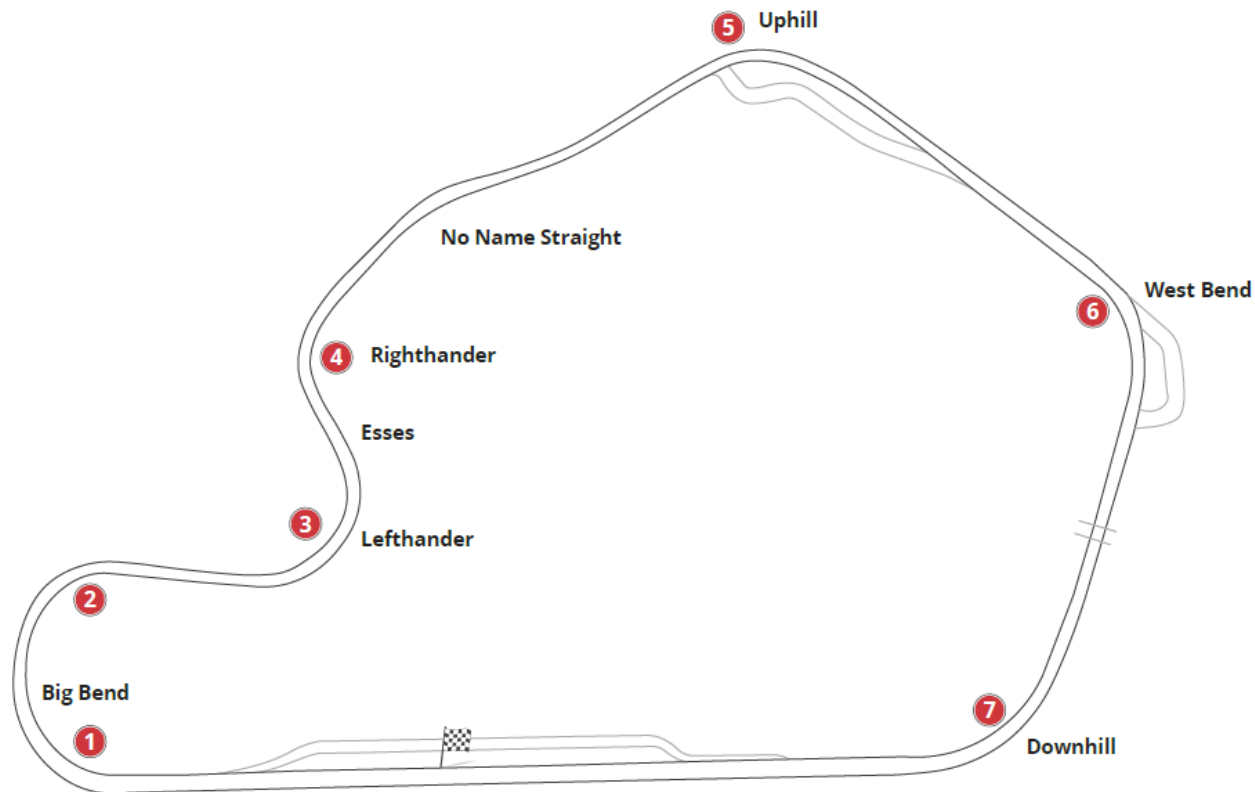


Sensory Input Session(s)

Reference Points

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

LIME ROCK

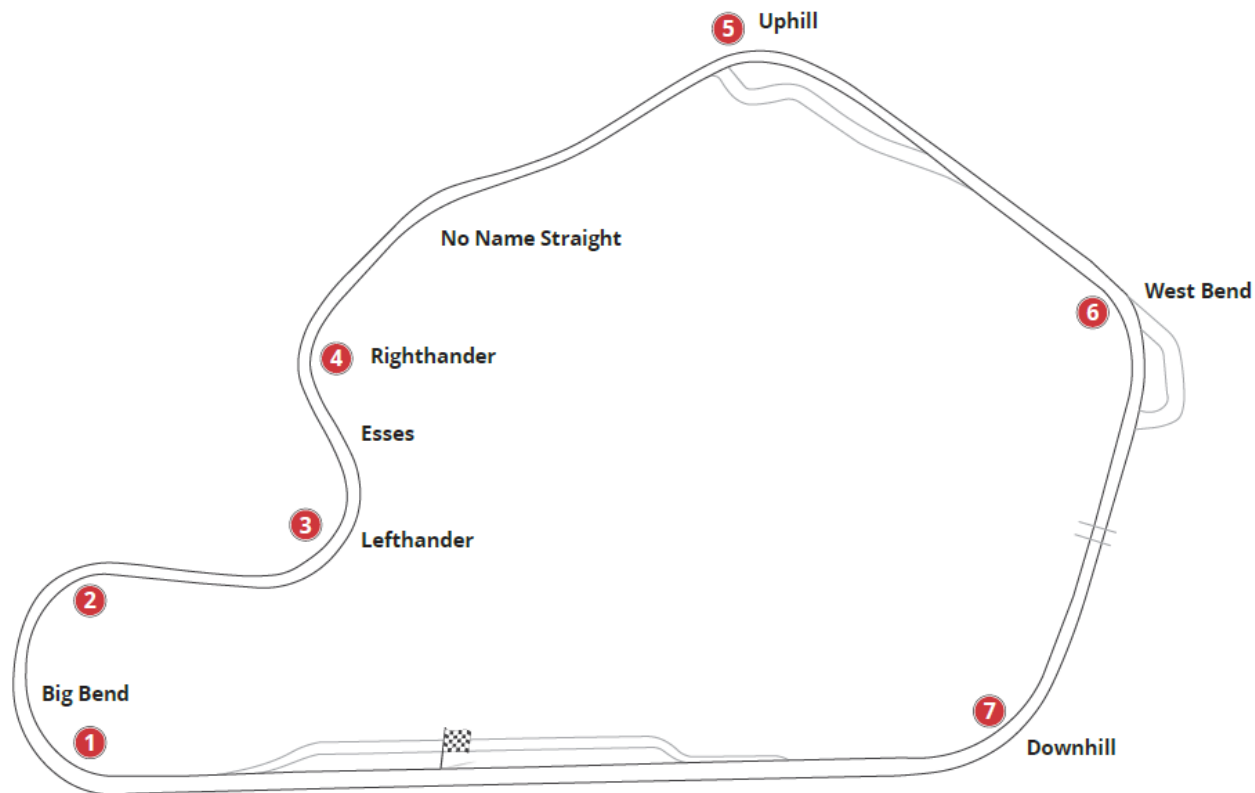


Sensory Input Session(s)

