

The Write Line

~ June 2022 ~



Justin Gagna, CAM-C Mustang GT (Tianyang Xu Photo)

The official newsletter of the Salina Region SCCA

Regional Executive Views

I say this time and time again, but I would like to thank everyone that helped out at this June's event. I was not able to make it and tried my best to make sure the technical side of things were set up for a smooth event. I heard there were some bumps along the way which happens but overall was another successful event.

Looking at everyone's times it seemed to be a longer course. Kale's course had more technical elements and different than the usual squiggle up, turn around and squiggle back down. This is great to see and experience. This is why I love this sport. Each event you go to, you know it's a different course which makes things new and exciting every time. If you are reading this and think about just something a little different you want to try. Feel free to give myself or Kale a shout and we can make it happen.

Speaking about events, we do not have one in Salina for July. We have the opportunity to represent Salina at the Road Yoder Solo Site on July 10 for the Sunflower Showdown. It will be my first time going down and I hope everyone that can will join me. Not only is it our July points event – your best opportunity to feed your need for speed -- but we also get to meet and play with our friends from Kansas and Wichita Regions. To score well we need a good turnout!

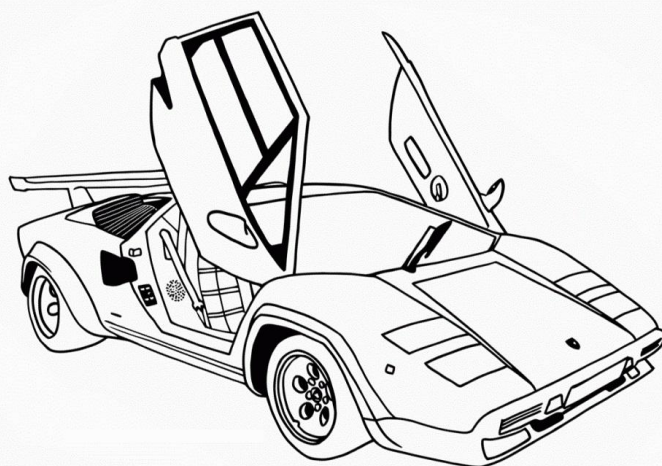
Wichita Region is actually doing a doubleheader that weekend. Only Sunday counts for Salina Region and Showdown scoring, but if you want to run on Saturday you can do that too. BTW, Saturday is a separate registration on MotorsportReg.

Just a reminder with summer in full swing to please drink plenty of water and have a snack or two handy.

We are over halfway through the season now and let's end it with a high note. Vehicles should be finely tuned, drivers laser focused.

Have a great 4th of July and be safe. See you all at the Sunflower Showdown.

—Andlee, RE Salina Region



► Next Event ◀

Sunflower Showdown - July 10

Road Yoder Solo Site, Yoder, KS

This is a Salina Region points event

Wichita Region is doing a two-day event July 9-10. Only the Sunday event counts for Sunflower Showdown and for Salina Region points.

On-site registration/tech opens 8:00, closes 9:00 ~ Course open to walk by 8:00

Novice Coursewalk 9:00 ~ Driver's meeting 9:20 ~ Cars on course by 9:30

Pre-register on motorsportsreg.com ~ link at salinascca.org

Next Business Meeting

July 10
Hutchinson Airport
Steakhouse
After the
Sunflower Showdown

*Business meetings
are open to all
members and guests*



Board Members ~ 2022

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Salina Region Schedule ~ 2022

All events at Berkley Family Recreational Area unless noted otherwise

<u>Event</u>	<u>Chair</u>	<u>Safety</u>
July 10 – Sunflower Solo Showdown – Yoder	Wichita Region	
August 14 – Sunflower Solo Showdown – Salina	Andlee Phengphachanh	
September 11 – Solo	Jason Rash	
October 8 – Solo (Divisional Championship)	Brian Tefft Jr.	
October 9 – Solo (Divisional Championship)	Brian Tefft Jr.	
October 23 – Solo, Octoberfast 33	Salina Region Board	
November 6 – Solo	Kale Morris	

A Salina Divisional (if held) and Solo Nationals (Sep. 5-9) also score in Salina Region's Championship, with bonus points. Lowest three scores are thrown out, four if we do a Divisional

MiDiv



SPS/R&S MiDiv Solo Series – 2022 (Tent.)

