

How to Recognize & Correct “Mistakes”

NNJR Track Side Classroom Series
Mid-Ohio 2021



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 MidOhio, 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.

- Mistakes: a natural part of learning
- Common DE student “mistakes”
- Potentially serious mistakes
 - Too early / too fast
 - Situational Awareness
 - Fatigue
- Skills to develop



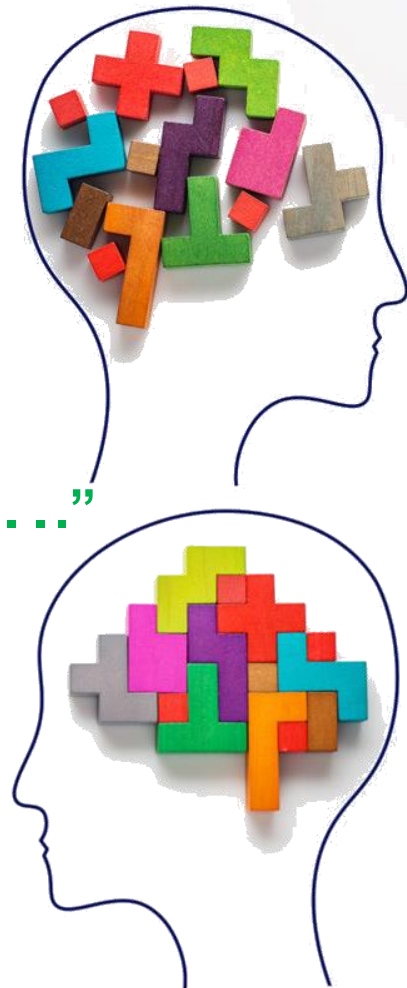
“I never drove a perfect lap” Stirling Moss



NNJR Mistakes = Learning



- Accept that you will make mistakes
 - “Mistake” is another word for “learning opportunity”
 - Keep your mistakes small and single
 - **Catch** your mistake, **collect** the car, and **carry on**
- Convert self-judgments into learning goals
 - Instead of saying “**I’m bad at . . .**” say “**I’m working on . . .**”
 - Then figure out **how** you’ll work on that skill
- Stay mentally focused in the moment
 - Learn to recognize when losing focus or judging yourself
 - Use a key word or phrase to refocus (e.g., “**Eyes up**”)



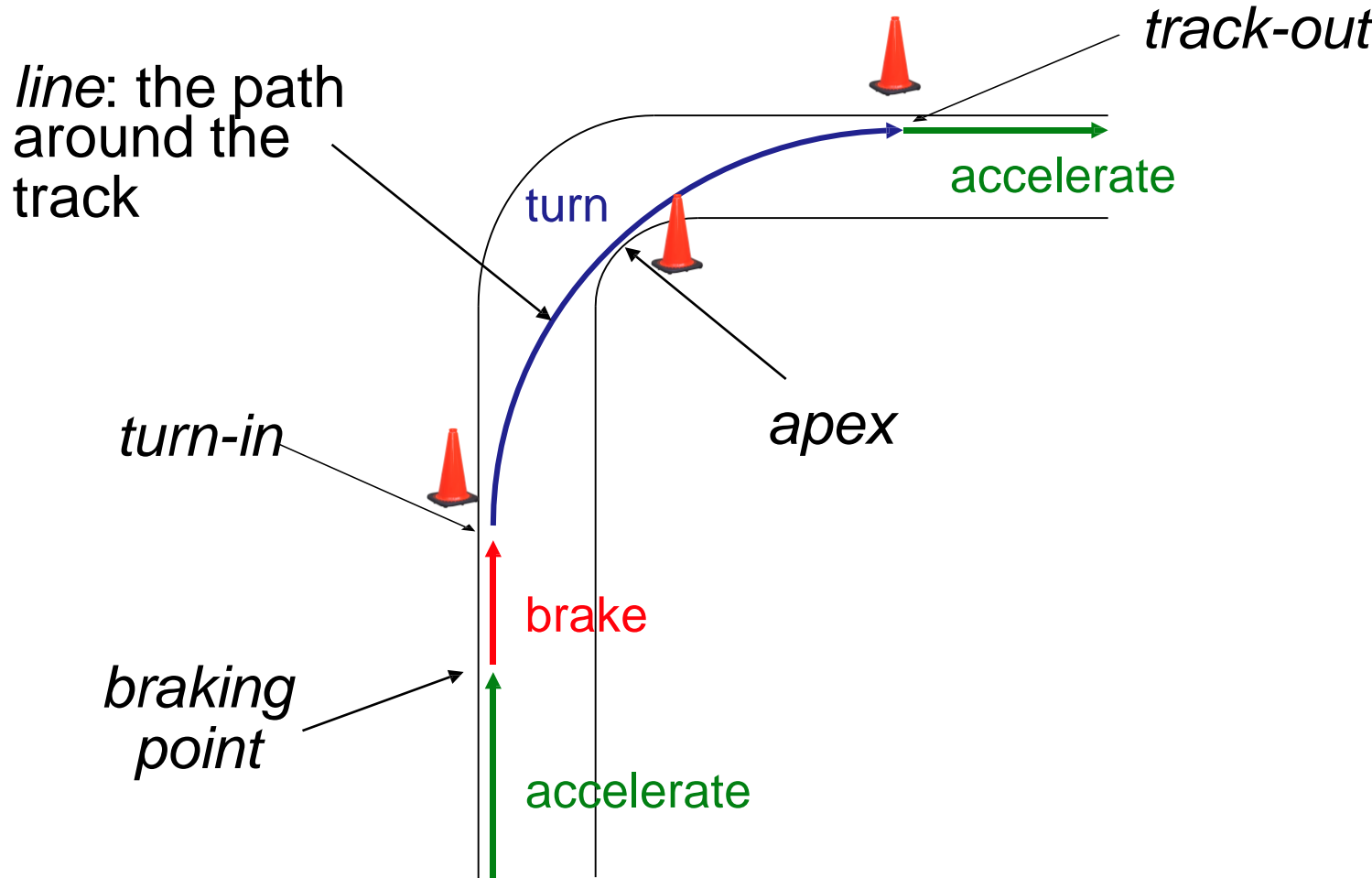
Slide by Chuck Tucker from community.hagerty.com, used under