Track Surface

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

LIME ROCK

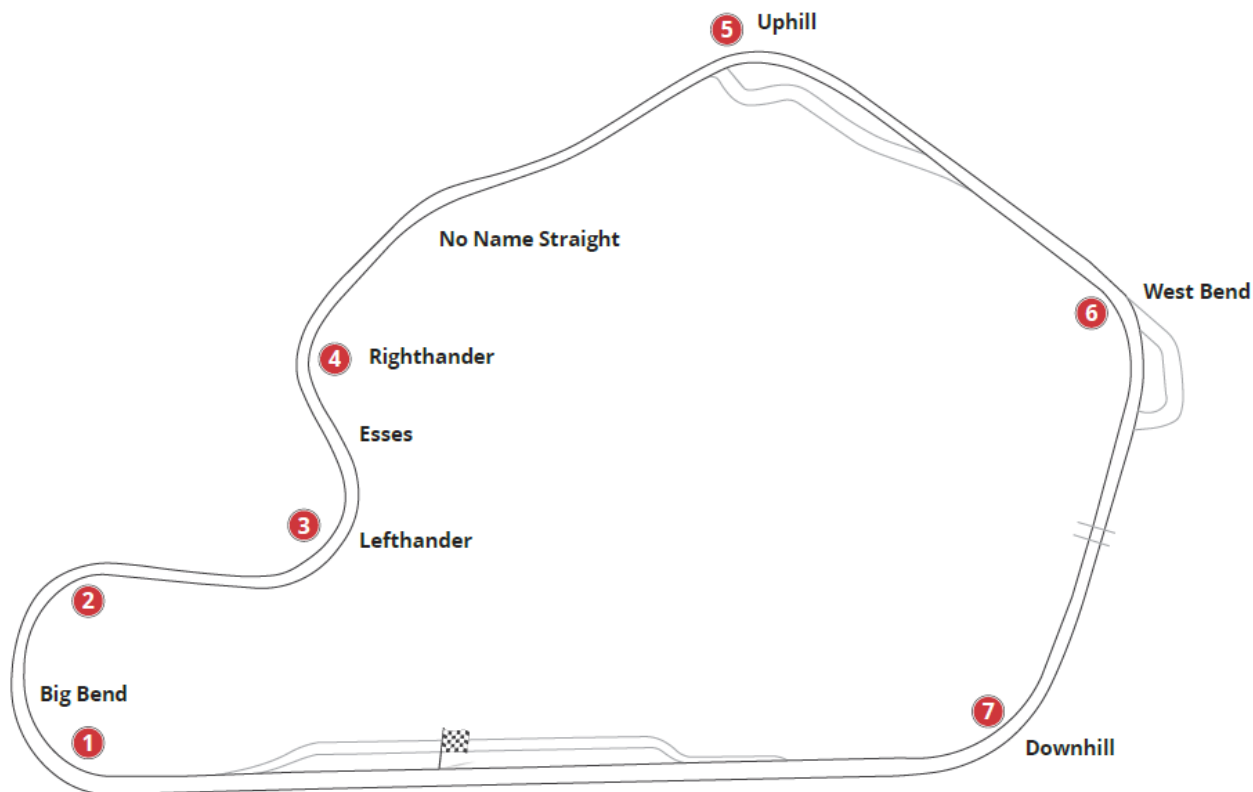


Sensory Input Session(s)

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.

LIME ROCK

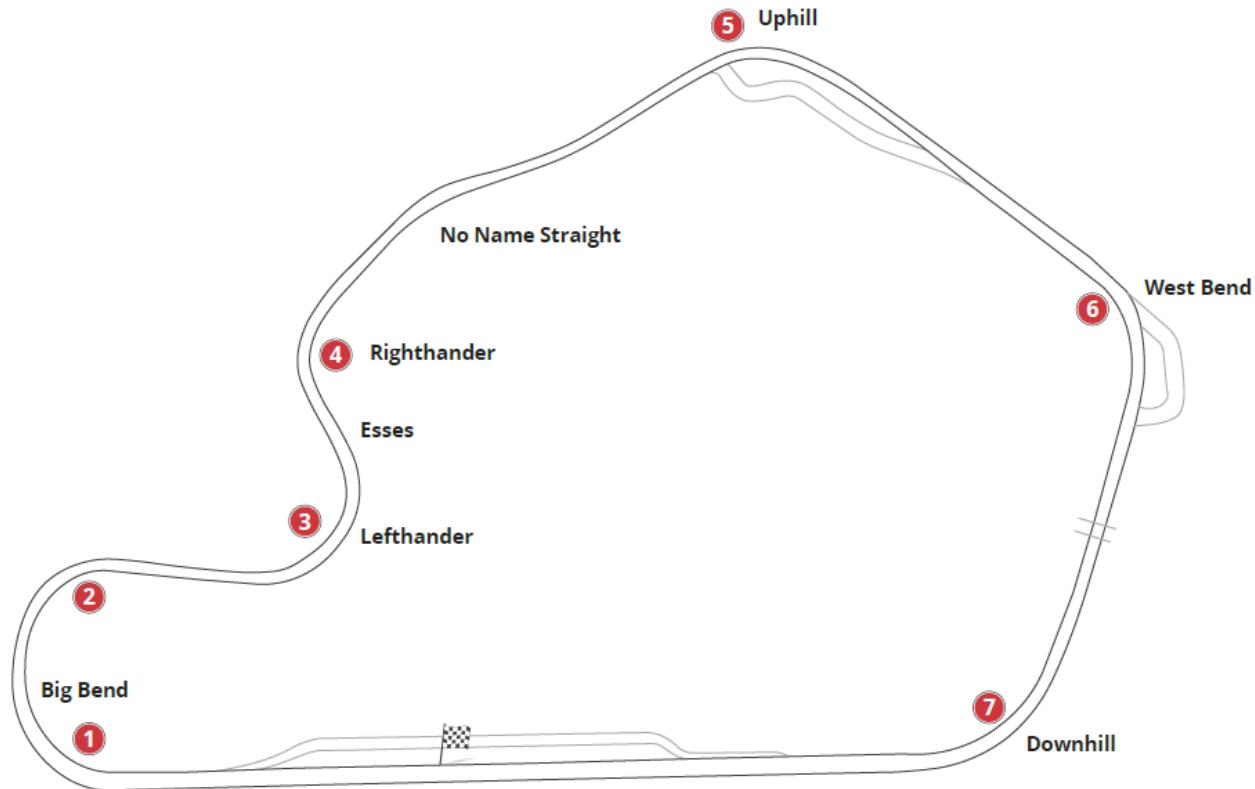


Sensory Input Session(s)

What Would I Do If

- I smell anti-freeze?
- Car in front swerves under braking?
- Brake pedal soft in middle of traffic entering Big Bend? Downhill?
- Two fast cars, you give one signal, don't see second one?
- Etc.