~~Apr 30 – May 1 – Wichita @ Yoder (Sunflower Aerodrome)~~

~~June 11-12 – Ozark Mountain @ Neosho (Crowder College)~~

June 25-26 – NeOkla @ Muskogee (Davis Field)

July 30-31 – Nebraska @ Lincoln (Lincoln Airpark)

October 8-9 – Kansas/Salina @ Salina (BFRA)

SCCA 2022 Solo Nationals ~ Sep. 5-9 ~ Lincoln, NE

MEETING MINUTES

(Subject to correction and approval at the next Salina Region board meeting)

The board meeting of the Salina Region SCCA was called to order about 3:15 pm on June 19th, 2022, by Asst. R.E. Rocky Entriken at Mokas Café. Also present were Hank & Sharon Brillhart, Chandler Brown, Abner Perney, Jason Rash. Dennis & Nancy Smith.

Minutes from the previous meeting were reviewed and unanimously approved.

Treasurers Report – Sharon reported the treasurers report. Accepted as presented. A few additional receipts were presented as well as a check for the percentage of the Evolution Performance Driving School hosted earlier this year.

Old Business – Loaner Helmets – It was decided after considerable discussion that we had an adequate number of loaner helmets and would not be purchasing more at this time.

T-Shirts – The board determined that a bulk order of T-Shirts was not a practical idea. Sharon "Volunteered" to make T-Shirts for club members for \$10 each, based on one of the designs we discussed earlier. See Sharon if you want a T-Shirt.

Unpaid Entry Fees – After a couple of credit cards being declined this year, Sharon moved and Dennis seconded that we would begin running the credit cards through at the time of registration on-site on the morning of the event. Motion passed unanimously. Additionally, a motion to implement a policy following SCCA ByLaws and MotorsportsReg policy for non-payment was made by Dennis and seconded by Sharon. Passed unanimously.

New Business – Permits have been filed with the city for the balance of the year. Kale continues to work on sanctioning as appropriate based on the schedule. Discussion around posting all events on MSR. There is concern that it is extremely difficult to remove an event once registration has been set-up. However, it may be possible to enter the scheduled events on MSR without opening up registration. Nancy will look into that deeper.

Trailer inventory for potential insurance – Ongoing project between Andlee and Dennis.

Trial Membership procedures – Need to make sure we get complete contact information for Trial memberships for non-competing individuals (ride-alongs, etc.). SCCA form lacks contrast and some people are skipping critical information. Rocky to reformat sheet in an attempt to make it more obvious.

Earlier event starts during hot weather – Group decided that current schedule was working OK, and no changes would be made at this time. Suggestions for streamlining the tech inspections, driver meetings, etc. ►►► **Continued to Page 3**



YOU NEED A SALINA REGION T-SHIRT!

Get yours from Sharon Brillhart

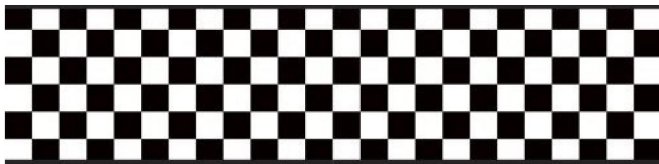
The Salina Region board learned at its last meeting that board member Sharon Brillhart, our treasurer, had a solution that allows any member to get any of the above three designs on a T-shirt.

Turns out she has a T-shirt press. And can get good quality 100% cotton tees at a cost that lets her offer the basic tee for \$10 (plus shipping, if desired). So the board decided not to “choose” any specific design.

You choose. Whichever design you want.

Whenever you decide you want one, or more, just contact Sharon – scovert63@gmail.com – and let her know your desire, then send a check. It's that easy.

With the flexibility she can provide, you can order a basic tee, a long sleeve, a tank top, ladies' cut, maybe other options (Don Herrick was at the event sporting the left design on a polo). Styles other than the basic tee may cost more than \$10. Order now and have yours to wear at our round of the Sunflower Solo Showdown!



MEETING MINUTES

Continued from Page 2 ▶▶▶ in order to get the first car on course timely by 10:00.

Abner moved that with the increased cost of everything (especially fuel) that entry fees for both Dennis and Nancy should be waived for trailer wrangling. Henry seconded. Passed unanimously.

Dennis looked into gap flaps for the trailer (rear door) and the cost was \$200-300. He is going to attempt to fabricate some flaps from material he has. As always, the Smiths' hard work is greatly appreciated. Tell 'em thanks!

