

# Indy-Tech Publishing Announces The Women's Guide to NASCAR's 2005 Season

INDIANAPOLIS, IN – (SEND2PRESS NEWSWIRE) – Indy-Tech Publishing, the publishing division of Sams Technical Publishing, LLC, has announced the February release of “The Women's Guide to NASCAR's 2005 Season” (ISBN 0-7906-1312-3). Sheree Woodington and Arianne Hegeman translate their love of racing into a season-long memory keeper, which will provide female readers with the knowledge they desire to better understand the sport.



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*Caption: Book jacket for “The Women's Guide to NASCAR's 2005 Season.”*

“As a racing fan myself, I'm excited about this book,” notes Richard White, Chief Operating Officer at Sams Technical Publishing. “There are many, many ladies out there who would love to better understand the sport and follow their favorite driver through the season.”

With pages that allow for the journaling of your favorite driver's season, and scrapbooking opportunities, this book is exactly what female race fans have been asking for!

Indy-Tech Publishing has teamed with Woodington and Hegeman of [girlsgarage.com](http://girlsgarage.com) to compile a book that is worthy of the female race fan! The duo from [girlsgarage.com](http://girlsgarage.com) have covered all the bases, including driver info, an in-depth look at every track, fun activities to do on race weekend, pages

to record race-specific information, and a place to affix your race ticket and other memorabilia.

Woodington and Hegeman co-host a weekly motorsports radio show "Fast Eddie in the Girls Garage" on Cool 101.3 FM which airs throughout Delaware. Their writings can be found on numerous racing related websites as well.

Authors Sheree Woodington and Arianne Hegeman are available for interviews. To schedule an interview either in person or over the phone, please contact Richard White at 317-895-2704 or rawhite@samswebsite.com.

Sams Technical Publishing, LLC, formerly the Howard W. Sams Company, has a long history of publishing, dating back to 1946, with books ranging from The Joy of Cooking to computer, electronics and automotive-related titles. Other recent books from Indy-Tech Publishing and Sams Technical Publishing include "The Savvy Guide to Home Theater" and "Peyton Manning: Passing the Record." Sams Technical Publishing, LLC is based in Indianapolis, Indiana and is part of the AGS Capital, LLC group of companies, which includes Superior Metal Technologies, FastTek Group, and MedTech Colleges.

More information: [www.samswebsite.com](http://www.samswebsite.com).

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