LIME ROCK

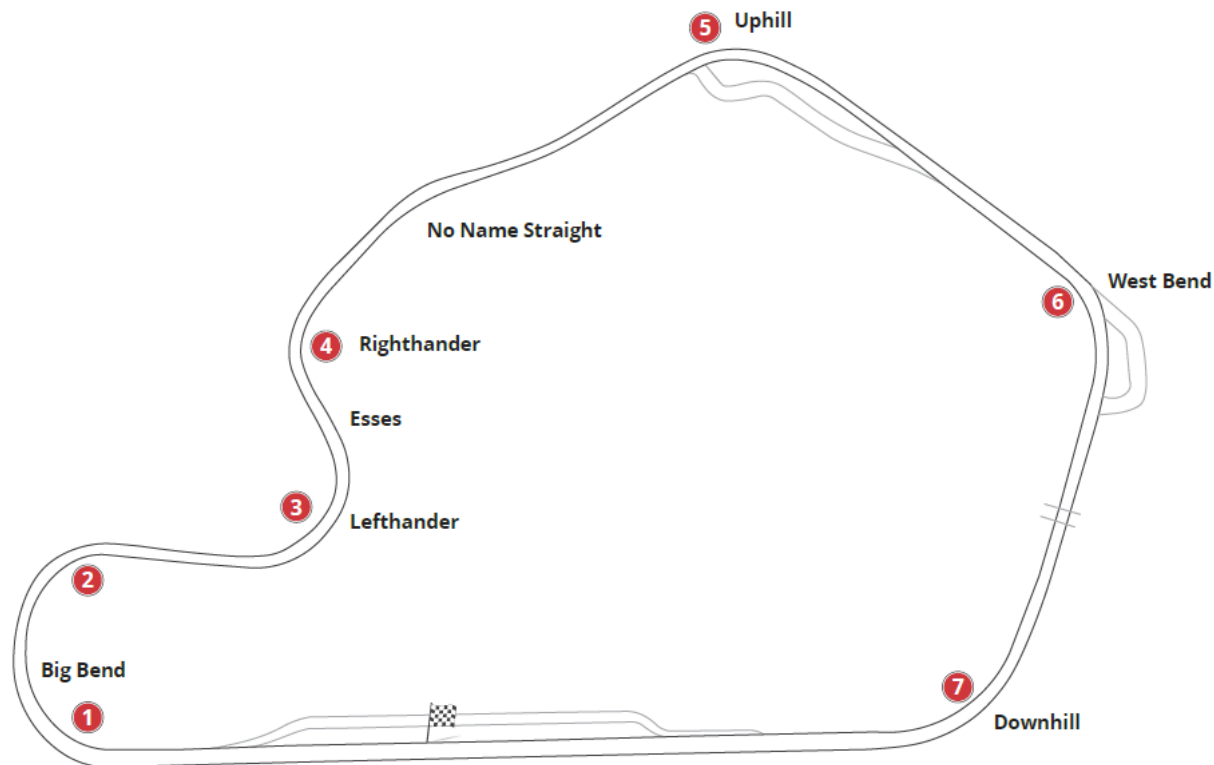


Sensory Input Session(s)

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)
- Brakes: "on like a lion, off like a lamb" (Pobst)
- Etc.

LIME ROCK

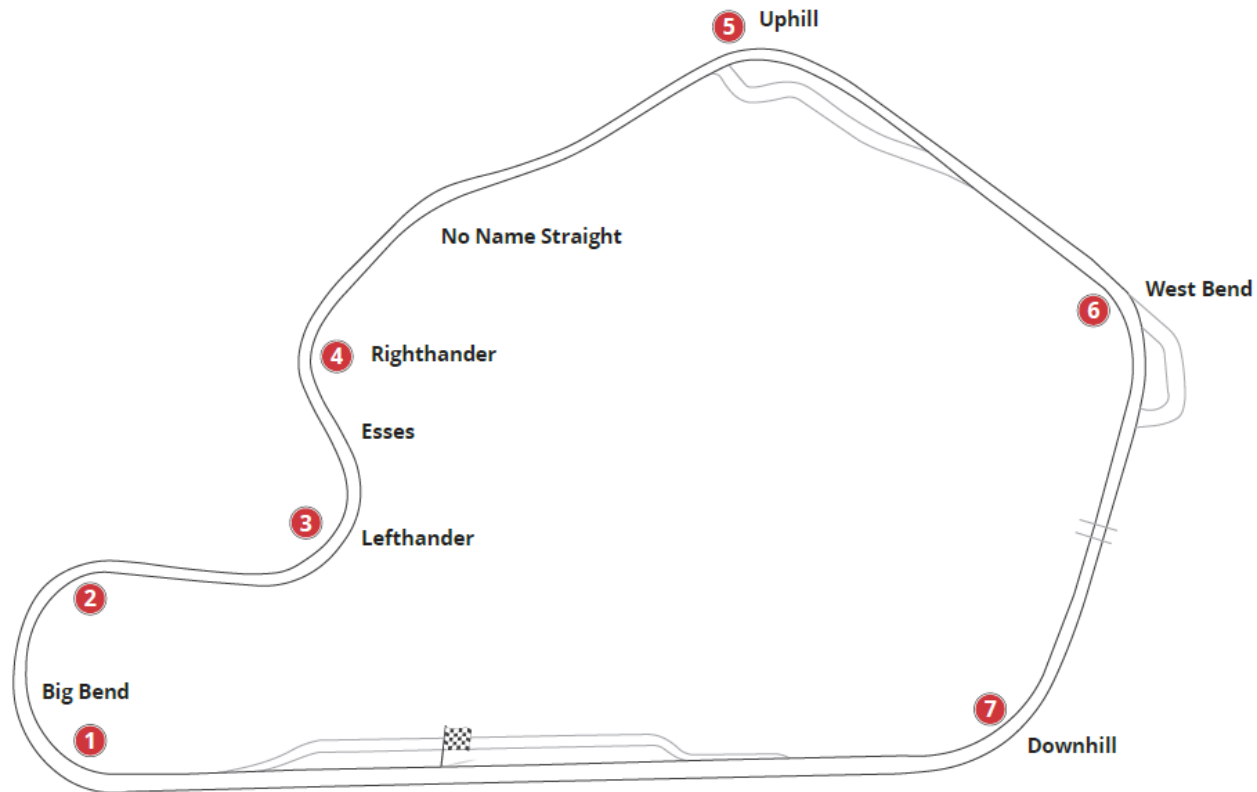


Sensory Input Session(s)

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.

