

How to “Improve” Vision

NNJR Track Side Class Room Series



NNJR Agenda: Vision



- Where do we look?
- How to improve?
- Lightning Turn by Turn



NNJR Vision: Where to Look?



- “Classic” Advice

- Look (far) ahead (20 sec)
- Look where we want to go



- Focus

- When approaching the brake zone, look at the end of braking
 - Beginning of braking is peripheral vision
- When approaching a corner, look at turn-in point
- When approaching turn-in, look at apex
- Etc.

- Use Reference Points (RPs)

- Cones
- Fixed items: fence, curb, tire marks, etc.



NNJR Vision: How to Improve?



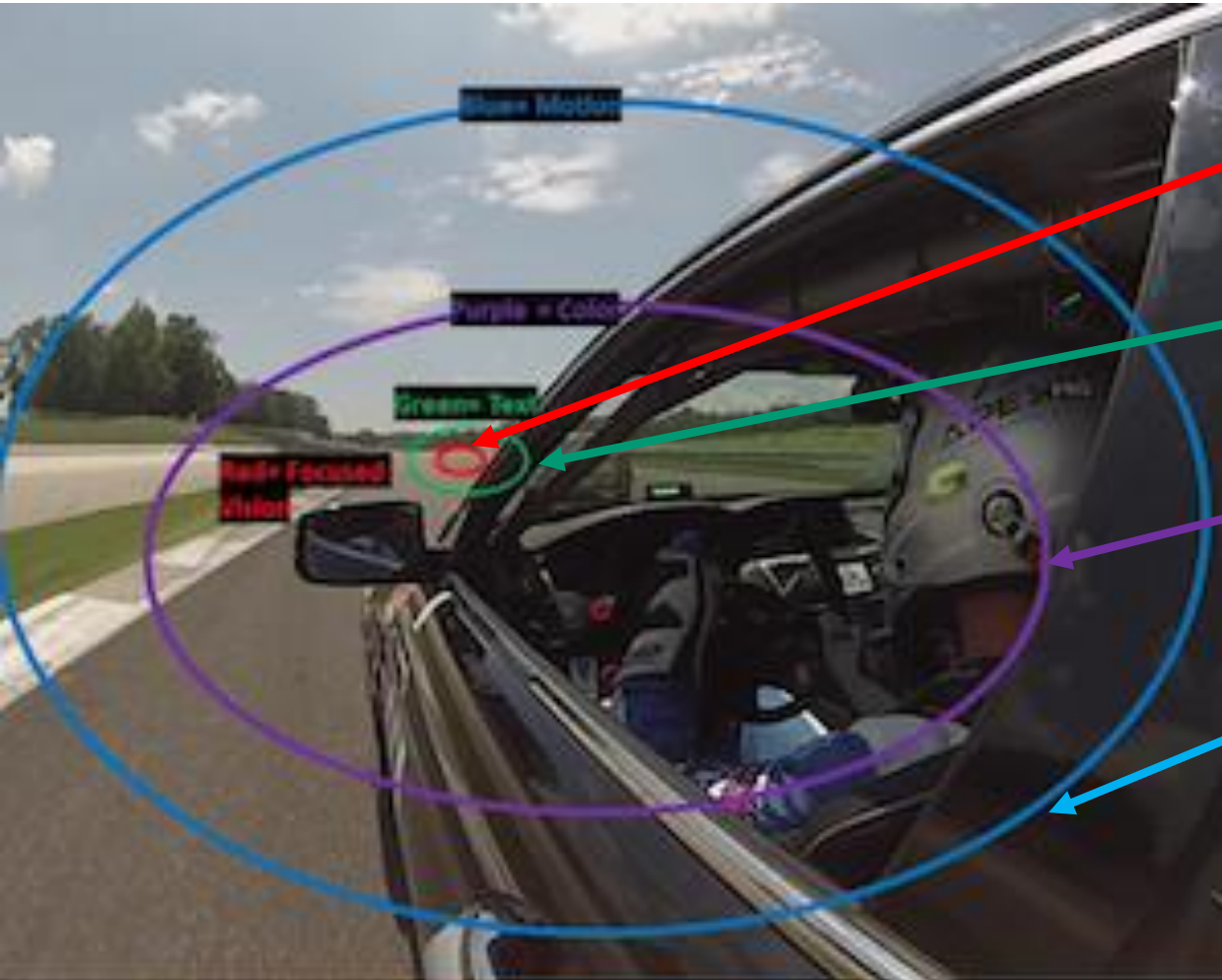
1. Can it be improved?
2. Eye “exercises”
3. Blind corners
4. Pressure situations



NJR 1. Can Vision be Improved?



- How and where we look = YES
- Vision “zones”*



Focus

Text

Color

Motion

** Speed Secrets 231, Power of the Periphery, by Andrew Rains*



NNJR “Peripheral Vision”



- Classic advice = where we focus
 - Use peripheral vision when close to RPs
- Also, peripheral vision is
 - Critical for “track awareness”
 - Mirrors
 - Cars, objects in motion
 - Part of depth perception



NNJR 2. Vision “Exercises”



- Focus on object across room or out window
 1. Without moving the eyes, consciously note shapes and colors of objects in your periphery
 - As far as possible
 - Include up and down
 2. Laser focus* on that object for 20 seconds (zoom in)
 - After 20 secs, zoom out, pick up everything in periphery
 - Repeat
- Lazy 8*
 - Stand with arm in front, make figure 8 on it's side with hand. Follow with eyes, no movement of head
 - Eye movement should be fluid, not jerky

