



Tire Basics for Instructors

Best Practices for Safety, Speed, and Learning

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Introduction

Cameron Parsons – Product Manager of Competition and Specialty Tires

Motorsports Tires – Proxes R1R, R888R, RR, slick tire programs, short course off-road LOORRS, desert off-road (Baja 500/1000, Mint 400)

Background – Racing driver, instructor, Parsons Racing team owner, automotive journalist/test driver.



Tires 101

Tires are the most important equipment on your car!

- Support the weight of the vehicle
- Provide traction to make the car do what you want it to
- To a lesser extent, act as a form of suspension to soften the ride



Support Weight of the Vehicle

- Construction
 - Bead
 - Inner liner
 - Plies (Carcass & Sidewall)
 - Sidewall stock
 - Cap and tread
- **Inflation pressure**

Provide Traction

- Construction
 - Bead & Sidewall
 - Carcass
- Tread compound
- Tread design
- Inflation pressure

Tires 101



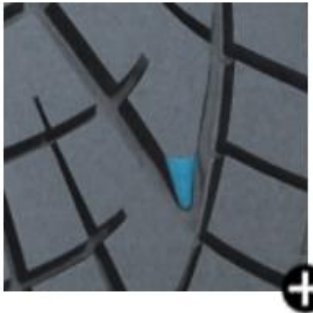
Silica-Reinforced, High-Grip Tread Compound

- Improves grip for better handling and performance during high-spirited driving.



Unidirectional Arrowhead Tread Design

- Provides balanced performance between wet and dry conditions.



Tapered Center Block Edge

- Stabilizes center block movement to decrease irregular wear.
- Helps to increase hydroplaning resistance.



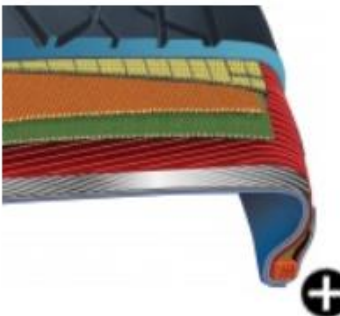
Multi-Width EVAC Channels

- Improve water evacuation.
- Widen the shoulder block area to enhance steering.



Stability Control Slits

- Provide resistance to irregular wear.
- Improve dry performance by maintaining block stiffness during aggressive braking.



Advanced Autocross-Inspired Casing With Modified Radial Construction

- Improves steering response and handling.

Tires 101

Different category tires serve different purposes

- All-Season, Extreme Performance Summer, Competition DOT, etc
- In general, there are trade-offs between different categories.



DOT Competition (~100- UTQG)

- Most responsive
- Quickest lap times
- Least wear life
- Least wet weather use
- Most demanding for control
- More noise/harsher ride



Extreme Performance Summer (~200 UTQG)

- Very controllable
- Great dry traction
- Confidence in wet conditions
- Moderately comfortable and quiet
- Balance of grip and wear life



Max Performance Summer (240+ UTQG)

- Most controllable
- Less dry traction than track-oriented products
- Great wet traction
- Quiet and comfortable
- Long wear life

Track / Most Aggressive

Street / Most Convenient

Tire Selection

What tire to start with?

Which of these makes a fast driver vs a driver that feels fast?



Tire Selection

For beginners: If the car has a OE tires or summer tires, and they are in good condition, use that!
For intermediates and advanced: Extreme performance summer tires and more track-oriented tires are appropriate ONLY if tires have been a limiting factor.



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Track / Most Aggressive

Street / Most Convenient

OE Tire

- Easiest to control
- Designed for the vehicle in its showroom state
- Most cost effective

Tire Selection

Your Options From Toyo Tires



- Proxes RS1
Racing Slick
Non-DOT
- For track only
 - Best grip of all
 - Least wear life of all
 - Designed for race cars



- Proxes RR
DOT Competition
40 UTQG
- For track only
 - Best dry grip DOT tire
 - Least wear life DOT tire
 - For experienced drivers only



- Proxes R888R
DOT Competition
100 UTQG
- Very aggressive
 - Very responsive
 - Great dry grip
 - Can be used in mild wet
 - Less wear life
 - Streetable but made for track



- Proxes RA1
DOT Competition
100 UTQG
- More aggressive
 - Less wear life
 - Wet and dry grip
 - Shave for improved dry grip
 - Streetable but made for track