LIME ROCK

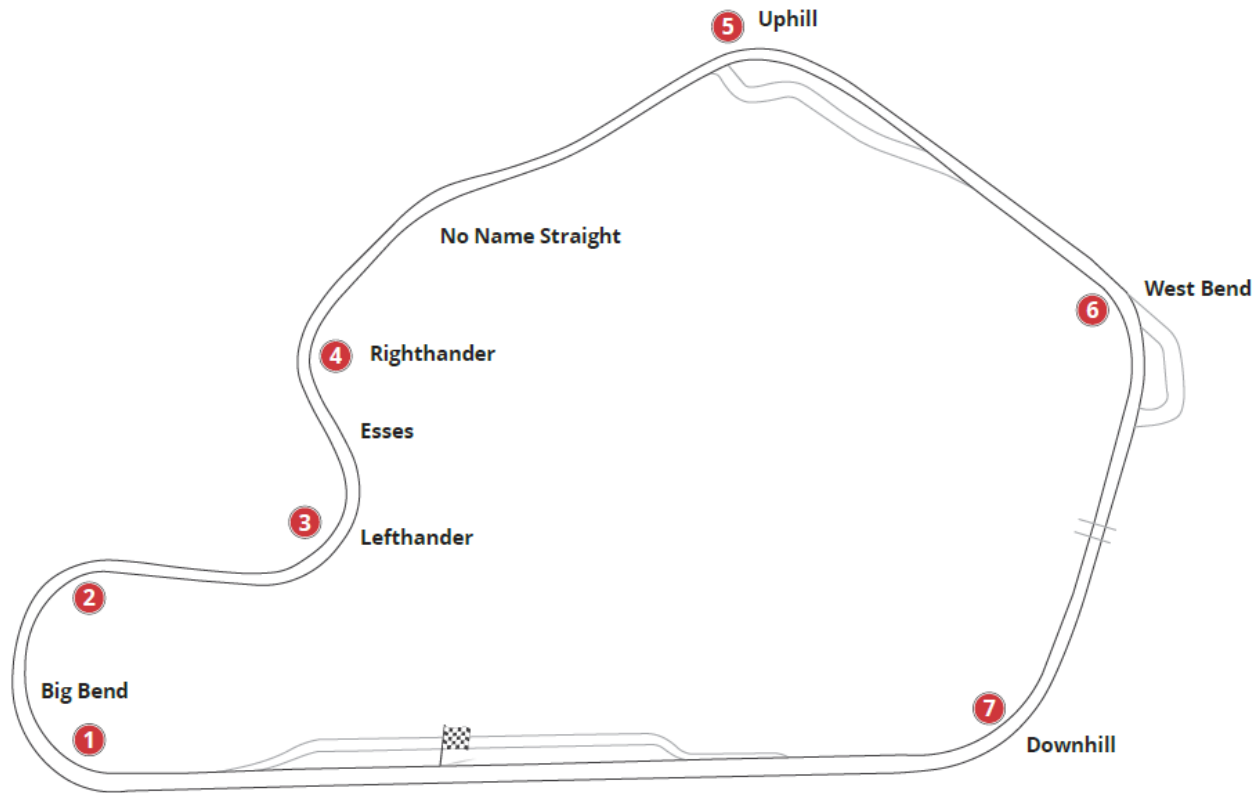


Sensory Input Session(s)

Throttle

- Squeezing too soon or 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.

LIME ROCK

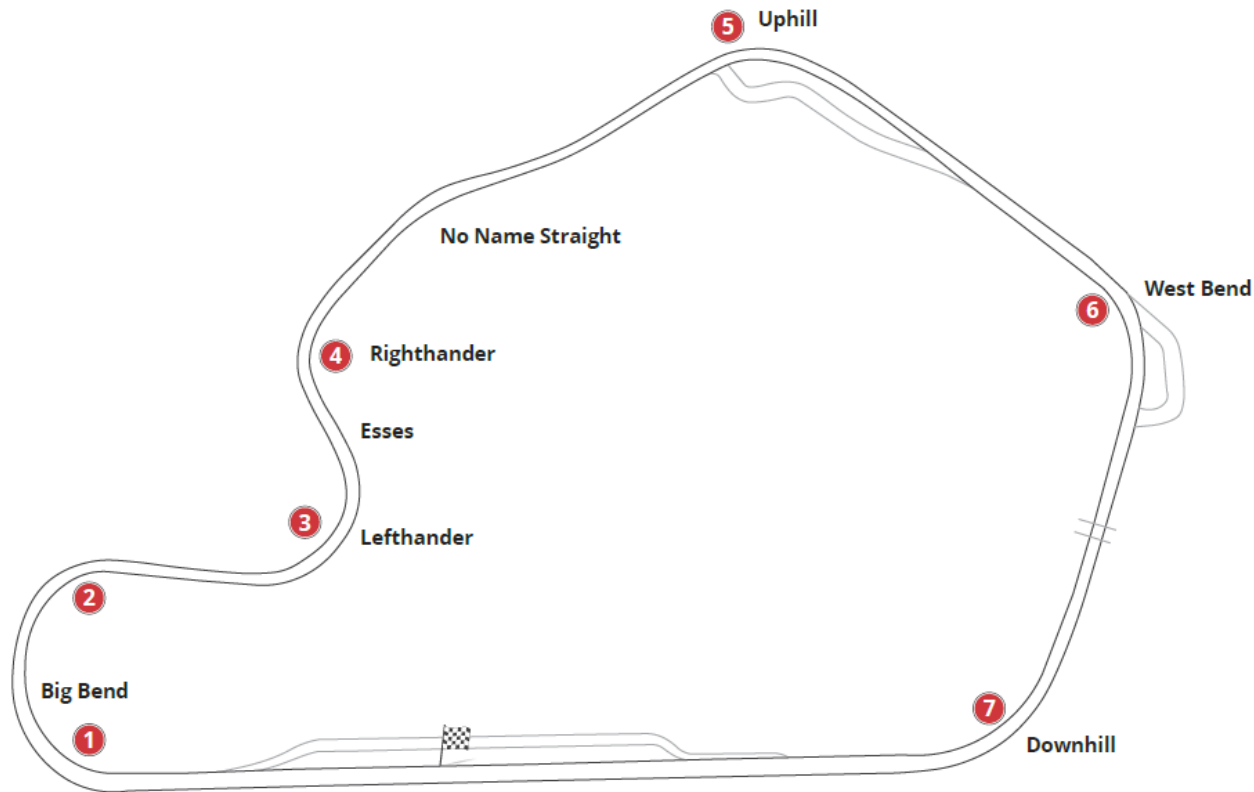


Sensory Input Session(s)

Steering

- Is turn-in from track edge?
- Is turn-in crisp/flowing or gentle/progressive
 - Both correct, depends on the corner: Big Bend vs. Right Hander
- Especially how you unwind on corner exit
- Etc.

