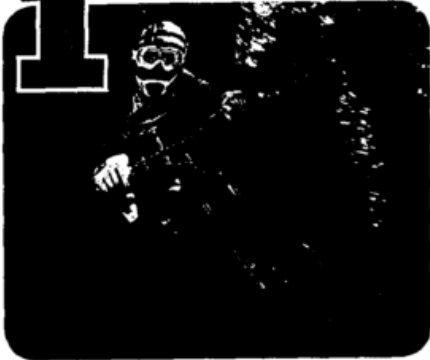


1



Choose Your Weapon 7

Buy the Right Bike 8
 Hardtail or Full Suspension? 8
 Choose the Right Bike for Your Riding Style 11
 Understand the Bike's Geometry 18
 Customize Your Bike for Your Riding Style 21
 Bike Setup 24

2



Become One With Your Bike 43

Learn How to Touch Your Bike 44
 Get Into Attack Position 46
 Optimize Your Sense of Balance 49
 Stay Between Your Wheels 50
 Loading and Unloading 55
 Mounting and Dismounting 59

3



Make Great Power 61

Build a Perfect Pedal Stroke 62
 Make Mad Power With These Tips 66
 In the Saddle 67
 Out of the Saddle 67
 Sprinting 68
 Spin to Win 70
 Shift Like a Champ 70

4



Brake Better to Go Faster 73

Know Your Stopping Distance 76
 Control Your Excess Braking 78
 Battle Braking Bumps 79



Carve Any Corner 81

Master the Basics of Every Turn 82
 Follow the Right Lines 85
 Lean to the Right Degree 88
 Rail Berms 93
 Carve Flat Turns 95
 Survive Off-Camber Turns 96
 Conquer Switchbacks 97
 Skid Into Loose Corners 98
 Pump Berms for Free Speed 99
 Deal With Drift. 99



Wheelie and Hop Over Anything 103

Lift That Front Wheel. 104
 Lift Your Rear Wheel 109
 Get Over Small Obstacles 111
 Hop Over Large Obstacles 112
 Pedal Hop. 116
 Lunge Onto a Ledge 117



Pump Terrain for Free Speed 119

What is Pump? 120
 Where Can You Pump? 120
 Why Should You Pump? 121
 The Continuum of Pump. 122
 Gaining Speed Over a Single Bump 122
 Maintaining Speed Over a Single Bump 123
 Pump-Manualing Across Two Bumps 124
 Pumping a Turn 125
 Applying Pump on Real Trails 126
 And Keep in Mind. 126

8



Drop Like a Feather **131**

Land Smoothly	132
Fast Drop to Downhill	133
Slow Drop to Flat	135
Half-Pipe Drop-In	137

9



Jump With the Greatest of Ease **139**

Learn to Jump	140
Dial Your Jumping Style	147
Handle All Sorts of Jumps	151

10



Flow on Any Trail **163**

See Better to Go Faster	164
Pick Great Lines	166
Dial In Your Speed	168
Ride With a Reserve	169
Commit	169
Find a State of Flow	171
Know Why You Ride	175



Handle Crazy Conditions **177**

Unnecessary Roughness 178
 Slippery When Wet 180
 Soft, Deep, and Loose 182
 Avoiding the Rut 184
 Riding the Skinnies 185



Avoid Injuries **189**

Chronic Injuries 190
 Acute Injuries 191
 Stay Out of Trouble 191
 Common Mistakes and Their Fixes 194
 So You're in Trouble 199
 Top Five Training Exercises—or—James Says,
 "Do These Exercises" 202
 Rip It for a Lifetime 204



Race Like a Champ **205**

Strengthen Your Mind 206
 Bikercross 213
 Dual Slalom 219
 Downhill 222
 Cross-Country 227
 Super D 230
 24-Hour Races 233

GLOSSARY 239 ◦ PHOTOCREDITS 245
 INDEX 249 ◦ ABOUT THE AUTHORS 255