

Riding in the Zone: Advanced Techniques for Skillful Motorcycling

Ken Condon

Riding motorcycles is fun but Ken Condon maintains there is a state of being beyond the simple pleasure of rolling down the road; this book was written to help riders find that state of being. It's the experience of being physically and mentally present in the moment, where every sense is sharply attuned to the ride. Your mind becomes silent to the chatter of daily life and everyday problems seem to dissolve; you feel a deeper appreciation for life. Your body responds to this state of being with precise, fluid movements; you feel in balance, your muscles are relaxed, and it seems as though every input you make is an expression of mastery.

With more than three decades of motorcycling under his belt, Ken Condon has had many opportunities to experience the Zone—while road racing, dirt biking, and even commuting in heavy traffic. He recognizes that the ability to ride in the Zone goes hand in hand with mastering basic motorcycling skills and achieving mental and emotional control.

Condon's experience as a teacher shows in the careful organization of the book. He has identified the many factors that affect entering the Zone and addresses each one individually, from the development of awareness and mental skills to mastering physical control of the motorcycle. At the end of each chapter are drills designed to transform the book's ideas and concepts into solid riding skills. A companion DVD is included with the book to demonstrate each concept and technique and help the reader apply each lesson to street riding.

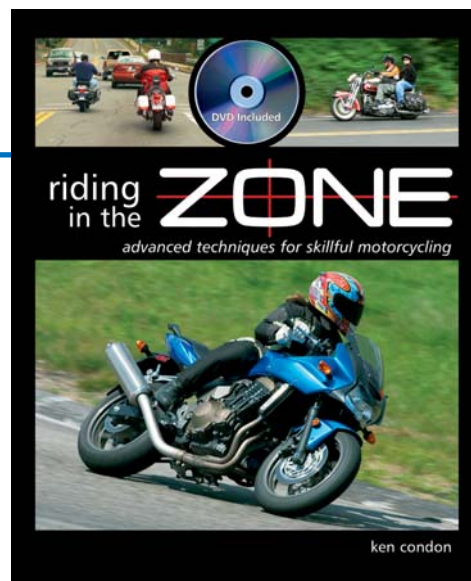
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The Author

A motorcyclist for more than three decades, Ken Condon is best known to the motorcycling world as the current author of the monthly Proficient Motorcycling and Street Strategies columns for *Motorcycle Consumer News*. He is also the chief instructor for Tony's Track Days and is an experienced Motorcycle Safety Foundation instructor.

He lives in Massachusetts where he is happy to be part of the blossoming motorcycling careers of both his wife and daughter.



To download an electronic image of the cover, please go to our website, click on Book Publishing, and then Front Cover Gallery.

Key Selling Points

- A learning concept that will give both novice and experienced motorcyclists valuable insight
- A thorough guide to maximizing the motorcycling experience
- Author is widely acknowledged as an expert instructor and writer
- Generously illustrated with color photos and diagrams
- A DVD is included with the book to demonstrate the skills presented.

Book Data

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