

SPEED SECRETS 5



THE COMPLETE DRIVER

Define and Refine
Your Skills On and
Off the Track

ROSS BENTLEY
AND BRUCE CLELAND

Speed Secrets The Complete Driver

Ross Bentley



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Shave lap times or find a faster line through your favorite set of S curves with professional race driver Ross Bentley as he shows you the quickest line from apex to apex With tips and commentary from current race drivers Bentley covers the vital techniques of speed from visualizing lines to interpreting tire temps to put you in front of the pack Includes discussion of practice techniques chassis set up and working with your pit chief **Speed Secrets 4** Ross Bentley, 2005 Ross Bentley Race teams have discovered great benefits can be derived from tuning their driver to perform at his her full potential Thus this book is for everyone who works with a driver engineers crew chiefs team owners mechanics and the driver s parents This unique book instructs the driver s support team how to prepare and communicate with the driver so the driver delivers the best performance in races practice sessions and off track team functions Written by veteran racer and driving coach Ross Bentley this book helps the driver s support team devise effective approaches to tuning their driver It will help them identify techniques that do and don t work with their specific driver The result should be better communication and a driver who is tuned for success Karting Jeff Grist Memo Gidley, **Speed Secrets II** Ross Bentley, 2003-04-28 Discover the secrets that will make you a faster and more successful racecar driver with this up to date insight into the latest techniques in racing Professional driver and driving coach Ross Bentley reveals what it takes to be fast and win races at the highest levels Chock full of diagrams and concise speed secrets Bentley has created an all new approach to learning and perfecting the ideal line around the racetrack He teaches you how to turn errors into more speed left foot braking techniques as well as three sure fire ways to lower your best lap time Ross Bentley who is the author of Speed Secrets Inner Speed Secrets and Bob Bondurant on Race Kart Driving was a driver for the winning SRPII team at the Rolex 24 Hour race at Daytona Ross is a member of Team Seattle which also took home second place in SRPII The two Team Seattle cars finished 7th and 8th overall in a field of 44 cars Speed Secrets 6 Ross Bentley, 2007-01-15 With racing as with almost any pursuit being the best entails having a clear idea of what the best is having a mental model that instructs and motivates and inspires That s where Speed Secrets 6 comes in Drawing on his extensive experience as a competitive driver and coach author Ross Bentley helps the aspiring professional and the ambitious amateur develop the mental model that is essential for successful racing His book reviews the techniques needed to drive fast win races and build a career as a professional race driver and then more importantly schools readers in the process of turning this clear mental picture into racing perfection **Speed Secrets II** Ross Bentley, 2003-04-28 Discover the secrets that will make you a faster and more successful racecar driver with this up to date insight into the latest techniques in racing Professional driver and driving coach Ross Bentley reveals what it takes to be fast and win races at the highest levels Chock full of diagrams and concise speed secrets Bentley has created an all new approach to learning and perfecting the ideal line around the racetrack He teaches you how to turn errors into more speed left foot braking techniques as well as three sure fire ways to lower your best lap time Ross Bentley who is the author of Speed Secrets Inner Speed Secrets and Bob Bondurant on Race Kart Driving was a driver for the winning SRPII team at the

Rolex 24 Hour race at Daytona Ross is a member of Team Seattle which also took home second place in SRP II The two Team Seattle cars finished 7th and 8th overall in a field of 44 cars div **Inner Speed Secrets** Ross Bentley, Ronn Langford, 2000-09-22 Techniques to help drivers overcome the mental barriers that prevent successful racing **Speed Secrets 4** Ross Bentley, 2005-02-18 Ross Bentley Race teams have discovered great benefits can be derived from tuning their driver to perform at his/her full potential Thus this book is for everyone who works with a driver engineers crew chiefs team owners mechanics and the driver's parents This unique book instructs the driver's support team how to prepare and communicate with the driver so the driver delivers the best performance in races practice sessions and off track team functions Written by veteran racer and driving coach Ross Bentley this book helps the driver's support team devise effective approaches to tuning their driver It will help them identify techniques that do and don't work with their specific driver The result should be better communication and a driver who is tuned for success **Winning Autocross Techniques** Ross Bentley, 2009-01-10 A champion racer and pro driving coach's secrets for success in this popular skill driven motorsport includes color photos With its solo set up more subdued speeds and endlessly varying events and courses autocross is the easiest safest and least expensive way to get into motorsports Anyone with a helmet and a car can do it Of course it doesn't hurt to have some driving skills which is where this book comes in As a veteran racer and professional driving coach Ross Bentley knows what it takes to compete and win and he gives you the benefit of that knowledge in this book The first in the Speed Secrets series to address a specific form of racing this volume focuses on the skills critical to autocross success car handling and driver skill at high speeds on unique courses Though slower than other motorsports in absolute terms autocross with its high number of turns per minute can challenge even the most expert driver Adapting his time proven method of teaching drivers how to go fast Bentley clearly details the steps and techniques that help autocross drivers maintain control and dominate a course at speed Though specific to autocross and essential to mastering its particular challenges his advice and instruction in this book will prove invaluable to drivers who go on to road racing as well **The Lost Art of High-Performance Driving** Ross Bentley, 2017-07-01 In Speed Secrets The Lost Art of High Performance Driving Ross Bentley explains in plain language how you can train yourself to become a true performance driver With the promise of autonomous vehicles in our near future and current cars equipped with driver aides it's not hard to feel like the art and science of performance driving has been all but lost Don't lose hope For every device designed to take the act of driving out of your hands the desire to actively participate in driving a car becomes even stronger for driving enthusiasts In Speed Secrets The Lost Art of High Performance Driving you will learn exactly how to become an even better performance oriented driver whether it's to enjoy a twisty mountain highway to take that secret back road route to work or even participate in a track day on a racing circuit From how to best use your car's controls to cornering to dealing with adverse driving conditions The Lost Art of High Performance Driving will make you a better performance driver Along the way you'll learn what ABS

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