

Bad Habit #17

Front Wheel  
Dy-no-turn

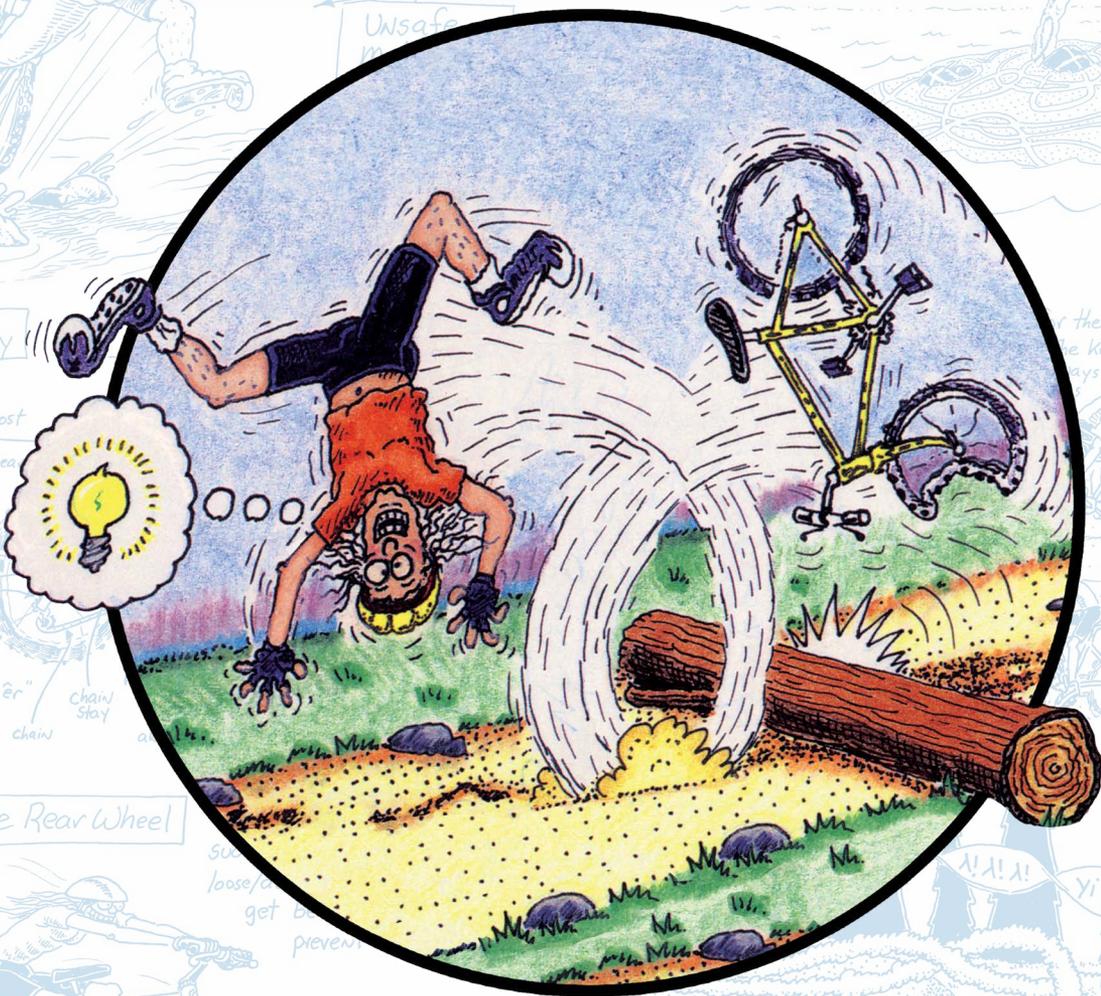
If you don't want to chance locking your front wheel on steep stuff, lock the rear wheel and carefully turn your front wheel sideways.

# The Mountain Bike Way of Knowledge

A cartoon self-help manual on riding technique and general mountain bike craziness....