NNJR The Basics of Track Driving



- Use reference points to drive a consistent line




Slide by Chuck Tucker from community.hagerty.com, used under

NNJR Basics of Track Driving



Use an ABC rhythm

- **Accelerate** on the straights
- **Brake** while going straight, before the corner
- **Corner (Turn)** relax the brakes and turn
- **Accelerate**
- **Brake**  some corners: just use less gas (**lift**)
- **Turn**
- **Accelerate**
- **Brake**
- **Turn**
- . . .

Slide by Chuck Tucker from community.hagerty.com, used under



NNJR Common DE Student “Mistakes



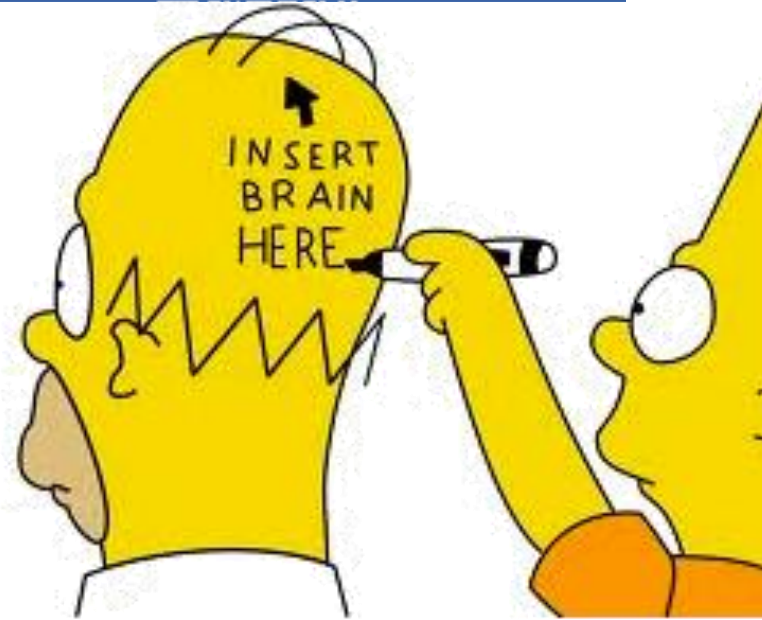
- Improper braking sequence
- Inconsistent entry speed
- “Jumping” on/off gas pedal in a turn
- Lack of traffic awareness
- Poorly timed passes
- Giving a passing signal then moving “out of the way” of rapidly approaching car



