



Formula One Racing for Dummies

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
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