

Bmx Racing - , Ian Thewlis

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For those new to BMX racing or improving their racing performance, BMX Racing provides a practical and comprehensive resource for this exciting sport. It guides the reader through all stages and levels of racing, from beginner and club to professional level. The book includes material on: Clothing and equipment for safe riding; Choosing your first BMX bike; Understanding the BMX track; Getting started in racing and competition structure through the national, international and Olympic levels; Practical instruction on techniques including balance, accelerating, cornering and jumping. A practical guide to this exciting sport. Essential reading for riders looking to improve their skills and others looking for guidance on progression in the sport. Gives top tips and clear, step-by-step technique instructions. Superbly illustrated with 140 colour photographs. Tom Jeffries is an ex-BMX racer with five years' experience and Ian Thewlis has been involved with BMX racing for over thirty years. Author: Jeffries, Tom Author: Thewlis, Ian Publisher: Crowood Illustration: N Language: ENG Title: BMX Racing Pages: 00144 (Encrypted EPUB) On Sale: 2013-04-22 SKU-13/ISBN: 9781847974549 Category: Sports & Recreation : Cycling - General

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