

Bad Habit #17

Front Wheel
DyNO-turn

rear wheel and
turn your front
wheel sideways.

If you don't want to chance
locking your front wheel on
steep stuff, lock the

carefully

bring

The Mountain Bike Way of Knowledge

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

Bike Anatomy

Seat post

freewheel
Aka. "rear sprocket
thingie"

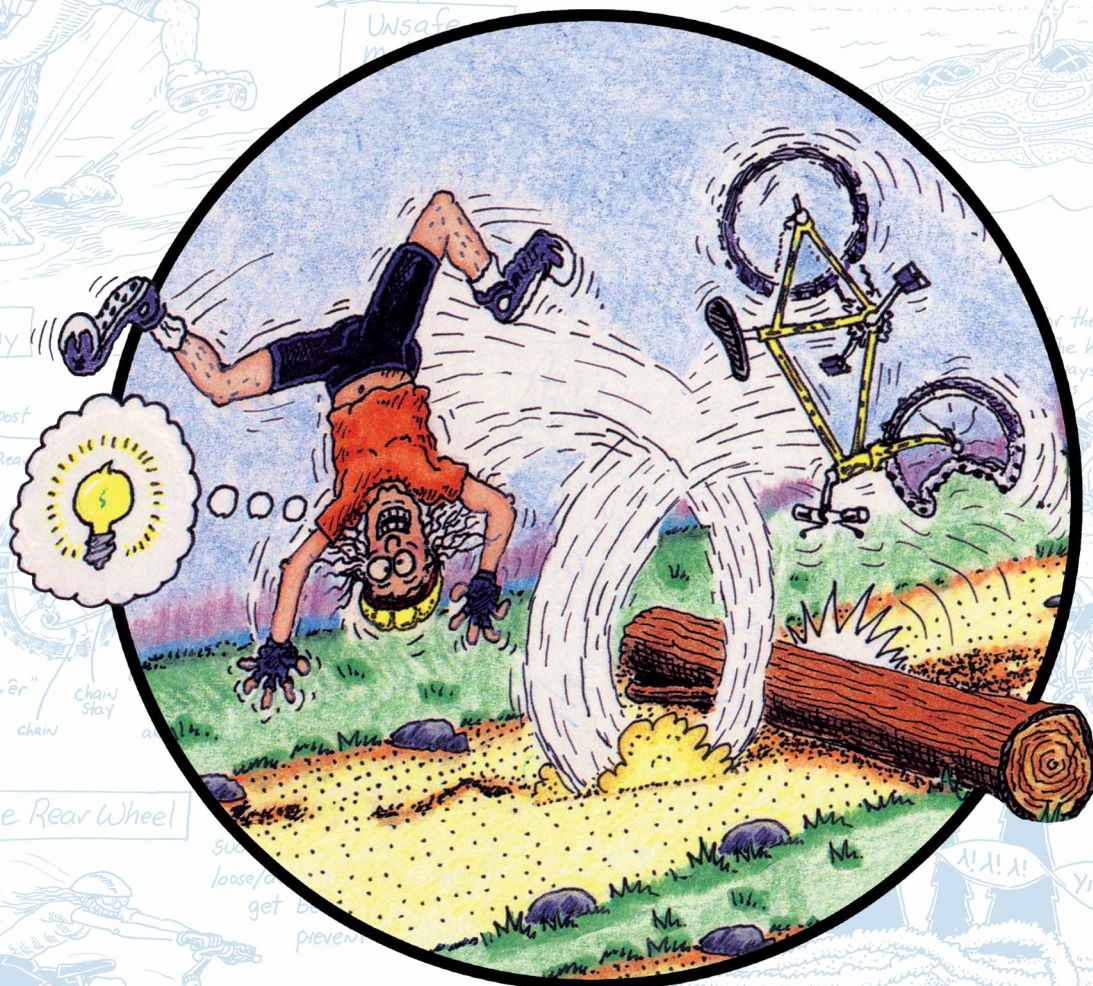
front shifter

Deraileur
Aka. "rear
Shifter thingie"
Pronounced "dē-rail-ēr"
by most normal
people.

chain
chain stay

Weighting the Rear Wheel

Cartoons by William Nealy



Eco Hazard!!

