



Race to Win: The Missing Pieces

By Alan Blair

Motivational Press, Inc. Paperback. Book Condition: New. Paperback. 262 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Most racing books focus on speed, but this guidebook provides the missing pieces to succeed in the sport. Racing addict, club owner, and promoter Alan Blair provides the tools you need to race smarter and faster. Beginners, experts, and aspiring racers alike will benefit from his proven advice. Get ready to learn how to organize and prepare for a big race. You'll learn everything you need to know to choose the right equipment and strategies to get in shape and improve your chances of winning, as well as ways to keep track of your efforts and figure out what's working and what isn't. Equip yourself with the knowledge you need to win over sponsors, find tips on selecting the right doctor, and take advantage of the best training tools at your disposal so you can beat your competitors. You'll also find bonus content on the author's own website, including log book and strength training pages, and other forms that will help you boost your performance. It's time to get down to business and *Race to Win!* This item ships from multiple locations. Your book may...



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