**Ross Bentley Speed Secrets 231, 219, 192*



NNJR 3. Blind Corners



- How do we “look around” blind corners?
 - Where do we focus?
- Develop “mental vision”*
 - A picture in the mind of the entire corner
 - Start with video of that corner (over and over)
 - Key: visualize the full corner including exactly how you want to drive it

**Ross Bentley Speed Secrets 212*



NNJR 4. Pressure Situations



- What happens when we feel pressure or stress?
 - Tunnel Vision!
 - Lose peripheral vision => Lose Awareness
- Don't go on track when stressed or tense
 - In staging or before, relax the body, from toes to head
 - Release tension, especially on the neck



NNJR Vision Summary



- Follow the classic advice
- Improve your peripheral vision
- Develop mental image of blind corners
- Pressure/stress reduce vision

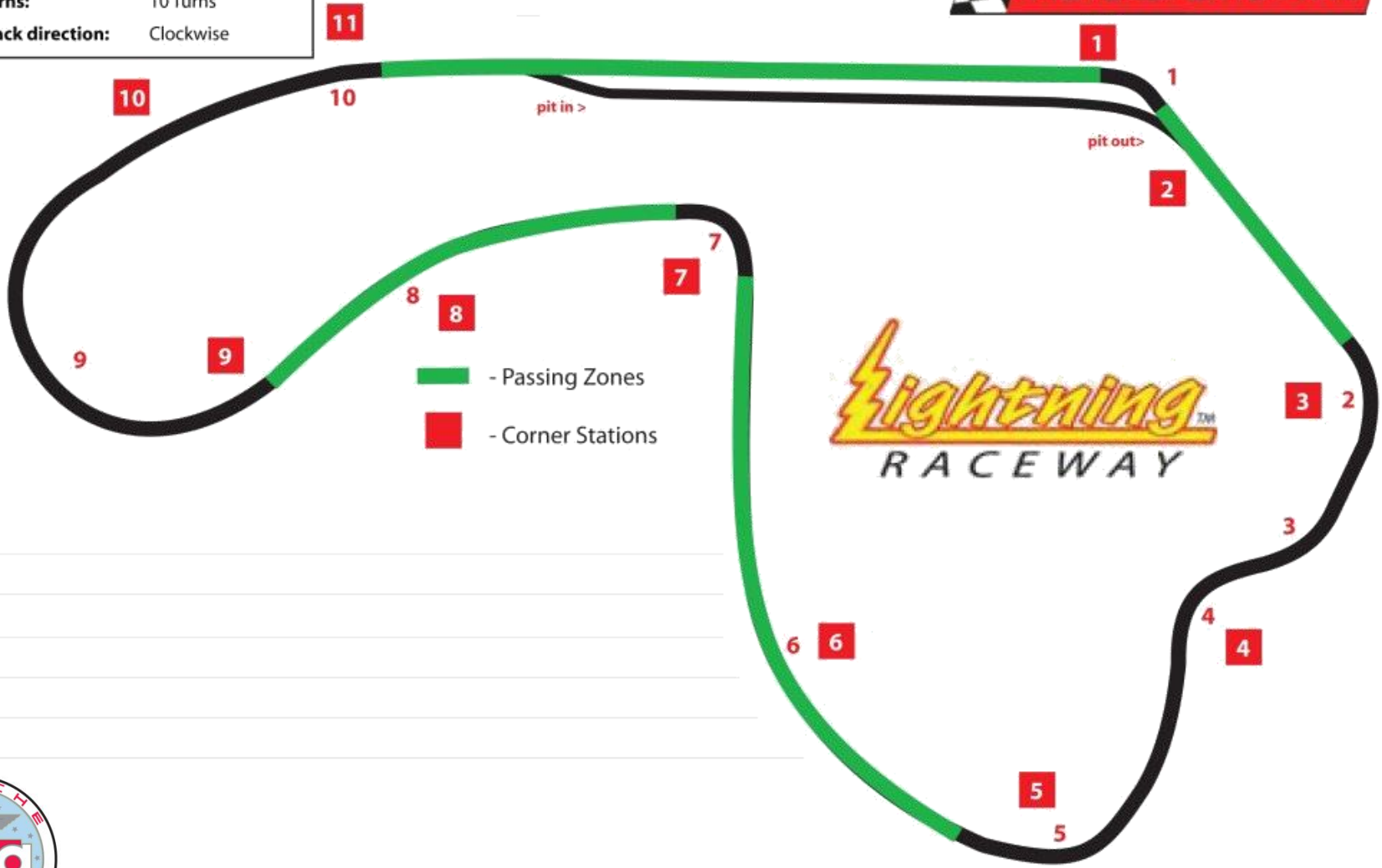


NNJR Lightning



Track Information:

