



One Lap of Lime Rock

NNJR Chief Instructors





Important!



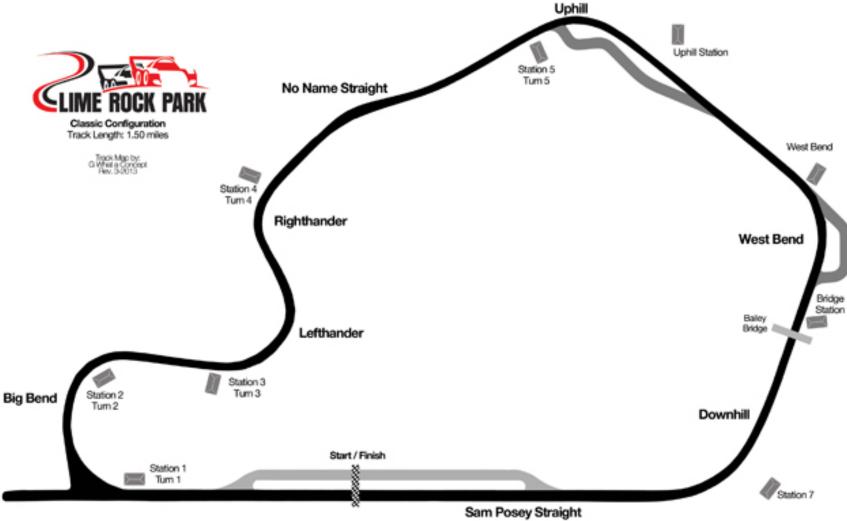
The techniques shown here have been compiled from experienced sources believed to be reliable and to represent the best current opinions on driving at Lime Rock Park. But they are advisory only. Driving at speed at Lime Rock, or any other track, requires skill, judgment and experience. These techniques 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.



Lime Rock Park







A lap of Lime Rock





Rig Bend: Turn Slightly at 5 or 4



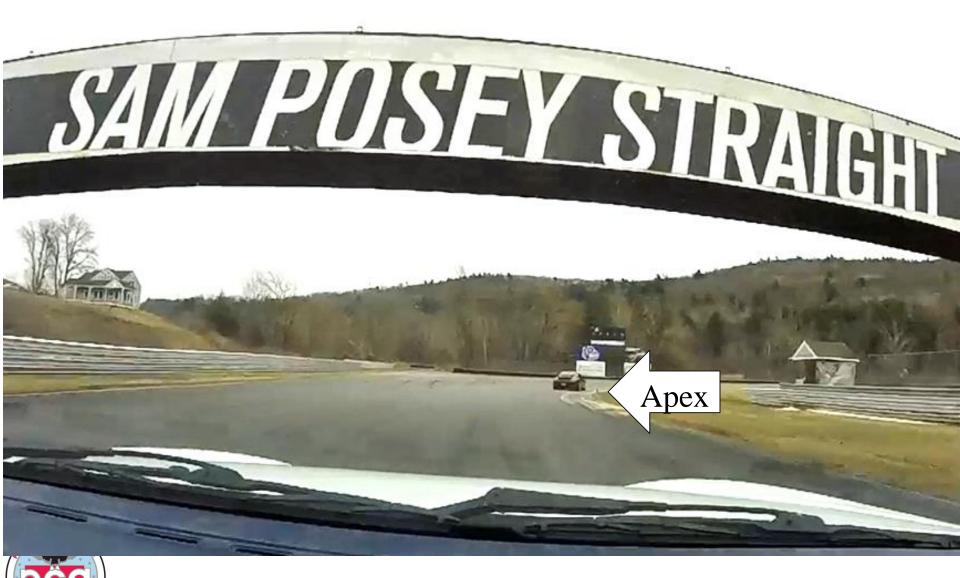
Aim For Concrete Curb (Apex)





Trail off Brakes at Apex





Look Ahead





Can I see the Flag Station?