- Proxes R1R
Extreme Performance Summer
200 UTQG
- Forgiving
 - Long wear life
 - Wet and dry grip
 - Drive to and from the track
 - Best for beginners and up

Tools

Pressure Gauge

Setup Sheets

Infrared Pyrometer



Probe Pyrometer

Durometer

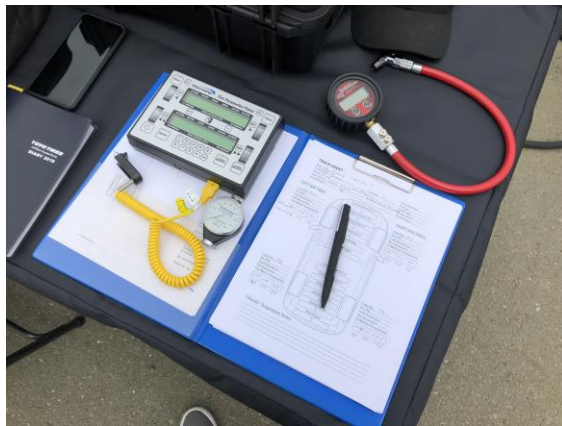
Tire Crayon

Tread Depth Gauge

Tools

Your most important tools

1. Pressure Gauge – What are cold and hot pressures? How much pressure growth was there? Did the tire overheat (did grip come in quickly but go away)?
2. Probe Pyrometer – Did the tire overheat? Is my alignment off? Are my camber settings correct? Are the tires over or under inflated?
3. Setup Sheets – Log every change, understand the benefits and drawbacks every time.
4. Tire Crayon – Dates, tire position, heat cycle #
5. Tread Depth Gauge – Monitor wear for future reference. More useful for street-driven tires.
6. Infrared Pyrometer – ONLY to be used as a backup if you do not have access to a probe pyrometer
7. Durometer – Monitor rubber hardness changes over time and temperatures



Tools

Date: _____ Driver: _____ Car: _____

Track: _____ Tires: _____

Weather: _____ Session: _____ Tire Heat Cycle: _____

Track Temp: _____ Time: _____ Fast Lap: _____ On Lap: _____

Notes: _____

- 1) _____ 23) _____
- 2) _____ 24) _____
- 3) _____ 25) _____
- 4) _____ 26) _____
- 5) _____ 27) _____
- 6) _____ 28) _____
- 7) _____ 29) _____
- 8) _____ 30) _____
- 9) _____ 31) _____
- 10) _____ 32) _____
- 11) _____ 33) _____
- 12) _____ 34) _____
- 13) _____ 35) _____
- 14) _____ 36) _____
- 15) _____ 37) _____
- 16) _____ 38) _____
- 17) _____ 39) _____
- 18) _____ 40) _____
- 19) _____ 41) _____
- 20) _____ 42) _____
- 21) _____ 43) _____

Driver Feedback

Driver: _____ Car: _____ Date: _____

Track: _____ Session Start Time: _____

Tires: _____ Tire Heat Cycle: _____ Session: _____

| | 1-5 Rating | Explanation |
|------------------------------|------------|-------------|
| Braking | | |
| Corner Entry | | |
| Mid-corner | | |
| Corner Exit | | |
| Responsiveness | | |
| Drivability /Controllability | | |
| Overall Traction | | |

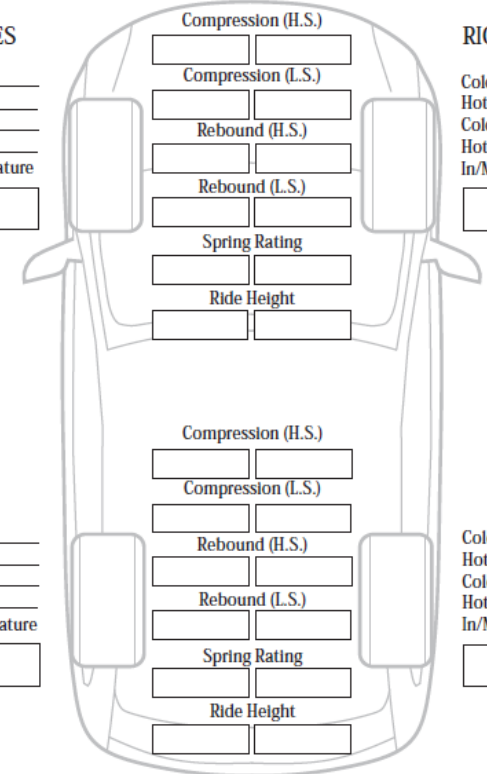
Notes/other observations: _____

TRACK SHEET

Date: _____ Fast Lap Time: _____
 Track Name: _____ Session: _____ On Lap: _____
 Driver: _____ Car: _____ Total Laps: _____
 Tires: _____ Tire Heat Cycle: _____ Temperature: _____
 Total Weight: _____ Misc.: _____ Track Temp: _____