Length: 1.9 miles
Turns: 10 Turns
Track direction: Clockwise



- Passing Zones
 - Corner Stations





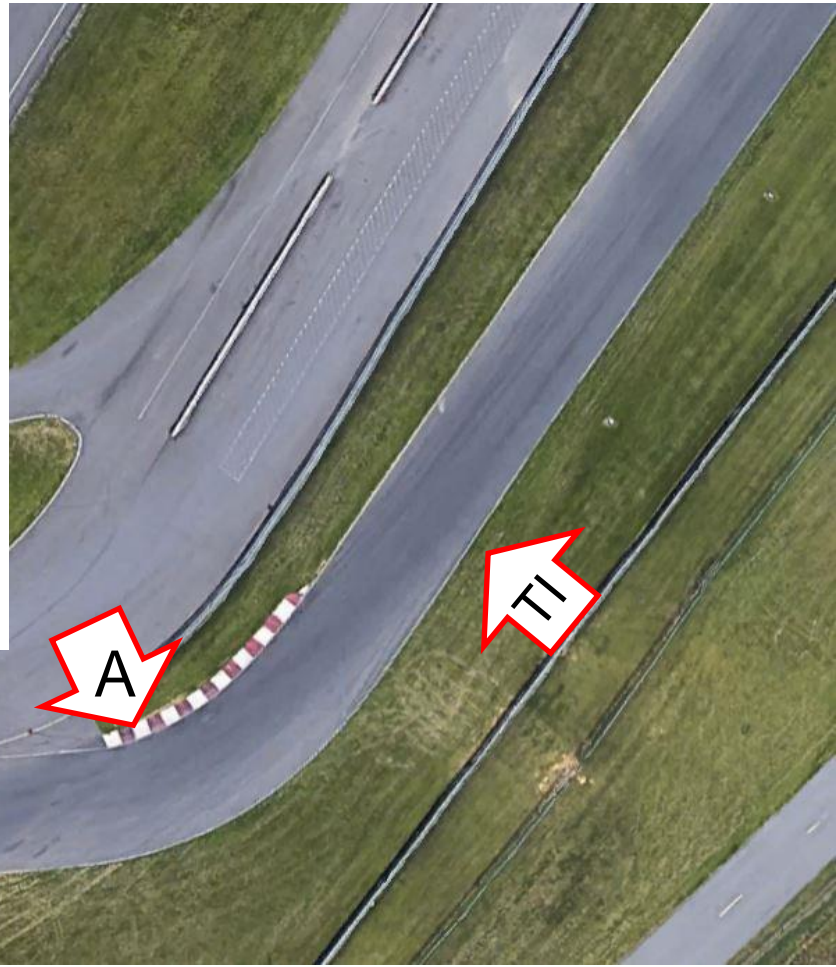
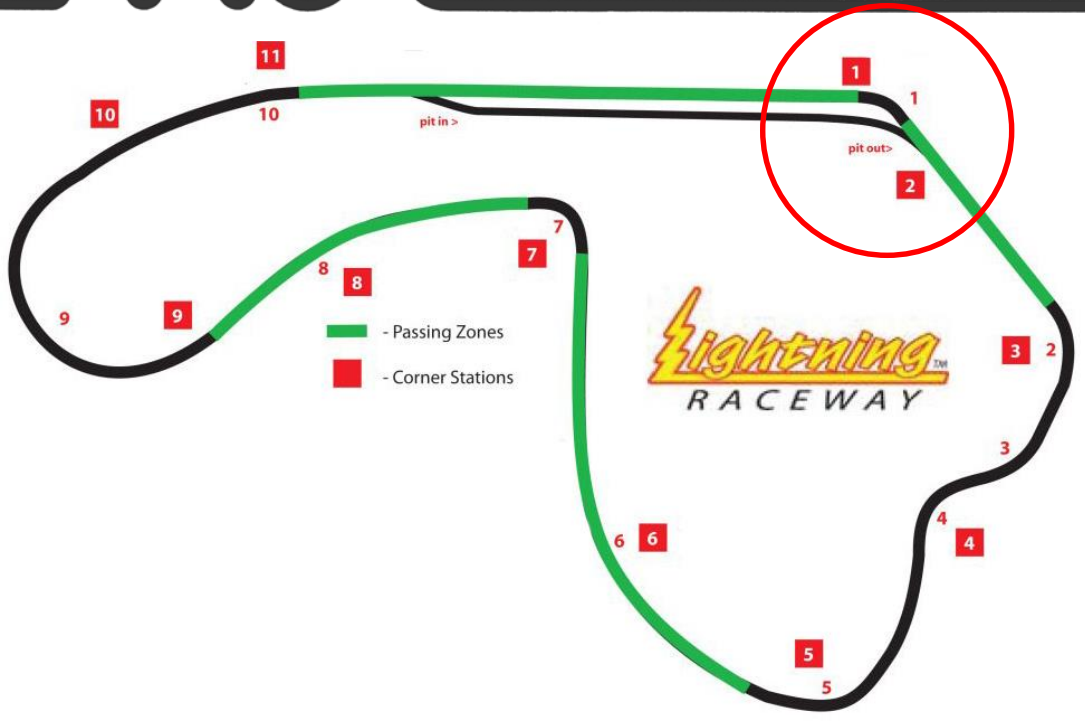
NNJR A lap of Lightning



