

# NNJR



## Consistency

NNJR Track Side Class Room Series



# NNJR Agenda: Consistency



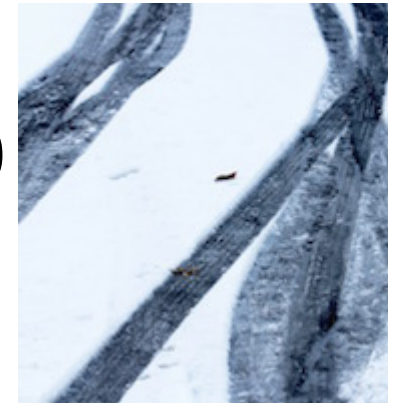
- What is it?
- Why does it matter?
- How to achieve?
- Lightning Turn by Turn



# NNJR Consistency: What is It?



- Turn in at the same point, lap after lap
  - Plus or minus 1-2 inches
- Turn in at the same speed, lap after lap
  - Plus or minus 1-2 mph
- “If your tires were paintbrushes and after 10 laps, the lines you painted were no wider than the first lap”
  - Dev Clough, Hooked on Driving Coaching Coord





## Consistency: Why is it Important?



- To be fast and safe, you first need to be consistent!
- Safety
  - How far below my limit am I at each corner?
  - Did something change on the car or the track?
- Improving  $\neq$  Go Faster
  - Requires a baseline
    - e.g. if I turn in sooner, did I improve?



# NNJR Consistency: How to Improve?



1. Awareness: Focus and Priority
2. Reference Points (RPs)
3. Controls
4. Vision





# 1. Awareness: Focus & Priority



- Pay real attention to turn in and other reference points
  - Are they always the same?
- Use indexing to measure pace\*
- For each run, pick 1 or 2 areas of focus
  - Specific corner
  - Specific technique: e.g. turn-in point and exact amount of steering...and speed of steering



\* Index points: note RPM or MPH





## 2. Reference Points (RPs)



- Braking Point
  - Where I come off the gas to begin braking
    - i.e. where I tell myself to come off the gas
- Turn-In
  - Where I begin to turn the wheel
- Brake release
  - Where I lift my foot off the brake pedal

**Plus:**

- Amount of brake at Turn-In
- Amount of gas & steering at apex, track out



# NNJR 3. Controls



- Brakes
  - How sensitive is my foot?
  - Consistently achieve 9 to 9.5? 2 or 3?
- Steering
  - How smoothly do I wind/unwind?
- “String theory”: are my brakes and steering connected?
- Gas
  - Do I drive with an egg under my foot?
- Cornering
  - What does the car feel like (seat of the pants)?





# NNJR 4. Vision



- Basics

- Always look far ahead
  - Look “around corners”
- Pick up RPs with peripheral vision
- Look where you want the car to go
- Scan: don’t fixate (includes mirrors)

- Refinements

- Try to see something new on each lap
- How does sun/shadow change what you see?
- Carefully observe track surface
  - e.g. grainy vs. smooth, on-camber, off-camber, etc.



# NNJR Consistency Summary



- Be aware
  - Focus on 1 corner or technique
  - Use indexing
- Be precise with Reference Points
- Be sensitive and smooth with controls
  - Refine “seat of the pants”
- Look ahead, scan, observe

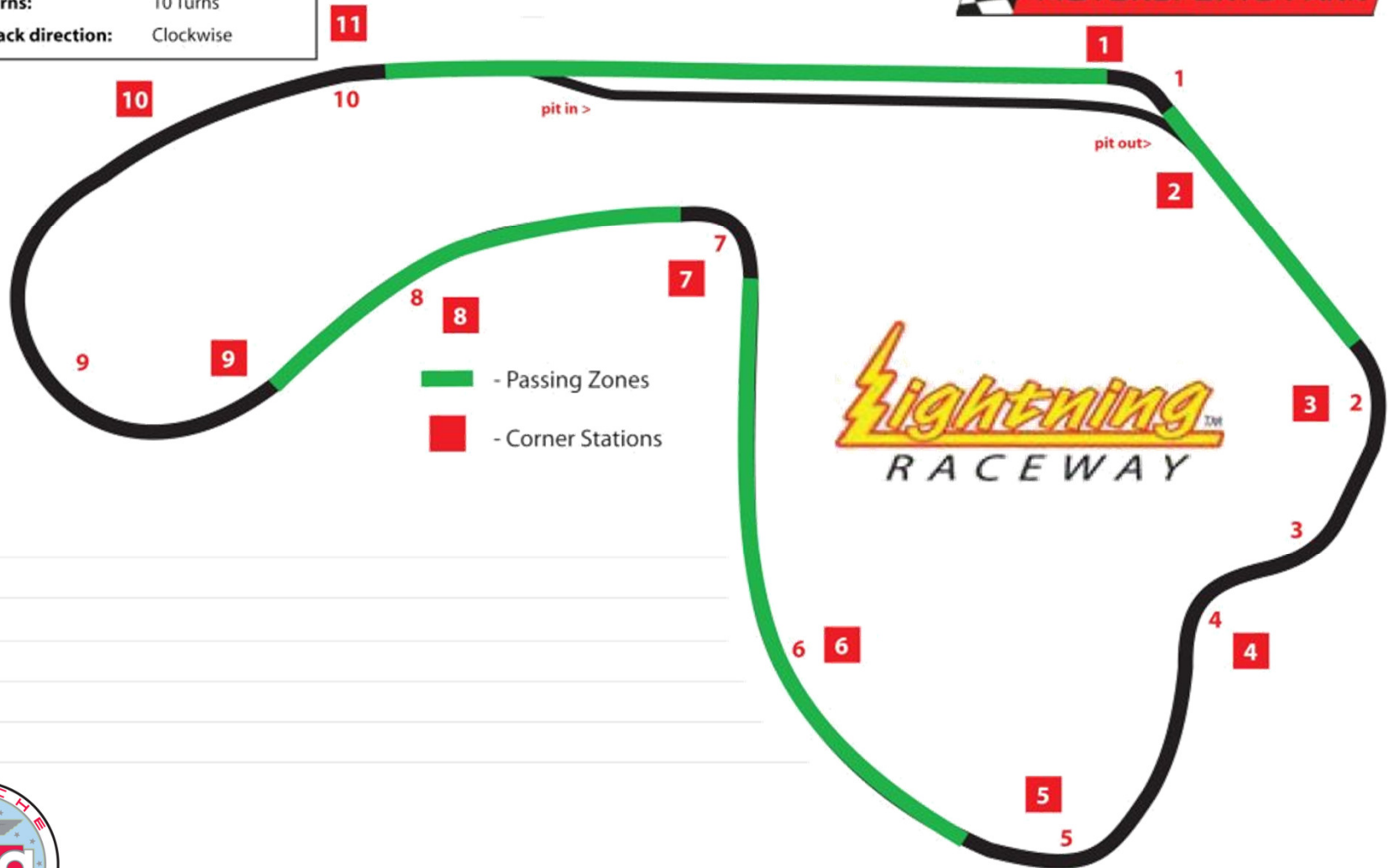


# NNJR Lightning



## Track Information:

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



- Passing Zones
- Corner Stations

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