

Yellow Group
Saturday Morning Briefing

Familiarization Laps are optional

- All of D group will run
- Helmets on, instructor in car
- **Touring speeds and no passing**
- When you come in, line up on the **right** in the hot pits to immediately go out for your regular session
If you don't do Fam. Laps, grid up as usual for your first regular session

Passing (once Fam. Laps are over)

- **Only pass** between turns 10→1, 4→5, 7→8, or 8→9.
- **Only pass on the left**
- **Only pass** when the car in front moves track right and **signals** with an arm out the window. One signal for each passing car.

You have primary responsibility for your own safety. Obey flags and track workers. Listen to your instructor. Drive within your abilities.

Some flags give **commands** you must obey:

- Yellow: no passing; slow down
- Red: stop on track
- Black: exit the track; get info in pits
- Checker: exit track; session over

Terms and concepts:

- **Early** (turn-in, apex, track-out)
- **Late** (turn-in, apex, track-out)
- **“Drive off straight”** (better than a spin)
- **“Both feet in”** (In a spin, press the brake and clutch to the floor)

Yellow Group
Saturday Classroom 1

A good mindset lets you learn faster

- Focus on making yourself better; speed will come

Braking:

- Keep your right heel on the floor
- Build initial pressure quickly, slow the car, then reduce pressure gradually before turn-in. This balances weight front & rear, improves grip for turning.
- Light “brush braking” is gradual on/gradual off
- To practice, start releasing the brakes gradually before your turn-in point, and pay attention to how the car feels at turn-in

Passing:

- **Give** a passing signal **whenever there is a car behind you that wasn't there before.**
- Show you want to pass by **presenting** yourself: get within 1-2 car lengths (and a half-width left if available)
- Always know who is behind you. Check your mirrors multiple times each lap.

Terms and concepts:

- Weight transfer
- Balance
- Threshold braking
- Medium braking
- Brush braking

Yellow Group: Saturday Track Session 1 (and optional Familiarization Laps)
Session Goals

1. Drive a clean line at a comfortable pace
2. Point out every flag station to your instructor
3. Be aware of traffic and give passing signals promptly and generously

1A

CIRPCA October 2019

Yellow Group, Saturday Track Sessions 2 and 3
Session Goals

Session 2

1. "Present" yourself when ready to pass, and recognize when other cars are presenting.
2. Work on gradual brake release in at least one corner
3. Practice brush braking in the transition between turns 3 and 4

Session 3

1. Use a gradual brake release in at least one new corner
2. Say "set" when the car has finished weight transfer to the outside tires at turn-in
3. Find 3 new reference points or braking, turn-in, apex or exit

2A

CIRPCA October 2019

Yellow Group
Saturday Classroom 2

Advanced passing:

- Both cars anticipate the pass
- Giving the pass: full track-out, quick mirror glance, prompt signal (and move right)
- Taking the pass: can hang back at corner entry to get good exit speed; can alter line to allow mid-track exit and quick pass (T4 and T8)

Vision:

- **Glance** well ahead, at flag stations, in your mirrors
- **Mentally** visualize the smooth line you'll drive in the approaching corner
- **Focus** 1.5 reference points ahead
- Use **peripheral vision** to see the reference point you are passing

Managing undesired **oversteer** (options)

- Reduce steering input
- Maintain or add a little throttle (“stick the back down”)
- If you were accelerating and spun up the rear wheels, reduce throttle

Managing undesired **understeer** (options)

- Reduce steering input
- Reduce throttle (or, on corner exit, add throttle more gradually)

Throttle steering:

- **Adding** a little throttle pushes the car toward the **outside** of the turn
- **Lifting** slightly helps get the car to the **inside** of the turn

Yellow Group
Sunday Morning Briefing

You cannot start where you left off yesterday. Work back into it gradually.

To write your own goals for a session, think about:

- Things you'll **do** (how you'll brake, where you'll turn, . . .)
- Things you'll **see** (visual reference points, traffic, flags, . . .)
- Things you'll **feel** (weight transfer, grip, G forces, . . .)
- Ways you'll **get yourself ready** (mental imagery, physical rehearsal, . . .)
- Ways you'll **consolidate your learning** (track maps, notes, discussions, . . .)

After the session, look at your goals and make notes on how you did and what you learned.

Yellow Group Saturday Track Session 4
Session Goals

1. As you approach each reference point, move your focus to the next reference point, and monitor that point with your peripheral vision. Keep glancing farther ahead.
2. Choose one turn and experiment with throttle steering. (T8 is good). Once the car takes a set, try adding a small amount of throttle or lifting slightly, without moving the wheel, and see what the car does.

Green Group, Sunday Track Session 1
Session Goals

1. Gradually work back up to yesterday's rhythm and pace
2. Focus on what you **feel** from the car – through the belts, your hands & feet, the side bolsters of your seat – during each phase of the corner
3. (add your own goal)

Yellow Group
Sunday Classroom

Indicators of a good line:

- Brake in time to control entry speed
- Turn in from edge of track
- Entry to apex: maintenance throttle
- Apex: use all the track on the inside
- Apex to exit: can unwind the wheel and accelerate
- Use all the track at the exit

You turned too **early** if you:

- Can't accelerate to the exit
- Have to tighten wheel after the apex
- Run out of track at the exit

You turned too **late** if you:

- Can't get the car to the apex
- Don't need all the track at the exit
- Turn-in feels rushed

Use a track map to build consistency, save what you learned

- Start with corner numbers, flag stations
- Add brake points, turn-in, apex, exit for each corner
- Add slope and camber of the track, visual references, self-coaching
- Create a new "master" map at the end of the weekend, and review it before your next event

Use street driving to practice:

- Good seat and hand position
- Good vision
- Awareness of cars near you
- Smooth braking and acceleration
- Feeling what the car is doing
- Setting a good example for others

Yellow Group
Classroom Session

Yellow Group Sunday Track Sessions 2 and 3
Session Goals

Session 2

1. Choose one corner and make **small** changes in your line, trying each variation for at least 3 laps. Observe how the line affects your steering inputs, throttle application, and exit speed
2. Record the best line for that corner on your track map
3. (add your own goal)

Session 3

1. Before you go out, decide what would make this session safe, fun, and end your weekend on a high note.
2. Go out and do that!

Yellow Group, Sunday
Session Goals