LEFT SIDE TIRES

Cold PSI: _____
 Hot PSI: _____
 Cold Durometer: _____
 Hot Durometer: _____
 Out/Mid/In Temperature



RIGHT SIDE TIRES

Cold PSI: _____
 Hot PSI: _____
 Cold Durometer: _____
 Hot Durometer: _____
 In/Mid/Out Temperature

Cold PSI: _____
 Hot PSI: _____
 Cold Durometer: _____
 Hot Durometer: _____
 Out/Mid/In Temperature

Cold PSI: _____
 Hot PSI: _____
 Cold Durometer: _____
 Hot Durometer: _____
 In/Mid/Out Temperature

Chassis / Suspension Notes

Inflation Pressure Priority 1: Load Capacity

Standard Load Inflation Table

WARNING! Only use for ISO Metric (ETRTO) sizes. DO NOT use this table for P-Metric sizes.

Single Load per tire in pounds

| load Index | Inflation Pressure (psi) | | | | | | | | | | | | | | |
|------------|--------------------------|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|
| | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| 62 | 386 | 408 | 420 | 430 | 452 | 462 | 474 | 485 | 507 | 516 | 529 | 551 | 555 | 562 | 584 |
| 63 | 397 | 419 | 431 | 441 | 463 | 474 | 485 | 507 | 518 | 529 | 540 | 562 | 570 | 584 | 600 |
| 64 | 408 | 430 | 444 | 452 | 474 | 488 | 496 | 518 | 540 | 545 | 562 | 573 | 587 | 595 | 617 |
| 65 | 430 | 452 | 460 | 463 | 496 | 505 | 518 | 540 | 551 | 564 | 573 | 595 | 608 | 617 | 639 |
| 66 | 441 | 463 | 476 | 485 | 507 | 523 | 529 | 551 | 573 | 584 | 595 | 617 | 629 | 639 | 661 |
| 67 | 452 | 474 | 487 | 496 | 518 | 535 | 540 | 562 | 584 | 598 | 606 | 628 | 643 | 650 | 677 |
| 68 | 463 | 485 | 500 | 507 | 529 | 549 | 562 | 584 | 606 | 613 | 628 | 650 | 660 | 672 | 694 |
| 69 | 474 | 496 | 515 | 529 | 551 | 566 | 573 | 595 | 628 | 633 | 650 | 672 | 681 | 694 | 716 |
| 70 | 496 | 518 | 531 | 540 | 573 | 584 | 595 | 617 | 639 | 652 | 661 | 694 | 702 | 716 | 739 |
| 71 | 507 | 529 | 547 | 562 | 584 | 601 | 606 | 639 | 661 | 671 | 683 | 716 | 723 | 739 | 761 |
| 72 | 518 | 551 | 563 | 573 | 606 | 619 | 628 | 650 | 683 | 691 | 705 | 728 | 744 | 761 | 783 |
| 73 | 540 | 562 | 579 | 595 | 617 | 636 | 650 | 672 | 694 | 710 | 728 | 750 | 765 | 783 | 805 |
| 74 | 551 | 573 | 595 | 606 | 639 | 653 | 661 | 694 | 716 | 730 | 750 | 772 | 786 | 805 | 827 |
| 75 | 562 | 595 | 614 | 628 | 661 | 674 | 683 | 716 | 739 | 753 | 772 | 794 | 811 | 827 | 853 |
| 76 | 584 | 617 | 634 | 650 | 683 | 697 | 705 | 739 | 772 | 779 | 794 | 827 | 838 | 849 | 882 |
| 77 | 606 | 639 | 653 | 672 | 694 | 718 | 728 | 761 | 794 | 802 | 816 | 849 | 863 | 882 | 908 |
| 78 | 617 | 650 | 674 | 683 | 716 | 741 | 750 | 783 | 816 | 827 | 849 | 882 | 891 | 904 | 937 |
| 79 | 639 | 672 | 693 | 705 | 739 | 762 | 772 | 805 | 838 | 851 | 871 | 904 | 916 | 937 | 963 |
| 80 | 661 | 694 | 714 | 728 | 761 | 784 | 794 | 827 | 860 | 876 | 893 | 926 | 943 | 959 | 992 |
| 81 | 672 | 716 | 733 | 750 | 783 | 805 | 816 | 849 | 882 | 899 | 915 | 948 | 968 | 981 | 1019 |
| 82 | 694 | 728 | 753 | 772 | 805 | 828 | 838 | 871 | 915 | 924 | 948 | 981 | 995 | 1014 | 1047 |
| 83 | 716 | 750 | 772 | 794 | 827 | 849 | 860 | 893 | 937 | 948 | 970 | 1003 | 1021 | 1036 | 1074 |
| 84 | 728 | 772 | 793 | 805 | 849 | 871 | 882 | 926 | 959 | 973 | 992 | 1036 | 1048 | 1069 | 1102 |
| 85 | 750 | 794 | 817 | 838 | 871 | 897 | 915 | 948 | 992 | 1002 | 1025 | 1058 | 1079 | 1102 | 1135 |
| 86 | 772 | 816 | 841 | 860 | 904 | 924 | 937 | 981 | 1014 | 1032 | 1058 | 1091 | 1111 | 1135 | 1168 |
| 87 | 794 | 838 | 864 | 882 | 926 | 950 | 970 | 1003 | 1047 | 1061 | 1080 | 1124 | 1142 | 1157 | 1201 |
| 88 | 816 | 860 | 888 | 904 | 948 | 976 | 992 | 1036 | 1069 | 1090 | 1113 | 1157 | 1174 | 1190 | 1235 |
| 89 | 849 | 893 | 920 | 937 | 981 | 1011 | 1025 | 1069 | 1113 | 1129 | 1157 | 1202 | 1215 | 1235 | 1279 |
| 90 | 882 | 926 | 952 | 970 | 1014 | 1046 | 1058 | 1102 | 1146 | 1168 | 1190 | 1235 | 1257 | 1279 | 1323 |

