



# **How to Ride Off-Road Motorcycles: Key Skills and Advanced Training for All Off-Road, Motocross, and Dual-Sport Riders**

*Gary LaPlante*

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Off-road riding is one of motorcycling's most popular pursuits and also one of its best training grounds for improving street-riding skills. Off-road riding takes many forms, from motocross and enduro racing, to dual-sport day trips, to trail riding, to adventure tours. No matter the specific pursuit, all dirt riding (and much street riding) shares the same basic skill set.

*How to Ride Off-Road Motorcycles* schools the reader in all the skills necessary to ride safely and quickly off-road. Chapters cover the basics, such as body position, turning, braking, and throttle control, then proceed to advanced techniques, such as sliding, jumps, wheelies, hill-climbing, and more.

If you've ever wanted to try dirt riding or if you're an experienced rider looking to sharpen your skill set, *How to Ride Off-Road Motorcycles* is a perfect riding coach.



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