



# Pylon Press

SPORTS CAR CLUB OF AMERICA -  
PHOENIX AZ SOLO REGION

October 2022 – Fall Event #2

## Event Synopsis

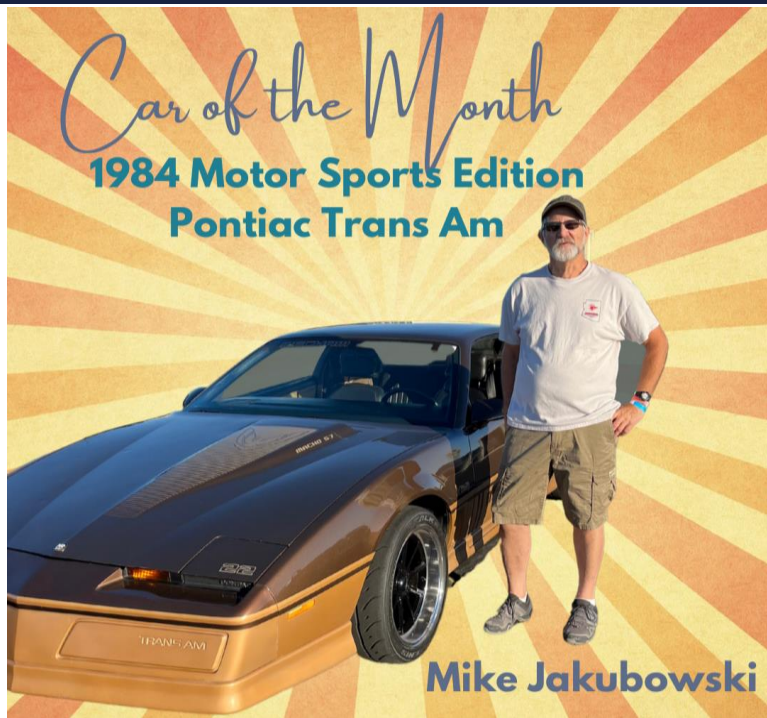
Finally, nice weather was provided by Mother Nature for our second Autocross event in the 2022 Fall Series. The course was straight forward, and lap times were consistent from the first run to the last of the four runs given each driver. There were few DNFs so the event moved along smoothly. Drivers are getting into a rhythm regarding registration, sound testing and staging cars under the return to a full day event. The hot dog stand was a real hit with good chow for a reasonable price and fast service –**Thanks to Pat, the Hot Dog Lady!**

Lap times dropped through out the day with very fast times in run Group D. It was no surprise that TTD went to **Chuck Vobroril** in his B Mod Hadava B9 race car with a blazing 38.157 lap time. TTD for cars with doors went to **Jeff Wong** in his 2012 Corvette SSP running Hoosier slicks, with a super time of 40.765.

The best Pax score was set by **Doug Rowse**, with a posting of 34.765 in his SSP Corvette. Honorable mention needs to go to **Scott Philips** for a PAX of 34.810 in his CS OPEN class Mazda Yata. Scott should be commended for posting a very good PAX time with an Open CS Class car against the Prepared and Mod entries.

It was an enjoyable day of fun for all and substantial overall PAX score improvement shown on the part of several of our club's developing drivers. Some hot new rides appeared at the event including **Dave Young's** cool new Porsche GTS and **Michael Jakubowski's** beautiful classic Pontiac that he bought new in 1987.

**Please Note:** The Fall Sole event #3 date has been moved to November 13<sup>th</sup> from the previously posted November 20<sup>th</sup> date. Hope to see you all there!



**Mike Jakubowski** is a CNC mill machinist, true DIY'er and original owner of his **1984 MSE (Motor Sport Edition) Pontiac Trans Am** from Mecham Pontiac of Glendale, AZ. It is 1 of 50 built by Mecham Racing to support their SCCA Trans Am racing habit. After reading an article in the Aug '84 Hot Rod magazine, Mike knew he had to have one! Being only 25 at time he was rough on it; in the first 18 months he did an engine rebuild, 2 sets tires and installed a Dana 44 axle. It was a daily driver for 12+ years, until life got in the way, and it got parked in the garage. In 2017 he found it again under a bunch of boxes and clutter; a 2+ year process began. Up it went onto jack stands for full drivetrain, suspension & interior updating. Now it sports a Holley EFI, W/C T5 & Eaton TruTrac in Dana44, 36mm front 23mm rear bars, Spohn subframe connectors, spherical end rear control arms & Panhard bar, new Koni's, brake system mods, 2002 Pontiac seats, etc. The paint is still original; however, the MS decals were replaced. At 64 yr. old Mike admits he is still learning to appreciate the handling challenges of this classic car in the CAM-T class! What a blast from the past!

