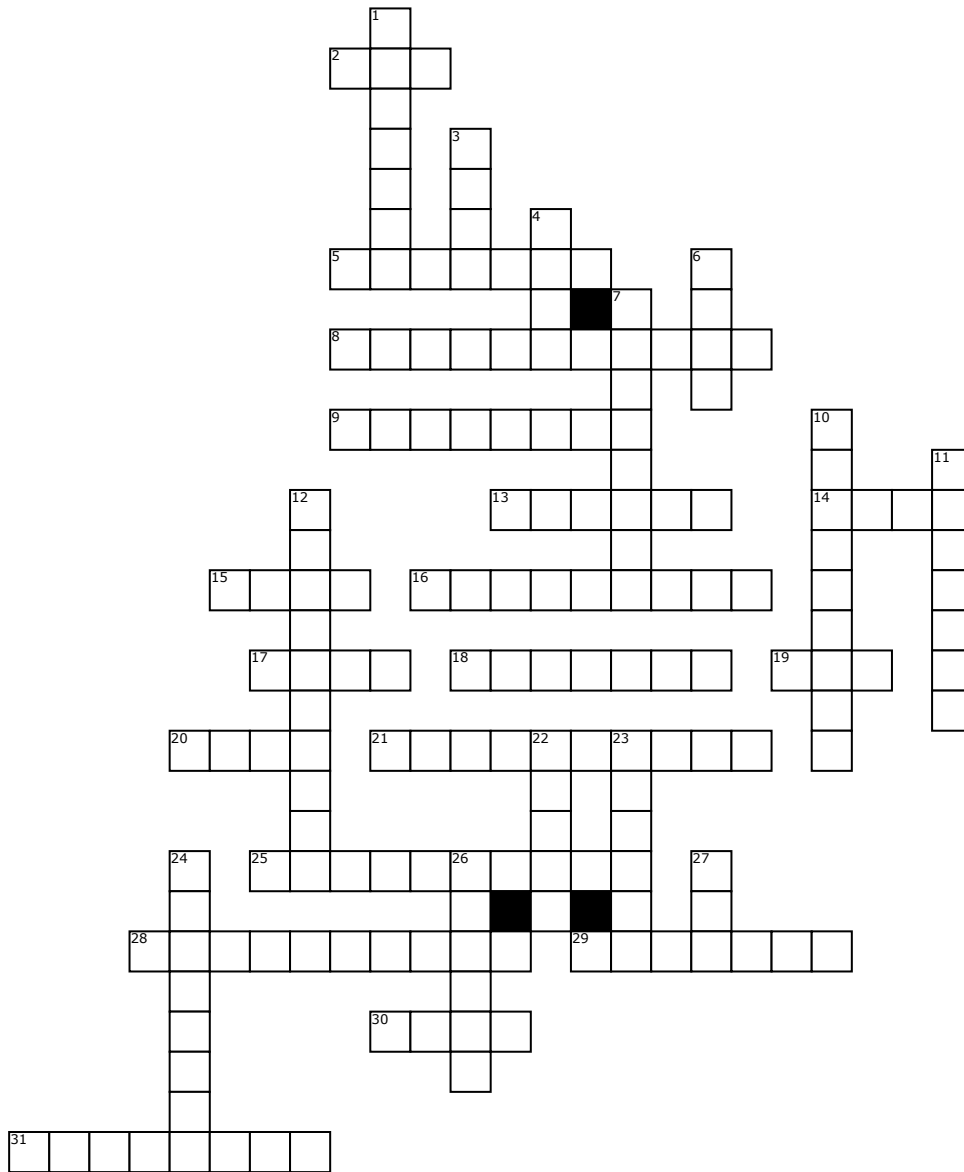


# Mountain Bike Terminology



## Across

- 2.** Quickly taking a foot off your pedal to stop yourself from crashing.  
**5.** A nose wheelie.  
**8.** A narrow trail meant to be ridden single file.  
**9.** A jump that is flat on top.  
**13.** lifting front wheel off the ground in motion & staying in motion w/o pedaling  
**14.** A crash where the rider goes over the handlebars.  
**15.** A banked corner.  
**16.** Part of a frame that connects your bottom bracket to your rear axle.  
**17.** To wipeout.  
**18.** Your spin rate or pedaling rate.  
**19.** A jump with a space in the middle.  
**20.** Leaping off your bike to avoid a more serious crash.

- 21.** A turn on a hill that is too steep to be climbed straight up.  
**25.** To maintain balance on a bike while keeping the bike stationary.  
**28.** The front cranks, chain, derailleurs, and rear cassette on a bike.  
**29.** To repeatedly ride a section until you have perfected it.  
**30.** Running out of energy so suddenly that you simply can't go on.  
**31.** Setting up a bike's wheels to run without the use of an inner tube.

## Down

- 1.** To pedal with a short, partial strokes to clear obstacles.  
**3.** Technique that allows you to gain speed w/o pedaling.  
**4.** The path you choose to avoid obstacles.

- 6.** Bending a wheel after hitting something hard.  
**7.** The place on a bike frame where the rear wheels axle slides into place.  
**10.** Measurement from center of rear wheel to center of the front wheel.  
**11.** The handlebars, stems, and everything attached to them.  
**12.** The mechanism that moves the bike chain, shifting it to different cogs.  
**22.** Complete a section of trail w/o crashing, stopping or taking feet off pedals.  
**23.** Man-made span that extends the trail across a gap such as a river or ditch.  
**24.** A bike without rear suspension.  
**26.** An extremely narrow feature.  
**27.** Your go-to place for any repairs, upgrades or supplies.