

How to “Improve” Vision

NNJR Track Side Class Room Series



Disclaimer

The techniques shown here have been compiled from experienced sources believed to be reliable and to represent the best current opinions on driving on track. But they are advisory only. Driving at speed at VIR, or any other track, requires skill, judgment and experience. These techniques assume the reader has high performance driving knowledge and applies them as applicable to their level of driving experience.

High-performance driving can be very dangerous, carries inherent risks and may result in injury or death. NNJR and PCA make no warranty, guarantee or representations as to the absolute correctness or sufficiency of any representation contained herein. Nor can it be assumed that all acceptable safety measures are contained herein or that other or additional measures may not be required under particular or exceptional conditions or circumstances.

NNJR Agenda: Vision



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



- “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?

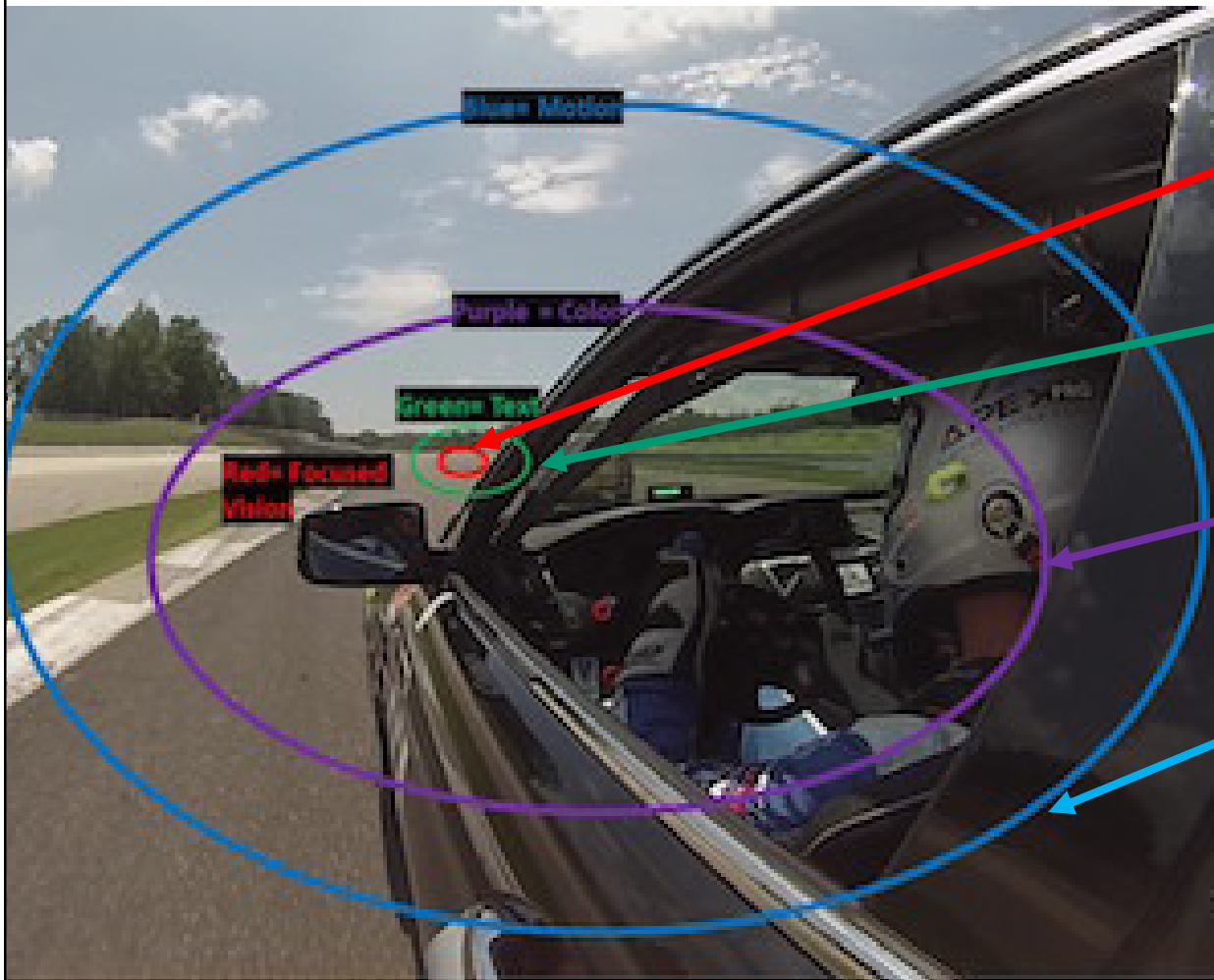


1. Can it be improved?
2. Eye “exercises”
3. Blind corners
4. Pressure situations



1. Can Vision be Improved?

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



Focus

Text

Color

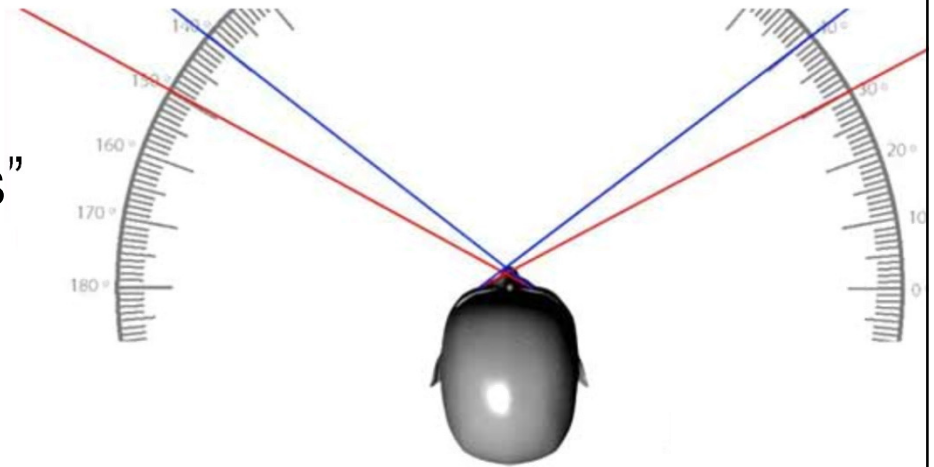
Motion

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

NNJR “Peripheral Vision”



- Classic advice = Focus ahead and use peripheral vision when close to RPs
- Also:
 - 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*





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 If You are Really Good...



- <https://www.facebook.com/wtf1official/videos/171929437071624/>
- <https://www.youtube.com/watch?v=LZRWko6gsL0>



NNJR Vision Summary



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

