
FRONT COVER:

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Foreword

Motocross is widely thought to be the world's most popular sort of motorcycle racing. Motocross is derived from a French term blending motorcycling and cross-country. Motocross tracks are commonly made up of hills, dirt roads, and mucky tracks and turns. The size of the courses allows up to forty riders to compete together.

In motocross, pro races are measured by time. A pro race commonly lasts for a half-hour. After this time, once the leader has crossed the finishing line, he is given a signal to show that there are 2 laps remaining. On the next lap, he is given the one lap to go signal and the race is completed at the end of that lap. This is called half-hour plus two laps.

Other motocross races might be determined entirely on laps, so that the first rider to complete a predetermined amount of laps is the winner. The first 3 riders to finish the laps are known as podium riders and win first to third positions.. Get all the info you need here.

Motocross Superstar

A Biker's guide to extreme motorsports

Chapter 1:

Your Complete Riding Gear

Synopsis

Having the appropriate gear for motocross riding will not only enhance the experience but will also ensure other factors such as safety and comfort, are also addressed.

The following are some of the recommended riding gear for the sport:



The Gear

Boots – ideally the riding boots should come with a lot of different yet beneficial features. Having the appropriate amount of buckles would be one of the features looked for when making a purchase, as too many buckles would be too cumbersome to tackle. The soles of the boot should also be bonded for added insulation and impact resistant. There should also be a tough sole with a metal shank included in the feature, with general heel support and padding for optimal comfort.

Gloves – these should ideally be made of weather proof material. The tacky rubber index and middle finger surfaced tips would be helpful to optimize lever traction. Also having a pair that consists of lightweight twill on the backhand provides additional stretch and breathability features.

Goggles – getting a pair that can be used for all day comfort is a wise option to choose as this will allow combinations of true anatomical fit with triple layer face foam that wicks away any sweat buildup. The UV protection feature should also be part of the package along with others such as scratch resistant lens and anti fog treatments lens.

Helmets – the helmets should be designed to include rear vents for improved aerodynamics. The intake and exhaust vents for be well placed to ensure proper ventilation and cooling so that the rider

does not get overwhelmed by the heat generated from the body during the riding stint. There should also be a removable washable liner along with washable cheek pads and visors.



Chapter 2:

Essential Tips In Setting Up Your Bike

Synopsis

Setting up the bike would require some ready knowledge on the matter. This is to ensure all the correct choices are made based on the relevant information learnt. It would also help the individual to be able to make informed purchases, thus limiting any unnecessary expenses.

The following are some essential tips that should be considered when setting up your bike:



You Bike

Before every ride the user should make it a habit to check the chain tension and lube it if necessary. The air filter should also be clean and changed as often as required. Giving the bike a general once over should also be done habitually before every ride, where the focus should be on tightening any loose bolts, spokes and any other parts that may come loose due to the type of terrain and stress the bike is put through. It would also be a good idea to clean the bike thoroughly after each outing as this would help to remove any foreign particles that may eventually cause damage to the bike. It would also keep the bike in optimal and functional conditions.

Checking the brake pads for wear and tear is also another very important tip when setting up the bike. Due to the terrain the bike are usually used on, the condition of the brakes would be of prime concern as in all times and situations, it could be the only feature that protects the user from serious injury. Other cables for fraying should also be checked regularly. The chain and sprockets would also need to be check to wear and tear as they usually have to absorb a lot of abuse due to the nature of motocross riding. The gearbox oil levels should also be kept at the recommended levels, as well as the engine oil levels.

Chapter 3:

Your Riding Style In Different Road Conditions

Synopsis

Although it may seem like just any style of riding for motocross racing will do when going out on a ride, however those interested in taking up this sport should be more aware of the fact that this is simply not true. Therefore it would be better to take the time to identify the style used by the rider and the bike as this would vary depending on the road conditions at the time.

The following are some riding styles used for different road conditions:



Style

Freestyle – this is a riding style that is used with the main aim of performing stunts with the motocross bike. The surface is usually prepared such as a stadium track or a dirt track. Here the rider will perform varied movements and styles such as acrobatic stunts while jumping with the motocross bikes. The style here would not be as challenging as going on an outback run, where the terrain would be foreign and riddle with surprises, thus requiring optimal split second instincts.

Supermoto – this would involve the rider having to adapt to the style that is mainly for off road surfaces, although there are some race tracks that are converted to accommodate this particular type of motocross racing. The individual would have to maneuver around bumps, berms and jumps which are all part of the makeup of the circuit. The rider would also be expected to be able to ride metal ramps for the jumps and further demonstrating their capabilities.

Supercross – this style would involve more intense racing within specialized high performance off road conditions that are usually specifically designed to accommodate such activities. Here the rider is expected to be able to make tighter turns and more technical and challenging maneuvers.

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