

**RACEMIND**

Its all in the mind ...

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The Science of RaceMind

by Andy Garnett

[www.racemindonline.com](http://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 RACEMIND SCIENCE**

### **THE SECRET OF THIS PRODUCT CAN CHANGE YOUR MOTOCROSS ACHIEVEMENTS AS IT CHANGED MINE**

Congratulations, for you are about to make the most important purchase of your motocross career, in fact your life. Because what you are about to learn, will alter your way of thinking, for the rest of your life!

For all the equipment and tricks you have previously invested in for the love of motocross, nothing will come close to the knowledge and technique you are about to be educated in.

Rest assured this experience takes absolutely no will power or effort.

### **THE SUBCONSCIOUS MIND HAS LIMITLESS ENERGY AND POWER**

If you have become disillusioned with your riding ability and progress within this sport, or just don't seem to be developing as a racer, then I can't disagree with your assumptions, for I have been there. I have walked in your boots!

I tried constantly training, training and more training, but until I became educated in the technique and power of training the mind and in particular the sub conscious mind, I was facing an uncertain dilemma. To quit the sport I loved! But there was no choice and there were no type of product on the market, which is remotely similar to the one I am going to share with you. For if they were, we would all have been pro riders from the get go.

## The Subconscious Mind

Having worked long and hard in the gym and at the practice track fatigue rapidly sets in and this in turn leads to a tired rider on race day. The body can only recover from exercise and training at its own speed and if you are racing or riding on a weekly basis, then every piece of energy you can preserve is priceless.

This is why I turned to training of the sub conscious mind, to complement the body, and thus conserve all of my riding energy for race day.

### YOUR SUBCONSCIOUS MIND

You may or may not know that your sub conscious mind controls your every thought and action. Your sub conscious mind is the second layer, behind your conscious mind, that some people believe not to exist.

Well it does, and above all it is infinitely more powerful than your conscious mind. The sub conscious mind functions continuously, even when you are asleep. Some people have paid vast amounts of money for the development of the sub conscious mind through practicing and been taught the art of hypnotism.

Well now you can educate and master your sub conscious mind with the use of the RaceMind product. Your riding and racing destiny is there to be realized, through the simple use of RaceMind. You do not need prior understanding of the sub conscious, or even to believe in the art of hypnosis.

This will be the simplest, easiest and most cost effective form of training for the mind and body that you will ever practice.

## It's all in the Mind

The feeling of overwhelming self confidence will stay with your inner self, not only in your riding and racing, but you will have a changed attitude to life and your quality of life. I know because I have practiced these techniques for over 20 years.

The learning technique is relaxing and effort free. In fact when you are tired or even sleeping, educating your sub conscious mind is at its most effective.

I am sure most of you will have an ipod or MP3 player that you can upload the contents from your Racemind CD. Other will use a portable CD player. For the rest, I can hear you saying right now "I do not have anything to play this CD recording on".

Well I say this, "don't begrudge yourself the cost of a portable personal CD player and head phones, they are cheaper than a new set of race goggles (and you would not ride without goggles, would you now!). It is a small investment to make in your development.

Don't pass up on this unique program and opportunity. It will be the greatest gift of education and fulfillment within the sport you love, that you will ever be presented with.

What price can you put on developing yourself into the whole package, "the final piece in the jigsaw of greatness".

### WHAT IS THAT WORTH??

10's, 100's or even 1000's of times more than RaceMind will cost you, the rider. You have before you a phenomenon of gigantic magnitude. A product so powerful, that it would be unfair to give out names of current users.

## Training of the Mind

It is not surprising that riders don't publicize the RaceMind program. It is the best kept secret in the sport and to provide such ability with absolutely no effort, people find it hard to make excuses any more!

**SO DONT MAKE EXCUSES, MAKE RESULTS!**

Your sub conscious mind is now going to be your very own personal trainer, team manager, mentor and supporter all rolled into the power of your "Race Mind".

### **AN AVERAGE RIDER'S "PRESENT SITUATION"**

Every rider starts off a season on the same points. No rider has a god given right to win races year in year out. It is just human nature to categories yourself, mentally limiting yourself to a set level of expected achievement, conceding that fact that some guys are naturally faster racers and are the only riders capable of sustaining a winning performance throughout a season. When these riders get out on the track they expect to win, anything less is not acceptable. There is an arrogance about these riders. They never go into a race looking for only a top ten placing. Even if they get a bad start they expect to win. Their opponents expect to loose and settle for second best and more often than not their opponents fold under this pressure.

This is typical, but not set in stone, it is only set by yourself as that second best rider. Most riders go into a race with a pre-conceived view of there best result. This is negative programming before the race starts.

## Training of the Mind ...

A string of poor results can lead to a confidence crisis. But by working with the Racemind program you can achieve on track success.

You may have recently failed to capitalize on the track and put trophies on the shelf. You have no confidence to closeout a successful race result and it probably shows when you ride.