Bike Anatomy

- Seat post
- freewheel  
A.K.A. "rear sprocket thingie"
- front shifter
- Deraileur  
A.K.A. "rear Shifter thingie"  
Pronounced "de-rail-er" by most normal people.
- Chain stay
- chain



Weighting the Rear Wheel

So loose/get the preven

the tricky part, reversing the key to this move is to

lock rear wheel, cut front wheel - lean hard inside the turn...

Woosh!  
front wheel almost perpendicular to frame

Cartoons by William Nealy

Yi Yi!

Oh Wow!

Eco Hazard!!

Fall Line

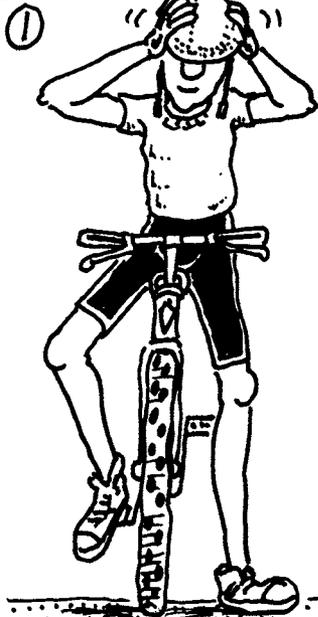
Unsafe

forgetting to tune\* his bike every week for s... Freddie!

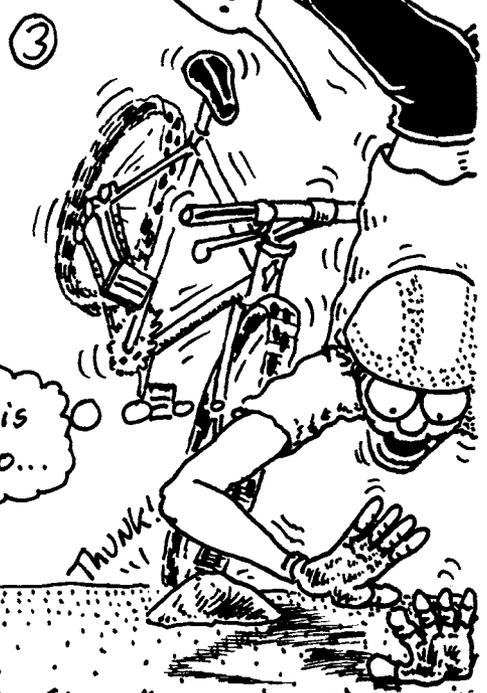
\*TUNE (C... )... cables, connect... at r...

Holy Shit!

How to ride a Mountain Bike...



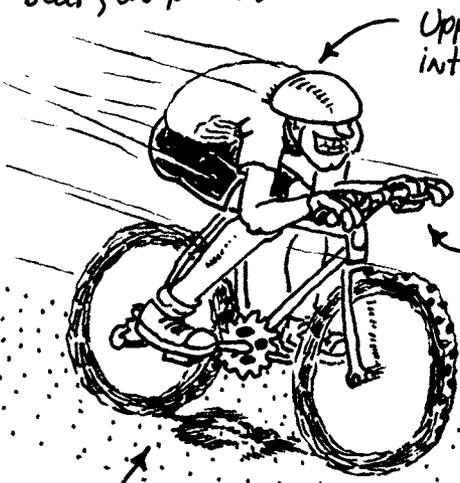
② I remember this from when I was a squirt!



This Too...

