

INSIDE: NEW MOUNTAIN BIKE GEAR

Pedal Power

WHETHER PEDALING ACROSS THE COUNTRY OR JUST AROUND THE BLOCK, WE'VE GOT A PLAN TO HELP YOU TAKE ON ANY TRAIL | **By Megan Michelson**

Long hours in the saddle are nothing new for professional mountain biker Chris Eatough. The 33-year-old, Maryland-based rider has won six straight World Solo 24-Hours of Adrenalin Championships. Clearly, he's the perfect source to help you become a stronger, more efficient rider as well. ▶

Eatough powers through a 24-hour race in the Moab desert.





Here are Chris Eatough's three easy recommendations to help you become a better cyclist.

STEP 1: Hit the Trails

Duh. The best way to get in shape for biking is by biking. If you're just starting out, gradually work up to five to 10 hours per week. Once you're accustomed to the saddle, Eatough recommends completing an endurance ride (three to five hours), a shorter training ride

(two hours with bursts of speed intervals), and a recovery ride (one to two hours with no hard effort) each week. "I ride about 50% on the road, 50% on the trail. But even when I'm on the road, I ride my mountain bike," he says.

STEP 2: Stage a Sit-in

When you don't have time to bike outside or the weather's just too crummy, hit the exercise bike at your gym. "Stationary bikes can provide a great workout, but they can also be very boring and uncomfortable," Eatough says. Try doing intervals with the bike's resistance set as high as possible. Ride at 80% of your maximum speed for five minutes, then slow down for a three-minute recovery. Repeat three or more times. "To keep things exciting, every 15 minutes, jump off your stationary bike for a set of pushups and crunches," he says.

STEP 3: Train Your Torso

"Having a strong and balanced core helps transmit power to the pedals from the hips and lower back, improves endurance and long-distance comfort, and prevents injury," Eatough says. To build core strength, work out twice a week with an exercise ball by doing crunches with your back resting on the ball and your feet on the ground.

For even more core strengthening tips, go to mensfitness.com/core.

MF Pick



BE A VIDEO STAR

It's never been easier to become an action-sports filmmaker. Just strap a shockproof camera to your helmet and go. Not so fast, says Jamie Houssain, a British Columbia-based producer with The Collective (whose new mountain bike flick, *Seasons*, comes out this spring). You can't just ride around and expect the video not to suck. "Keep your upper body and head as still and smooth as possible and stick to fast, flowy singletrack," he says. "The really technical trails can get too bumpy to capture with a helmet cam. And light is always best at sunrise and sunset. If you're shooting in the forest, aim for overcast days, as the light is more even and consistent." For an easy-to-use, mountain bike-ready camera, opt for Go Pro's new digital, waterproof Helmet Hero. \$170; goprocamera.com

BEFORE YOU DIE ...

THREE CITY RIDES TO TACKLE

Being an urban dweller doesn't mean you can't be a mountain biker as well. Here are three of our favorite trails near major burgs.



SAN FRANCISCO

Head 45 minutes south to the El Corte de Madera Creek in Woodside for 34 miles of rolling paths through redwood forests on trails with names like Giant Salamander and Manzanita. openspace.org



NEW YORK

Escape the throngs of humanity and head for Westchester County's Blue Mountain Reservation in Peekskill. The 15 miles of beginner to expert singletrack include technical climbs and fast, smooth descents. nycmtb.com/trails/bluemountain



DENVER

Drive 15 minutes west to the mining town of Golden. At White Ranch Park, you'll find over 19 miles of trails, and countless loops to ride. Ascend 1,800 vertical feet on a buffed-out trail, then bomb a rocky, technical singletrack. jeffco.us/openspace