



Getting Back Up to Speed — Safely

NNJR Track Side Classroom Series



Disclaimer

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NJR Why a Refresher?



- Winter break is long
 - Muscle memory fades faster than we think
- Your car may have changed
 - Assume nothing!
- Conditions are different
 - Cold tires, cold pavement, track?
- First event goal: rebuild confidence methodically
 - Don't chase last season's lap times!
- (Re)Build skills is the fastest way back



NJR Before the Event



- Study track map and video
 - Make notes on your track map
- Review all reference points
 - Should be on your track map from last year
 - BoB, Turn-In, EOB, Slow Point, Apex, WOT, Track Out
- Watch Turn-by-Turn video as a refresher
- What was your focus at last event?
 - Same or different for this event?
- Write down any questions for your instructor
- Re-familiarize with the car
 - New helmet?





- Treat as a reconnaissance run
- First few laps:
 - Moderate speed
 - Full attention: are reference points where you remember?
- Pay attention to how the car feels and sounds
 - Familiar?
- Absorb the track's rhythm, don't push
- Be sure to consciously look at each flag station





- Placement
 - Hitting each reference point
 - Consistent?
- Vision
 - Far enough ahead?
 - Focused on each reference point long enough?
 - Picking up every flag station (scanning)
- Motor controls
 - Smooth?
 - Consistent?





- Use your instructor
 - Explain your goal (in advance)
 - Ask questions
- Debrief immediately after each session
 - Write notes on your track map
- If you feel rushed or uncomfortable, say so



NJR Three Keys to a Strong Start



1. Preparation

- Car, track knowledge and focus

2. Patience

- The fundamentals work!

3. Communication

- With your instructor and yourself (write it down)





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