As soon as you concede defeat to the opposition your head will drop, you lack motivation, and then you panic and you crumble. Other riders appear to go into races believing they will win because they see you are weak at the present time.

You do not ooze confidence. Take a champion boxer for example. He creates an ore that psyches out the opposition. Mike Tyson of the 80's, Prince Nasseem of the 90's. They could defeat an opponent before entering the ring. This should be you! You should be walking like you stand 10 feet tall, feeling totally unbeatable.

You need to visualize winning, visualize being the best, visualize being unbeatable, but you are not. This is a recipe for self destruction and it all adds to negative programming within your sub conscious mind. If you tell someone consistently they are useless and a loser, eventually they believe it.

## Training of the Mind ...

By acting now and changing your mental development and approach to each race, you can achieve greatness in this sport.

You have the abilities and strengths to become a great and successful rider. A formidable force on the track. Other riders should fear you and will fear you. They will be in awe of you. You have to believe in yourself. You need to get the grey matter re programmed and get the motivation and winning confidence permanently installed. I can help achieve this. I can help you race to your potential consistently!

### **MOTIVATION AND SELF CONFIDENCE DEVELOPMENT**

I can make you successful. You just need to re program yourself with positives, using this proven and effective technology. It's like updating a computer with new and enhanced software. Then replace all negative sub conscious thoughts with positive programming. Aligning all the arrows to point in the same direction..

I developed this self tutoring audio technology over 20 years ago for myself as a motorcycle racer,  
I also developed and personally used the same technology to assist myself through a University Honors Degree.

Since then the self development technology has been combined with my audio relaxation techniques, to give an all round workable and successful product, that is practiced by thousands of motocross rider's world wide.

I use different forms of this technology every single day. To keep myself focused in business as well as in my recreational activities and even to help me have a more relaxed and peaceful sleep at night.

## That little bit Extra

Life today is so fast and busy; we all need that little bit extra to get us up there, elevated and functioning on a higher level. Conditioning ones self to be a winner.

Therefore, you have to believe in the technology. It is here to help and assist your rise to the top and then take you further. To the next level. The level you may have only dreamed about. People can be scared of the process. They mock it, because it's that simple they try to laugh it off without having the vision to get down and try it. Well this is a proven product already on the world market in its varying forms. The secret is that it takes no not effort at all. You simply have to plug in and play the audio to yourself. As long as the individual has the audio playing into his or hers ears, they can go to sleep and not worry about absorbing every word, as the sub conscious mind will have taken over and do all the important work.

The program will not interfere with anyone's routines, whether work or rest phases of their weekly schedule. It will assist their work ethics as well as enhance their abilities to race, to be motivated and to be positive. The user can listen when he awakes in the morning, in the car, before training, during training, after training, in the gym, before a race, even during race day, where the preparation for each race will be enhanced, getting into the zone or re focusing on the race and the goal in hand.. The best time to listen is a night whist the rider is in bed sleeping. This is when the sub-conscious mind is at its most receptive. Quite frankly the more you listen, the more effective the results. Repetitiveness is the key to success.

All great professional sports men and women use some form of mental development and focusing program, most commonly a sports physiologist. Where as Racemind is unique, in the fact that the rider does all the learning in his or her own time, fitting into any weekly or training schedule, this mix of a relaxation and a confidence/mental strength development program.

## That little bit Extra ...



Even back in the 70's Graham Noyce (1979 500cc World Champion) was performing mental fitness training. Seen here at a Parachute Training center



Maico ace Hans Maisch - concentrating and performing mental preparation for his up and coming Grand Prix.

This program is used and proven world wide, by motocross riders of all ages and ability levels. It is unique. It is not designed to teach you the skills and techniques of riding a motor cycle. You as a rider are all ready well capable and skilled in that area already. It is designed and engineered to focus that person and take them to a higher mental level, where they will believe in their abilities to perform to the highest standards and levels. Competing against and out perform the best in the world.. Whilst concentrating and giving 100% output for the full duration of an event.

I am a result orientated individual and consider anything less than winning to be failure.

## That little bit Extra ...

In summary, when you break down the sport to its basics, the whole success and future of the rider lays in their results each and every race. The development and ability of the rider is paramount. Therefore, everything possible to lift the individual to the highest riding level, so as to optimize their performance should be used.

The power and development of the sub-conscious mind within the highest levels of motocross and sport should never be taken lightly, as it is key to strength, belief and ultimate success.

**JUST LAY BACK, RELAX AND DO ABSOLUTELY NOTHING!**

**RACEMIND AND YOUR SUB CONSCIOUS WILL DO ALL THE IMPORTANT WORK!**

**AND ALWAYS REMEMBER!**

As you gain results beyond expectations, friends, family and racing peers will enquire about your advances.

What are you eating? Are you training more often? Have you tricked out your bike? Have you changed tires and bike settings?

All these questions are typical, when someone becomes more powerful and dominant in a sport.

Well I say to you.....

**Shhh!!!**

Don't say a word!

You will want to keep this training technique your own secret weapon!!

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## The Racemind Science

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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