


Motocross & Off-Road Performance Handbook (Motorbooks Workshop)


By Eric Gorr



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Build a factory race replica or maximize your stock motocross or off-road bike with expert techniques from tuner and columnist Eric Gorr. Tuning suspension is explained in detail, describing everything from changing fork seals and replacing shock springs to revalving and adjusting the compression and rebound damping. This updated edition covers the aluminum-framed Powerjet-carbureted Honda CR250 and CR125, the XR400, the Yamaha four-stroke YZ400F and WR400F, plus new for 1999 bikes. Revised and updated 3rd edition. About the Author Eric Gorr is the owner/operator of Forward Motion, a high-performance engine building shop. Gorr was also Dr. Dirt, a technical columnist for many years in Dirt Rider magazine. Gorr resides in Beaver Dam, Wisconsin.

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Editorial Review

About the Author

Eric Gorr, who runs the highly respected motorcycle-modification shop Forward Motion and its companion website, is *Dirt Rider's* Dr. Dirt and the author of *Motocross and Off-Road Performance Handbook, 3rd Edition*, also from MBI Publishing Company. He has served as a tuner for American and European off-road racing teams, and he resides near Chicago, Illinois. (www.forwardmotion.com.mx)

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