



Topics for Sensory Input Worksheets

Use these topics with your printed track map

Reference Points

- Not cones!
- Cracks, posts, seams, curbs, etc.
- BOB, TI, EOB, A, TO, in between

Track Surface

- Sealer, color change, etc.
- Elevation
- One new feature per lap

Safety

- How soon/far ahead can I see flag stations?
- Bail out area(s) for each corner
- Which curbs could I drive on? Not?
- Etc.

Brake Application

- Quick and hard enough? Too much?
- Does the car get upset?
- Totally consistent lap to lap?
- Get money in the bank early in the brake zone (Cass Whitehead)
- "On like a lion, off like a lamb" (Pobst)
- Etc.

Brake Release

- Modulating pressure thru brake zone properly?
- Beginning release at the right point?
- Right rate? Slow, medium, fast
- Totally consistent lap to lap?
- Come off the brakes politely (Peter Argetsinger)
- Etc.

Throttle

- Squeezing too soon? Too quickly? Not enough?
 - Pause between brake and gas?
- On floor until brake application?
- How are you using it (vs when)
- Use only the top half? (David Murry)
- Etc.

Steering

- Especially how you unwind on corner exit
- Is turn-in from track edge?
- Is turn-in crisp/flowing or gentle/progressive
 - Both correct, depends on corner
- Etc.

Mirrors

- Adjusted properly?
- How many cars behind?
 - End of back straight?
- Closing speed: is car in mirror closer or further away?
 - What color(s) is/are cars behind?
- Etc.

What Would I Do If

- I smell anti-freeze?
- Car in front swerves under braking?
- Brake pedal soft in middle of traffic entering bus stop? off camber?
- Two fast cars, you give one signal, can't see second one?
- Etc.

Vision

- Everything you can see on and off the track surface
 - Something new each lap
 - e.g. Horizon change during cornering
- How far ahead can you see?
- Etc.

Kinesthetics

- Steering wheel feedback
- How g-loads build; weight transfer
- Feel the track surface
- Etc.

Hearing

- Wind noise, tires, brakes
- Cornering vs. straight
- Different parts of track
- Etc.

Remember. Capture learning right away: in the first 10 minutes

- Write down what you saw, heard, felt
- Before lap times, data, video, socializing