Inflation Pressure Priority 1: Load Capacity

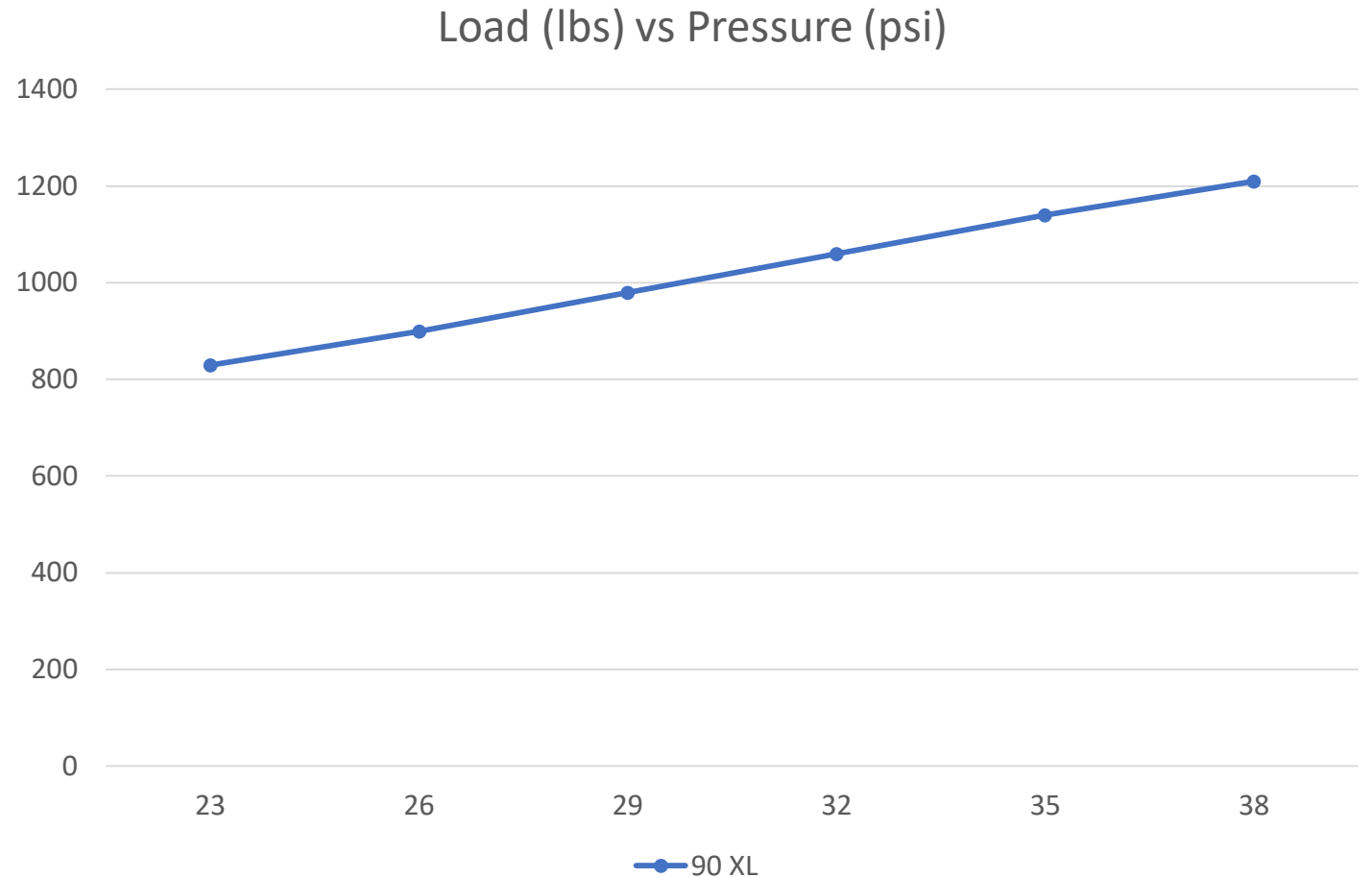
Common error: under-inflation to “soften” a tire