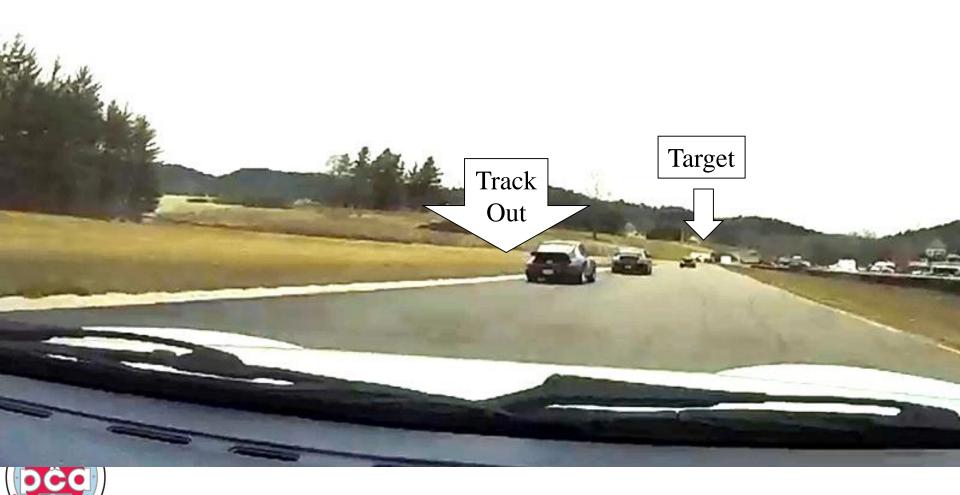


No Place to be Early!





Aim for Mens Restroom Building



Approaching Turn 3 (Left Hander)







Set Up Turn 4









Tight to Apex, Look Past Flag Station





Uphill: Brake Early and Lightly





Off Brakes Right After Turn-In



Uphill: Tight on the Apex





Straight Over the Hill



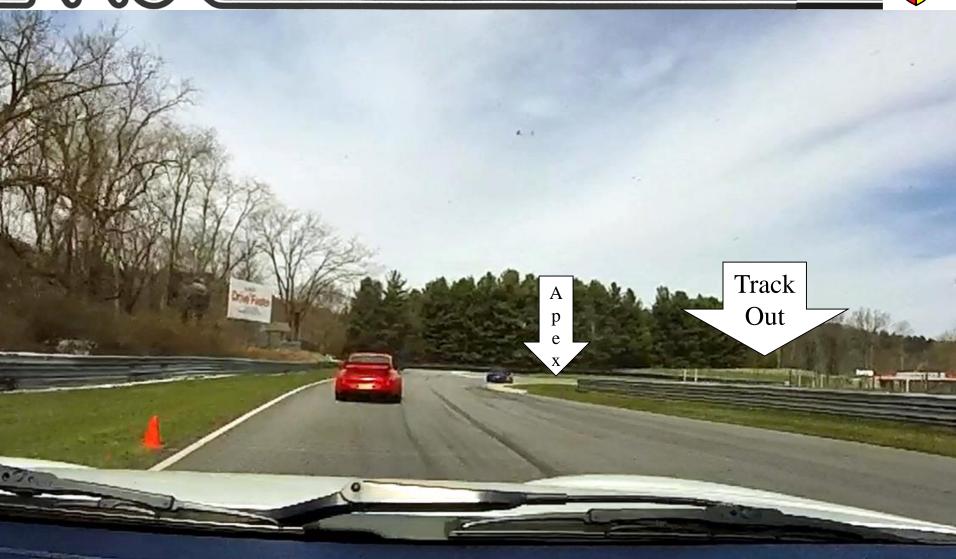
Stay Track Left Until Turn-In





Look thru Apex to Track Out





Clip the Apex (at the Road)