**Kathi Van Der Werf** certainly has a dreamy car – a sky blue **2022 GT4 Porsche Cayman!**

Kathi's first experience in Motorsports was when she and her husband, Jim, attended a 4-day Porsche experience course in Birmingham Alabama! She was immediately hooked on the speed and the sport! In 2017, Jim surprised Kathi with a new **Fiat 124 Spider Abarth!** Shortly thereafter she jumped right into her first autocross at Qualcomm in San Diego before ever even watching an event. Kathi just showed up and asked "What do I do? "

Kathi's first SCCA event was at AMP in September of that year, and she started competing in almost every event available in Phoenix and Marana. By February of 2018 she entered her Fiat into a National event at Fontana, California, which turned out to be a white-knuckle event due to a deluge of rain! Having never raced in rain it was a pretty hairy, scary time! After the event she traded her Fiat for a **2011 Shelby Mustang.** The Mustang was a handful for her, yet she loved the look and feel of the car! She won the National tour event at Packwood, Washington in 2019 with the Mustang yet traded it for a Porsche Cayman GTS. The first time Kathi drove the Cayman was at the Test 'n Tune at 2019 Nationals where she spun out three times!

In 2020, she towed her 2018 Cayman GTS to Bristol for the Pro Solo and national tour where she reports learning a ton due to being able to co-drive with Rachel Baker from the East coast. On the way home, a semi driver ran Kathi off the road; it was a hit and run. She rolled 2.5 times at 72 mph. She crawled out of the wreckage, and thanks to many in the SCCA community she was able to drive her Cayman home the next day. In November 2020, she finally took delivery of her dream car– a **Miami Blue Porsche Cayman GT4.** Unfortunately, Kathi became quite ill, and her car was stored for 13 months while she went through chemo and a stem cell transplant. *What a fighter and champion!* In December 2021, with the support of our region community, including Jay Balducci, Jason Bucki, Lance Hamilton, Kathi returned to AMP. To make things easy for her, Jason Bucki graciously offered Kathi the opportunity to co-drive in his GT4 at the Nationals this last year. Although she didn't take home any trophies, Kathi feels like a winner as a cancer survivor and being able to race again! What are her aspirations? To keep getting quicker and more competitive, while having fun and helping others!

*Driver of the Month*  
**Kathi Van Der Werf**



2022 GT4 Cayman

**JUST SHOW UP!**

*Kathi Van Der Werf*

**"What's behind you doesn't matter."**

*Enzo Ferrari.*





# Tech Tip —

## 3 of Tom Brady's Top TB12 Tips

**The TB12 Method: How to Achieve a Lifetime of Sustained Peak Performance**, written by one of football's legends, Tom Brady, offers 12 Principles to enhance overall health and well-being.

The first three principles include: **Muscle Pliability**, **Holistic & Integrative Training** and **Healthy Nutrition**

1. What's Pliability & Why is Tom Brady a Fan? Pliability is the ability to bend without breaking, and it's what Tom Brady centers his physical fitness around to stay in great shape and remain injury-free. Brady was tired of his muscles feeling stiff, shortened, and having tendons that felt like they were constantly on fire (and not in a good way). In an effort to find a solution to his physical pain for the high demands of his sport, Brady found Alex Guerrero, an alternative medicine practitioner, and together they created the concept of "muscle pliability". Brady and Guerrero suggest two ways to get pliable: Deep-tissue manipulation which you can achieve at home with products like a massage gun or by making a commitment to get regular deep tissue massages from a trained massage therapist, personal trainer or physical therapist.

### 5 things to look for when buying a massage gun to aid in muscle pliability:

1. Power
2. Portability
3. Design
4. Battery Life
5. Warranty



2. What does Brady mean by a holistic and integrative approach? Nothing works in isolation. The body is one system, and the only one you have. He purports that by minimizing inflammation, caused from bad diet, poor sleep, and dehydration, you aid the body's ability to recover and help prevent your muscles from shorting and becoming dense (the opposite of pliability).
3. What is The Tom Brady Diet, also known as the TB12 Method? It's a lifestyle plan which emphasizes eating whole, minimally processed foods and bans foods thought to promote inflammation. It means cutting out refined carbohydrates (white bread, chips, and foods with added sugar, and food that contain any amount of trans fats. It means bulking up your meals with a large amounts of fruits, vegetables, and whole grains, all of which have been shown to reduce the risk of inflammation. As a guideline, Brady recommends setting aside 80 percent of each meal strictly for fruits and vegetables, with the remaining 20 percent for a lean protein.

### TB12 TART CHERRY RECOVERY SMOOTHIE

#### INGREDIENTS:

- ¾ cup tart cherry juice
- 1 cup frozen pineapple
- ½ cup baby spinach
- ½ cup ice
- 1 scoop TB12 Plant-based vanilla protein (or its equivalent)

Combine in the blender and enjoy!