Soon you'll discover the true meaning of  $QK = \frac{1}{2} MV^2$ ! (hint; "kinetic energy")

Weight off seat, on pedals



Upper torso tucked into aerodynamic configuration

Not even thinking about using the brakes but ready...

legs flexed, weight on balls of feet, foot position slightly pigeon-toed

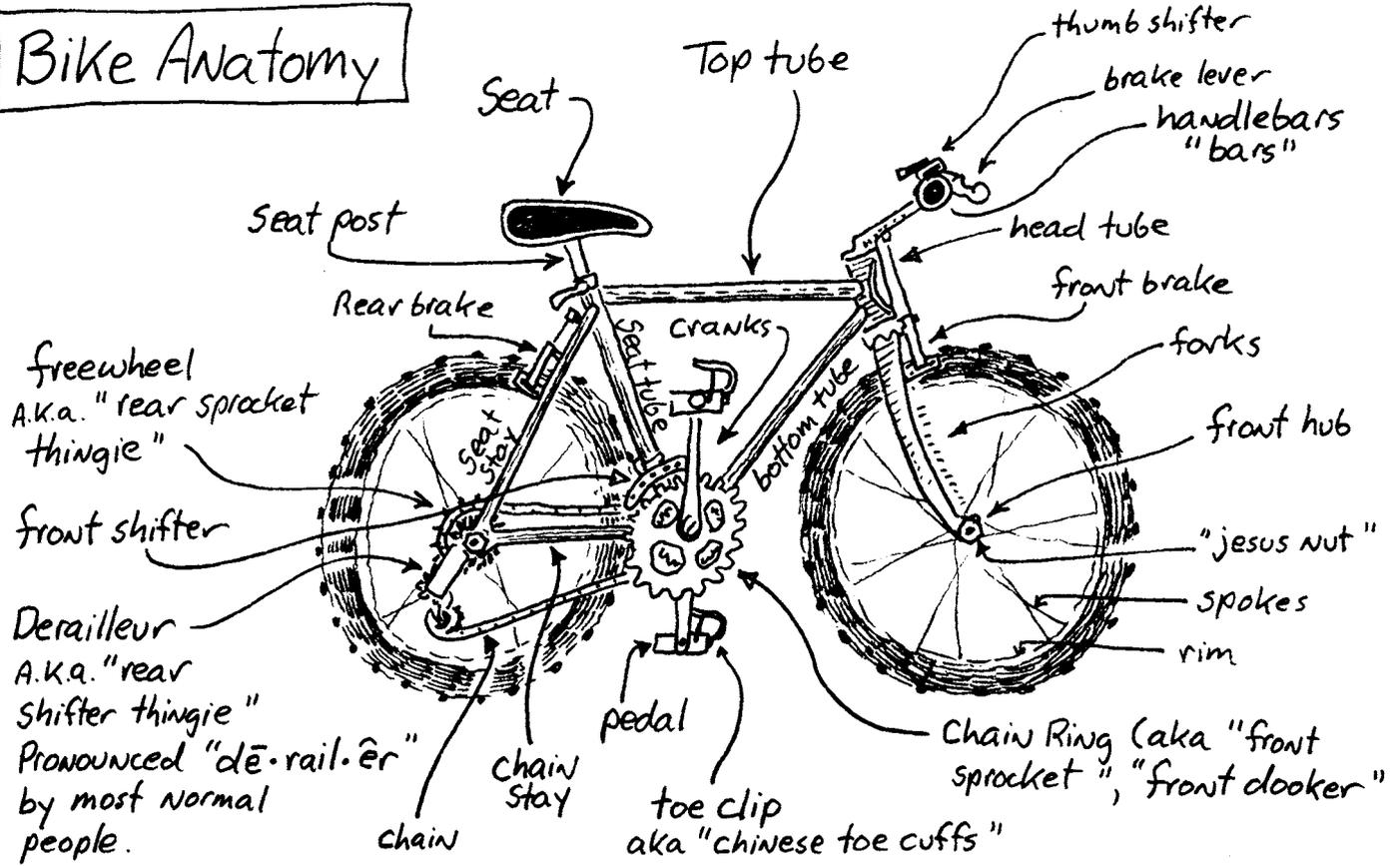
Rock shock is "swallowed" by legs & torso



Fup!