Informational -- Sunflower Solo Showdown – Only two events this year, Wichita Region (July 10) followed by Salina Region (August 14). Points for each region are based on two separate tallies, one is solely the number of members that show up, the other is average PAX times for each region's competitors.

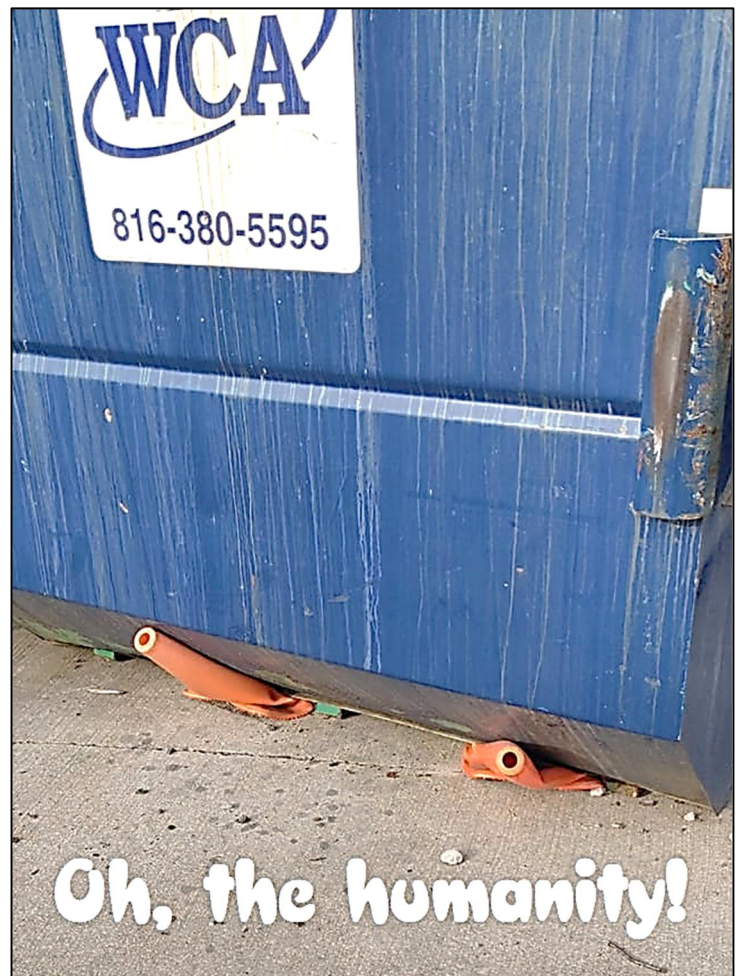
Kansas Region (Topeka) found a new site at the Stormont Vail Events Center (formerly Kansas Expocentre). However, the joint divisional championship event with Kansas at Salina is still scheduled for October 8-9. Discussions with Kansas region to work out details are ongoing.

Octoberfast 33 has been moved to October 23 to make room for the abovementioned joint divisional.

Next BOD meeting to be held at the Hutchinson Airport Steakhouse after July 10 Showdown in Yoder. Everyone is welcome to attend.

Meeting adjourned at 4:43 pm.

Submitted, Chandler Brown, Secretary.





Fast Lady was also a close contest. Nancy's first-run 61.1 sin a GSL Focus ST held on for three runs. Sharon tossed a 60 with a cone on her third run in an ESL Toyota MR2, but ran clean one her next time out to camp on a 60.1. Nancy had two more shots but run #4 was her slowest. Her final run was her quickest but still 0.954 behind.