<https://youtu.be/VdTRqTV0NAw>



NNJR Turn 1



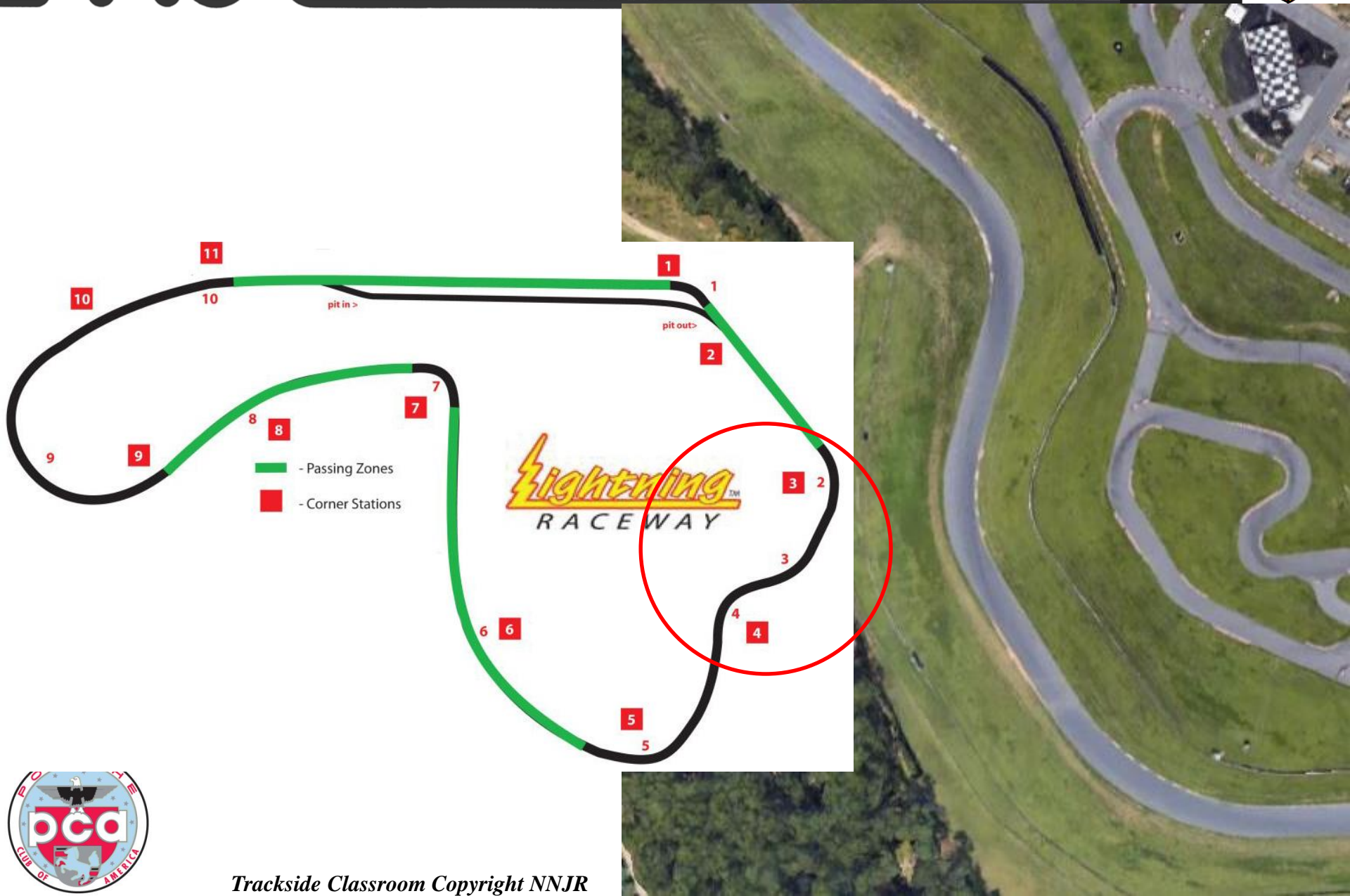










NNJR Turns 2, 3, 4 (Connected)

