

# Presentation about Extreme sport

Extreme mountain biking.



# Biking itself.

- **Mountain biking** is a sport which consists of riding bicycles off-road, using specially adapted mountain bikes.
- Mountain biking can be performed almost anywhere from a back yard to a gravel road or mountain roads.
- This sport is very dangerous:
- **think twice before doing something like this!**



# Some History about this madness.

- ♦ 1) One of the first examples of bicycles modified specifically for off-road use was the expedition of buffalo soldiers from Missoula, Montana to Yellowstone and back in August 1896.

- 2) In England in 1968, Geoff Apps, a motorbike trials rider, began experimenting with off-road bicycle designs.

- 3) In the end of XX century bikes based on the Cleland design were also sold by English Cycles and Highpath Engineering until the early 1990s.



# What you need for biking:

- Gloves differ from road touring gloves;

- Shoes generally have gripping soles;

- Special Helmet

- Clothing is chosen for comfort;



- Pump to inflate flat tires;



- Hydration systems are important for mountain bikers in the backcountry;

- First aid kits!





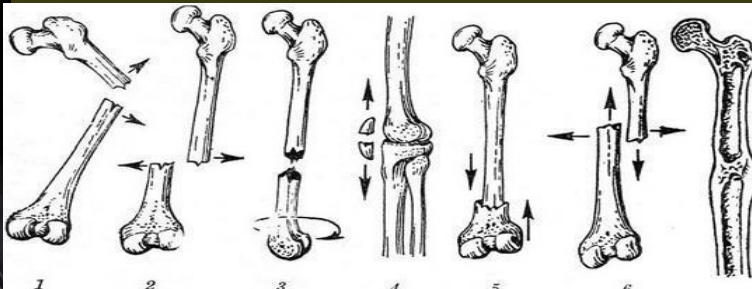
Here is just the pictures  
of this sport.





# Risks of this sport.

- ◆ The risk of injury is inherent in the sport of mountain biking, especially in the more extreme disciplines such as downhill biking. Injuries range from relatively minor wounds, such as cuts and abrasions from falls on gravel to serious injuries such as striking the head or spine on a boulder or tree.



# The end

The presentation came to an end, and now you can comment what was interesting for you here, and add something else (if you can).

The presentation was designed and produced by a student of 10 B form - Dmitry Belyaev.