~~ Juneteenth • PAX Rankings ~~				
Driver	Class	Time	Index	PAX
Ron Williams	GS	55.002	*0.794	43.671
Mike Herrick	STS	54.740	*0.813	44.503
Mike Alberding	BP	53.340	*0.867	46.245
Russell Blume	BS	57.343	*0.818	46.906
Don Herrick	HS	60.180	*0.786	47.301
Dennis Smith	GS	59.714	*0.794	47.412
Sharon Brillhart	ESL	60.191	*0.792	47.671
Tim Nicholson	DS	59.139	*0.807	47.725
Henry Brillhart	ES	61.170	*0.792	48.446
Rocky Entriken	ES	61.280	*0.792	48.533
Nancy Smith	GSL	61.145	*0.794	48.549
Chandler Brown	CS	61.064	*0.810	49.461
Kale Morris	XSB	58.397	*0.851	49.695
Justin Gagna	CAMC	60.680	*0.819	49.696
Aaron Alnutt	BP	57.524	*0.867	49.873
Rick Nicholson	DS	62.249	*0.807	50.234
Kristin Jolly	GSL	63.995	*0.794	50.812
Jason Rash	STS	63.895	*0.813	51.946
Laney Blume	BS	63.539	*0.818	51.974
Mason Libby	AS	63.628	*0.821	52.238
Chase Kaiser	CAMC	64.410	*0.819	52.751
Robin Tripkos	HCS	67.160	*0.793	53.257
Ashton King	STX	65.550	*0.817	53.554
Tyler Lamia	HS	68.861	*0.786	54.124
R Abner Perney	FSP	66.152	*0.824	54.509
Connor Davis	CAMC	66.690	*0.819	54.619
Tracy Presnell	CS	68.331	*0.810	55.248
Phelan Gagnon	STX	68.880	*0.817	56.374
Kenneth Tripkos	HCS	71.275	*0.793	56.521
William Cobb	SM	66.075	*0.868	57.353
Kaeden Elbert	ES	73.108	*0.792	57.901
James Tackett	CAMC	71.119	*0.819	58.246
Addison Bell	CAMT	72.330	*0.816	59.021
Loren Pepperd	CS	75.117	*0.810	60.844
Mitchell Bell	CAMT	76.223	*0.816	62.197

SALINA REGION SOLO CHAMPIONSHIP • 2022

• SALINA REGION MEMBER **Points after Juneteenth** * QUALIFIED FOR AWARDS (MIN. 4 LOCAL EVENTS)

[illegible]

NEXT EVENTS: SUNFLOWER SOLO SHOWDOWN

Yoder is first. **July 10.** Registration is open now on MotorsportReg. Wichita actually has a doubleheader weekend on but only the Sunday event counts for the Showdown (and for Salina Region points). Each day is listed separately on MSR. Be sure to check the time

Second is PAX average. PAX scores for each region's drivers are added and divided by their total drivers. After the Salina round each region's scores are added for final total. Low scoring region is the 2022 Sunflower Solo Showdown champion!

JUNETEENTH

Salina Region SCCA ~ June 19, 2022 ~ Berkley Family Recreational Area, Salina, Ks.

