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# Surviving A 24 Hour Mountain Bike Race: A World Champion's Perspective



## Synopsis

Surviving a 24 Hour Mountain Bike Race is an ebook written by multiple National and World Solo 24 Hour Champion Jason English. Find out his secrets to success through this comprehensive guide. The "Surviving a 24 Hour Mountain Bike Race Series" has been written electronically so that additional questions can be answered and included in future updates. This series is aimed not only at the Elite solo rider, but is useful for first timers, the support crew of solo riders and team competitors. Feel free to contact the author directly if you have suggestions for further topics.

## Book Information

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## Customer Reviews

Lots of good and practical information from the greatest 24H Solo Rider and Champion, a must for every mountain bike Athlete who wants to survive a solo 24 Hours Race. Loved it. Kudos Jason English

Sentence and topic construction made it difficult to easily follow.

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