LIME ROCK

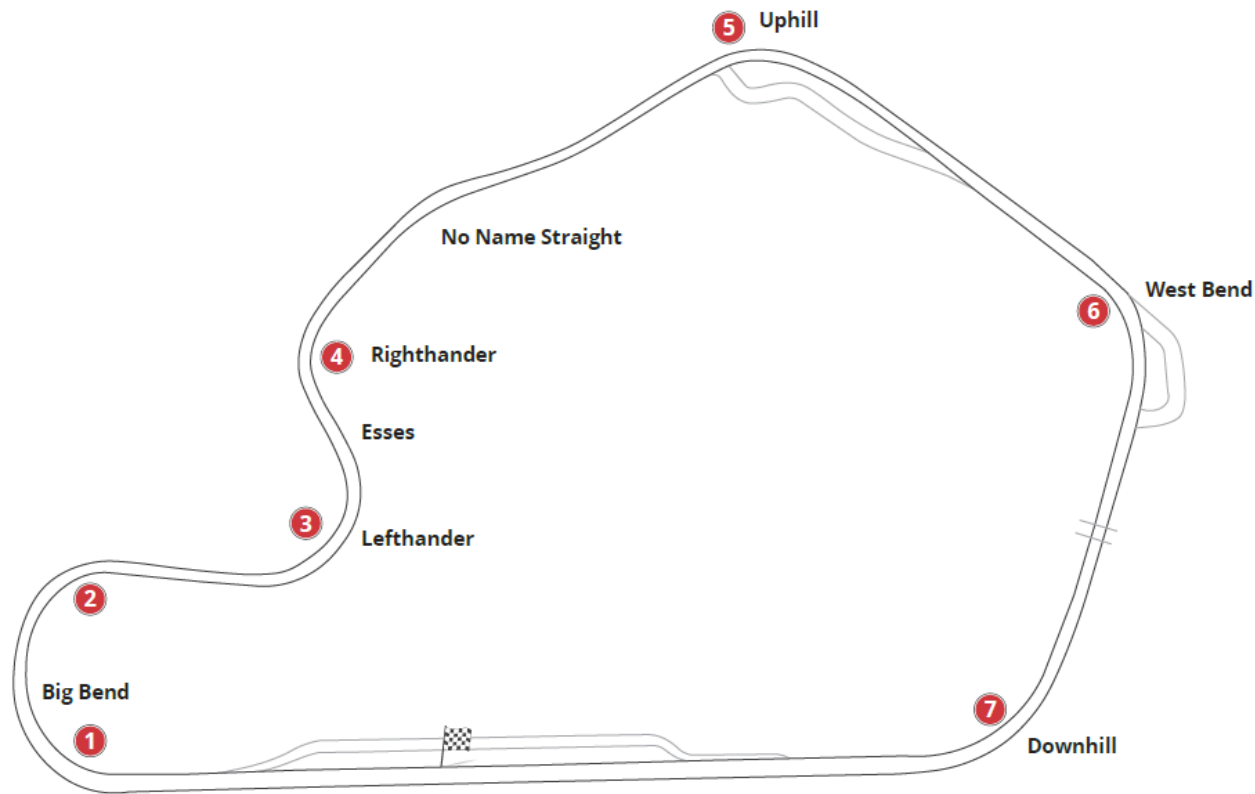


Sensory Input Session(s)

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.

LIME ROCK

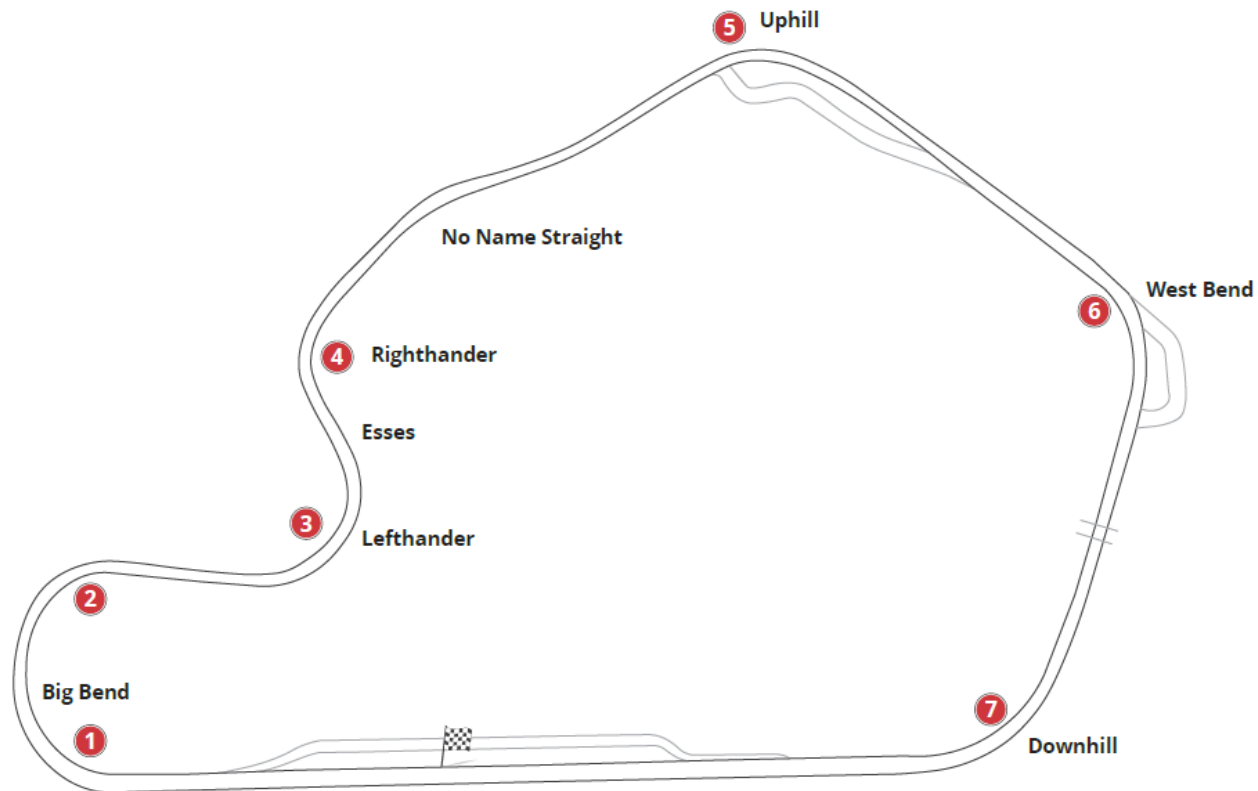


Sensory Input Session(s)

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.

