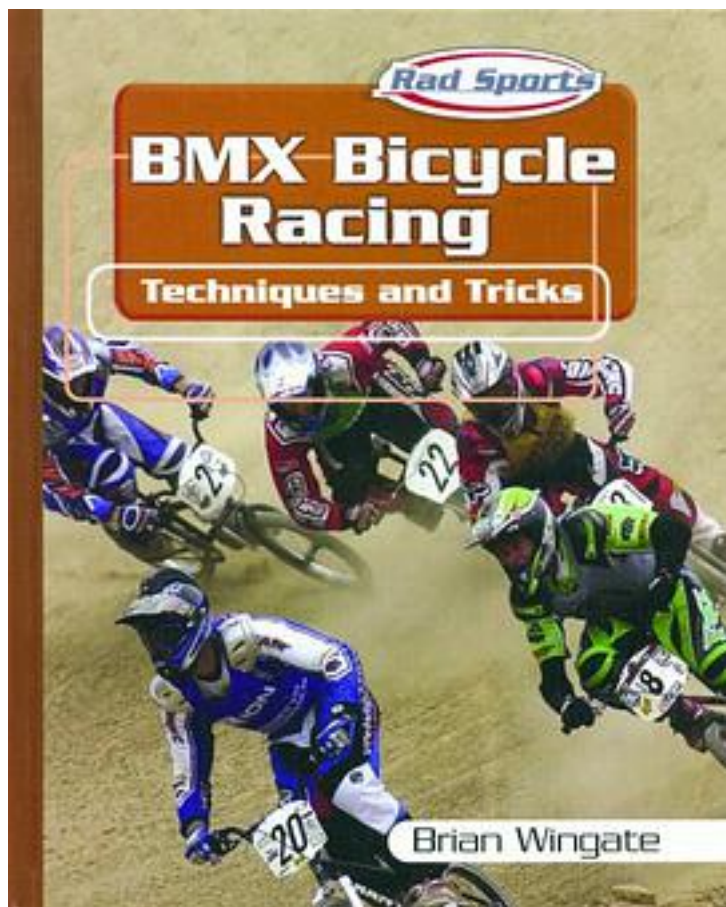


BMX Bicycle Racing Techniques and Tricks



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High Interest Books Offer the Techniques and Tricks of Each of These Exciting Extreme Sports The so-called unconventional sports that include in-line skating, snowboarding, and rock sport climbing are in the mainstream today. They are radical sports that have captured the imaginations of millions of middle schoolers and teens nationwide, and

now many millions of sports fans are outside jumping curbs, riding berms, and chugging up mountain trails. Rad Sports is a "how-to" sports series specially designed for beginners in each of six sports. The basics are explained so that beginners can learn good, safe habits now rather than trying to correct bad habits later. In-depth descriptions of each sport--including step-by-step photo sequences of techniques and tricks, sporting rules, and the proper safety gear to wear--make these books indispensable tools for novice middle school sports enthusiasts. Bicycle motocross was developed for those kids who couldn't yet drive (or buy) a motorcycle. Today it is a huge sport that involves anyone from age five to twenty-five and beyond. Wingate answers the most asked questions about how to maneuver around a BMX track and how to get involved in the sport. The action-oriented photographs give readers an insider's look at how the experts race their best.

作者介绍:

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