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As one of the oldest race disciplines in mountain biking, cross-country is often thought of as the geeky older sibling to downhill and enduro racing. However, XC racing has recently seen its stock ...

Cross-country racing explained | Everything you need to know about XC racing

Enduro is essentially the perfect discipline ... Want to know more about the different types of mountain bike racing on offer? Check out the articles below for the ultimate guides: For your ...

5 big reasons why racing mountain bikes will benefit you

The 2022 GT Force enduro mountain bike sees a number of key

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changes, including revisions to its geometry, new suspension kinematics and a switch in wheel size, opting for 29er wheels going forward.

2022 GT Force gets high-pivot idler pulley system and rowdy-riding-ready geometry

The 661 Recon D30 Pads offer incredible freedom of movement thanks to the D30 Ghost protective insert, with extended shin protection too ...

Review: 661 Recon D30 Knee Pads offer ultra-flexible, lightweight, breathable protection

Hannah Bergemann talks about how this year's Formation event compared to last year's, how her background skiing influences her riding, how she gets ready to send big features, and what the future of ...

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Interview: Hannah Bergemann on Her Visualization Process, Formation & The Future of Women's Freeride

Earlier this year we launched Everyone Wins: a campaign to give grassroots racing a boost to ensure that it returns from the impacts of the pandemic bigger, better and stronger than ever before. We've ...

Behind the scenes at a bike race, with Everyone Wins

The Sunshine Coast saw 20 female riders arrive from all over B.C. on July 17 to race in the inaugural Sunshine Coast Women's Enduro, also known as the SCWEnduro.

20 riders race in Sunshine Coast Women's Enduro

Smith threw herself into her training, finishing closer and closer to podium ... a step that would eventually lead her to huge successes. Enduro is a category of mountain bike racing somewhere between ...

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MOUNTAIN BIKING: With bravery and dedication Morgan Smith rides to success

Maribor Pre-Race Chat with Chris Kilmurray - Downtime Podcast
After a short break, the mountain bike world cup is back this weekend in Maribor, Slovenia. We're sitting down with coach to the stars, ...

Podcast Round Up: Mental Health, the Creation of 50to01, All Things Training, Hattie Harnden's First EWS Win & More

It also recommends workouts with Recommended Workouts for training guidance ... Moreover, the Enduro comes with a Mounting Biking feature that tracks mountain biking sessions along with grit ...

Garmin Enduro is an \$800 smartwatch with solar charging

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support

If you're keen to start cycling for fitness but don't know where to start, we're here to help with our eight-week expert training plan. World events such as the Tour de France and the Olympics ...

Cycling fitness plan: shape up with these simple 30-minute sessions

Meanwhile, four riders formed an organization to promote mountain-bike safety. Enduro racer Heidi Dohse ... The goal is to provide racers, riders and event organizers with training, tools and ...

New company promotes mountain bike safety

Having Enduro in Snowmass puts our mountain bike offerings in focus for some of the best riders ... Thursday and Friday will be training days for the riders. The stages will feature two of the

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area's ...

Enduro World Series returns to Aspen and Snowmass this weekend

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Mountain Biking

Additional RMES sponsors include: Yeti Cycles, Honey Stinger, Stio, Elevation Beer CO, Smooth Operator, Enduro MTB Training, Soulcraft Brewing, 100%, Yee Haw Pickle Co., Absolute Bikes ...

New Rocky Mountain Enduro series rolls on at Powderhorn Aug. 5-6

She also went over video from previous races as part of her training ... In addition to downhill mountain biking, she competes in enduro, in which riders compete in timed downhill sections ...

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Comox mountain biker heading off to World Cup in Europe

cycling (indoor and outdoor) and swims (pool and open water). It also offers modes for activities like paddleboarding and indoor rowing. Coros also offers strength training and rep counting like ...

Sports watch brands: your complete guide to Garmin, Polar, Suunto and Coros

“We’ve also hosted the Australian Track Cycling team for pre event training at our Velodrome ... and Mt Morgan boasting premier Gravity Enduro and Cross Country Trails.

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