NNJR Potentially Serious DE Student Mistakes



- Driving too fast
 - Not recognizing pace
 - Inconsistent corner entry speed
 - Trying to drive “fast”
- Early apex / late recognition
- Failure to identify or anticipate track situations
- Fatigue

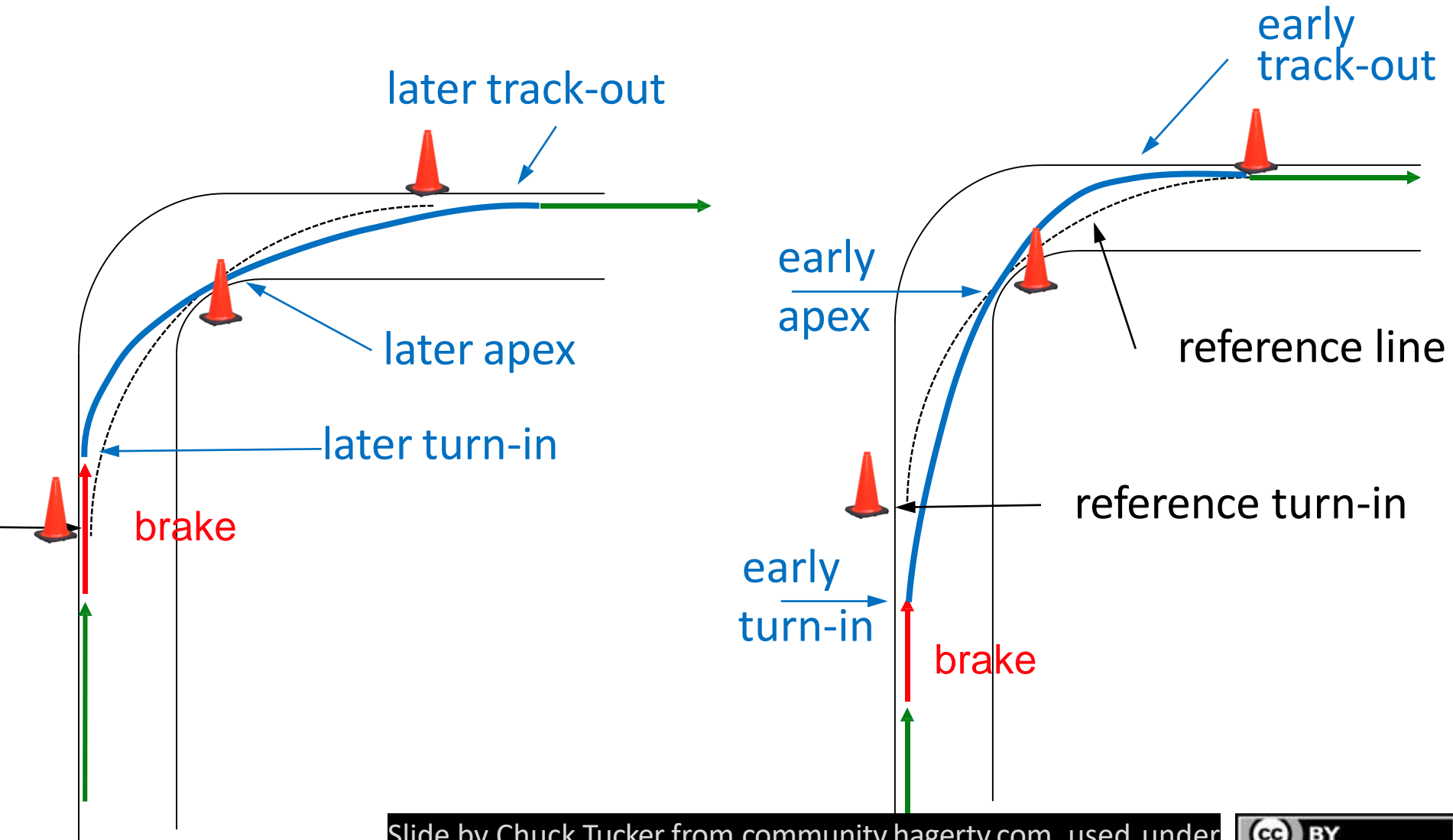


- When? Early. Really Early!!
- In a turn
- In a braking zone
- In a skid
- Mechanical Failure



Skip Barber: “If you’re any good, the instant you turn your hands into the corner, you know if you’ve made a mistake.”

