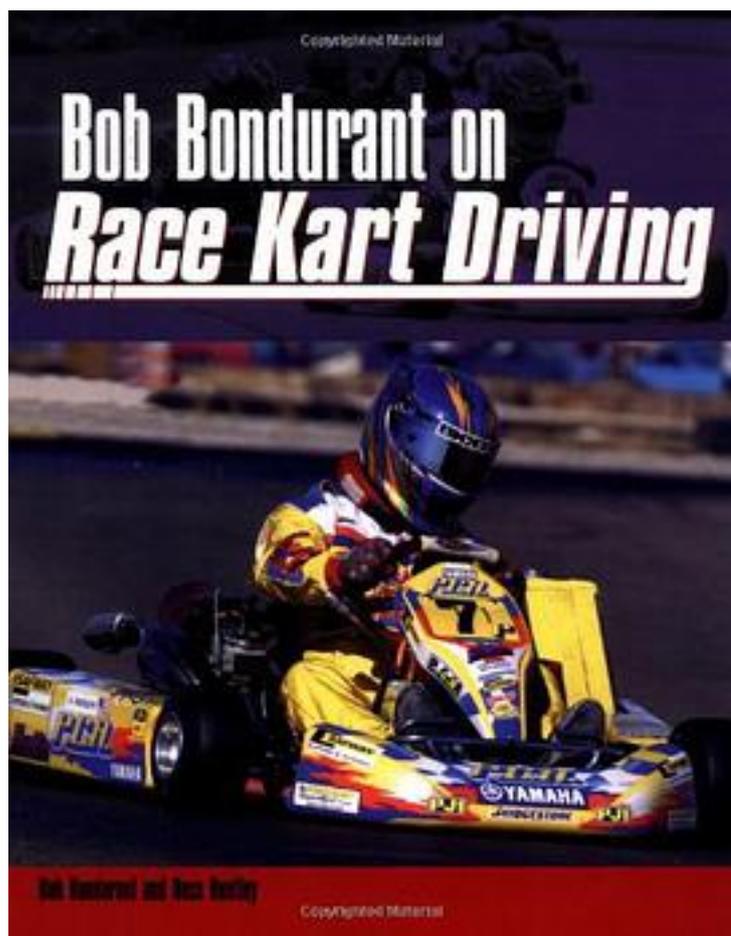


# Bob Bondurant on Race Kart Driving



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著者: Bondurant, Bob

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Karting is the single largest form of motor racing in the world, and for most drivers it has been the starting point for a career in racing. Almost every current F-1, CART, and IRL driver has some kind of karting experience, and many current professional drivers

continue to race karts to keep their driving skills finely honed. All of the vital techniques such as selecting the best lines, and using braking and reference points are covered in fine detail. The book explains how to learn and understand each racecourse, and it illustrates the differences between decreasing, constant, and increasing radius turns, as well as positive, flat, and negative camber turns. Mental preparation, pre-visualization, dieting, training, racing in the rain, testing, passing, and many other facets are explained. Bob Bondurant's kart driving-school instructors were used as a resource, and the school provided all of the photography.

作者介绍:

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