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

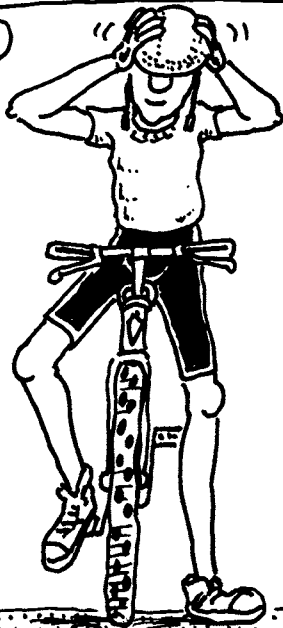
Yi Yi!

Holy
Shit!

Oh Wow!

How to ride a Mountain Bike...

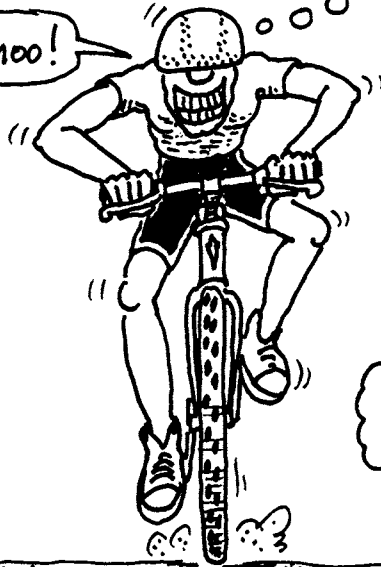
①



②

I remember this from when I was a squirt!

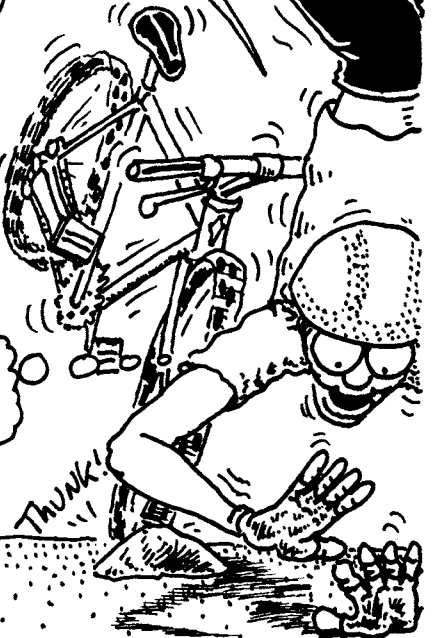
Yahoo!



③

whoops!

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...