Class	Driver	Car	Make	Run 1	Run 2	Run 3	Run 4	Run 5	Best
AS	Mason Libby	62	2008 Saturn Sky Redline	69.655	66.342+1	64.735+1	63.964	63.628	63.628
BS	Russell Blume	97	2008 Corvette	58.907+1	57.837	58.029	57.512	57.343	57.343
BS	Laney Blume	197	2008 Corvette	62.075+4	63.539	61.310+4	59.583+3	D.N.F.	63.539
CS	Chandler Brown	19	1998 BMW M Roadster	62.526	62.700	61.725+2	61.064	61.537	61.064
CS	Tracy Presnell	28	1999 BMW Z3 Roadster	71.998	70.607	68.632	68.740	68.331	68.331
CS	Loren Pepperd	163	2003 Honda S2000	D.N.F.	81.492	D.N.F.	74.614+1	75.117	75.117
DS	Tim Nicholson	189	2019 Subaru WRX STi	62.310	60.048	59.426+1	60.140+1	59.139	59.139
DS	Rick Nicholson	26	2020 Subaru WRX	D.N.F.	68.116+1	64.361+1	62.952+1	62.249	62.249
ES	Henry Brillhart	48	1999 Mazda Miata	D.N.F.	D.N.F.	64.437+1	62.874	61.170	61.170
ES	Rocky Entriiken	4	2000 Mazda Miata	62.767	63.271	61.454+1	60.645+2	61.280	61.280
ES	Kaeden Elbert	88	1988 Mazda RX-7	D.N.F.	D.N.F.	71.108+1	D.N.F.	71.387+1	73.108
ESL	Sharon Brillhart	28	2003 Toyota MR2	63.549	62.291	60.885+1	60.191	59.855+1	60.191 FL
GS	Ron Williams	97	2022 Volkswagen Golf GTI	56.310+2	55.002	63.176+2	D.N.F.	54.723+1	55.002 PAX
GS	Dennis Smith	77	2015 Ford Focus ST	D.N.F.	61.149	60.654	59.714	60.251+1	59.714
GSL	Nancy Smith	77	2015 Ford Focus ST	61.167	61.992+1	61.520	62.437	61.145	61.145
GSL	Kristin Jolly	97	2022 Volkswagen GTI	D.N.F.	D.N.F.	D.N.F.	69.521	63.995	63.995
HS	Don Herrick	8	2015 Ford Fiesta ST	63.179	61.242+1	61.173+1	60.501	60.180	60.180
HS	Tyler Lamia	9	2000 Mustang	71.076	69.145+1	70.716	68.861	67.465+1	68.861
HCS	Robin Tripkos	25	1961 Triumph TR4	70.730	67.915	65.391+1	67.160	D.N.F.	67.160
HCS	Kenneth Tripkos	52	1961 Triumph TR4	D.N.F.	72.881	D.N.F.	D.N.F.	71.275	71.275
STX	Ashton King	20	2014 Scion FR-S	69.617	67.587	66.931	66.285	65.550	65.550
STX	Phelan Gagnon	32	1993 Nissan 300ZX	75.454	68.880	69.705	D.N.F.	D.N.F.	68.880
STS	Mike Herrick	89	1989 Honda Civic Si	55.494	D.N.F.	55.271	54.740	55.152	54.740 FTD
STS	Jason Rash	13	2010 Toyota Yaris	D.N.F.	64.494+1	64.445	D.N.F.	63.895	63.895
CAMC	Justin Gagna	22	2000 Mustang GT	63.642+1	63.183	61.547	60.680	61.030+1	60.680
CAMC	Chase Kaiser	24	2013 Mustang GT	D.N.F.	69.043	67.358	64.410	63.976+1	64.410
CAMC	Connor Davis	44	2001 Mustang Bullitt	69.756	67.303	67.329	66.690	66.972+1	66.690
CAMC	James Tackett	20	2008 Mustang GT	72.840	72.914+2	71.119	72.813	71.172	71.119
CAMT	Addison Bell	169	1969 Camaro	76.454	72.330	72.331	D.N.F.	71.681+1	72.330
CAMT	Mitchell Bell	69	1969 Camaro	77.467	81.151	79.428	78.052	76.223	76.223
XSB	Kale Morris	24	2001 Mazda Miata	61.356	62.039	59.142	58.580	58.397	58.397
FSP	R Abner Perney	62	2001 Mazda Protege MP3	66.262+3	65.700+1	66.152	64.309+1	D.N.S.	66.152
SM	William Cobb	65	Ford Shelby GT-350	68.735	D.N.F.	67.281	66.075	65.479+1	66.075
BP	Mike Alberding	7	2007 Corvette Z06	55.762	54.228	53.340	D.N.F.	53.665+1	53.340
BP	Aaron Alnutt	17	2006 Corvette Z06	59.444	57.984	D.N.F.	57.864+1	57.524	57.524

• Trophy FTD - Fast Time Of Day FL - Fast Lady PAX - Top PAX



Ken Tripkos won a Solo National Championship in E Stock in this Triumph TR4 on this pavement in 1975. He recently bought it back and restored it.

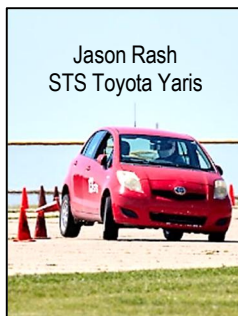


Addison and Mitchell Bell's pretty 1969 Camaro in CAM-T.

Tianyang Xu shot off several hundred photos at our event. To get the full roll of your car, send him an email at psp0714@outlook.com



Mason Libby, AS Saturn Sky



Jason Rash
STS Toyota Yaris



Mike Alberding is going home to New England, and so ran his Z06 in the little-used B Prepared class.



Mike Herrick
STS Civic
FTD



Kale Morris
XSB Mazda Miata



Dennis

Events

.... Elsewhere - 2022

A calendar of AutoX and RallyX events by the Wichita, Kansas, Kansas City, Nebraska, NeOkla and Oklahoma Regions of SCCA. Go see how others do it!

ALWAYS CONFIRM THE EVENT BEFORE MAKING A LONG TRIP!