LIME ROCK

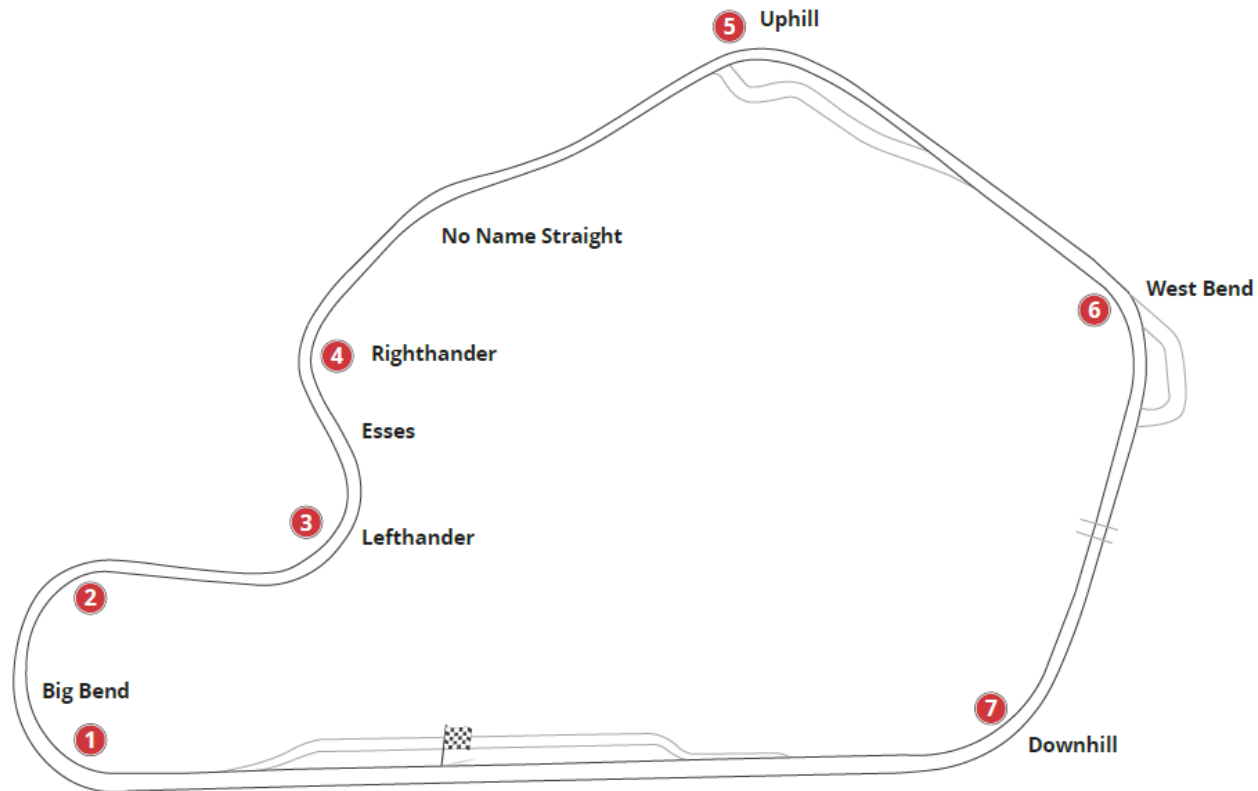


Sensory Input Session(s)

Kinesthetics

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

LIME ROCK

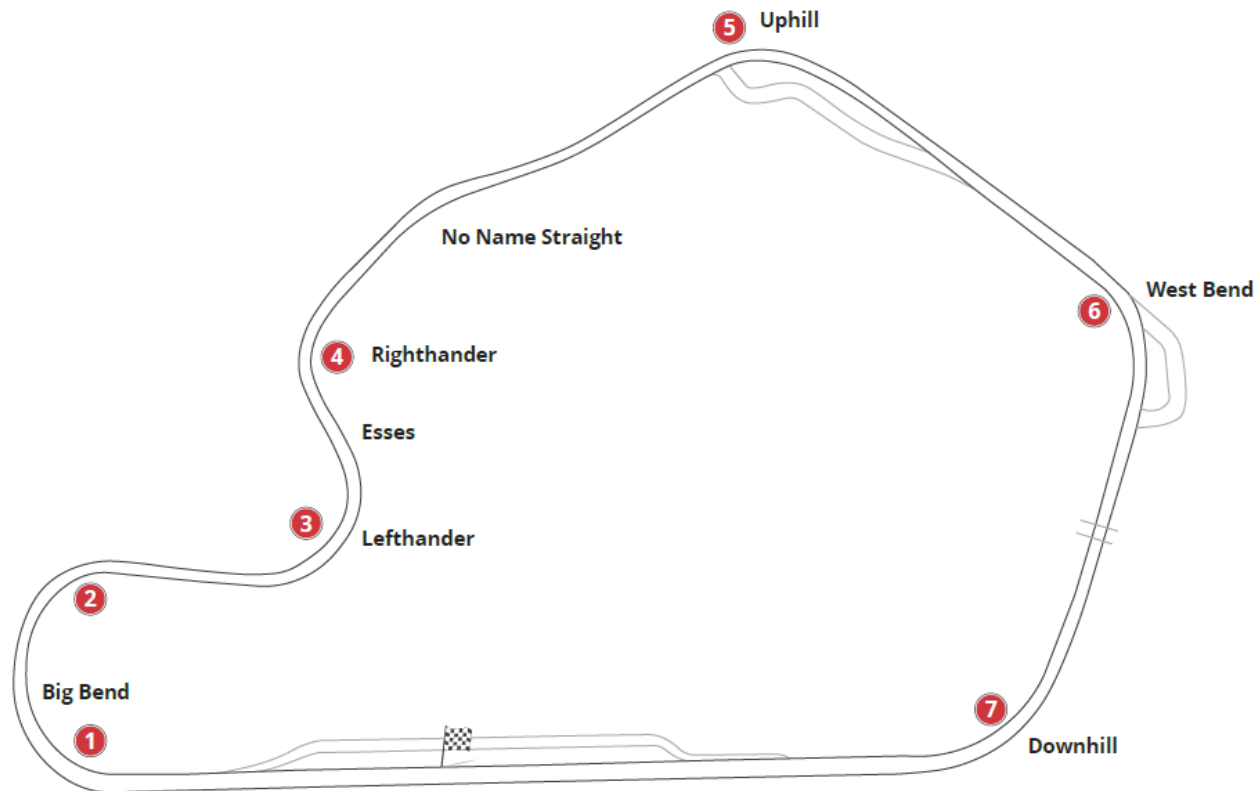


Sensory Input Session(s)

