



Dylon Press



Arizona Sportcar Club of America – Solo Division

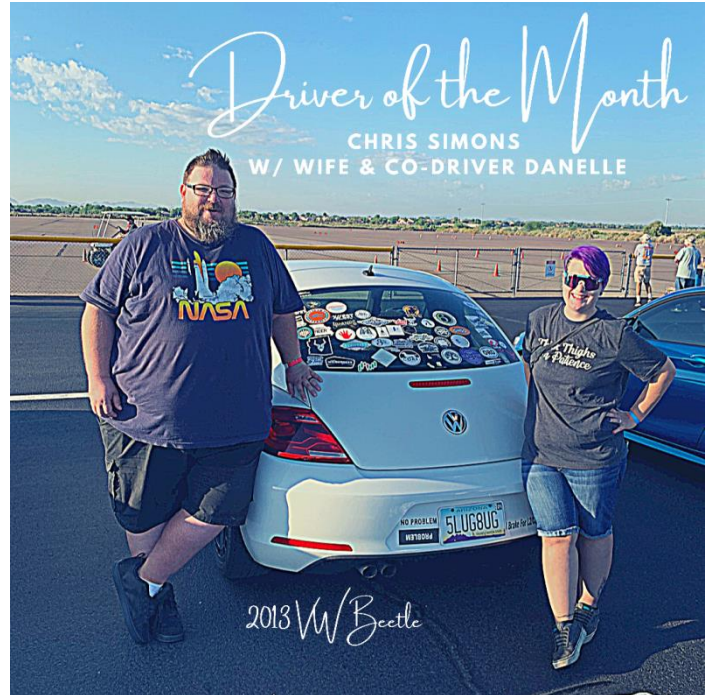
2021 Fall Series #1



It was HOT, clear and beautiful with temperatures rising to an afternoon high of 102 degrees Fahrenheit by 3 pm at Arizona Motorsports Park on September 19, 2021. The course flowed well and showed good transitions with very few DNFs being registered throughout the day. A light breeze and the excitement of being back at the track after a long summer layoff made the high temps only a slight distraction. Run times dropped quite systematically for drivers as they moved through the 4 runs that were provided.

Fast times were led by drivers **Jeff & Nicole Wong, Nick Sloan, and Ken Mitchell**, all dropping their times into the sub 50-second range. TTD was set by **Jeff Wong** at a blistering 47.314 in his **Camaro SS**. The transition to the afternoon group went smoothly, with the split sessions allowing a choice between morning or afternoon run groups. Early birds and Cardinal fans bugged out before noon to make room for the PM drivers. The fall class winners were awarded classy shade umbrellas as prizes at both drivers' meetings and before the day's fun began.

A friendly reminder: Sound checks are only provided for prior to the morning session. For those who make modifications to your motors or mufflers a recheck of your sound levels is advised.



Chris Simons originally got involved in auto cross in 1998 at the age of 16. His Dad was an active Autox guy involved with the Ozark Mt. Region SCCA group and got son, Chris, behind the wheel and competing early. Chris was active with the OMRSCCA group until 2015 when he moved away, sold his competition ride and took a break for the sport. As we all know, it's hard to stay away from the tracks. It's no surprise that currently Chris checked out our local Phoenix Club and brought his daily driver, a **2013 VW Beetle**, out to play.

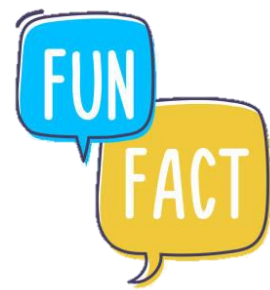
Chris hails originally from a small town in SW Missouri near Springfield called Ozark. His hobbies are flying drones, brewing mead, and enjoying life with his wife and co-driver, **Dr. Danielle Simons** and their 5 cats and 2 dogs. When asked what he aspires to in autocross he indicated he is not particularly competitive, rather just really enjoys the sport and mostly competes with his own personal best times.

Welcome to the Phoenix Autox scene Chris and Danielle and we hope to see you out to participate with us often.

Car of the Month

MITCH WARREN

WOW



Mitch Warren refers to **Laguna Seca Raceway** in his interview below; that track was built in 1957 and has been home to many famous races, including the Indy Car Monterey Grand Prix, the TransAm Speedfest, and SCCA National Championship Runoffs in 2014 where the top driver's from the 116 SCCA regions were invited to participate.

James "Mitch Warren" is one of the few fortunate buyers to score on the purchase of a genuine John Cooper third generation MINI GP. If a car were to be designed to double as a daily driver and an auto crosser this car would be at the top of the list as a nominee.

Mitch is the original owner of this coveted car, and took delivery in 2020. The car is rated at 301 horsepower, with a torque rating of 331 ft. lbs. He have changed the wheels to OZ Racing Ultra Leggeras, a slightly lighter wheel than the factory provided. And he Installed an Eventuri All Carbon intake. He admits he is also planning for future modifications with a focus on tires and suspension.