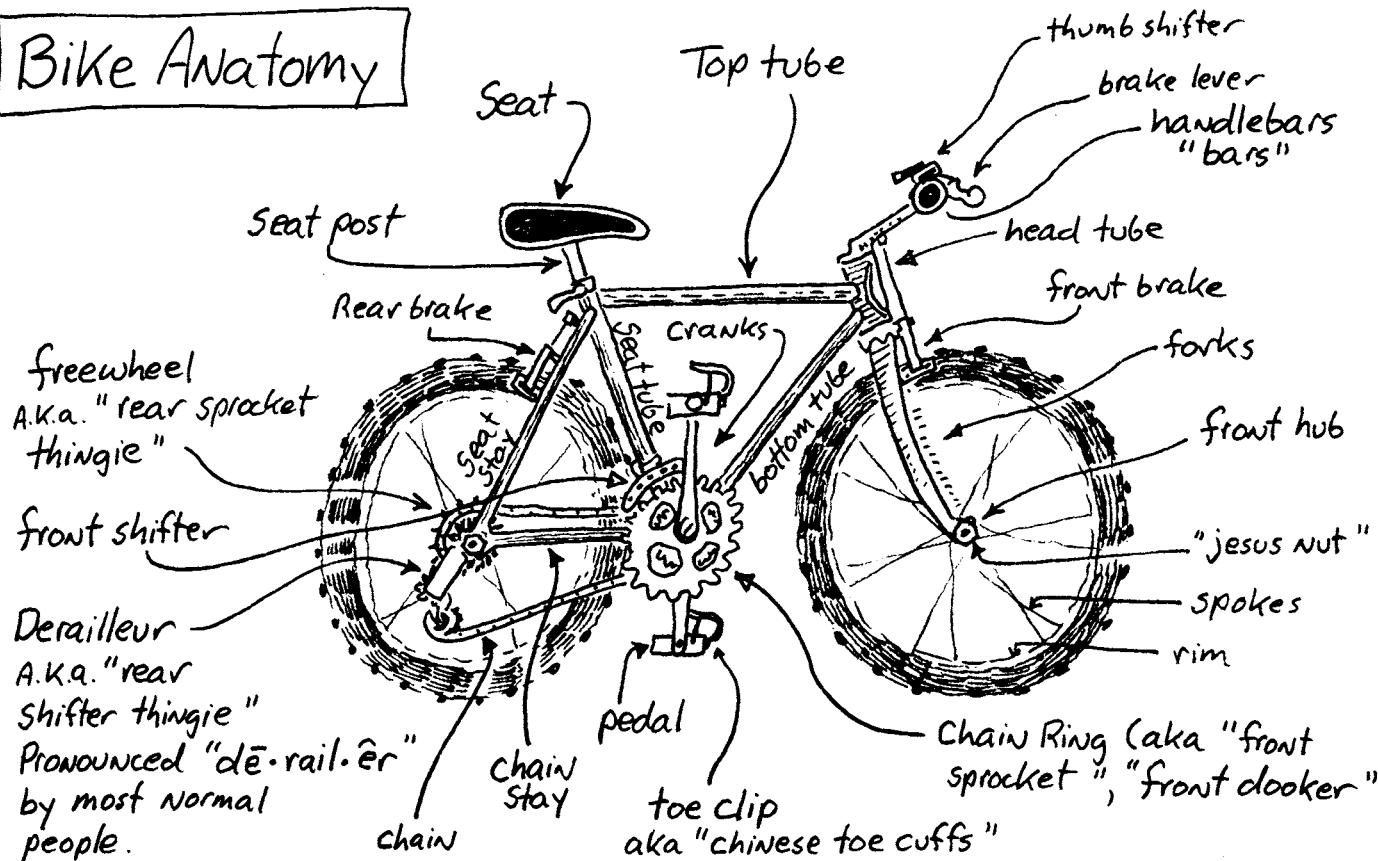
Rock shock is "swallowed" by legs & torso

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

Fup!