Hearing

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

LIME ROCK

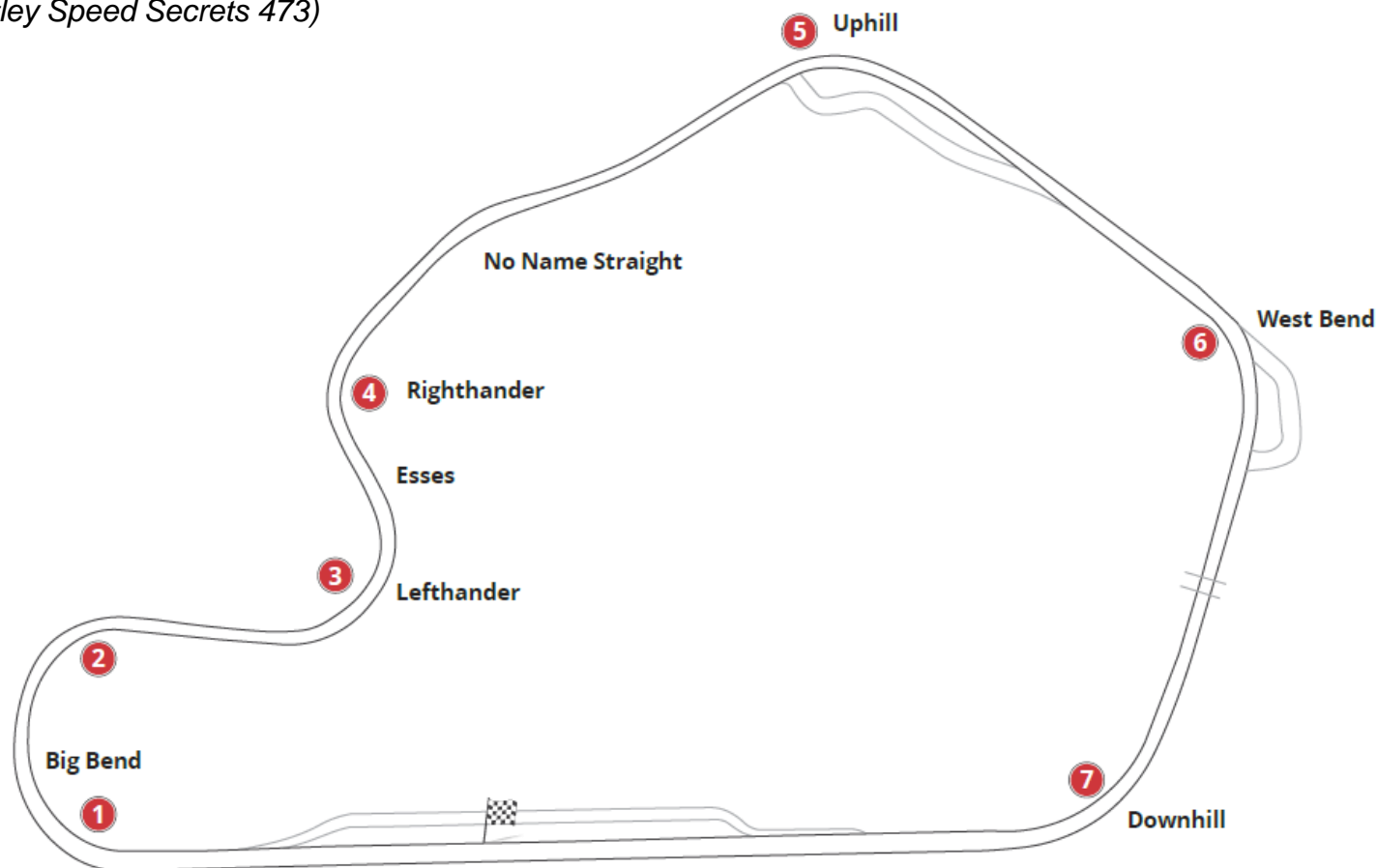


Sensory Input Session(s)

Turn In (Advanced: as you begin to turn in and relax the brakes)

- Did your car respond the way you expected?
- Did it turn into the corner on the arc you expected?
- Did it not respond as much as you expected, and on a radius not as sharp as you wanted?
- Did it respond more than you expected, on a radius sharper than you wanted?
- Did it turn the way you wanted, with more rotation than the amount of steering input would have indicated?

(from Ross Bentley Speed Secrets 473)

