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# Speed Secrets: Professional Race Driving Techniques



## Synopsis

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.

## Book Information

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## Customer Reviews

I've done AutoX and road racing for some years and recently started as an instructor for racing drivers license courses. I have bought and read about ten books on motor racing technique. This one, written by Ross Bentley, was one of the best. Where Skip Barbers (although excellent) book is very theoretic and quite technical in it's approach, with diagrams and figures, Ross Bentley writes modestly and concisely about the "softer" sides of racing, for example about mental training, feeling the car and how drivers psychology works. Many of the secrets are blatantly obvious when you see them in print and read his motivations, but to race successfully you need to remind yourself all the time. This book is perfect for that. The suggestions on how to hone your race driving skills in your everyday street car (without ever violating traffic laws i must add) is worth the price of the book alone. If you must buy only two books on racing, combine Ross Betleys Speed Secrets with Barbers book and you get most of the picture. Highly recommended!

Very few top level athletes have the ability to explain how they do what they do - Ross Bentley has this ability! As well as being a successful racer himself, Bentley eloquently shares his knowledge and experiences - a rare trait amongst top level racing drivers! Unlike other books that focus on track techniques only, Bentley offers up knowledge that will also help you safely get more out of your everyday street driving. Being a racer myself, I appreciate that Speed Secrets addresses performance driving as a "whole" including mental and physical aspects and not just track tactics. It's always great when successful athletes share their knowledge and expertise and Ross Bentley does that in a way that makes you want to read the whole book in one sitting and pick it up again and again! An invaluable reference tool!!

This book is wonderful, I have just about all the driving books available today and was unsure about buying this one... I am very happy that I did, it was and is very worth the money. Bentley, who does still race, is easy to read and talks in terms of real world driving, on the street. Yes, he covers a lot about on the race track and the finer points, but he relates that to the street and the "practice" of feeling the car and understanding what is happening at all times in order to become a better driver... and it actually works, I have started to become more aware of the fine movements of weight distribution in my commute to work! If you think you have too many books on driving, splurge a little and buy this one, I think you'll be happy you did!

Why I like this book: There is less emphasis on getting the car set up and more on just driving like a pro. Too many grassroots level enthusiasts whine about tires, shocks and sway bars. Ross hardly touches on this stuff. Clearly he comes from the point of view of a professional driver, not a chassis tuner or racecar builder. His emphasis is to get as much as possible out of the car regardless of the equipment. Even pro's have to deal with sub par equipment and rules that make things less than ideal. For example, if you are a Pro driver for hire, you might get the call to run 24 hr of Lemans. You share one car with 3-4 other guys. It's not your car, it doesn't get to be set up the way you like it. You are paid to just plop in the seat and drive it fast and not complain. Now THAT's a race car driver. And that's the vibe I get from Ross in this book. Learn to drive fast, and stop whining. Also spend less money on your car and more money on track days. The book gives you good advice on how to analyze the track, and learn it quickly. Even though Ross mostly races RWD cars (I race FWD cars), I still found 90% of the book to apply. Read this book twice before your next trackday. Then review sections between your run groups, and amaze your buddies at how quickly you have become one of the fast guys! And don't loan it out!

Ross Bentley's Speed Secrets series is the best resource for the racecar driver. This first book in the series contains the primary tools a driver should refer to at the track. I keep a photocopy of the Appendix A (a summary of the Speed Secrets) with my track notes every time I participate in a race. If I'm not performing to my potential in practice, I'm reminded of these simple principles to refocus my objectives. It is not a long book, at roughly 150 pages, but it is densely packed with useful information. This leaves a concise, thorough, and easily readable and understandable text. You won't find any ego or prejudice, and that makes the information valid for any driver, regardless of one's driving style. Ross Bentley is kind enough to share these 34 gems with us. And while they may not necessarily be secrets, this is the only place that I have found them grouped and presented in such a useful structure. If you apply the techniques presented in this book, you may find yourself moving quickly to the front of the pack. You'll soon want to read the other Speed Secrets books as well.

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