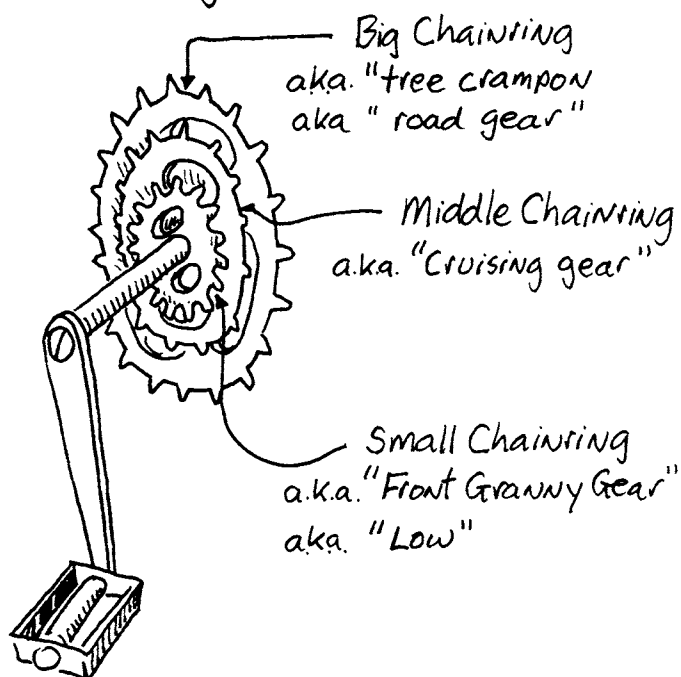
Good Downhill Form

Bike Anatomy



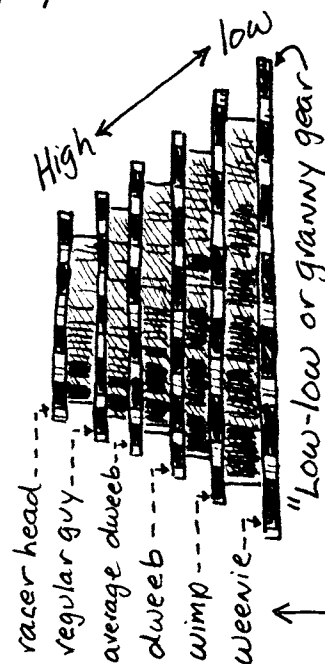
Bike anatomy, cont'd..

