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Mountain Biking (Rad Sports Techniques and Tricks)

Aaron Rosenberg

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Mountain Biking (Rad Sports Techniques and Tricks) Aaron Rosenberg
High Interest Books Offer the Techniques and Tricks of Each of These Exciting Extreme Sports The so-called unconventional sports that include in-line skating, snowboarding, and rock sport climbing are in the mainstream today. They are radical sports that have captured the imaginations of millions of middle schoolers and teens nationwide, and now many millions of sports fans are outside jumping curbs, riding berms, and chugging up mountain trails. Rad Sports is a how-to sports series specially designed for beginners in each of six sports. The basics are explained so that beginners can learn good, safe habits now rather than trying to correct bad habits later. In-depth descriptions of each sport--including step-by-step photo sequences of techniques and tricks, sporting rules, and the proper safety gear to wear--make these books indispensable tools for novice middle school sports enthusiasts. Mountain biking is a year-round sport that attracts many different outdoor enthusiasts. This book teaches how to negotiate the trails bikers are likely to encounter in almost every geographical location. Rosenberg supplies numerous techniques that are a must for safe off-road cycling.

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