

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ  
КАФЕДРА ІНОЗЕМНИХ МОВ  
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ  
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КОНФЕРЕНЦІЇ  
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ  
КАФЕДРИ ІНОЗЕМНИХ МОВ**

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## HISTORY OF MOUNTAIN BIKING

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The history of Mountain Biking begins in the mid 1970's when the sport of bicycling was rapidly developing. A few biking 'freaks' in the state of California did not just turn a hobby and a number of innovative improvements into a profession with their new 'fat tire' bike. Instead they set in motion a worldwide boom.

Mountain bikes are typically ridden on single track trails, fire roads, logging roads, and other unpaved environments. These types of terrain commonly include rocks, washouts, ruts, loose sand, loose gravel, roots, and steep grades (both inclines and declines). Mountain bikes are built to handle this terrain and the obstacles that are found in it like logs, vertical drop offs, and smaller boulders.

Mountain bike construction differs from a typical bicycle in many ways. The most noticeable differences are the inclusion of suspension on the frame and fork, larger knobby tires, more durable heavy duty wheels, more powerful brakes, and lower gear ratios needed for steep grades with poor traction.

The history of the mountain bike includes cyclo-cross in Europe and the Roughstuff Fellowship in the UK. The name "mountain bike" first appeared in print in 1966 as "mountain bicycle". The mountain bike was a modified heavy cruiser bicycle used for freewheeling down mountain trails. The sport became popular in the 1970s in Northern California, USA with riders using older single speed balloon tire bicycles to ride down rugged hillsides. Joe Breeze, a bicycle frame builder, used this idea and developed what is considered the first mountain bike. The 2007 documentary film by Klunkerz presents this period of off-road cycling in detail. But only in the late 1970s and early 1980s road bicycle companies started to produce mountain bicycles using high-tech lightweight materials, such as M4 aluminum. The first mass production mountain bike was the Specialized Stump jumper, first produced in 1981. Throughout the 1990s and 2000s, mountain biking moved from a little-known sport to a mainstream activity complete with an international racing circuit and a world championship.