



Mountain Biking (Adrenalin Rush)

Anne-Marie Laval

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This series captures the excitement and thrill of sports and activities whose appeal lies in speed and a hint of danger -- guaranteed to give participant a rush of adrenalin. Illustrated with spectacular photography throughout, each book is packed with information about the activity, breaking it into sections which look at why take part, where it take places, the equipment needed, competitions, etc. The books are principally aspirational, so focus on the background to the sport rather than 'how do it' but the books do include ideas on how you get started and make any safety concerns absolutely clear.

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