



Dylon Press



Arizona Sportcar Club of America – Solo Division

Solo Spring Event #4, 2021



April Event Synopsis

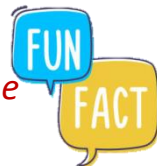


It was an unseasonably warm day! Afternoon temps hit the mid nineties and the front car tires on my Vette got a little slippery after run #3. The best times tended to come in the earlier runs. As the competitor's car tires heated up, in the afternoon run groups, drivers got a bit more aggressive and daring in runs #4 and #5.

A water spray bottle was a valuable tool to have at this event to cool tires. Despite the high temps, a good time was had by all, and we enjoyed five runs each on a course that flowed nicely at rapid speeds.

The best morning run times were in the mid to low 40 second range, allowing for the thirty cars in groups A and B to move quickly though their five runs. Unfortunately, the online data base posting run times on the SCCA website went down after run #4, yet no worries, the data is in the club computer and will be posted after repairs are made on the forum.

This month's *Car of the Month* is a **2016 Porsche Cayman** owned by **Eric Thrun** of Gilbert AZ. Purchased in 2018, the Cayman S model features a 3.4-liter water cooled motor that produces 325 hp. The 7 speed PDK tranny puts power to the ground on a rear-wheel-drive system that is lighting fast on curves and Autox courses. The key to this model's great skid pad performance in the mid-engine design. Eric has added the performance sports package to his car making it an even more formidable solo racing performer. Eric's Cayman gets a good workout each month as he is active as a member in both SCCA and the PCA organizations Solo programs. When asked if knowing what he knows now about the car, would he buy it again – His answer was definitely! A fast and sharp car, driven by a good driver. The perfect combo for Autox fun!



See more Fun Facts about the Porsche Sports car on the following page.

Driver of the Month

Sid Elorde

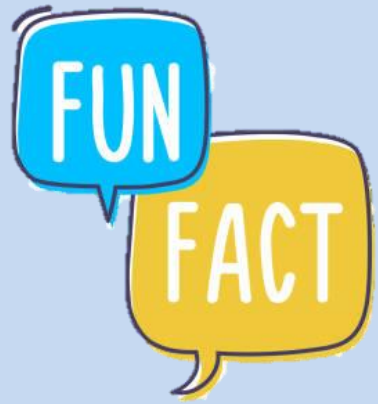


Sidney Elorde is a regular at local, regional and national autocross events. He got hooked on Autocross racing in 2011 when stationed in San Diego doing service as a US Marine.

Sid is from San Diego originally and served our county for some ten years in the Marines. Before auto crossing Sid had some previous experience as a drag and motorcycle racer. A former winner at SCCA Nationals, of late Sid sticks closer to home participating in local and regional events. This allows him more family time with his wife Tina and his two daughters, where they reside in Gilbert. His current car is a **2015 Ford Focus ST** turbo that has been modified to run in the hot STH Class. When asked how we might make the AZ Solo events even more productive, Sid suggests that with all the talented drivers we have here we might want to consider sponsoring a national event in the future to show what a hotspot for Autocross Arizona really is.



Thanks Sid for your past work featuring **SCCA Autocross** activities on



What is a cooler sports car than a Porsche? This brand set the pace in the early days of sports cars coming to America along with the venerable MGs and Jaguars of the 50s and 60s. Along with these great cars the Porsche 911s were very popular, classy sports and racing cars for many decades. Unfortunately, of late, the 911 series has gotten a bit pricey, and over time Porsche lost some of its market share to other sports car brands that were more affordable such as Corvette, Miata, and even Jaguar. To become competitive with entry level priced sports cars, the solution offered by Porsche in 2016 was the introduction of the 718 Series Porsche Cayman. Using assembly parts from other models, such as the Boxer, Porsche introduced a great little performance car known as in the Cayman, currently priced for under \$75K.

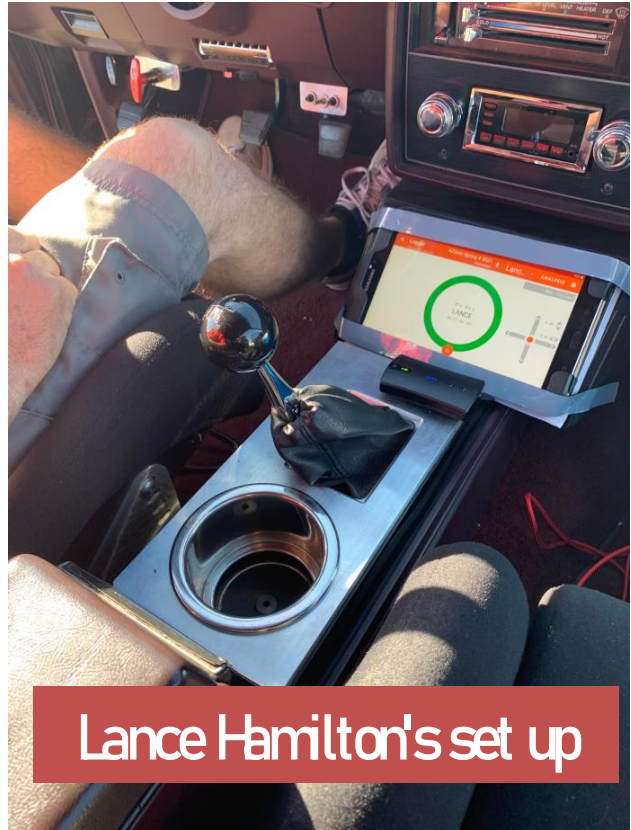


Technology Tip

We live in a world that is driven by technology. And the impact of technology has had a significant impact on the motor sports world in recent years. Presently there are several technology programs on the market to help drivers understand where they can improve their performance on the solo course or racetrack. A popular one used by SCCA drivers is the SOLO STORM DATA LOGGER.