Under-inflation reduces a tire’s load-carrying capacity, inflicting additional stress on the sidewall, building excessive heat and causing damage.

Will each tire inflated to support 1,000 pounds each be sufficient for a 4,000 pound car? No!

Consider:

- Weight shifting
- Vertical G forces (crests)
- Downforce
- Speed



Inflation Pressure Priority 1: Load Capacity

A tire's load capacity is reduced at higher speeds

Percentage of load capacity vs speed

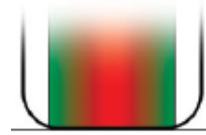
| Speed (MPH) | V | W | Y |
|-------------|-----|-----|-----|
| 130 | 100 | 100 | 100 |
| 136 | 97 | 100 | 100 |
| 143 | 94 | 100 | 100 |
| 149 | 91 | 100 | 100 |
| 155 | | 95 | 100 |
| 162 | | 90 | 100 |
| 168 | | 85 | 100 |
| 174 | | | 95 |
| 180 | | | 90 |
| 186 | | | 85 |

Inflation Pressure Priority 2: Temperature

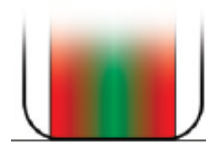
#1 Goal for temperatures is to reach minimum 160 degrees F, while most R-compound tires will perform at their best closer to 180-200 degrees F.

If you aim to get the most out of your tires, use a probe pyrometer to measure the inside, middle, and outside of each tire's tread surface.

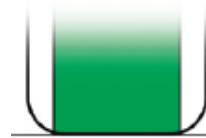
This information will tell you about your alignment settings and tire pressures.



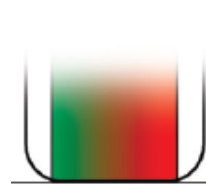
HOT CENTER: The tire is likely overinflated, raising the center and reducing friction and traction on the outside and inside. This can lead to overheating the rubber and excessive sliding.



HOT EDGES: The tire pressure was set too low, feeding most of the traction area to the inside and outside, contributing to sidewall flex and weakened response.



OPTIMUM: Temperatures across the tire are very close if not the same, showing an even level of wear and grip that maximizes the contact patch for optimum performance.



HOT INSIDE: More than 20- to 30-degree variance spanning from a hotter inside to cooler outside of the tire shows an excess of negative camber. If this pattern shows similarly on both tires side-to-side, this may also point to toe-out, which improves turn-in response but reduces higher speed straight line stability (generally not recommended, as it can make the vehicle difficult to control in corners).