(* = Salina Region autocross on this date)

AUTOCROSS

- June 25**Nebraska @ Lincoln Airpark, Lincoln NE (Test & Tune)
June 26Nebraska @ Lincoln Airpark, Lincoln NE
July 2Kansas @ Stormont Vail Events Center, Topeka KS (T&T)
July 9Oklahoma @ Remington Park, Oklahoma City OK
Wichita @ Road Yoder, Yoder KS
July 10* Oklahoma @ Remington Park, Oklahoma City OK
July 16Kansas City @ MetroCC Driving Center, Indep.MO (school)
July 17Kansas City @ MetroCC Driving Center, Independence MO
NeOkla @ Davis Field, Muskogee OK
Aug 7Oklahoma @ Remington Park, Oklahoma City OK
Aug 20Kansas @ Stormont Vail Events Center, Topeka KS
Nebraska @ Lincoln Airpark, Lincoln NE (Test & Tune)
Aug 21Kansas City @ MetroCC Driving Center, Independence MO
Nebraska @ Lincoln Airpark, Lincoln NE (Test & Tune)
NeOkla @ Fair Meadows, Tulsa OK
Aug 27Wichita @ Road Yoder, Yoder KS (Test & Tune)
Aug 28Oklahoma @ Remington Park, Oklahoma City OK
Wichita @ Road Yoder, Yoder KS
Sep 2-4ProSolo Finale @ Lincoln Airpark, Lincoln NE
Sep 17Kansas City @ MetroCC Driving Center, Independence MO
Sep 18Kansas City @ MetroCC Driving Center, Independence MO
Oklahoma @ Remington Park, Oklahoma City OK
Sep 24Wichita @ Road Yoder, Yoder KS
Nebraska @ Lincoln Airpark, Lincoln NE (Test & Tune)
Sep 25NeOkla @ Davis Field, Muskogee OK
Nebraska @ Lincoln Airpark, Lincoln NE
Wichita @ Road Yoder, Yoder KS
Oct 8Nebraska @ Lincoln Airpark, Lincoln NE (Test & Tune)
Oct 9* Nebraska @ Lincoln Airpark, Lincoln NE
Oct 16Kansas City @ MetroCC Driving Center, Independence MO
Oklahoma @ Remington Park, Oklahoma City OK
Oct 23* NeOkla @ Davis Field, Muskogee OK
Oct 30Kansas City @ MetroCC Driving Center, Independence MO
Wichita @ Road Yoder, Yoder KS
Nov 5Nebraska @ Lincoln Airpark, Lincoln NE (Test & Tune)
Nov 6* Nebraska @ Lincoln Airpark, Lincoln NE
Oklahoma @ Remington Park, Oklahoma City OK
Nov 13NeOkla @ Fair Meadows, Tulsa OK
Wichita @ Road Yoder, Yoder KS (Endurocross)

RALLYCROSS

- Jun 19*** Wichita @ Sandy Bottoms, Mulvane KS
Jun 26Kansas City @ Thunder Valley Sand Drags, Grain Valley MO
Jul 9Nebraska @ I-80 Speedway, Greenwood NE (T&T/School)
Jul 10* Kansas City @ I-35 Speedway, Weston MO
Nebraska @ I-80 Speedway, Greenwood NE
NeOkla @ Billy Bob's Farm, Billings, OK
Jul 24Wichita @ Sandy Bottoms, Mulvane KS
Aug 7Wichita @ Sandy Bottoms, Mulvane KS



- Aug 28** Kansas City @ Thunder Valley Sand Drags, Grain Valley MO
NeOkla @ Billy Bob's Farm, Billings, OK
Sep 11* NeOkla @ Billy Bob's Farm, Billings, OK
Sep 18 Nebraska @ I-80 Speedway, Greenwood NE
Wichita @ Sandy Bottoms, Mulvane KS
Sep 24 Kansas City @ Thunder Valley Sand Drags, Grain Valley MO
Oct 9* NeOkla @ Billy Bob's Farm, Billings, OK
Oct 16 Wichita @ Sandy Bottoms, Mulvane KS
Oct 22 Kansas City @ TBD
Oct 23* Nebraska @ I-80 Speedway, Greenwood NE
Nov 6* Wichita @ Sandy Bottoms, Mulvane KS
Nov 13 Nebraska @ Nebraska City, NE
Nov 20 Kansas City @ I-35 Speedway, Weston MO
Dec 4 Wichita @ Sandy Bottoms, Mulvane KS
Dec 11 Kansas City @ Thunder Valley Sand Drags, Grain Valley MO
TBA Kansas @ Santa Fe Trail Cycle Park, Carbondale KS

Go

Racing!



