

Teaching Mountain Bike Skills: The Skills Training Manual For NICA Coaches By Lee McCormack

By Lee McCormack

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Lee McCormack is NICA's skills He wrote the books Mastering Mountain Bike Skills, Teaching Lee also wrote the book Pro BMX Skills with top BMX racers and coaches.

World renowned skills author and instructor Lee McCormack shares 10 of the most important bike setup and basic mountain biking skills teaching riding skills

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