HOT OUTSIDE: More than 20- to 30-degree variance spanning from a hotter outside to a cooler inside of the tire shows an excess of positive camber. If this pattern shows similarly on both tires side-to-side, this may also point to toe-in, which can improve higher speed straight line stability but reduces turn-in response.

Inflation Pressure: The Big Question

“What pressure should I run?”

Enough pressure to: 1) Support the load demands of the vehicle, and 2) Build enough temperature in the tread compound to maximize grip.

The factory-recommended pressures are the best starting point for someone with no idea. Once they get quicker, they can target the factory recommendation as a target hot pressure.

Still getting quicker? Use the pyrometer and monitor lap times.

First three laps are quickest, then performance drops: Tires may be overheating (decrease PSI)
Lap times progressively improve until the very end: Driver is learning or tires are not building enough heat (increase PSI)

At the end of it all, ensure that pressures remain above load-carrying capacity. You can check these numbers at Toyo's website: <https://www.toyotires.com/tires-101/tire-load-and-inflation-tables>



Inflation Pressure: Good Practices

- With brand new tires, run a few easy laps to get any remnant release agent removed from tires.
- Safe warmup: gradually build speed. Cold pressures = lower pressures, tires will have less grip and are more prone to damage until the pressures build with heat.
- Whenever possible, start with higher pressures and reduce pressure toward optimal setting.
- When tire measuring/tuning, do not take cooldown lap (IF SAFE TO DO SO), run 100% until entering pit lane.
- Measure tire temperatures and pressures while hot.
- If you don't have crew to help, measure temperatures before pressure. Temperatures change more quickly.
- Start with the hottest tire, then second hottest, and work your way around the vehicle quickly.

Getting the Most Out of Your Tires

Heat Cycling

For most R-compound tires, a heat cycle can help extend their overall life. Gradually warm up the tire for 1-2 laps, then 1-2 more at 80%, then pit. Let tire cool for a full 24 hours before using again. (Helps compound chemicals bond)

“Flipping Tires”

Asymmetric tires (inside and outside are labeled) will not benefit as much from swapping sides or positions. Directional tires, however, can be flipped on the rims and then swapped side to side.

Dismount tires from the wheels of one side of the car, then mount them onto wheels on the other side so that they are spinning in the same direction as before but on the opposite side of the car.

This will not affect a tire’s total heat cycles, but can extend the life of the tread rubber.

*Depending on how the tread surface wore side to side, camber settings may be less effective



Common Questions

Q: How should I store my tires?

A: In a cool, dry place where water cannot collect inside. They should be placed away from electric generators, motors, and sources of heat. Storage surfaces free of grease, gasoline, or other substances that deteriorate rubber. Ideally in room temperature, but always at least above 15 degrees F. Only mount them if they have sat in a temperature of 68 degrees F or warmer for 24 hours.

Q: How long will my tires last on track?

A: It depends. Do you drive a Miata or a Corvette Z06? Are you a beginner or advanced? Is it a race tire or a summer street tire? When pushed to their limits and not over-driven, most users get 5-10 heat cycles out of race-specific tires. DOT tires may get up to 20, 30, or even more heat cycles out of them.

Q: How do I know when I need new track tires?

A: First check condition, then rate performance. Assuming a DOT competition tire, is there little to no tread left? Is there an excess of weather and/or heat-induced cracks in the rubber? Does the tire handle significantly different from when it was new?

Q: What is tire “graining?”

A: This is when bits of rubber on the tread get rubbed off and rolled together. Is often a byproduct of overworked tires, particularly when they have not yet reached optimal pressures and temperatures.

The Important Stuff

What anyone who goes on a race track should know and consider about their tires

- What every driver/student should know about their tires
 - What tires are on the car
 - The condition of the tires
 - Factory recommended inflation pressure
 - What the inflation pressure is before driving back home!
- What every driver/student should learn about their tires
 - Cold inflation pressures / anticipated hot inflation pressures
 - (And to gradually build toward optimal temperature/pressure)
 - How to use the important tools – pressure gauge, pyrometer, setup sheets
 - How old tires feel vs new tires

Resources

<https://www.toyotires.com/>

<https://www.toyotires.com/tires-101>

<https://www.toyotires.com/tires-101/tire-load-and-inflation-tables>