Five road course tracks are within a 5-hour drive of Salina. Be part of the action as a race worker -- flagging on corners timing grid tech etc. Or be a driver?

- Hallett Motor Racing Circuit, Hallett OK • Heartland Motorsports Park, Topeka KS
- Motorsports Park Hastings, Hastings NE • Ozarks International Raceway, Gravois Mills MO
- Raceway Park of the Midlands, Pacific Junction. IA

ROAD RACING

Sep 24-Oct 2 . The Runoffs @ VIRginia International Raceway

MIDW TIME TRIALS SERIES

- Aug 13** Nebraska/DMV@ Hastings
Oct 15 Nebraska/DMV @ Midlands

TRACK NIGHT IN AMERICA

- Jun 22** @ High Plains Raceway, Deer Trail CO
Jul 21 @ Heartland Motorsports Park, Topeka KS
Jul 29 @ Pikes Peak Int'l Raceway, Fountain CO
Aug 18 @ Heartland Motorsports Park, Topeka KS
Aug 24 @ High Plains Raceway, Deer Trail CO
Sep 15 @ Pikes Peak Int'l Raceway, Fountain CO
Sep 20 @ Heartland Motorsports Park, Topeka KS
Oct 13 @ Heartland Motorsports Park, Topeka KS

Kansas Region bounces back!

After losing their solo site at Heartland Motorsports Park (which ironically was originally built with autocross specifically in mind), our neighboring Kansas Region has found a new playground in the heart of Topeka.

It's the Stormont Vail Events Center (formerly the Kansas Expocentre) right off Topeka Blvd just south of downtown. The facility has hosted SCCA numerous times for Solo Nationals banquets, but this is believed the first time their parking lots will be an event site.

"Our course area will be roughly 300x500 feet with additional area for paddock and grid," said Region solo director Brian Tefft Jr.

The first event is a Test & Tune July 2, followed by a points event Aug. 20. Yes, those are Saturday dates.

Kansas Region and Salina Region will co-host a two-day Divisional Championship round on our BCRA site Oct. 8-9.

Be your own driving coach: Mastering the self-critique

[First appeared in the June 2015 issue of Grassroots Motorsports]

By E. Paul Dickinson

Driving coach E. Paul Dickinson, the first 5-time SCCA Solo National Champion, explains how you can monitor and critique your own driving using your built-in data acquisition device – your brain. You'll end up lapping faster and safer than ever.

1. Don't Allow Yourself to Plateau

Once drivers practice a skill to their own satisfaction, they often stop looking for improvement. Yet your maximum potential is virtually limitless, provided you have sufficient motivation to reach it.

Improvement is there for the taking only if the effort is invested. On track, focus on the present and save the analysis for the paddock. It is the driver's job to learn to continuously do the hard thing easily, gracefully, efficiently. The beginner practices until he or she gets it right. The old hand practices until he or she can't get it wrong.

2. Do More Mental Practice

Stretching the mind prior to action raises confidence: With your eyes closed, replay the course exactly as you intend to drive it. Imagine perfect laps until they become fluid. Mentally rotate the steering wheel, shift gears and brake at appropriate locations. Fine skills and complex techniques can be slowed down and analyzed so that the scenes and actions become familiar. The brain makes little distinction between seen and imagined images.

Building and continuously refining a mental track model is important for processing the abundance of real-time information gathered when increasing speed on track. The quality of your mental model is more important than your technical skills.

3. Practice Scanning Techniques

Take a quick visual scan of the area in front of you. Start on your far left and scan across to your far right. Concentrate on seeing everything between you and the outermost point. Briefly close your eyes and take a mental inventory of what you perceived.

Repeat the scan. This time separate your scan into frames – mental snapshots. Compare the first scan to the second, storyboarded images. Surprisingly, unnoticed details are now apparent.

Practice behind the wheel of a street car, then in the track car at speed. Contrasting track storyboarding with the familiar scenes in your mental model radically improves the odds of doing the right thing at the right time.

4. Point Your Eyes Farther Ahead

Vision is your overwhelmingly dominant sense. Your eyes lead the way and control smoothness. Without proper visual perspective, lapping at high speeds can be like driving in a bank of fog, where planning ahead is unthinkable but critical.

