



Welcome To Pump Track Nation: How To Build And Ride The Best Pump Track On Earth — Yours

By Lee McCormack

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Welcome To Pump Track Nation: How To Build And Ride The Best Pump Track On Earth — Yours By Lee McCormack

A pump track is a continuous loop of turns and bumps that mountain bikers and BMXers ride without pedaling. In just a few years, pump tracks have grown from a rare secret to a worldwide trend. Pump tracks are popping up in back yards, vacant lots and public parks everywhere because: * Pump tracks are fun to ride. * Almost anyone can ride them. * Pump tracks build phenomenal skills and fitness. * They can be built almost anywhere. Welcome to Pump track Nation shows you how to build a sweet pump track quickly and efficiently. Dig less. Ride more!

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Editorial Review

About the Author

Lee McCormack is an experienced journalist and bike rider, racer and skills instructor. He co-wrote the book Mastering Mountain Bike Skills with world champion mountain biker Brian Lopes, he writes for numerous magazines, and he runs his own site, www.leelikesbikes.com. Lee was part of the team that one the 1998 Pulitzer Prize for public service, and he has served time at a variety of high-stress jobs. Now Lee lives in Boulder, CO, with his wife Arlette and two kids. He writes about bike riding, teaches riding skills and rides every chance he gets. www.leelikesbikes.com

Users Review

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Margaretta Lee:

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