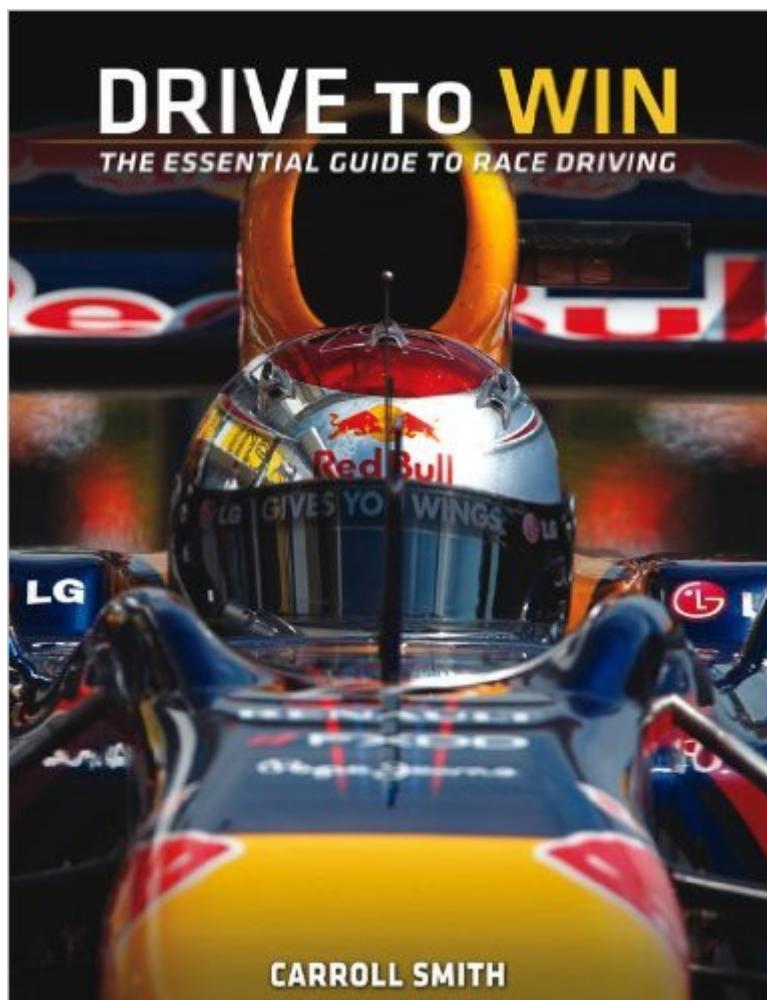


The book was found

Drive To Win: Essential Guide To Race Driving



Synopsis

Take pole position to learn the ground rules, techniques and procedures of driving perception and evaluation. Racing professional Carroll Smith delivers current state-of-the-art techniques for working with your crew to develop and set up your car so that you'll have a competitive tool with which to practice the art of driving.

Book Information

Paperback: 174 pages

Publisher: Carroll Smith Consulting (March 2, 2012)

Language: English

ISBN-10: 0615592570

ISBN-13: 978-0615592572

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.7 out of 5 stars See all reviews (34 customer reviews)

Best Sellers Rank: #284,407 in Books (See Top 100 in Books) #201 in Books > Sports & Outdoors > Miscellaneous > Motor Sports #1340 in Books > Engineering & Transportation > Automotive #2541 in Books > Engineering & Transportation > Transportation

Customer Reviews

This among the best of the several driving books I've read so far. The author, Carroll Smith, clearly has a vast breadth and depth of knowledge gained over decades, and derived from being both in the driver's seat and involved in race car engineering, among other facets of motorsports. Smith writes in a very conversational style which is full of wit and makes the book almost as entertaining as it educational. There's so much valuable information, insight, and wisdom in this book that it needs to be read more than once. Nevertheless, here are some points from the book which stood out for me personally, and which will hopefully also help you get the flavor of the book:
* Driving race cars well is exceptionally challenging (and fun!). It requires courage, determination, aggression, and confidence balanced with control, calculation, calmness, judgment, and discipline.
* The challenge of driving well is mostly mental rather than physical, though endurance is certainly necessary, and concentration will start to fade before the driver feels tired. Thus much can be gained by thinking about driving (when not driving) and from building stamina.
* Situational awareness and anticipating/controlling car behavior (rather than just reacting to it) are keys to driving well.
* If you can't visualize driving a track with your eyes closed, you haven't developed enough reference

points. Visualization is an excellent exercise.* When following another car, do your own driving - don't let the driver in front drive your car. Likewise, when a car is right behind you, stay disciplined and continue doing your own driving - don't drive in your mirrors.* In driving, there's no substitute for experience (seat time).

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