

Title:

Mountain Bike Review - Get out the ride!

Word Count:

467

Summary:

Mountain Biking is an exciting form of recreation that can be enjoyed by everyone regardless of

Keywords:

mountain biking, extreme mountain biking, cycling

Article Body:

Mountain Biking is an exciting form of recreation that can be enjoyed by everyone regardless of

Mountain biking is broken down into five categories:

Cross Country

Downhill

Free ride

Dirt Jump

Trails/street riding

Mountain biking is a also a fantastic way to stay in or get into shape but you have to be care

Mountain Biking Equipment

On Bike

Seat - Although you will rarely be sitting in it, when you are you want it to be comfortable

Shocks/Suspension - If your mountain bike came equipped with shocks or a suspension system, yo

Frame - Check the frame before each ride for hairline cracks and dents that could lead to fram

Tires / Rims - Make sure your tires have plenty of tread remaining before each ride as well as

Tire Repair - You should always carry a tire repair kit for yourself and the unfortunate soul

Bike Wrenches - You should also carry the standard issue wrenches in a bag in case a spoke pop

Whatever the emergency, you want be as prepared as you can be.

Personal Equipment:

You should at a minimum have gloves, sunglasses, a good helmet, cycling pants with padding, an

If you are into extreme mountain biking you may want to also look into arm and shoulder protec

Make sure you follow all trail rules, etiquette, and safety regulations if any and above all e

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