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The Successful Race Car Driver: A Career Development Handbook

Robert Metcalf

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Always a difficult sport to master, racing is becoming even more complex as the influence of business and technology grows. Even the amateur racer must now be knowledgeable of the effects of business and technology on the sport, and have some idea of how to use this to his advantage. From driving to car preparation to dealing with sponsors, The Successful Race Car Driver details the lessons that need to be learned to succeed in todayAs racing environment. All drivers from those who consider racing a hobby to those who wish to embark on a professional career, will find valuable tips and techniques that will help make them faster drivers, and help them avoid pitfalls along the way. Contents include: Psychological Elements Physical Condition Coordination and the Senses Selecting a Class and Car The Type of Car You Race: Karts Oval Track Cars Road Racing Cars Building a Car Fitting the Car to the Driver Getting the Car to the Track SCCA Rules Dealing with Officials Licensing Registration In the Paddock Protests Safety Equipment Deceleration Forces Accident Avoidance Insurance Learning to Drive Car Control Racing in the Rain Driving Big Cars Mental Driving Learning to Race Qualifying Starts Offensive Passing Maneuvers Defensive Passing Maneuvers Race Strategy Chassis Setup Where the Rubber Meets the Road Steady State - Balance Transistion - Stability and Response Differential Types Aerodynamic Aids Getting Sponsors Taking Care of a Sponsor Working With a Team Your Position in an Amateur Team Your Position in a Pro Team Working With a Team Manager Working With an Engineer Planning a Championship Evaluating the Competition Evaluating Your Team Developing a Season Strategy.

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