Good Downhill Form

# Bike Anatomy



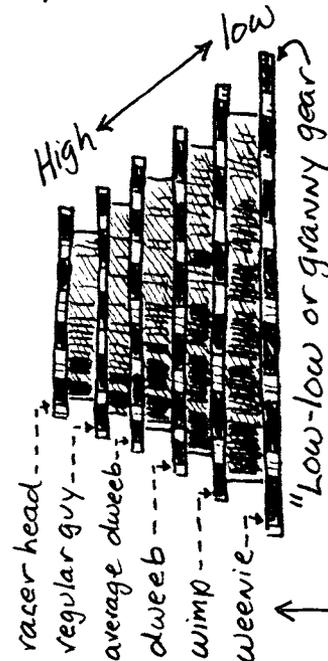
# Bike anatomy, cont'd..

## Chainring Detail

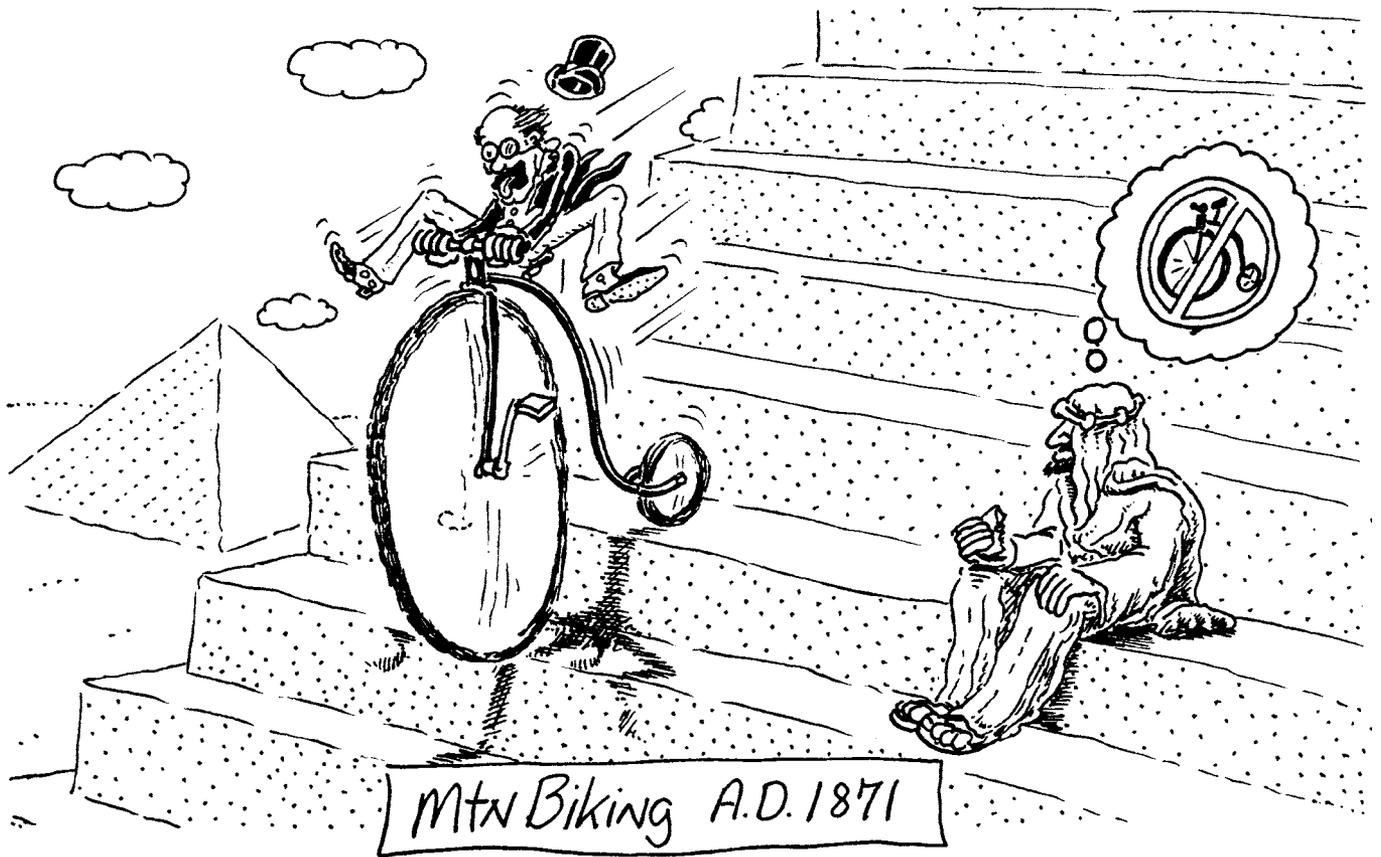


## Freewheel Detail (side view)

A psychometric analysis...



Psychometric equivalent based on one's preferred gear under average offroad conditions. The author could be classified as a weenie on the cusp of dweeb



