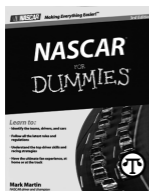


NASCAR Wisdom

Getting On Track With The Stock-Car Circuit

(NAPSA)—If you are new to NASCAR or are a stock-car racing fan who's curious about recent rule changes and new technologies, there may be a book just for you.

The always popular yellow-and-



black series has published the third edition of "NASCAR For Dummies" (Wiley Publishing, Inc.), written by Mark Martin, one of the sport's premier drivers.

A new guide has been designed for both the new NASCAR fan and for those curious about the most recent rule changes.

The book offers up-to-date information on the three national racing series, as well as the eight regional series and even one local grass-

roots competition. (NASCAR sanctions 1,500 races at over 100 tracks in the U.S., Canada and Mexico.)

The book also offers detailed information on the controversial "Car of Tomorrow," or COT, a new type of vehicle that will soon replace the standard car design that has been in use on the circuit since 1981. In addition, the book covers racing strategy, the point system, and the sport's latest safety requirements.

It's available online and wherever books are sold. To learn more, visit www.dummies.com.