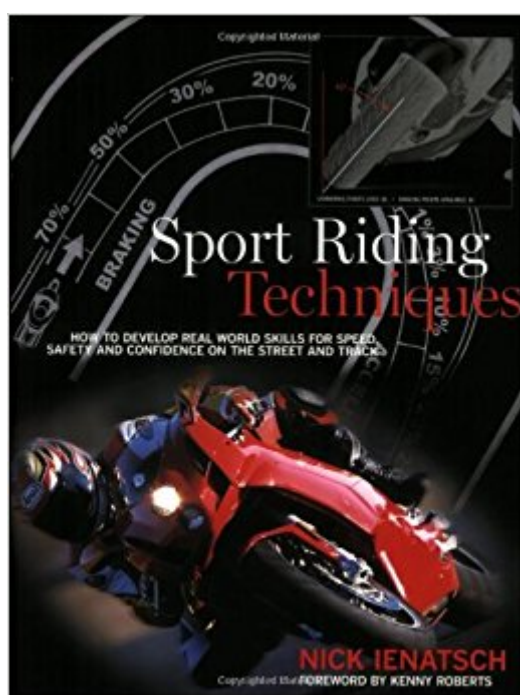


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# Sport Riding Techniques: How To Develop Real World Skills For Speed, Safety, And Confidence On The Street And Track



## Synopsis

Contemporary sport bikes accelerate faster, brake harder, and cut through corners deeper than ever before. These technologically advanced motorcycles are exhilarating to ride, but to really get the most out of a motorcycle's performance capabilities a rider must develop his or her own personal performance. Riders need to take their skills to the next level. Now, in this book written specifically for sport riders, well-known journalist, racer, and riding school instructor Nick Lenatsch provides the tools and techniques to help riders analyze and develop that personal performance. If you're an experienced rider, Nick will help you hone and perfect your skills, operate controls with even greater finesse, and apply race-proven techniques on the track as well as on the street. If you're a beginning rider, Nick will show you how to develop proper skills and safety habits that will add to your motorcycling enjoyment and build your confidence. Whatever your current riding ability, Nick will teach you to safely find the absolute limit of bike and rider.

## Book Information

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## Customer Reviews

Contemporary sport bikes accelerate faster, brake harder, and slice through corners deeper than ever before. These technologically advanced motorcycles are exhilarating to ride, but to really get the most out of your motorcycle's performance capabilities you need to develop your own personal performance. You need to take your skills to the next level. Now, in this book written specifically for sport riders, well-known journalist, racer, and riding school instructor Nick Lenatsch provides you

with the tools and techniques to help you analyze and develop that personal performance. If you're an experienced rider, Nick will help you hone and perfect your skills, operate controls with even greater finesse, and apply race-proven techniques on the track. If you're a beginning rider, Nick will show you how to develop proper skills and safety habits that will add to your motorcycling enjoyment and stay with you for the rest of your life.

Nick Lenatsch began racing in 1982, and in the mid nineties won two AMA National Championships, two No. 2 plates, and two No. 3 plates. Nick has been a top motorcycle journalist since 1984, and among his most popular articles was a series in *Motorcyclist* called "The Pace" in which he first explained his approach to safe, fun sport riding. Now a contributing editor to *Cycle World*, Nick has written a new series called "RideCraft." Nick is also the lead instructor at Freddie Spencer's High Performance Riding School.

Great book. I am embarrassed to say I have committed every error shown in this book and I've been riding for years, my CBR900RR looked exactly like the crashed one in the book and I am just healing now from a broken scapula (shoulder blade) and nasty gashes on my left knee from crashing my Ducati which also got busted up. Had I followed the advice in this book I really believe none of these things would have happened. The chapter on braking alone is worth the price of this book, trail-braking into the corner is the only way to go if you want to safely make the turn every time, now that I am using it I can go faster, yet be safer, it is so much better. There is lots of very practical advice in here, some is basic but then there's some quite advanced. I like that I have something to practice and learn to get better every time I go ride rather than just aimlessly driving around not knowing what works or why.

An excellent book on the art of riding. If you are new to the world of two wheels, you could do a lot worse than starting with this volume; it's easy to read, easy to understand and, unlike some other books on the topic, it will not steer you wrong with concepts that can be murky at best and dangerous at worst. The solid ideas (and constant reminders) about the importance of proper braking are what sets this apart from many other books on the subject. Several times while reading on this topic I thought to myself "Yep. That very technique has saved my bacon more than once." I also think his section on Urban Survival and The Pace are absolutely essential wisdom if you want to stay alive on the road. Highly recommended to anyone who has never read a book of this kind. For those of you who have been riding for a while; If you have followed the author's articles in

Cycle World, or have visited his website, then you will probably not find anything here that you have not heard or read before. Similarly, if you have read more than a few other books on the topic, you might find this somewhat redundant overall. Still, I'm not upset about this purchase, and I do find it to be my current go-to refresher when I feel myself getting sloppy out there.

This is a common sense no frills approach to upgrading your riding skills on the road and on the track with a strong focus on safety and survival which I really like (I been riding sport bikes for 30+ years). The book features many great action photos, equipment/setup photos and simple yet highly informative, practical diagrams to explain some of the theory. I just wish this book was longer, not that it lacked depth (although it could have delved deeper) but it was such an enjoyable read, with much new to learn as well as re-enforcement of existing good practice. Invest a few \$ and a few hours of your time to keep you and your bike safer and who knows, maybe you'll even pick up the pace a little too - a win win.

Great book. Absolutely improved my riding, as the best tool is the one between your ears, and the nut that's always loose is the one between the seat and the handlebars.

I've read a few books on performance riding, including "A Twist of the Wrist 2: The Basics of High-Performance Motorcycle Riding" and "Proficient Motorcycling: The Ultimate Guide to Riding Well". If you're looking for a single good book on the topic, go with "A Twist of the Wrist 2". "Sport Riding techniques" is an acceptable book, but much of the facts and information are lost among anecdotes about racing. There's about 30% actionable information and 70% storytelling. I prefer a more succinct study of the subject. I don't need to be convinced of the value of good braking control for example--I'd rather the author focus on proper technique. So if you're new to the subject and want a single good book on how to improve your technique on the bike, go with "A Twist of the Wrist 2". Keith Code's book is much more concise, with more facts, more tips, and less BS.

This book should be considered mandatory reading for all riders, no matter what type of bike you ride. I've been riding for almost 20 years now, and take the MSF Experienced Rider Course annually on two motorcycles - still - every time I pick up this book I learn something new. The author does an incredible job explaining why the bike does certain things; and I credit the knowledge I gained in this book for two specific incidents where I encountered a situation on the bike, and

instead of panic and crash- I knew how to handle the situation. If you're remotely interested in safe riding and understanding how to be a better rider - get this book. The ONLY reason I gave it 4 vs 5 stars is that the title is going to likely deter non-sportbike riders but trust me.....these concepts and ideas apply to all two wheeled street motorcycles. As a motorcycle rider in Washington, DC I am especially fond of the Chapter on Urban Survival....it's worked very well.

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