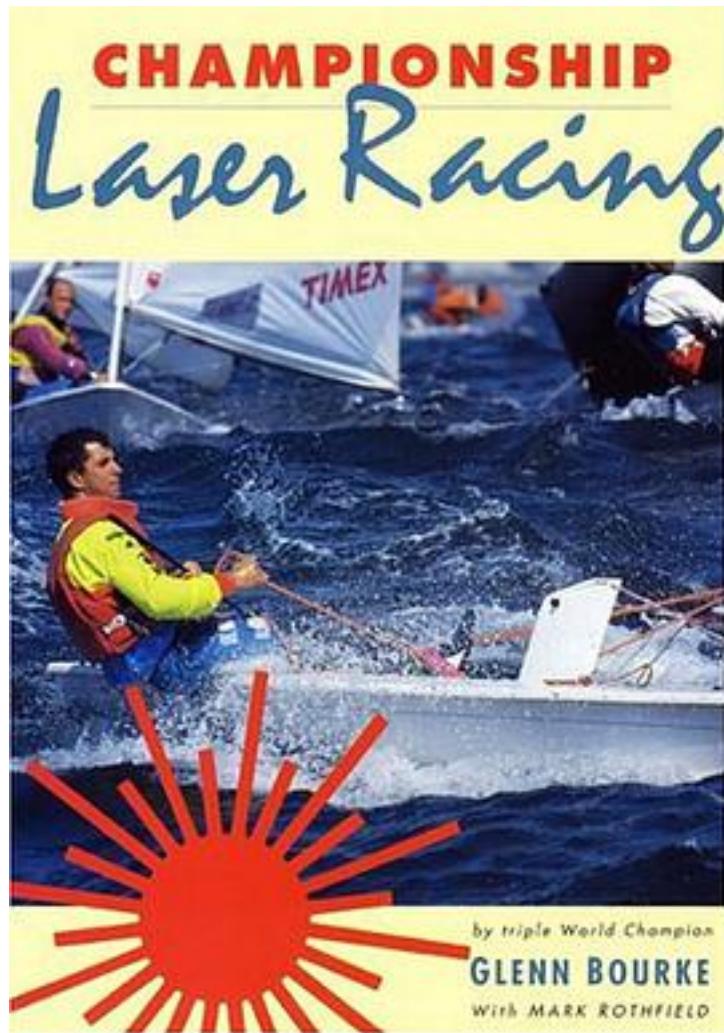


Championship Laser Racing



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If your goal is to win the Laser World Championship, Glenn Bourke can help you. He

has won three in a row! The third time his results were 1,1,2,2,2,4 - to give him the championship with a race to spare. As he said afterwards, "Everyone should have a chance to feel this good..." To produce this book Glenn and the publishing team spent long days on the water, analysing how he sails so fast and dissecting the mental attitude that makes him a winner. They shot hundreds of pictures of him in action, then distilled the whole to give you a logical, clear handbook on how to get to the No 1 spot. The ultimate guide to the world's most popular singlehander Written by the best Laser sailor of all time Preparing a boat Setting up the rig Fitness and training The race Mental attitude.

作者介绍:

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