world. He took me from a pathetic off-road triathlete to an elite World Cup mountain bike racer.”

•Lesley Paterson, XTERRA World Champion and Professional MTB Racer

Brian Lopes has had an unprecedented career of more than 20 years as a professional cyclist. He has been labeled "undisputedly, the best all-around, world-class cycling athlete" by USA Today. Brian started racing BMX at the tender age of four, turned pro at the age of 17, and competed in the BMX circuit for seven years. In 1993, he channeled his efforts into mountain biking and later earned both a fifth-place finish and recognition in the sport in his first MTB race. He then won his first NORBA National race, and he has never looked back. He has won more than 19 titles in his mountain biking career, including nine National Championship titles, six UCI World Cup wins, and four UCI Mountain Bike World Champion titles, first in 2001 and then again in 2002, 2005, and 2007. His enviable race resume made the Lopes name one of the most recognizable in the sport of cycling. Known for his flawless style and competitive drive, he is an inspiration to bikers and action sport enthusiasts around the world. Nominated in 2001 for the ESPY Action Sport Athlete of the Year award, he won the NEA (World Extreme Sports) award for Mountain Biker of the Year in 2000 and 2001. He was featured in the Sony PlayStation Downhill Domination game as himself. In 2008, he was inducted into both the Mountain Bike Hall of Fame and the BMX Hall of Fame. In 2013, Brian took on the role of fitness trainer, working with the Honda, Red Bull, and Troy Lee 250 motocross team. In this capacity, Brian worked with Jessy Nelson, Cole Seely, and Shane McElrath. This opportunity allowed Brian to share his knowledge on the mental and physical fitness that racing requires. Brian is currently working as a lead athlete brand ambassador generating brand awareness, producing relevant media content, and providing insightful research and development intelligence with the goal of creating exceptional cycling products. He races at select events, and he resides in Laguna Beach, California, with his wife, Paula, and his son, Maverick. Lee McCormack is the world's leading mountain bike skills author and instructor. He has helped thousands of mountain bikers from beginners to experts to world champions ride better, safer, and faster. In his role as the skill development director for the National Interscholastic Cycling Association (NICA), McCormack created the curriculum and wrote the manual used to train high

school mountain bike racers and their coaches throughout the United States. McCormack's website, Lee Likes Bikes, is a favorite among devoted riders. The Lee Likes Bikes MTB School helps riders worldwide learn the skills he teaches in person. (Check out the site for videos showing the skills explained in this book, as well as more advanced skills.) As the founder and CEO of RipRow, McCormack is proud to be helping riders develop their skills and fitness off their bikes as well as on their bikes. McCormack has been a mountain biker for almost 30 years, and he is still getting better, which makes mountain biking fun. He lives in Boulder, Colorado, with his wife, Arlette, and his twin daughters, Finley and Fiona. The whole family rides together whenever they can.

First, about me: I'm just a weekend single-track warrior with little intention of ever racing on a serious level. I've been riding the trails for maybe 8 years now and am on my third bike. I can honestly say I learned a lot from this book. I think beginners and pros and everyone in between can pick up some great tips. I see this book as a MTB version of *Proficient Motorcycling: The Ultimate Guide to Riding Well*, a book that I return to when I just want to touch up my skills in certain areas. The bike setup tips have given me some ideas for my next upgrades (shorter stem and maybe a remote seatpost!) and the riding tips have already started paying off. Though I already practiced a lot of the recommendations for my kind of riding, it wasn't really on a conscious level and therefore wasn't consistent. Brian and Lee put everything into easy-to-understand terms and explain why some things work well and others don't. The writing flows well and the occasional humor is spot-on. Together with the useful information, it all just comes together as an enjoyable reading experience. This book has inspired me to want to try some different disciplines; Super D sounds like a lot of fun and I really wish we had a pump track in the area! I'm sure I will occasionally return to this book and any future updates as a way to stay on track and continue my improvement. By the way, I briefly considered the Kindle version of this book but I would have really lost out on the great photos. They're worth the extra price and really help illustrate the points being made.

Great book. Very thorough. Complete with everything you need to help you get started from beginner to expert. The new edition comes with a glossary of terms, as some of the language used is colorful from the racing circuit crowd. Most beginners will not know what things like pumping and raling mean, so turing to the glossary will explain it. Perfect.

First: I have almost 15 years of mtb riding. About 12 of them were spent - to use Lee's words - sucking. I always enjoyed riding though but got stuck in a rut. I read quite a few useless books during

that time. Then I discovered MBUK Magazine, bought Trials ace Martyn Ashtons book, ditched my SPD pedals and lycra outfit and started over from scratch, learning the basics on flats and with knee pads. Track stand, hops etc. etc. Trail riding became a lot more fun. I stumbled over Lees Facebook page one day and there was a piece on suspension and riding a bigger wave. What he wrote made instant sense. I'm an engineer but in this case, someone just needed to nudge my brain pattern. A lot fell into place. I went out and tried his advice 'heavy feet, light hands' to great effect. There was flow! So I got the book. I reckon, even if I read ten or twenty books before, there will be something new in this book thats worth while. I went through it in a few days. As I write this, I've just been out riding and messing around with the 'attack position' on a familiar piece of trail. I tried it going down a set of stairs and some steep descents. It worked flawlessly. I went down stuff that scared me before with unbelievable ease and I went over lumps and bumps smoothly. I had to try it again and then again. I forgot myself briefly and went back to my old ways and promptly hit the ground. I'm gonna re-read and practice and yeah, there will be 'braaaaap'. So, this book is really good. I wish someone gave it to me years ago. I spent so many years doing stuff plain wrong or just not knowing.

This book is incredibly comprehensive. It starts with the basics like the difference between MTB types and how to pedal your bike and apply the brakes all the way to connecting double manuals and getting big air. I read it cover to cover and incorporated the information into my riding and literally got better overnight. I like the entertaining writing style, I cracked up at certain points and it's easy to read and re-read to hone your skills. It's technical too though and every time you read it subtle things sink in. This is a must buy! They reference Lance Armstrong a bit in the book which makes it feel a bit dated, they discuss the 29er wheel size and ultimately dismiss it which is no longer reality, Lee rides hard on gold specialized bike in the photos (Lee, I know you rock that bike hard and my Grandma thinks it fit's her apartment nice too) but that stuff is really inconsequential. If you want to get better at riding your MTB. Stop reading this review and read the damn book already then go RIDE!

A great book for bikers at all levels. Really not much to say about its merit. Translating physical actions on paper is challenging, and the authors, who are authorities on MTB, have done a wonderful job here. Deducted one star because you get the feeling that the authors assume you are a MTBiker and know MTB lingo. So as a rank beginner, it was a bit annoying, however, it didn't really hamper the learning experience from reading this book.

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