This is not an endorsement of this particular brand, rather just an example of what is out there for Autox racers looking for an edge through technology. The way the system works is you log your progress through the Autox course using a device that records your movements and allows you to compare it on the screen with other runs and competitor's runs on the same course.

Lance Hamilton was kind enough to show us the equipment needed for a Solo Storm set up. It begins with a \$200 lifetime subscription to obtain the software. Lance shared that his system is Android based and can be used with most Android devices. A typical run will record speed, time, feet traveled and breaks the course into segments for review. Using a Garmin Glo, Android recorder, a display screen, combined with a Go Pro Camera, you can gather a lot of data from a day at the track for review. Lance indicated you could even upload your run data to a Cloud site and share it with buddies by overlaying their runs on yours for comparison purposes. He shared that by doing this simple comparison technique he learned he was a full second slower off the line than his competitors. This important info led to a gearing change in his **CAM T Monte Carlo**. For more detailed information on the Solo Storm Data Logger, go to Petreldata.com



Lance Hamilton's set up

Another Option

TRACK BY **HP** tuners
ADDICT



Driver Tip – Part 2

Submitted by Brian Miller Ed.D.



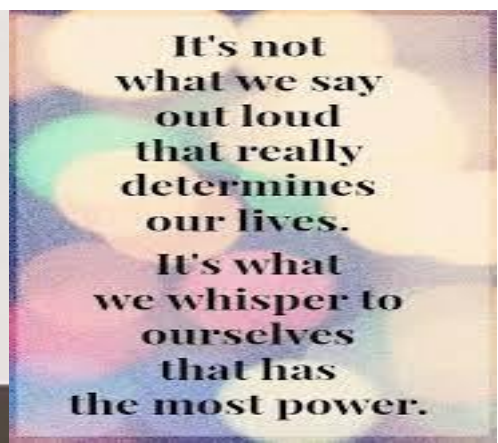
As you may recall in the March issue we discussed the importance of holding a clear vision of the course in your mind's eye to promote a smooth and confident pass through of the Autox course. Equally important to holding a clear course image in your mind's eye is *evaluating the nature of your pre-race self-talk*. We all have a little voice in our heads that chatters away constantly as we pass along in life. That voice has been referred to using a variety of terms, including mind-set, mental attitude, our critical nature, etc. For our focused purpose we will refer to it simply as your *internal self-talk*. Let's take a look at your pre-race internal self-talk.

As you arise on race day, dress and start to think about the auto cross event that lies ahead that day, what is your thought process? Is your little voice within concentrating on getting there on time, packing all the right race equipment, etc.? That's normal. It is interesting to note all along the way if our self-talk is positive and critical, even around getting to the track on time, packing the right things, and our attitude about the traffic getting to the event. The most important self-talk begins at the race facility when you arrive. We all feel a sense of excitement and anticipation upon arrival at the track, yet the next time you put on your race helmet in preparation for an Autox run, examine briefly what that little voice in your head is saying. It could be something not so inspiring, such as *"I hope I can do better than last time I ran,"* or *"This course sucks,"* or even *"I hope I don't look like a screw up out there."* None of these internalized statements are a bit helpful.

A much better internal dialog would be, *"I can't wait to do this!"* or *"I am feelin it"* or perhaps *"I sense a fast run coming"*. The important thing here is to change up the internal dialog into positive self-talk affirmations. Try saying: *"I see the course in my mind clearly! I'm well prepared! I have a plan! My car is ready and feels right! This will be a fast and fun run!"* We know during a high-speed spin on the racetrack the car tends to go where the driver's eyes are looking. The same is true of our self-talk; the run tends to go where the mind sees it going! Your self-talk is the poster board of the mind. It is not rocket science; it is neuroscience though. Just listen to your pre-race internal voice and adjust it up if it's stinkin' thinkin'!



Self talk is the most powerful form of communication because it either empowers you or it defeats you.



It's not what we say out loud that really determines our lives. It's what we whisper to ourselves that has the most power.



Pylon Quiz

Rank order these time robbing Autox driving errors from most damaging to lap times to the least damaging.



Using multiple pedal inputs simultaneously
(On the gas and brake at same time)



Coasting, using neither the brakes nor the gas.



Leaving too much space between your car and turning cones



While driving through a slalom, looking at the next cone to be passed
vs. two cones ahead.



Spinning your tires at the starting line

Answers to Pylon Quiz: All of the above driving practices can cause drivers to leave time on the course. As to which is the most damaging, well now, that would depend somewhat on which ones you are doing!

Mark your calendars for the upcoming 2021 AZ Fall Solo Series at AMP

Our scheduled event dates are:

*Sunday September 19th, Saturday October 16th, Saturday November 13th
and Sunday December 12th. Stay safe this summer and see you all then!*