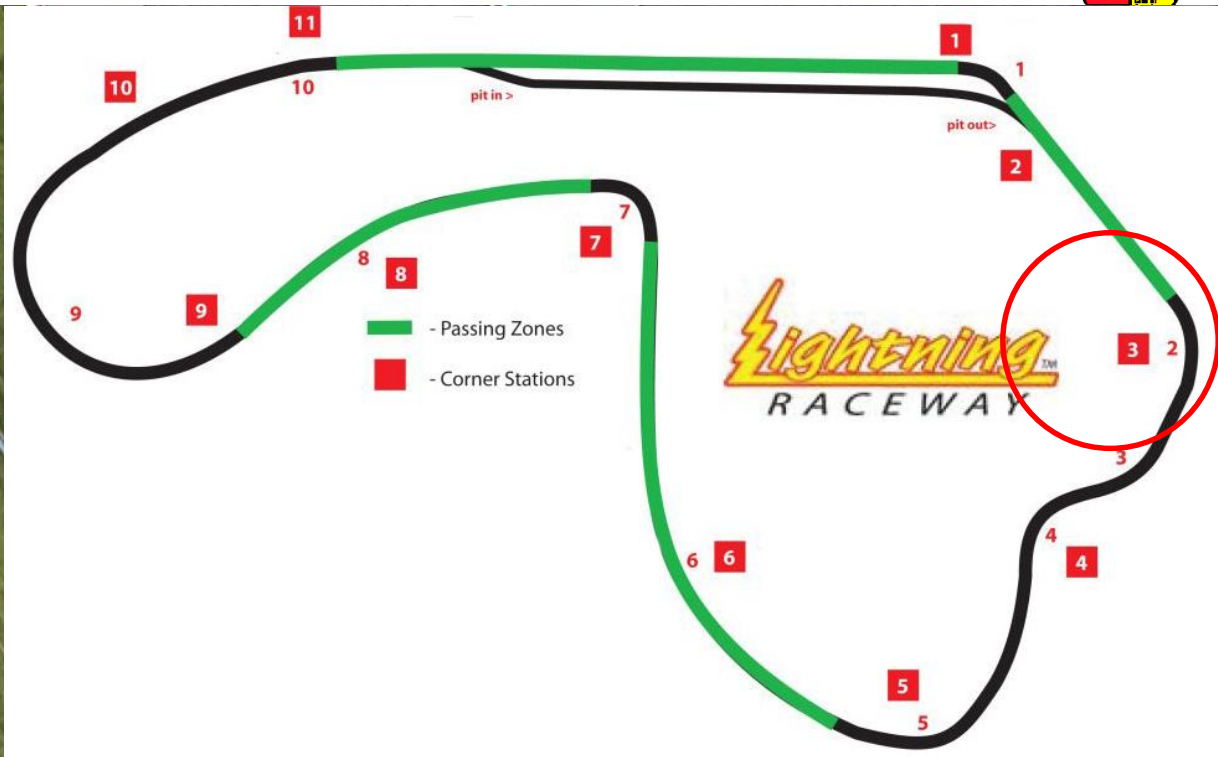


-  - Passing Zones
-  - Corner Stations

LightningTM
RACEWAY



