

Formula One Racing for Dummies

By Jonathan Noble, Mark Hughes

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Get to know what Formula One racing is all about

This book delves into the strategy, technology, and spirit needed to win a Formula One race. Every angle of a race weekend is covered in detail, from scrutineering to pitstops to podium. You'll also read about the rivalries and politics that have turned the sport into a global televised drama. Illustrated with black and white photographs, Formula One Racing For Dummies will serve the die-hard spectator or armchair fan alike.

Discover how to:

- Identify race strategies
- Understand the role of each team member
- Master the latest rules and regulations
- Appreciate a Formula One car's cutting-edge design
- Enjoy Formula One from the stands and on TV

The Dummies Way

- Explanations in plain English
- "Get in, get out" information
- Icons and other navigational aids
- Tear-out cheat sheet
- Top ten lists
- A dash of humour and fun

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Editorial Review

Review
"…ideal for both newcomers and fanatics, it's simple explanation of the complex rule changes make it essential reading…" (Dorset Echo, 19 November 03)

"…filled with the strategies, politics and rivalries that have turned the sport into a global drama…essential reading…" (William Hill.com, November 03)

"…ideal for both newcomers and fanatics…essential reading…" (Western Morning News, November 03)

"…an excellent guide to how everything in the world of F1 operates…" (Top Gear Onlne, Nov 03)

"…essential reading for this years race…simple yet comprehensive explanations on all aspects of the sport…" (Greenock telegraph, Nov 03)

"…Jonathan Noble and mark Hughes are to be congratulated on producing such an excellent, easy-to-understand insider's guide to understanding Formula One…" (Derby Evening Telegraph, 12 December 2003)

"…an irreverent but highly informative look at the glory that is – and was – Great Brirtain…" (Shields Gazette, December 2003)

"…ideal for people who want to know all about the support…makes a perfect gift…" (Performance BMW, January 2004)

"…the format is bright and chatty and easily browsed…" (Yorkshire Post, November 2003)

"…apart from the depth and simplicity of its information, the book's strength is its user-friendly index…the perfect dipper's guide…" (Worcester Evening News, January 04)

"…an insiders guide to the racing scene, ideal for both newcomers to the event and its fanatical followers…" (York Evening press, February 04)

"…*Formula One Racing For Dummies*? Instant expert, more like…" (Newcastle Herald, 14 February 2004)

"…another high quality addition to the series….highly recommended…" (M2 Best Books, May 04)

From the Back Cover
Formula One racing is the pinnacle of motor racing around the world. These days, the sport is a truly global circus. At almost every race on the calendar, more than 120,000 spectators cram into the grandstands and spectator banking, all vying for a view of the millionaire superstar drivers. At the same time, in 150 countries worldwide, more than 300 million people tune in to watch the fight for glory in the comfort of their front rooms.

Formula One Racing For Dummies shares insight into why this sport attracts so much interest and so many devotees – whether the fans be following drivers, worshipping cars, satisfying their fascination with

technology, or simply soaking up the atmosphere at the track. This spirited guide gives you the nitty-gritty on this wildly popular race, answering questions like

- Why do Formula One cars have wings and why are they covered in logos?
- How does a race begin without a green light to signal the start?
- How do Formula One drivers prepare, mentally and physically, for a race?
- How can I get an autograph of my favorite driver?
- What strategies do drivers and their teams use during a race?
- How does Formula One compare with other forms of motor racing?
- Why is a Formula One car still a car, even though it has no roof, doors, or bonnet?
- Why is the business side of the sport so important and what's the role of the sponsor?
- Besides the driver, who are the other people on the team?
- What does winning feel like and how do drivers go about doing just that?

Considering that Formula One racing is matched only by the Olympics and the football World Cup in terms of worldwide fans, this engaging reference is a must-have for finding the information you're after without plodding through reams of pages or stalling out in a cover-to-cover read. You can speed through the basics or take time relishing a look at each circuit. And for those who want more than words to bring the race to life, a full-color insert celebrates the sheer spectacle of the great race – from crowds to crashes, incredible skill and technology to amazing finishes!

About the Author
Jonathan Noble is Grand Prix Editor for Autosport magazine, the world’s foremost motor sport publication. **Mark Hughes** is a Grand Prix writer for Autosport magazine.

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