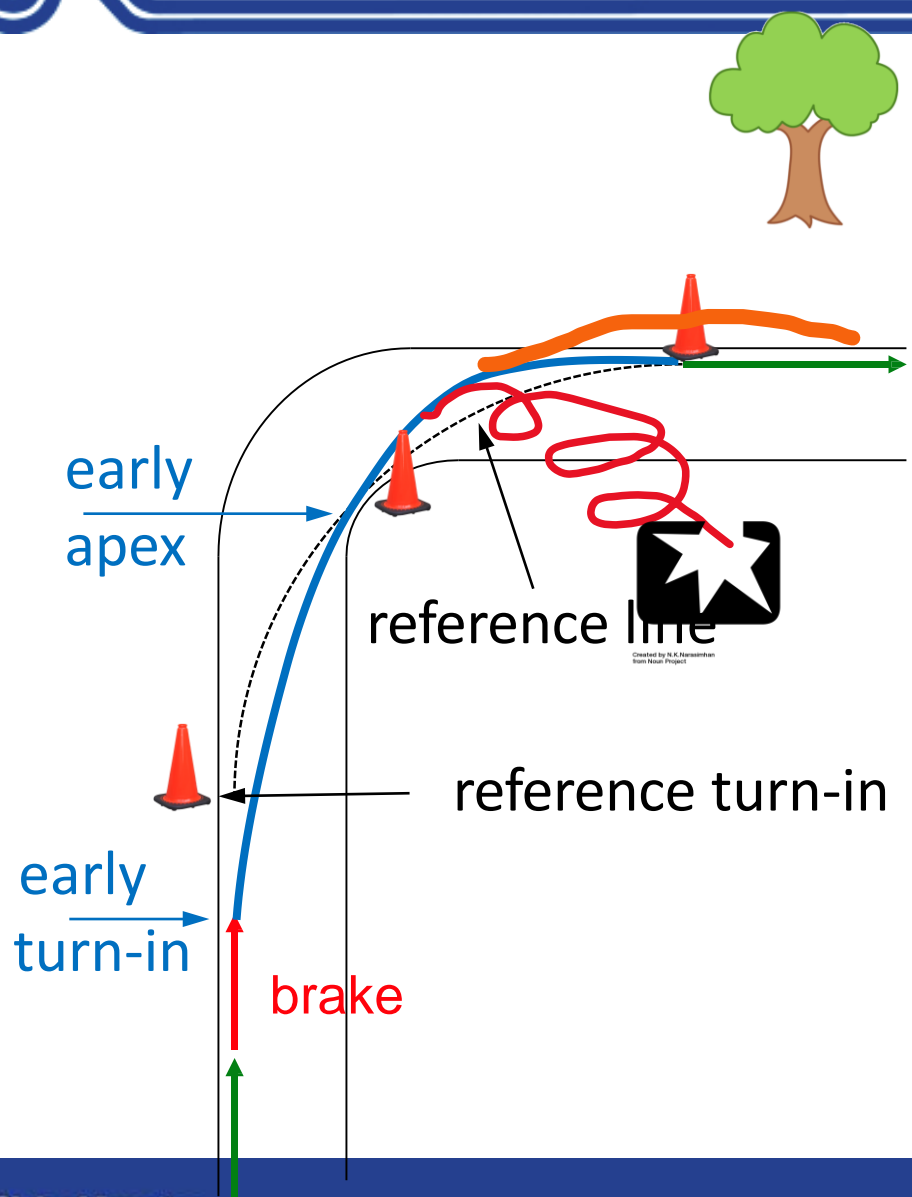
NNJR Late vs. Early



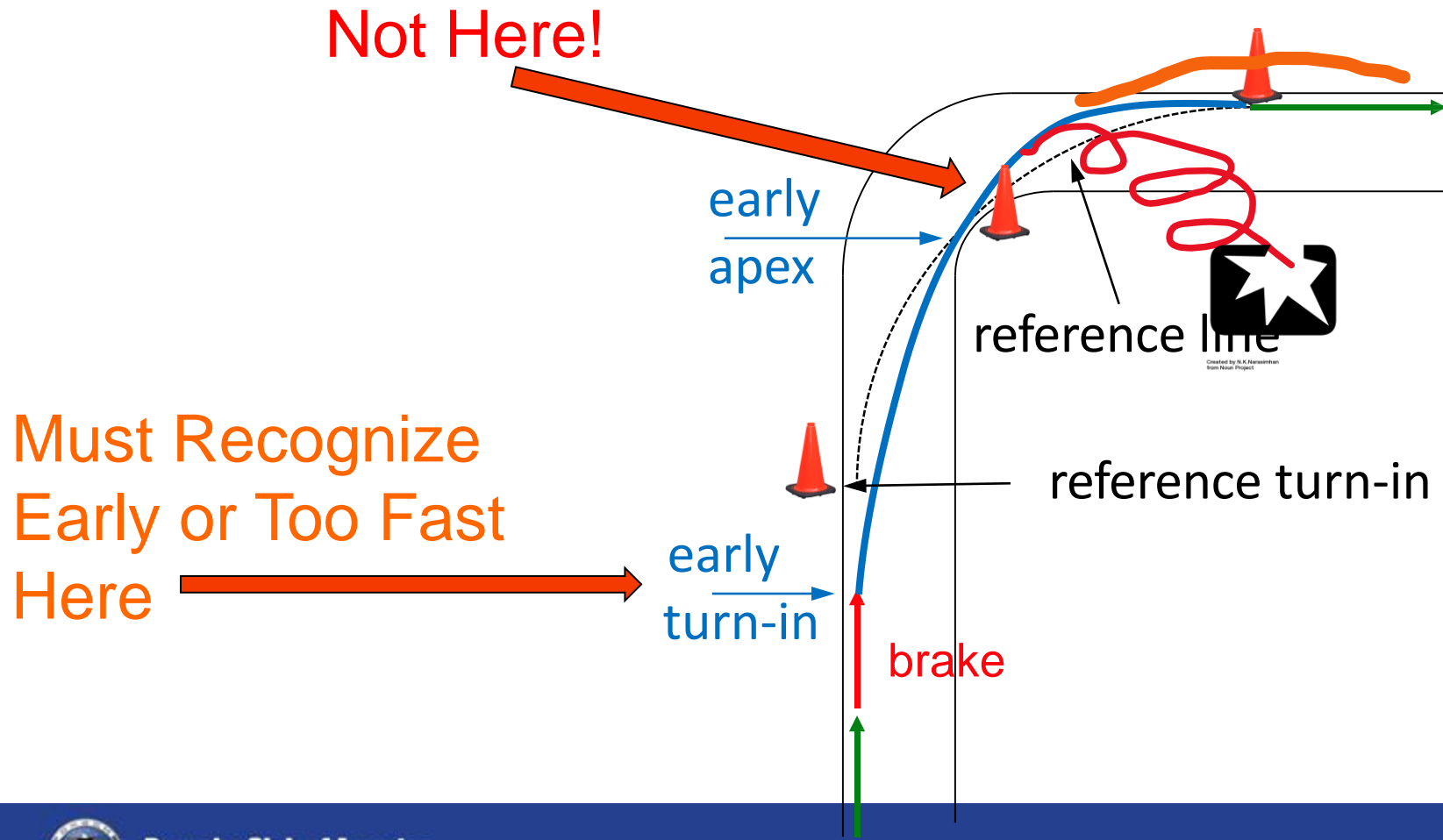
Slide by Chuck Tucker from community.hagerty.com, used under



NNJR Early = Bad!



Recognize Mistake EARLY





- Consistent turn in point
 - Must know/see Turn In, Apex and Track Out references
- Be aware of speed at turn in
- What is the angle of the car after turn in?

- Focus on the current corner
 - “Forget” previous ones



A large, realistic image of a car's rearview mirror is centered on the slide. The mirror is rectangular with rounded ends and a silver frame. The text is superimposed on the mirror's surface.

Continually check all three Mirrors
Count'em 1-2-3

- Be aware of cars ahead and behind
- Pick correct time & place to pass
- Pick right time & place to be passed

NNJR Situational Awareness



- Create habit to monitor all flag stations
 - As soon as you can see them
- Study the track surface
- Be sensitive to your car
 - Strange noise?
 - Feels different?





- Vision: focus and glance (scanning)
- Mentally note cars behind without affecting your driving
- Mental picture of “normal” flag stations, track surface
 - Any difference from normal = warning!
 - Flag stations in the distance and up close
- Awareness/sensitivity of normal car sound and feel



NNJR Fatigue: How to Recognize



- Two mistakes in a row
- Three mistakes in one lap
- Failure to see upcoming traffic
- Inconsistent lap to lap
- Feeling overheated
- Cramping in your hands
- Neck and shoulders fatigue
- Loss of attention to “detail” - trance like state.



