

RACEMIND

Its all in the mind ...

RACEMIND

The Inventors Story

by Andy Garnett

www.racemindonline.com

**DON'T JUST
DREAM SUCCESS,
LIVE IT !**

*Never before has a Motocross
product targeted the one area
that no amount of racing, diet
or exercise can touch ... the sub-
conscious MIND*

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THE INVENTOR'S STORY

I have been riding off-road motorcycles for over thirty years now. I bought my first bike back in 1977 at the age of twelve (for \$60.00 approx. as I recall) from a friend in a small village in Yorkshire, England where I lived as a boy.

Through the years I gradually progressed and started racing in 1983 at the age of eighteen. No mortgage, family or worries, life was easy however, I abruptly (and reluctantly) quit Motocross in 1985 to pursue a college degree.

1983 Tracks with wooden ramps. But the crashes hurt just as bad, racing my first brand new bike; a Suzuki RM125D.



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1981 age 16 on my air cooled 1977 Yamaha YZ125E - my first true motocross bike.



It's all in Mind

I came back to motocross in 1988 but struggled to find the past form that I enjoyed in years gone by.

Embarrassed with three DNF's at my first race meeting since my time off, I returned home to ponder my next step. Over the next two months I trained five days a week, running, circuits and out on the bike.

Although this improved my finishes a couple of spots here and there, I was still dwindling in the bottom 25% of the gate.

Did I quit ? No way !

This was the sport I loved. In fact to me Motocross was more than a sport - it was a way of life. I was Consumed by this sport seven days a week while still holding down steady employment.

Over the closed season, I re-assessed my progress only to find very little improvement. My diet was OK, my fitness was the best of my life and I was riding a fully tricked out six month old quarter liter.

Where was I going wrong ?



It's all in Mind

That's right it was all in the mind and I am not referring to the negative thoughts we have a tendency to focus on.

The real challenge was actually train the head, or to be precise the Sub Conscious, to get the head game in tune with the rest of the package. This was the key to success.

Through hours, days and months of research and self learning, I was able to develop a tool that would exercise, develop and educate my mind and sub-conscious into the most important piece of equipment a racer can possess.

By the start of the 1989 season there was no holding me back. I immediately rose from obscurity, actually back of the pack, through to hole-shots and top three, repeatedly week after week.



1989 AMCA North of England "War of the Roses". Leading from the front is where every rider dreams of being.

Training of the Mind

The success brought to me from training my mind was astonishing but not unexpected - as you will experience from this tool, your whole outlook to the sport will be raised to a more professional level. You will think logically and your results will speak for themselves.

This secret had been locked away for all these years. Even my riding peers and buddies were unaware of the mind training technique I was using, but they were definitely aware of my achievements on the track, putting it down to some type of natural talent, returning from years gone by.



1989 In Yorkshire; England racing my 1988 Suzuki RM250J. For it's year, definitely one of the best bikes I have owned.



Training of the Mind

Well here's the deal - natural talent can take you some of the way with diet, fitness and equipment furthering that progression but to achieve excellence, the most important element of all is the MIND.

That's why your most expensive piece of safety gear protects it!

The prize up for
sale in 1990



Practicing in Scotland on
my new 1994 Suzuki 250



RACEMIND

Its all in the mind ...

And today ...

Still in the saddle. Taking my 1998 Yamaha YZ250 out for a blast in Houston, Texas.

My love for 2 strokes will never die..



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Its all in the mind ...

And tomorrow ...

But alas, now in my 40's, I now ride a Yamaha YZ450F.

But you can't keep an old dawg down !!



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The Inventor's Story

Thus, I bring you RACEMIND, the motivational tool developed by a motocross enthusiast for all levels of motocross riders and racers.

See for yourself as your achievements are realized and you progress from purely riding to out and out racing.



Be Safe ... And enjoy life.

Andy Garnett

RaceMind - Originator and Inventor

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