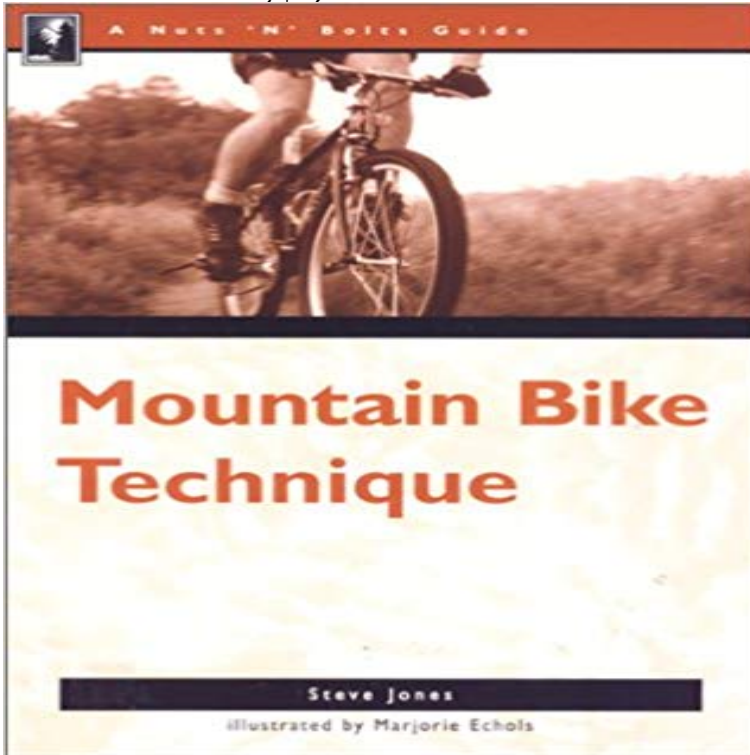


# The Nuts N Bolts Guide to Mountain Bike Technique (Nuts N Bolts - Menasha Ridge)



Veteran mountain bike author Steve Jones explains why and how his technique works and offers a wealth of important information, including: how to perfect the art of braking; how to navigate different terrain such as sand, rock, and mud; and the secret to cresting long, steep climbs.

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