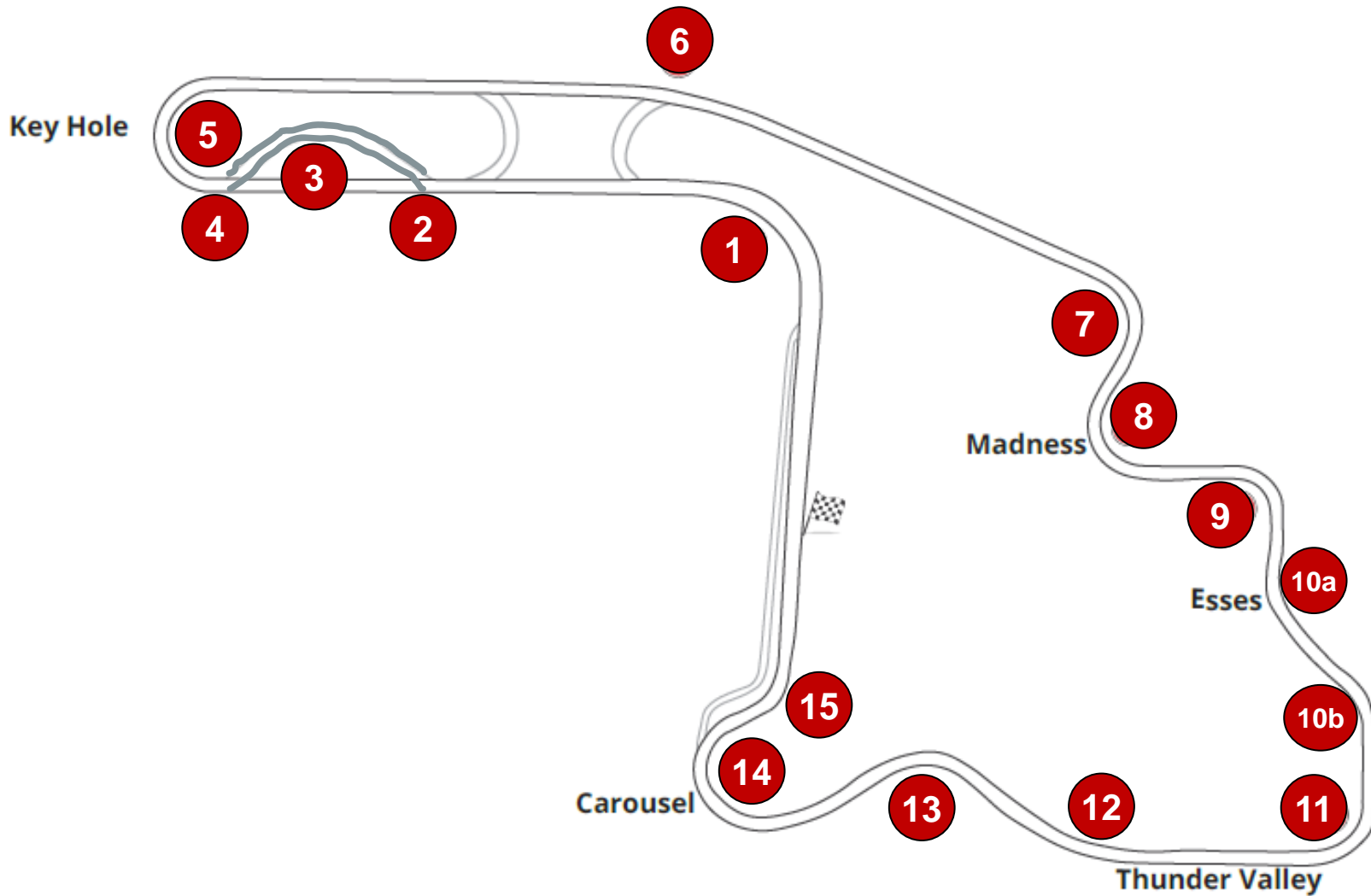
- Everyone makes mistakes
 - Most “mistakes” are a learning opportunity
 - But Early and Too Fast can be dangerous
 - Learn to identify mistakes early and correct

- Developing situational awareness is essential
 - Traffic, Flags, Track Condition
 - Be sensitive to what your car is telling you

