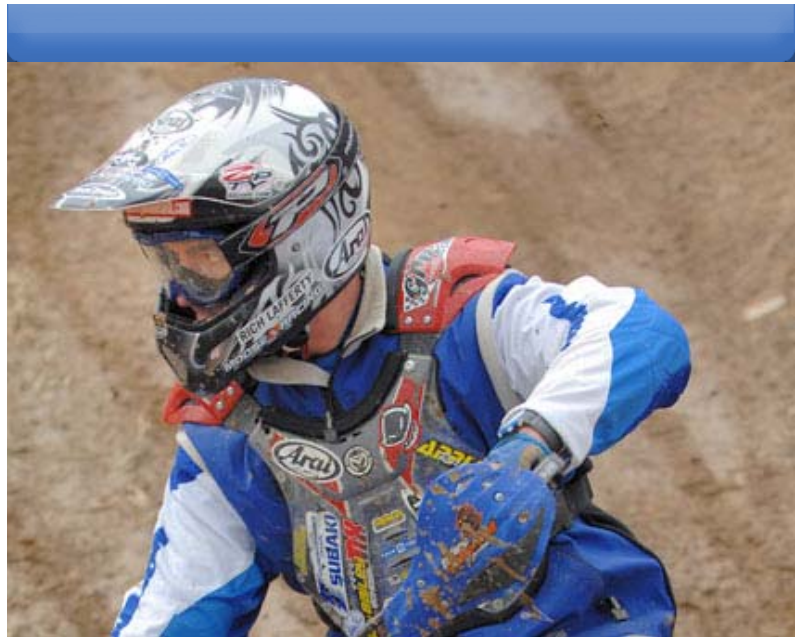




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Tips & Tricks



Tip #1—Looking Further Ahead

One of the main things I have noticed that holds back riders the most from taking that next step and improving their speed is - not looking far enough ahead. Most beginners (and even some experienced riders) look right down in front of their fenders. I notice a lot of beginners with their visors pushed all of the way down too. The first step to looking further down the trail or track is to raise those visors all of the way up. The visor, being down, actually limits your vision and does not allow you to look far enough ahead.

Next, we need to get in the habit, while practicing, of lifting your head and positioning your eyes further up so that you're almost looking out of the top of your goggles. Before I go on, think of it this way--the faster you go, the further ahead you must look. If you're always looking at the front of your wheel, how fast are you going?

Try to practice this: when coming out of a corner, look as far as you can ahead to the

next turn. Of course, if there are obstacles in your path, such as a log, you should scan as far ahead as possible and then scan back to the obstacle. Yes, I say "scan" because most of the time, what riders do is "fixate" (meaning stare) on an obstacle. DO NOT FIXATE! When dealing with an obstacle, try to see it but look past it since that is where we want to end up.

For Review:

- The faster we go, the further ahead we must look.
- Push your visor up as far as it will go.
- Practice coming out of a corner and looking to the next turn.
- DO NOT FIXATE or stare at an obstacle-- look past it.

~ Keep it twisted ~ Rich

For further help on obstacles, see my Downloads Page for the video clip on "Log Techniques" at www.rlafferty.com.