Looking ahead not only gets you where you need to be, it also focuses concentration. Of course, scanning at the point of emerging information is not enough. By the time you're aware of a mistake, it's too late to change it.

Once it is accurately perceived and maintained, a well-internalized mental model of the track can be used to anticipate. Anticipation immunizes against accidents.

5. Don't Scare or Surprise the Brain

When your visual depths of field get shorter, escalating speed progressively increases your anxiety. Once your visual focus is inside your reaction distance, your eye movement becomes fixed. You stop scanning for crucial information.

The fundamental result of progressively increasing anxiety is fear. Fear brings panic inputs, and involuntary panic input is always wrong.

A brain that has been scared sends off commands that don't help lap times: Lift! Look over here instead of here! Brake in the middle of the turn!

Have a good understanding of what you did right. And have a better understanding of what you did wrong.

6. Don't Be a Sucker for the Adrenalin Rush

Driving is all about making good judgments. Judgment is not a sensation: It takes the form of thought.

Most feel-fast sensations, for example, are distractions that can be quite unrelated to quick lap times. Carrying demonic amounts of speed into a turn may feel fast or gain you a few hundredths of a second initially, but it sacrifices overall speed and can cost you entire seconds.

7. Don't Carry Too Much Speed Into a Turn

How much speed is too much? Any amount that keeps you from going precisely where you planned.

The primary purpose of braking is to slow the vehicle to target turn-in speed. It's the speed at turn-in that establishes your planned positions. Separate braking forces from speed sensing – they're different things.

8. Don't Overdrive

Doing something inefficiently (badly) requires physical and emotional strength as you continually snatch yourself back from disaster. Beginners should not expect to post times that world champions would be proud to claim. Old hands should expect to spend practice time refining existing skills.

Fatigue, anger and overconfidence all blur judgment and are the most common explanations for overdriving. Relax, you were just testing the limits. Now you know what needs to change. Recognize the need for a coach to extract and develop your next steps.

9. Recognize Fatigue

Become fatigue-aware: Adhere to the Three Mistakes Rule. Once you have identified three successive mental and/or physical mistakes, realize that many more have already gone unnoticed. Break routine: Slow down or go into the pits if necessary.

Why driving leads to fatigue is no mystery: You are poised for flight. Your muscle systems are cocked for emergencies – and releases – that never come. Tired of being poised, but can't will yourself to let go.

Fatigue itself is a snowballing mechanism: Tired muscles contract themselves involuntarily and thus use still more energy, generating more fatigue in the uncontrolled effort. Fatigue focuses concentration on your body. If your attention is on your body, then it is not on your driving.

10. Learn to Make Mistakes

Mistakes are not just golden opportunities for learning. They are, in an important sense, the primary opportunity for learning something truly new.

When you're on track, pre-plan three different potential mistakes for the same corner. Run the exercise for five successive laps and then evaluate immediately thereafter.

A mistake does not become a failure until you refuse to admit it and correct it. The secret is knowing when and how to make mistakes so that nobody gets hurt and you can learn from the experience.

11. Don't Be Resistant to Change

Our society tends to be expert-centric, and experts do not make mistakes. Perpetuating that is the attitude that success is driven by self-image, requiring us to be experts rather than learners.

There's nothing worse than flailing around, trying to fix something you don't comprehend. You'll only make things worse. Admitting you need help and asking for it often requires more courage than trying to do it on your own.

The most important lesson of all is to trust that mistakes are inevitable, but that you can constantly challenge yourself to improve.

12. Be in the Zone

When you're in the zone, effort is optimized, not overstressed, and endurance is increased. You're performing "within" yourself. Concentration slows time to allow for confidence, the ultimate tool for getting control of the time sequence.

More interesting is what control of the time sequence within the movement does for skill. Different arcs or portions of arcs within a sequence of motion can be moved with brilliant results. It is not the gizmo, not the tool, but you, the tool user, that makes the real difference.

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••• Associate memberships •••

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- Annual dues are \$15.00 both for single memberships and for family memberships (which includes spouse).
- To become an Associate Member of Salina Region, contact SCCA Membership (call 1-800-770-2055) and ask to be included as a member in Salina Region. The Region's dues will be paid at that time and added to your renewal fees.
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