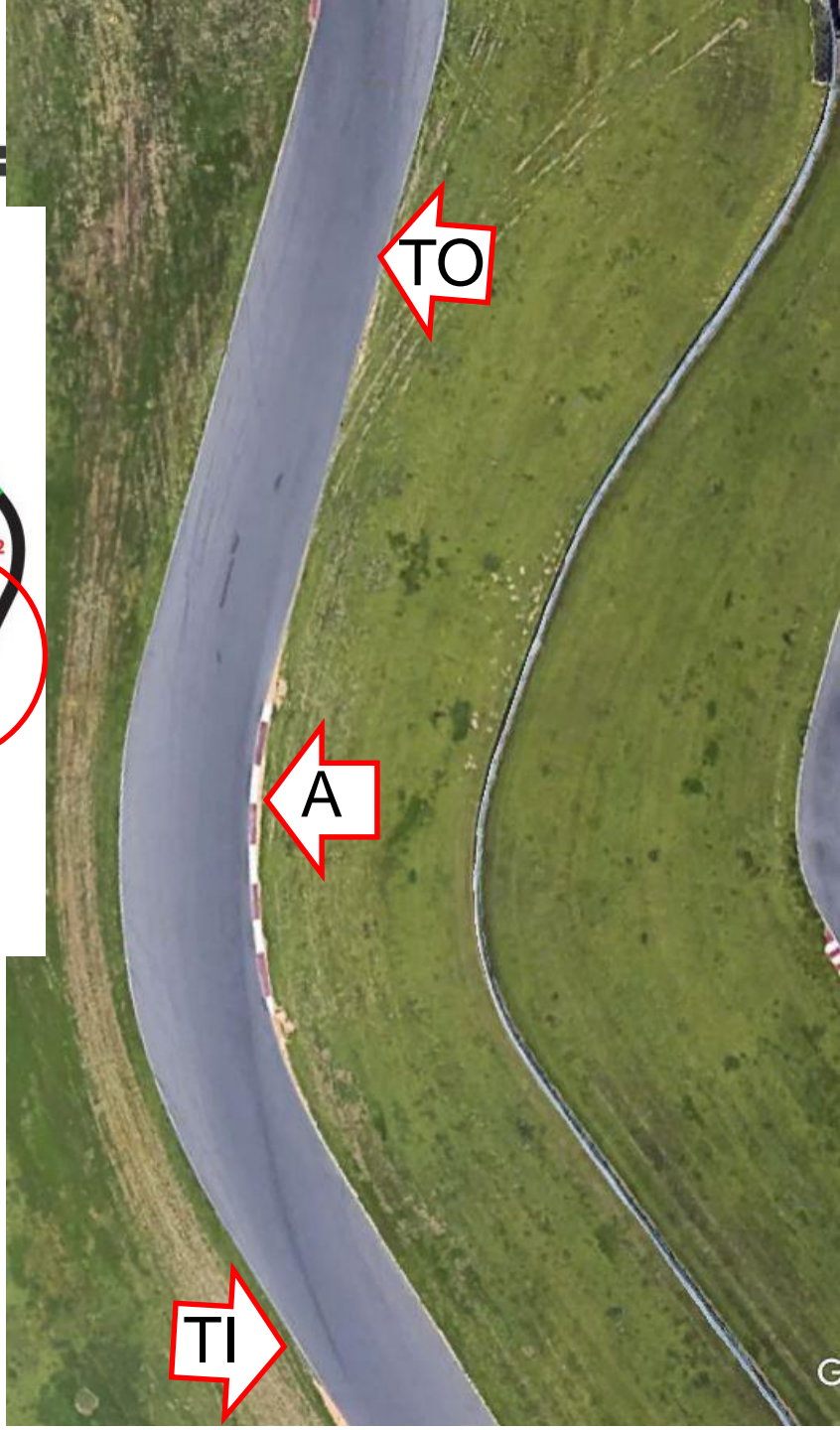
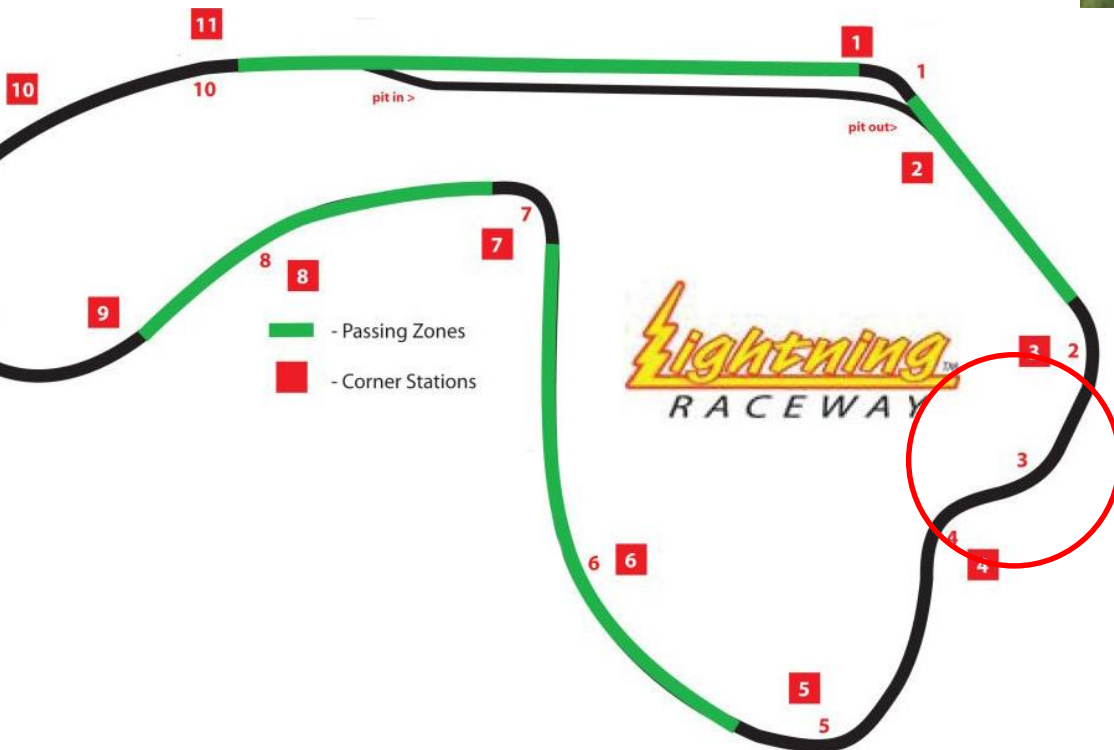
MJR Turn 2