This fine car competes in with the DSP SCCA Solo Group. When asked if he would recommend this car for Autox competition, he was very modest in saying, *"I am sure with a better driver it would be a great car to Autox. I haven't gotten anywhere near the car's maximum performance yet."*

Mitch went on to share, *"This is my third MINI, and I guess you could say I am somewhat brand loyal. I was driving my 2003 MINI S when the first JCW GP was released in 2006. Several of those cars were delivered to their owners at the Historics at Laguna Seca. I attended that event and the original GP made an impression on me. When news of this GP was released, I decided I needed one and I ordered mine in November of 2019. It was the styling and HP that attracted me, and the emphasis on it being a streetable track car. Like the previous two GP's, there is also the 'exclusivity factor'. There were only 3000 were produced, and only 500 came to the states. Mine is #0947. I believe there are fewer than a dozen in Arizona."*



Tech Tip of the Month

Submitted by Brian Miller

The esteemed philosopher Pogo who said, "All of us is smarter than one of us"! So, for those of us who aspire to improve at the challenging sport of outcrossing here's a thought: *Buddy up!* Have a buddy or two ride with you, and have them watch you while you are on the course. Little things can mean a lot in this sport! A new set of eyes on you as you perform can be most helpful. Things to have your buddy look for are: Car body roll, car turn in agility, distance your car is offset from slalom cones, and coasting time. And then, return the favor by observing your buddy. *Buddy up!*

Driver Tip of the Month

The jitters before a turn around the autocross course can be both good and bad. We need to be stoked and on our game, yet not so nervous that it becomes distracting. Consider these four tips:

1. Calm your body using the “Navy Seal Breath “Technique.

NAVY SEAL BREATH TECHNIQUE

Inhale
FOR 6 COUNTS

Hold
FOR 6 COUNTS

Exhale
FOR 6 COUNTS

Rest
FOR 6 COUNTS

REPEAT UNTIL REGULATED

2. Be ahead of the course! Focus your eyes way ahead of where you are. Concentrate on where you are headed!



3. The third aspect of good pre-race strategy is mind control. Perhaps you have heard of athletes commenting about “getting into the zone” before an event. You can do that by visualizing the end result, relaxing the body, shutting out all other distractions.

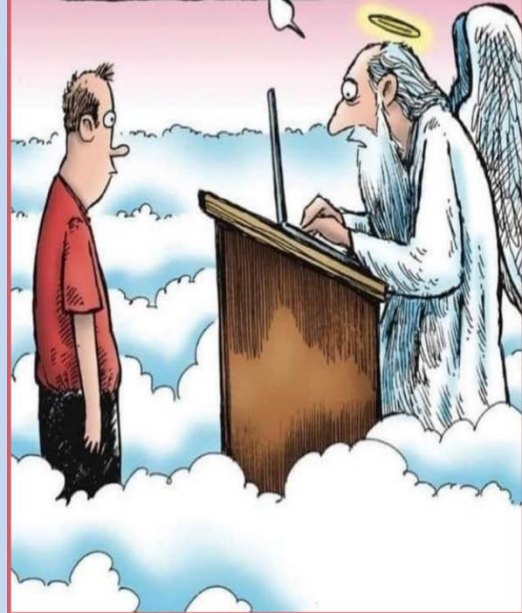


4. Use of positive affirmations. Simply memorize a positive statement such as “I am a confident and skilled driver who autocrosses with competence and grace!” Or, “I’m fast! I’m quick! I’ve got this today!”

Article by Brian Miller Ed.D. Publisher, Pylon Press

TRACK TIP

You were so close to getting in until your behavior at the race track



CHECK YOUR ATTITUDE AS OFTEN AS YOU CHECK YOUR ENGINE LIGHT

RACE DAY ETIQUETTE





New 2022 All Electric Cars for under \$100,000 **Pylon Quiz**

Electric Cars are Coming ! Just for fun, which statements below are true!



1. An Italian model called the Aspark will make 1,985 hp and do 0-60 runs in under 2 seconds!
2. Audi now offers 4 different e-powered cars and has plans of more in the future.
3. The Bollinger B1 will weight in at just over 10,000 lbs. The Bollinger can be ordered with rear wheels or with a rubberized half-track rear drive feature.
4. The 2022 Buick Velite 6 will be offered for sale in South and Central America only.
5. The 2022 Canoo Van is to be built in California, will to be controlled “by wire only”, and built on a skateboard style chassis. It will be funded with Chinese money.

Answers to Pylon Quiz:

#1 True; #2 False. Audi currently offers only two e-drive cars; **#3 False.** The Bollinger B1 will have a 10000 lbs. Class three gross wt. capability and no half-track option; **#4 False.** The 2022 Buick Velite 6 will appear in China only; **#5 True**

Feeling down or depressed? Google your symptoms!

You might just need be at the next SCCA event:
 October 16, 2021 at Arizona Motorsports Park