



## The Mountain Bike Leader's Handbook (Paperback)

By Graham French

Blurb, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The mountain bike leader's handbook is the essential guide for those leading mountain biking groups. It covers topics such as what to carry, trail side repairs, coaching techniques and leadership, in one compact volume. Key points, top tips and important areas to remember are highlighted within the text, along with full colour photographs to illustrate the details. The mountain bike leader's handbook aims to guide riders wanting to get into leading groups, and support those moving through one of the leadership certification schemes, although is not specifically focussed on any one scheme. It offers leaders a reference manual to use when out on the trail, or planning a session. For those leading mountain bike groups it provides a helpful recall for those easily forgotten details which can slip from memory. It also provides a starting point for those exploring the options around qualifications in mountain bike leadership.

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