- Watch out for fatigue

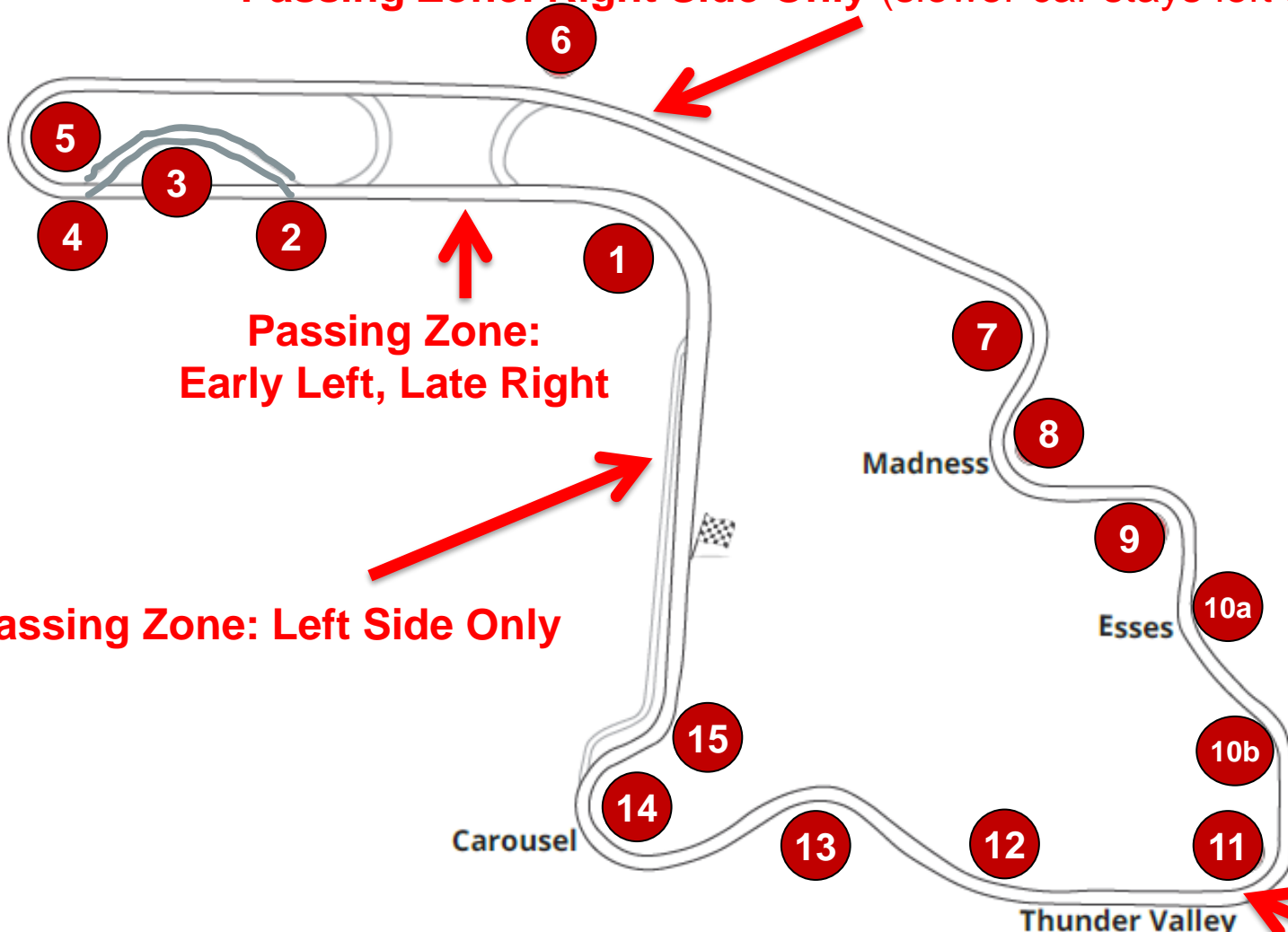
MID-OHIO TURN BY TURN

NNJR Mid-Ohio Track Map



Passing Zone: Right Side Only (slower car stays left at kink)

Key Hole



Passing Zone: Right Side (11 to 12)



- Turn 1 is Fast: Slow Hands
- Many drivers brake too late for Turn 7
 - China Beach is waiting!
- Turn 11 deserves great respect
- Keyhole and Carousel require patience!

