

MOUNTAIN BIKE SKILL CARDS



Types of Bikes



1

FULL SUSPENSION

A rear shock absorber helps soak up the bumps, which improves handling and comfort. Rear suspension does add weight – and expense – to the bike, but has become an extremely popular option due to the confidence it gives and the fact that it enables you to tackle more challenging terrain.



HARDTAIL

A bike that has suspension forks at the front, but no rear suspension. The absence of rear suspension makes for a lighter, faster bike on the trails, but it will be more challenging to ride on technical terrain.