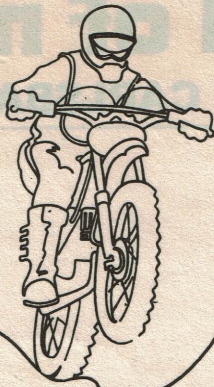


official
school
of motocross



Roger De Coster.

Dear Motocross and Off-road Riders,

I am proud to see that Suzuki managed putting together what is to be the Number One Motocross school in the world. As you can see, all of the ingredients are here.

First, the best instructor, the meticulous and experienced Mark Blackwell. He has already a long experience in giving MX classes. Mark spent two seasons in Europe in company with the world's top riders. He has one of the best riding styles I have seen, and is still one of the best riders in the USA.

Second, Suzuki has gotten the use of the Carlsbad Raceway facility, which is the home of the once per year U.S. Grand Prix that counts toward the World Championship.

Third, Available to you are today's best production MX bikes on the market.

What this school will do for you is: Save time in learning how to prepare yourself and your machine in order to be a better rider, win more races, and do all this in a safer way.

As you probably found out already, physical preparation is very important, and curiously enough, is also the easiest of your winning tools to improve.

Remember, if another competitor rides the equivalent equipment to yours, has the same riding skill, if you are in better physical shape then you will always beat him! Plus, you won't get hurt as easily.

However, everything will depend on your desire to learn, your desire to win---AND ON YOUR EXPERIENCE!

Sincerely,

ROGER DE COSTER

official school of motocross

CARLSBAD RACEWAY • CARLSBAD, CALIFORNIA

I N T R O D U C T I O N

This workbook contains the key points concerning every aspect of motocross racing taught at the Official Suzuki School of Motocross. Each of these aspects are taught through the use of photographs, lectures, discussions, demonstrations and supporting text. Riding techniques, physical training, nutrition and motocross machine preparation are discussed in this workbook.

This is a workbook and not a text book. Its purpose is to supplement the instructor's lecture and to aid the students while at the Official Suzuki School of Motocross. Ample space has been allowed for the instructor and student to make additional notes on the key points which will be discussed to best suit each student. This workbook will provide valuable reference material and should be retained by the student for his future use and review.

This workbook is not intended to teach the student motocross racing on its own. It is intended as a teaching aid for the students attending the Official Suzuki School of Motocross. Only by attending the Official Suzuki School of Motocross and taking part in the classroom discussions, films and actual race track instruction can a student benefit from the use of this book.

The goal of the Official Suzuki School of Motocross is to make a faster, smoother, smarter and safer rider out of each and every student. This workbook, supplemented by the instructor's lectures and race track teaching, will provide a step towards that goal.

Mark Blackwell, Instructor
Official Suzuki School of Motocross

Ross Robertson

Your Name

U.S. SUZUKI *Motor Corporation*

OFFICIAL SUZUKI SCHOOL OF MOTOCROSS
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Santa Fe Springs, California 90670
(213) 921-4461, (714) 523-5321



RULES AND REGULATIONS FOR ALL STUDENTS ATTENDING MOTOCROSS SCHOOL

MOTEL:

Good behavior is very important and must be exercised at all times to insure the continuation of the motocross school.

Rooms are to be maintained and kept clean during the school by each student. Clothes are to be hung up and beds made before breakfast.

Boots and other muddy equipment are to be removed before entering the motel room. Dirty clothes may be done at the laundromat in the complex across the street from the hotel.

Check out time is before the riding session Friday morning, and all gear is to be taken to one of the two shower rooms (room numbers will be announced at breakfast, Friday). Any student staying over Friday night must make arrangements with hotel in advance.

RESTAURANT

Good manners are extremely important at the restaurant. No loud talking or unmannerly behavior will be permitted. Dress clothes are to be worn at lunch and dinner at all times. No hats are to be worn inside the restaurant. Students are expected to behave and be polite.

TRACK

To insure both maximum learning and safety, students must follow instructions closely at all times. No student is to leave his group at any time for any reason unless so directed by the instructor, and there will be absolutely no trail riding. During all riding, particularly individual "free" riding, students are expected to ride safely and in control at all times. Students who, in the instructors opinion, ride "over their head" will be warned. If they must be cited again, they will not be allowed to ride any more. For safety reasons, these rules must be observed and will be enforced.