NNJR Turn 3





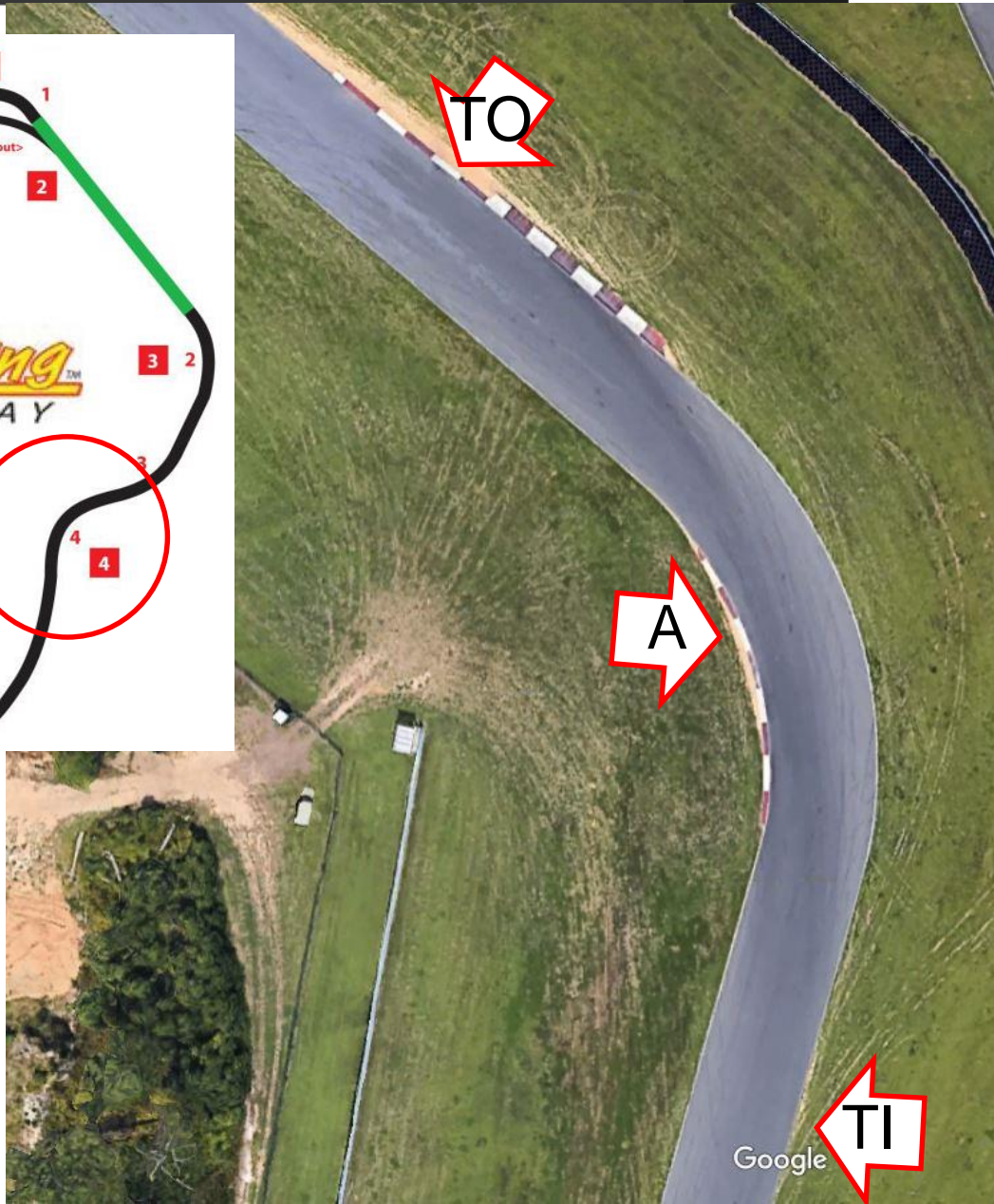
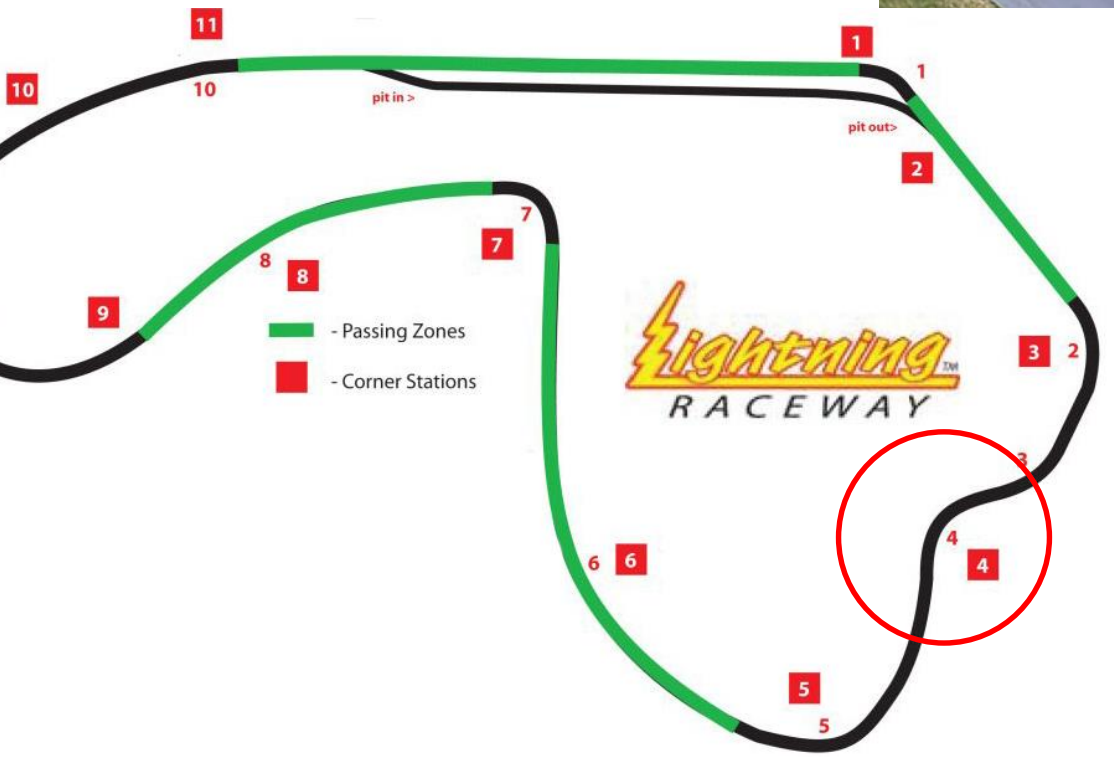
NNJR