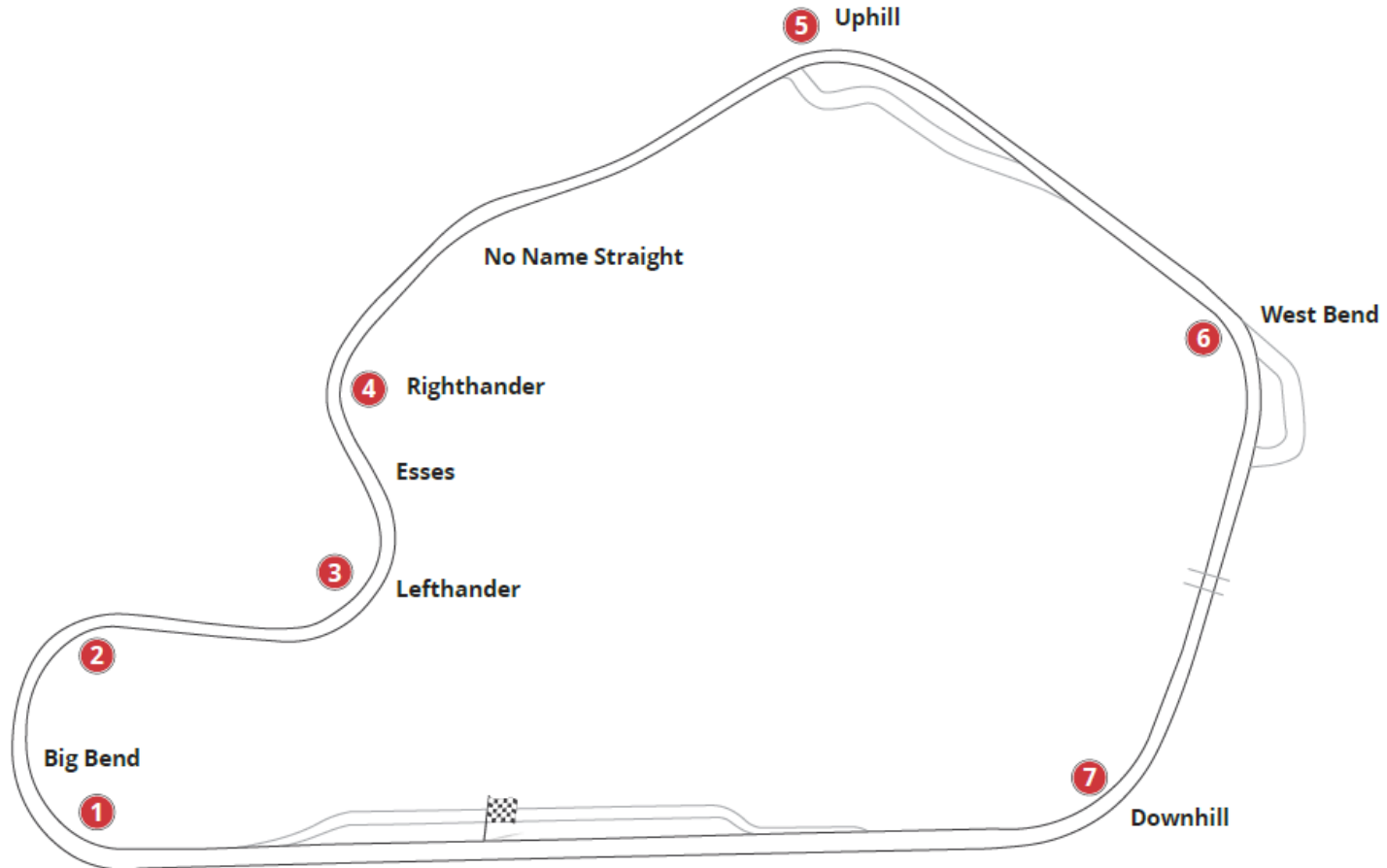


Sensory Input Session(s)

Steering (advanced):

- Spend an entire session solely focused on the steering effort, and how it changes (if it does) from turn-in, through the corner, and as you unwind the wheel exiting the corner.

(from Ross Bentley Speed Secrets 473)

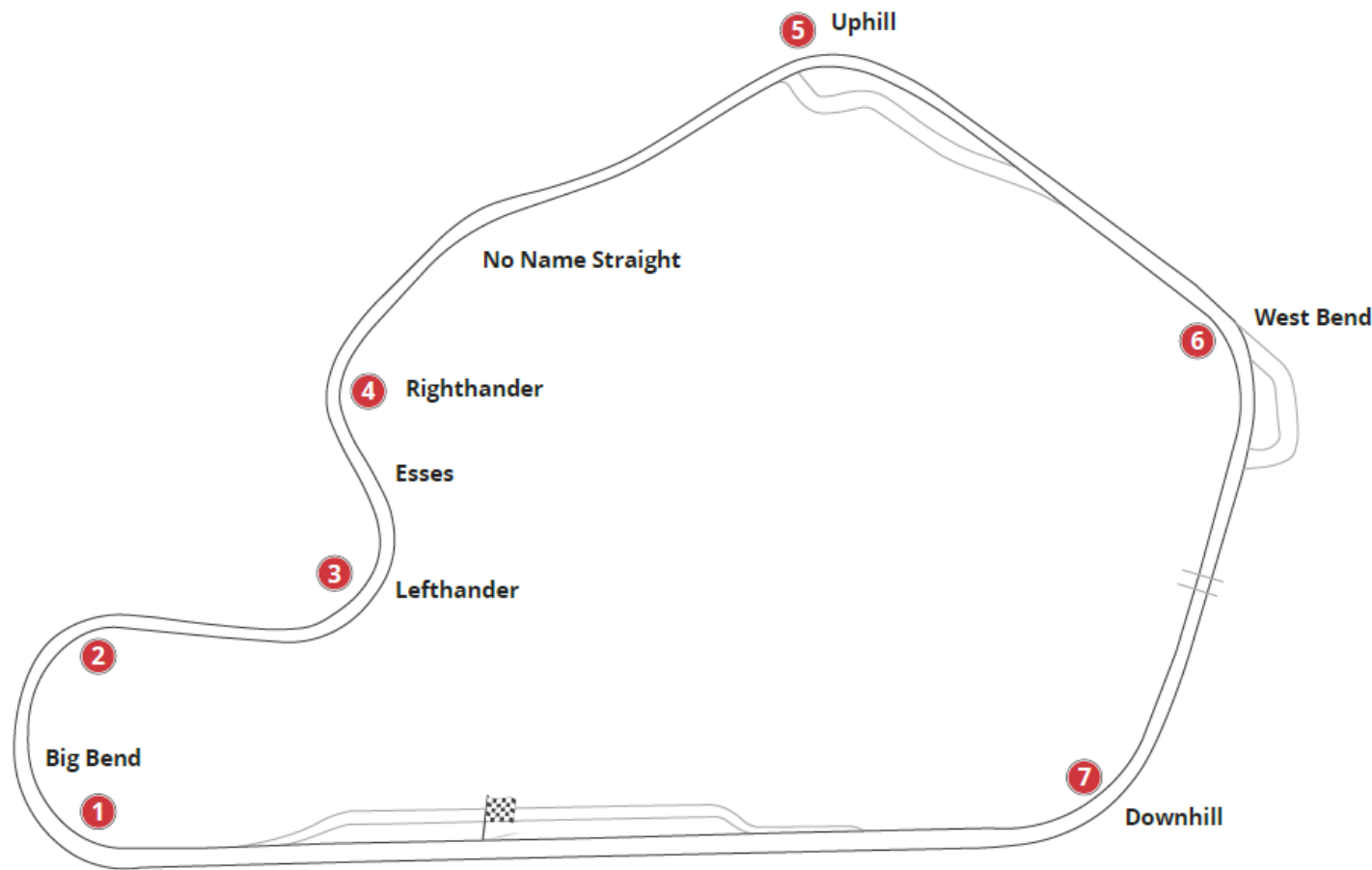


Sensory Input Session(s)

Car Rotation/Brake Release (advanced):

- Spend an entire session solely focused on whether the car rotates as you release the brakes when entering a corner, and if not, what would it take to make it rotate.

(from Ross Bentley Speed Secrets 473)



Write Car Rotation/Brake Release notes on map immediately after session

Sensory Input Session(s)

Sound (advanced):

- Spend an entire session solely focused on the difference in sound from the tires as you turn into the corner, at maximum cornering, and as you unwind the wheel exiting the corner.

(from Ross Bentley Speed Secrets 473)