Mtn Biking A.D. 1871

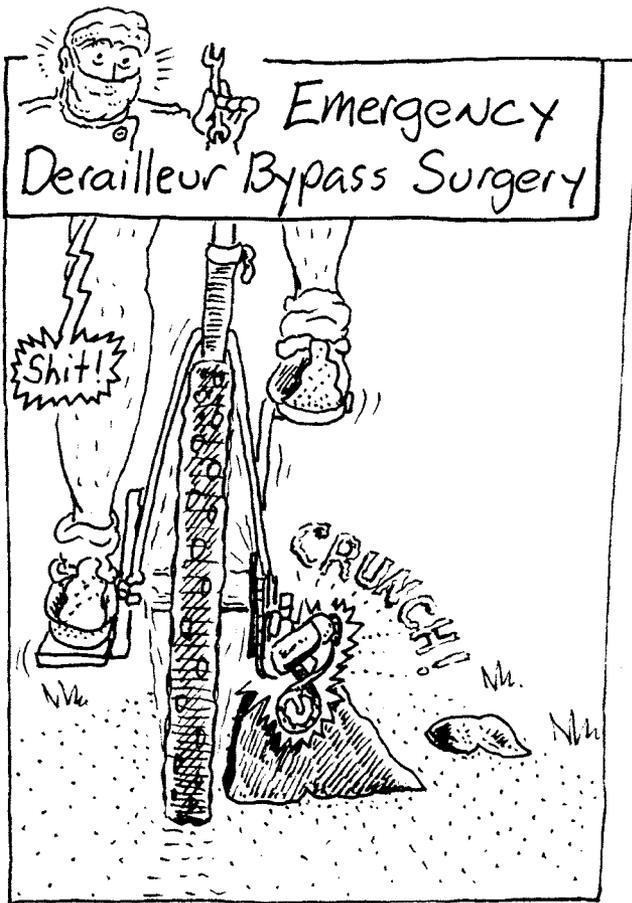


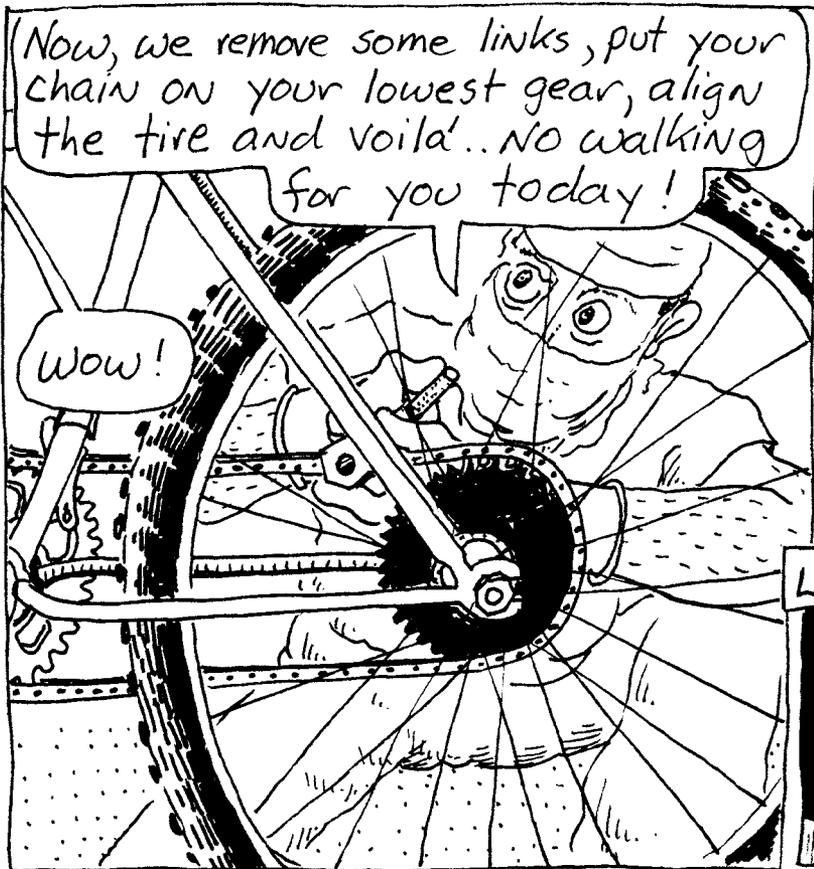
When he (or she) is all one there is no flaw in him (or her?) by which a wedge can enter.

...so a drunken man (or woman?) falling out of a wagon is bruised but not destroyed...\*

The Mtn. Bike Way of Knowledge

\*Chuang Tzu  
"Wholeness"  
1,2,3, author





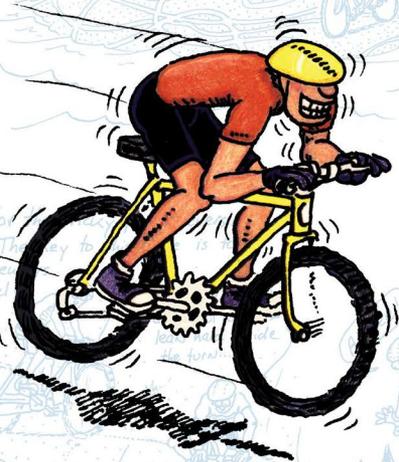
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DYN0-TURN  
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# The Mountain Bike Way of Knowledge

The first compendium of mountain bike insider knowledge ever published. Between the covers of this incredible book you will discover the secrets of wheelie turns, log jumps, bar hops, and dog-evasion techniques—to name a few. And you'll laugh while you're learning. After crashing and burning on mountain bikes for over a decade, William Nealy decided to share his hard-earned wisdom with beginners and experts alike in his unique cartoon style. Whether you're just thinking about buying your first mountain bike or you're a full-blown mountain bike racer-head, you're sure to enjoy *The Mountain Bike Way of Knowledge*.



Bike Anatomy

freewheel  
Aka. "rear sprocket thingie"  
front shifter  
Derailleur  
Aka. "rear shifter thingie"  
Pronounced "de-ral" by most normal people.



William "Not Bill" Nealy was a wild, gentle, brilliant artist and creator turned cult hero. The subjects of his many maps and books included paddling, mountain biking, skiing, and inline skating. His hand-drawn, poster-size river maps of the Nantahala, Ocoee, Chattooga, Gauley, Youghiogheny, and several other rivers are still sought after and in use today. Learn more about William and his art at [thewilliamnealy.com](http://thewilliamnealy.com)

Weighting the

 **MENASHA RIDGE PRESS**  
Your Guide to the Outdoors Since 1982  
an imprint of AdventureKEEN

OUTDOOR SPORTS & RECREATION  
ISBN 978-1-63404-368-7



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