Trackside Classroom Copyright NNJR



NNJR Turn 4

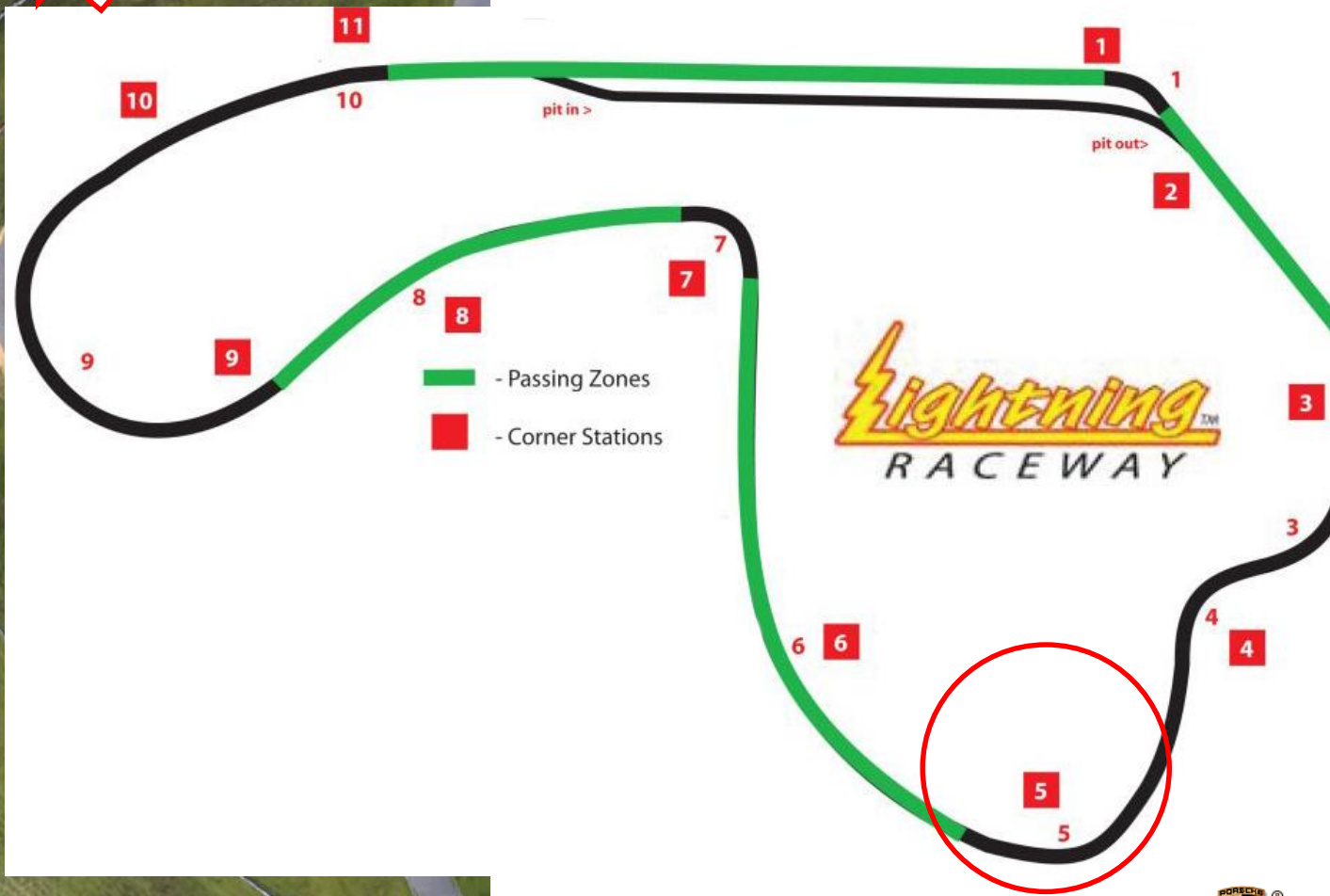








Turn 5



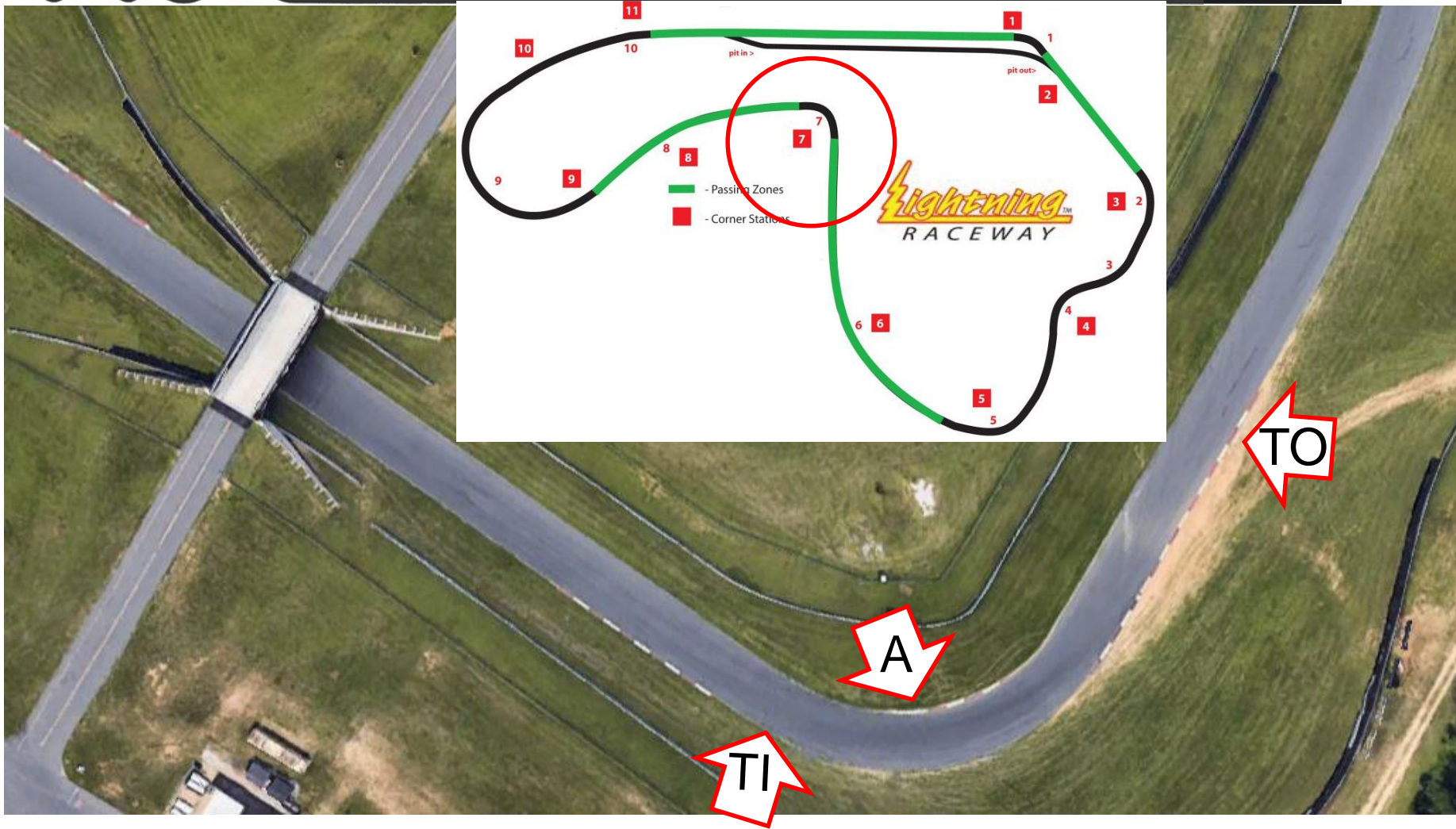








NNJR Turn 7













NNJR Turns 9: Lightbulb or Bowl











NNJR Lightning Reminders



- If you run wide, drive off! e.g. Turn 1
- Turn 5 deserves great respect
 - Tight on apex, straight over the hill, not too much power
- Turn 7 requires lots of braking
 - Easy to enter too fast
- Be aware of pit in over the hill on front straight

