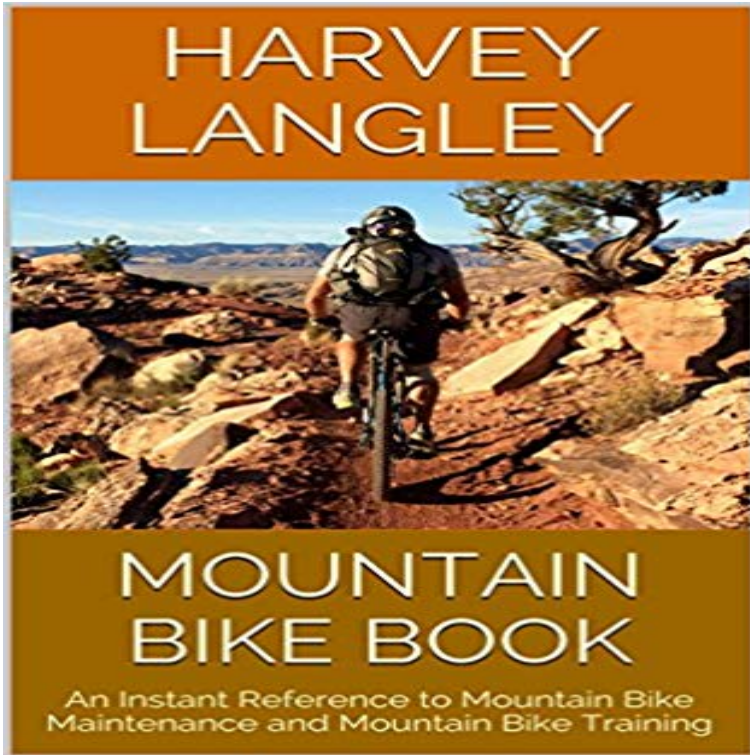


# Mountain Bike Book: An Instant Reference to Mountain Bike Maintenance and Mountain Bike Training



Mountain biking is an exciting sport that can be enjoyed by anyone who knows how to ride a bike. Compared to the average bike ride, it does present some danger. Therefore, you should master these basic skills before you hit the trails or the dirt. You can practice these beginning skills at a local park, school, bike path, or simply around your house. If you can, try to find a location with a steep hill. GRAB A COPY TODAY!

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