
Author's Note

Since 1981 when I started "**A Twist Of The Wrist**," a lot of laps have been run around lots of race tracks. That book was a broad stroke on the subject of motorcycle riding technology. This one is an even more detailed view of going fast.

I would like to be able to say that the whole subject is covered in "**A Twist**" and "**Soft Science**," but it isn't. There's more to it yet. Having 7,000 students through the **Superbike School**, and working with six factory riders plus a few other good racers, has shown me a lot.

Each rider, myself included, has his own way of fitting all the thoughts and ideas about road racing into his riding. **How** you do it is very personal. **What** you are dealing with is the same for everyone. For instance, it is obvious that world class riders think very differently about the subject of traction. But, it is still the subject of traction. And you can understand it.

One year ago I thought I had "**Soft Science**" completed, but I needed to test the material before putting it out in book form. I called up some of California's best club level riders and held a seminar. The seminar was 10 hours of instruction straight from the information I had written down.

The results were impressive. The fast guys went even faster. The times were so good, they were protested for illegal engines! The second level fast guys went two to three seconds faster. The most mediocre result was that the rider was able to run his previous fastest times consistently and with ease. I was enthusiastic, but felt something was still missing.

I spent another year on the book, re-did the seminars, had some of the same riders back one year later, got the same kind of results as before, and now it's over to you. It works!

When I approached Wayne Rainey to do some notes for the book, I wanted to have a good name connected with this work. From a publishing point of view, it would certainly help sell copies. Wayne came to my home and read through a few chapters. He liked the material. It was of use to him and he was sure it would be to others. He became very excited about the whole project and it really made me feel great to get that response from a world class rider. It made the hundreds of hours of work worthwhile.

Use it.

Keith Code

Things that take a lot of attention you may forget about, until you are back on the track. This book reminds you of those things so they can be fixed before the track.