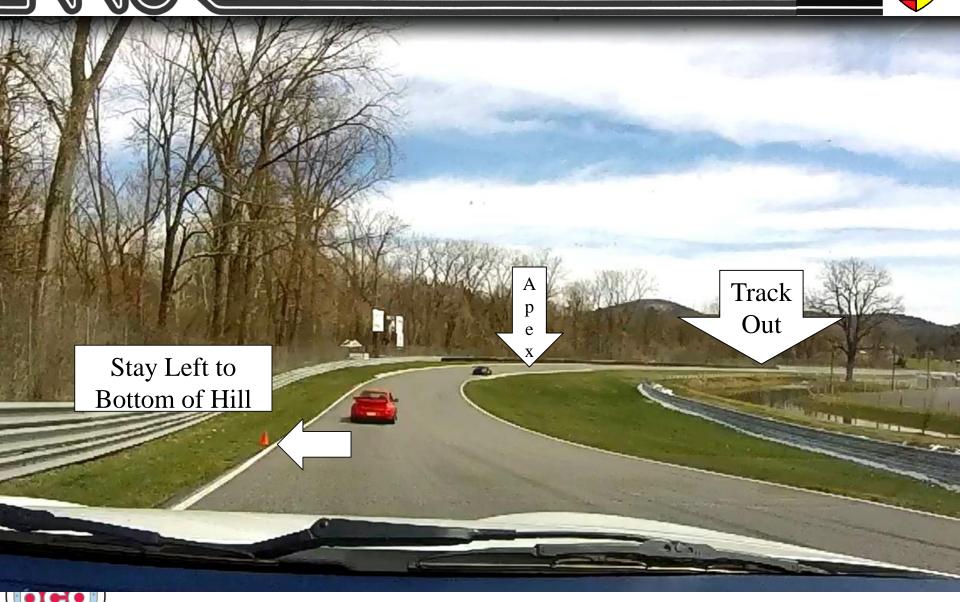


Track Left Under Bridge



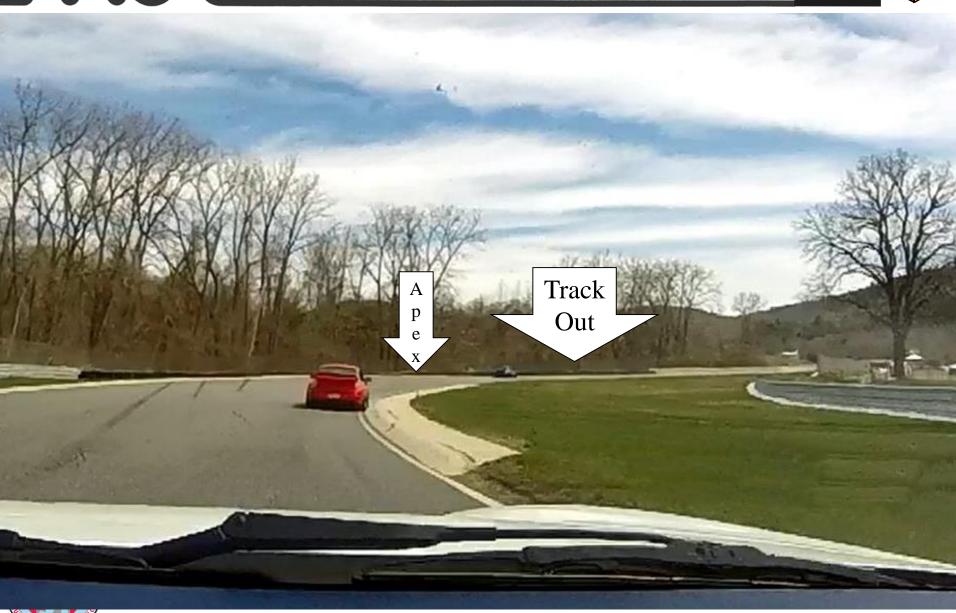


Stay Left to Turn In, Look Ahead



Tight on Apex, Look Ahead





Lime Rock Reminders



- Trail Brake into Big Bend and Left Hander
- Minimal trail brake for other corners
 - Brake early and lightly for Uphill, West Bend, Downhill
- Watch the adverse camber!
 - Exiting NoName, exiting Downhill, Turn 2
- Find good Reference Points that don't move!

