



SPORTS CAR CLUB OF AMERICA -  
PHOENIX AZ SOLO REGION

September 2022 – Fall Event #1

## Event Synopsis

It was a grand affair with the whole gang on deck at one time once again for a full day of solo racing activities at AMP. The weather was a typical Arizona September day with temperatures in the early morning in the 70's and increasing to high 90's by days end. The course was fast and rewarded an aggressive approach. Times in the mid to low forty second range allowed for four runs for each of the timed and scored run groups. All in all, the day went smoothly for a first time return to a full day format in two years. Good planning by the administration & registration crews, a simple, fun course and a tasty on-site lunch made for lots of positive chatter and a rewarding day for club members. The debate continues as to the pros and cons of a split day session vs. the more traditional all-day format with time only runs offered at the end of the day. Thanks to the set-up crew, registration team, tech and sound testing group, and all who made our return to a full day racing format a success.

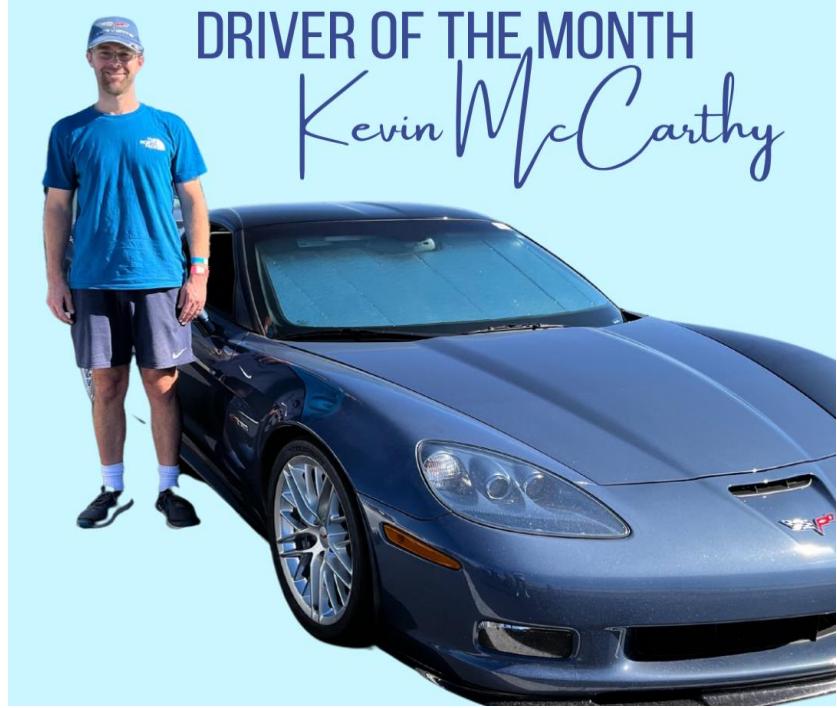
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BELIEVE IN YOURSELF. YOU ARE BRAVER THAN YOU THINK, MORE TALENTED THAN YOU KNOW, AND CAPABLE OF MORE THAN YOU IMAGINE

SCCA—PHOENIX AZ SOLO REGION

## DRIVER OF THE MONTH

Kevin McCarthy



**Kevin McCarthy** is a driver for many seasons. He has experience in various forms of racing including drag racing, road racing, and motorcycle events. His competition cars include a **69 GTO** which he still drag races occasionally, a **C5 Corvette** track car & autocross car, a motorcycle, and a recent acquisition – a **2011 Corvette Z07**. A native of Florida and a graduate of the University of Florida, he developed his racing skills as a youngster driving carts, dirt bikes and drag racing. Kevin now resides in Phoenix with his wife of 23 years and 3 teen children. Two of his kids have expressed interest in motorsports and possibly getting involved in the sport to make it a family affair. Kevin believes his multi-disciplinary approach to racing makes him an overall better driver with each type of racing allowing him to develop a different set of skills and perspectives. He is very complementary toward the local PASR Autocross effort and especially appreciates the willingness of drivers to help each other go faster.

# Car of the Month

Ethan Wittloph



2002 Mini Cooper Clubman

This is a great story! **Ethan Wittkopf**, a recent new member of SCCA, is a senior at ASU in the automotive engineering program. This bright and charming fellow is a standout in multiple ways. First, there is the cheering section he brought along for support. With him at the event were his mom and dad, stepdad and his good friend Hunter Robertson – all working together as a team to get Ethan and his car ready to race. Then, there is the great story regarding the history of his car – a super little **2002 Mini Cooper Clubman**. It was given to him by his grandparents 14 months ago to serve as his daily driver. The Mini is rated at 118 hp with 114 ft lbs. of torque, and horsepower of 4250 rpm. Ethan has wisely added several performance modifications since acquiring the car, including BC racing coil overs, adjustable rear control arms, slotted brake rotors, polyurethane front control arm bushings, and an upgraded throttle controller. His background in auto performance engineering is evident – he made an already very capable autocross car even better with his selection of suspension upgrades. All this makes a great autocross car that will likely be competitive in the Street Touring Class he runs in. Watch for this lad to quickly advance as a very competent competitor in PASR solo events.