Chainring Detail

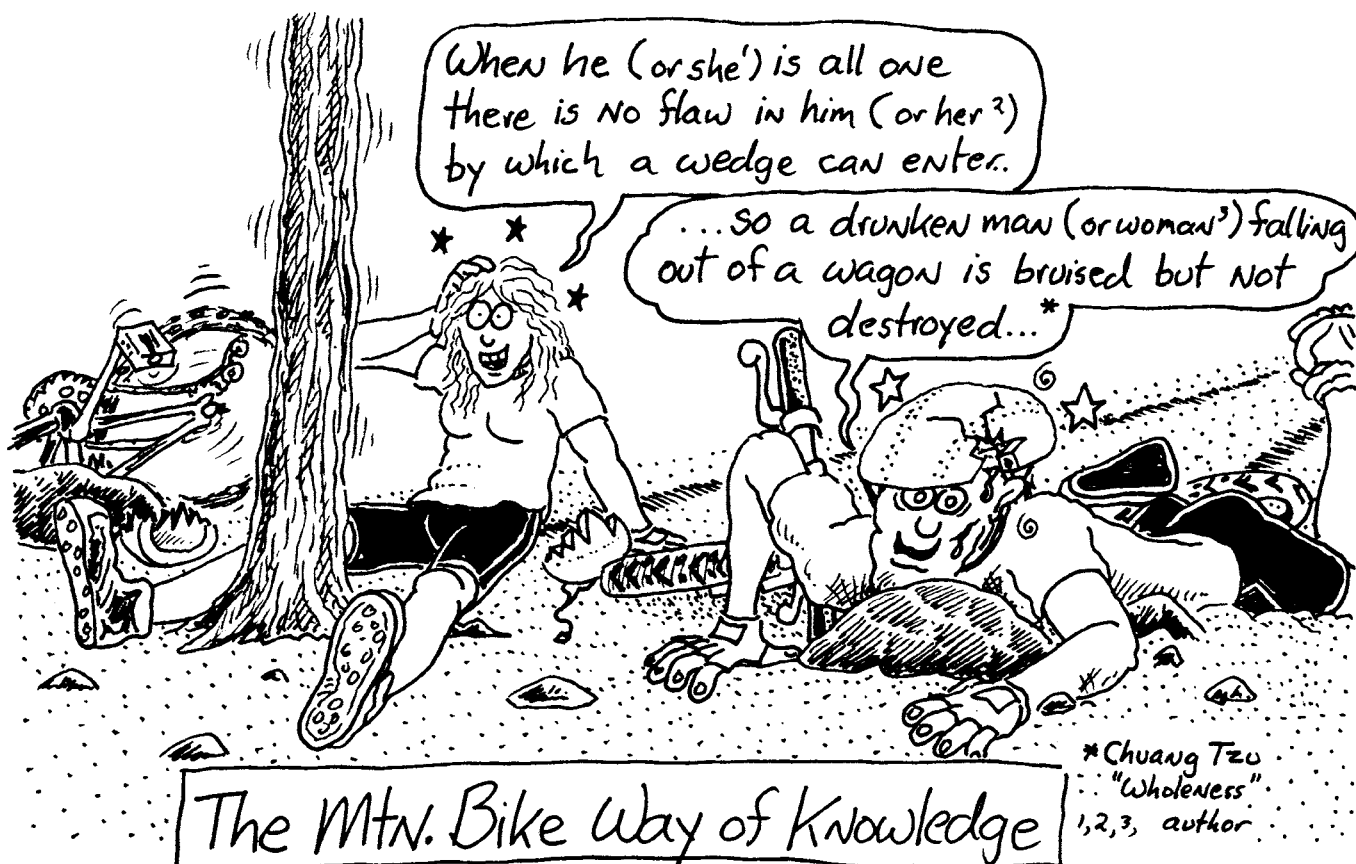
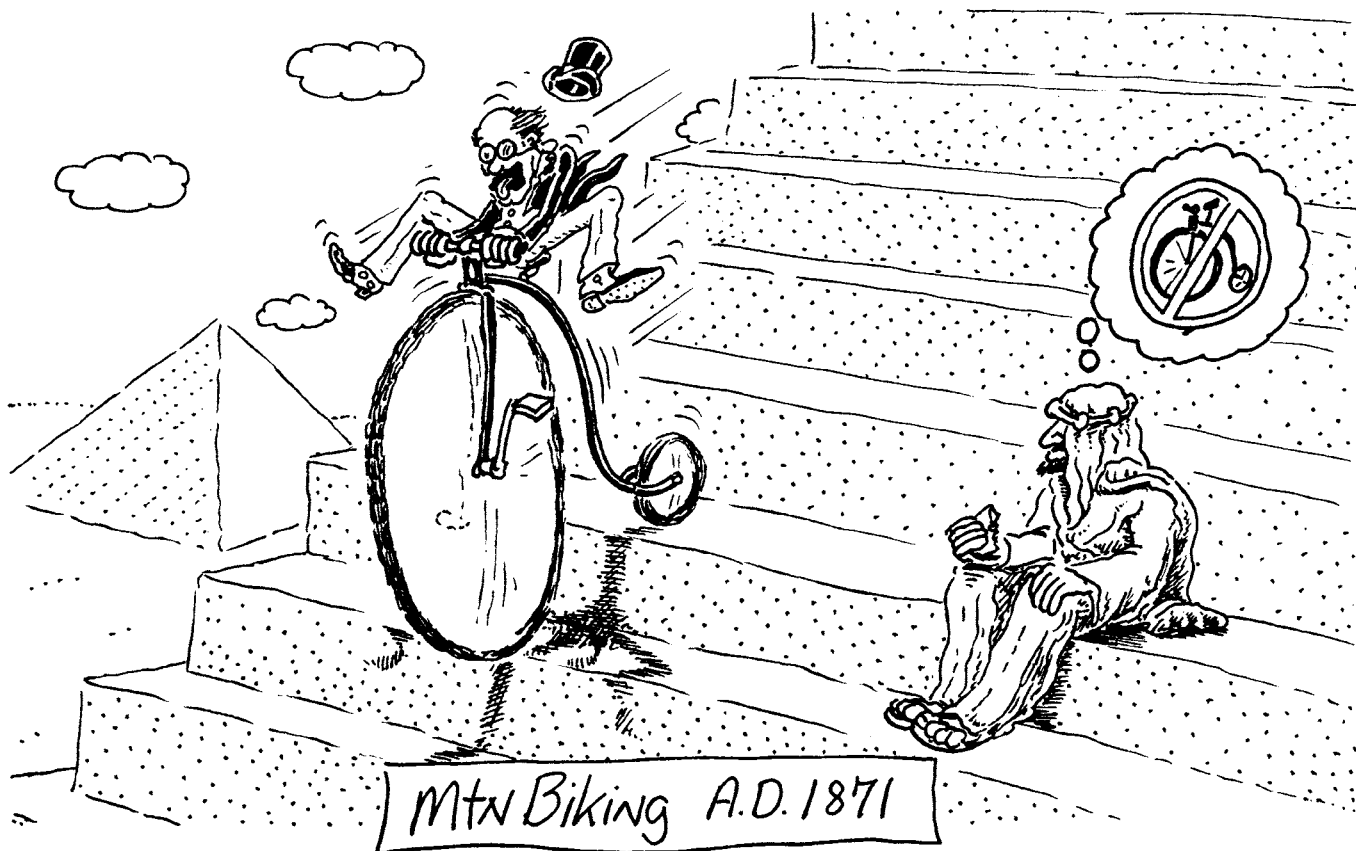