### VEGAN CHOCOLATE CHIP PUMPKIN PROTEIN MUFFINS

Fall into flavor with these vegan chocolate chip pumpkin protein muffins

- 3/4 Cups of Gluten Free Flour
- 2 scoops Vanilla TB12 Protein
- 1/2 Tbsp Pumpkin Pie Spice
- 1/2 tsp Baking Powder
- 3/4 Cup Applesauce
- 1 C (240g) Canned Pumpkin
- 1/2 Tbsp Vanilla Extract
- 1 Cup Vegan Chocolate Chips

Instructions: Combine dry and wet ingredients in a bowl. Bake at 350° for 12-15 minutes. Top with pumpkin spice to taste.

Enjoy these delicious & guilt-free protein muffins from Tom Brady's TB12 Recipe collection



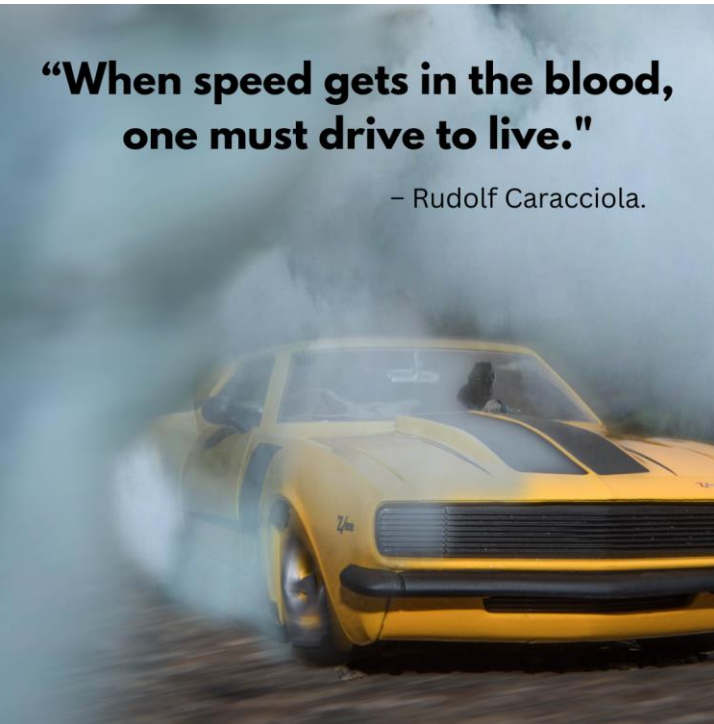
# Pylon Quiz

## True or False Questions

1. The SCCA was formed in 1944 in the city of Boston.
2. The early form of autocross racing was called gymkhana racing.
3. The SCCA first used the term "autocross racing" in 1981.
4. An early form of gymkhana racing involved touching a pole on a box with the car but not knocking it off the box.
5. One of the following car classes is not approved to participate in the annual National SCCA September event: Formula SAE, Xtreme XS, EVX

**"When speed gets in the blood,  
one must drive to live."**

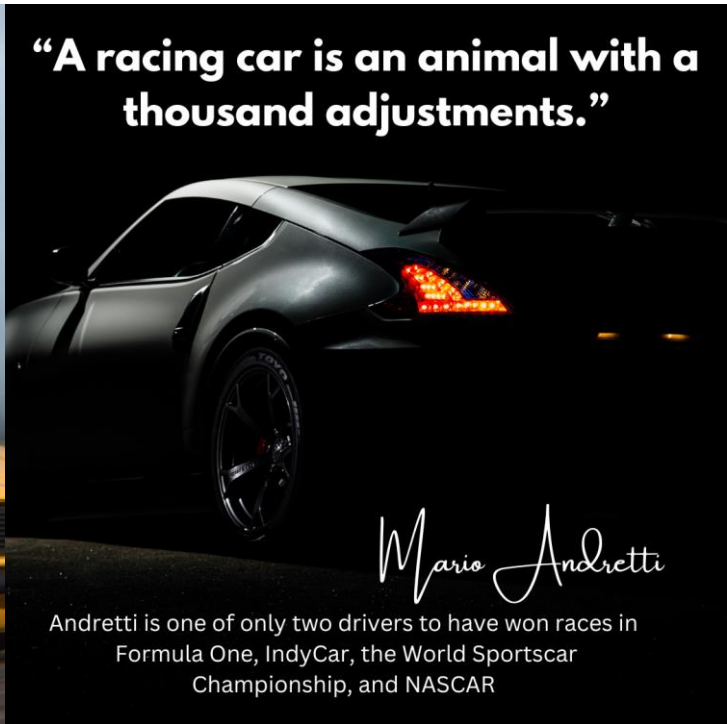
– Rudolf Caracciola.



**"A racing car is an animal with a  
thousand adjustments."**

*Mario Andretti*

Andretti is one of only two drivers to have won races in Formula One, IndyCar, the World Sportscar Championship, and NASCAR



All the questions are True, except #3 & #5; SCCA first used the term "autocross racing" in the early 1970's; at the annual National SCCA September event all these classes are allowed to participate: Formula SAE, Xtreme XS, and EVX.

*Never Stop Racing*  
KEEP THE PEDAL TO METAL

**SCCA**  
CLUB RACING

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