

Doug Lange MX School

What I can do for you.... I would like to help improve your skills while correcting some of the bad habits that could possibly hinder your current and future performance. **But, most importantly, I want to teach you how to ride safe and in control while getting faster at the same time.**

I will work with you on: starts, cornering, jumping, braking, whoops, passing, picking lines, and helping you achieve the mindset of a pro.

After 40 years of being around the sport, **it is still the RIDER.** That is a principle that will never change.

I began racing motocross at age 5 in Southern California. At the age of 15, I won the 125 intermediate class in the Seattle Kingdome. A few months later I went on to win the Hangtown Amateur National. I turned pro at the age of 16 and was one of the first Kawasaki Team Green amateur racers in 1981.

Yamaha Motor Corporation gave me a factory support ride from 1982-1986. I raced with all the old school fast boys: Bob Hannah, Rick Johnson, Jeff Ward, and Ron Lechien. In 1984 I finished 10th overall in the 250 national at Washougal MX Park. I held national #98 in the outdoor nationals and supercross in 250 pro class in 1985, and #95 in 1986. I also taught MX schools with Phil Larson (Factory Honda Rider in 1985.)

I quit racing for several years, and I started back in 2001. At the age of 37, I raced in the 30+ pro class and 250 intermediate. In 2007, I won the 40+ pro class at Washougal Nationals. I now currently race mountain bikes and I also coach the Lake Travis High School Mountain Bike Team.

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