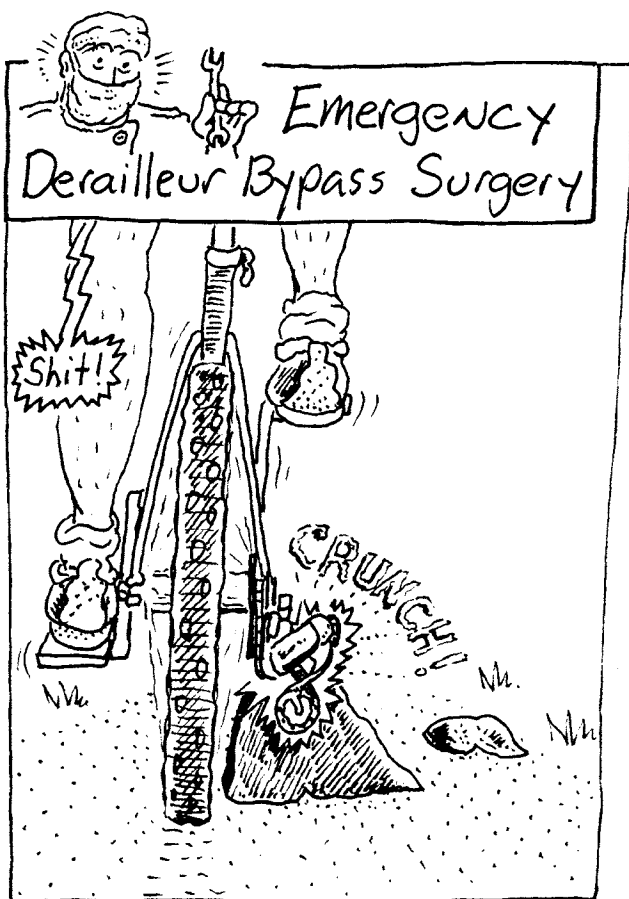
Freewheel Detail (side view)

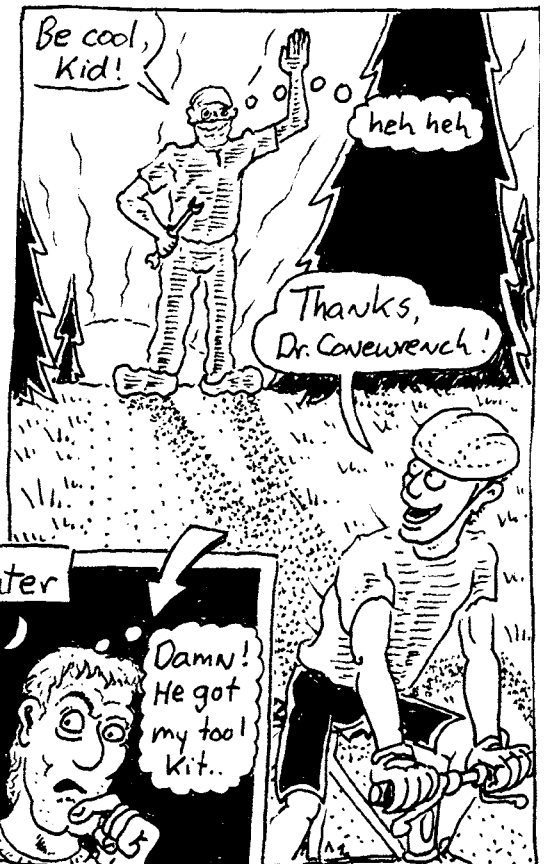
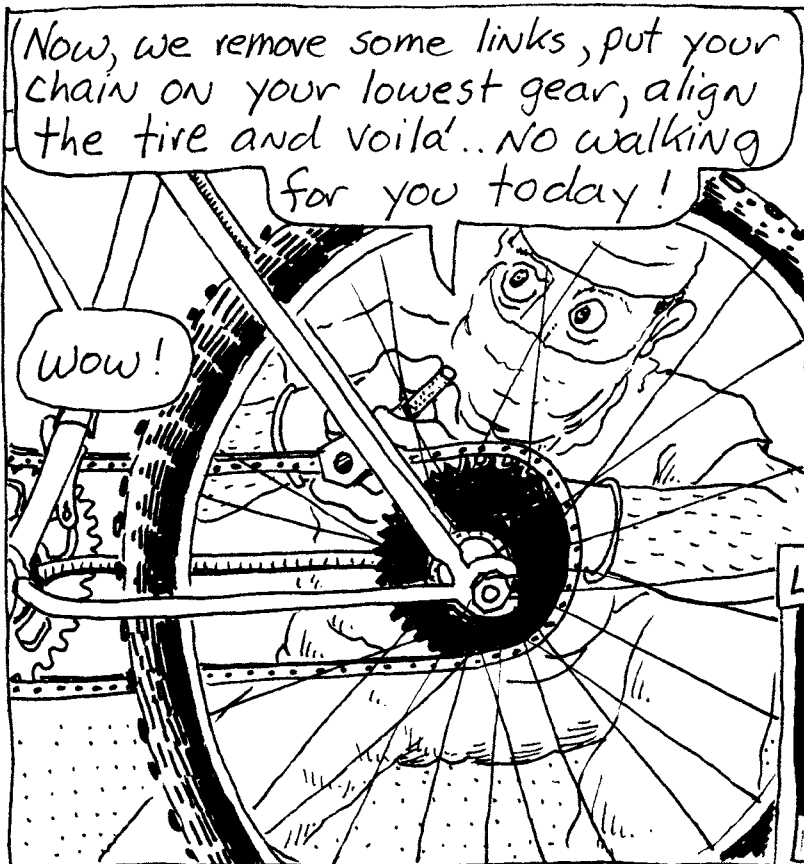
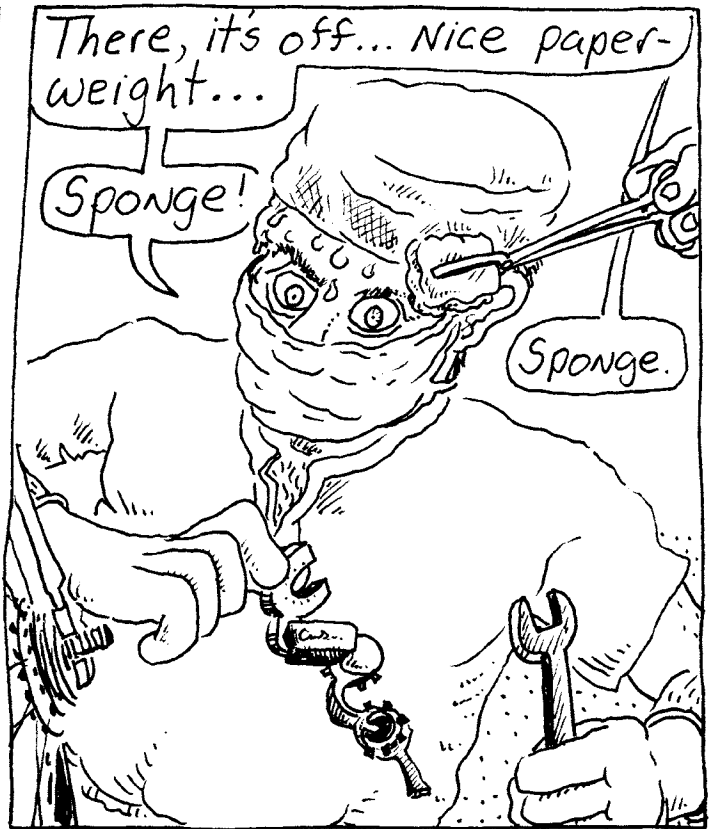
A psychometric analysis...



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







The Mountain Bike Way of Knowledge



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



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