#2 SCCA Phoenix Arizona Solo Region Event  
Saturday, October 22, 2022

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INSTEAD OF WORRYING ABOUT WHAT YOU CANNOT CONTROL, SHIFT YOUR ENERGY TO WHAT YOU CAN CREATE.

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'TIS THE SEASON FOR  
VERY NICE, ESPECIALLY  
PUMPKIN SPICE



just a little race humor 



## VOLUNTEER OF THE MONTH



*Jerry Sloan*

**Jerry Sloan** is the father of **Nick Sloan**, our esteemed course design club member. Jerry is the gentleman usually seen sitting at the end of the guard rail taking pictures of the solo cars on course while they are at speed. He joined SCCA in 1972 in Illinois and auto crossed in what was then called "Gymkhana Racing" where he drove a variety of cars including a 65 VW Bug, a 1970 Autodynamics Deserter GS, a VW Rabbit, a 95 VW Golf and a Karmann Giha. Jerry no longer races, however does enjoy his long-time hobby of Cowboy Action Shooting. His daily driver now is a sporty Mazda 6 with Pilot S 4 tires. His dream car is a 427 AC Cobra.

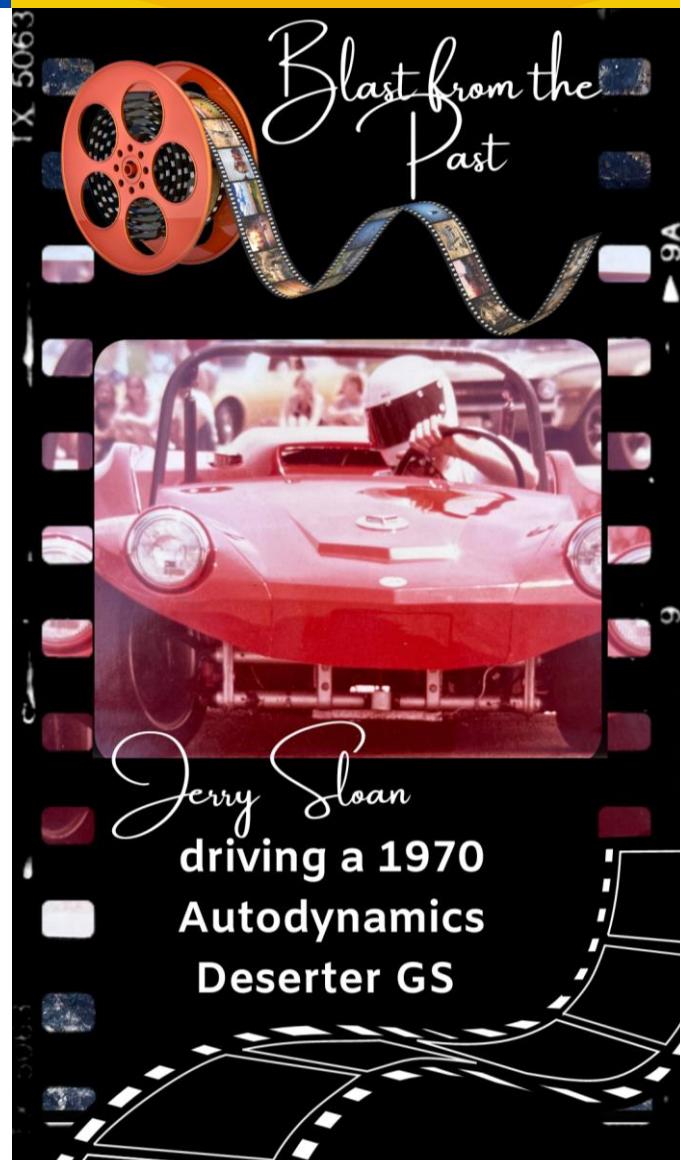
Ask who his favorite race car driver is he quickly named Helio Castroneves, the Brazilian driver who won the Indianapolis 500 four times, as well as various other races.

Jerry's suggestion to improve our solo events was to "put numbers on the cars so we can better ID the drivers!" Jerry is welcome at all our Autocross events! **Thank you** for your practice of providing complementary pictures of the cars on course to drivers and for sharing your knowledge of the history of the Autocross sport.

## RACE QUOTE

Yesterday is gone.  
Tomorrow has not  
yet come. We have  
only today to race!

**SCCA**  
CLUB RACING



# Tech Tip of the Month

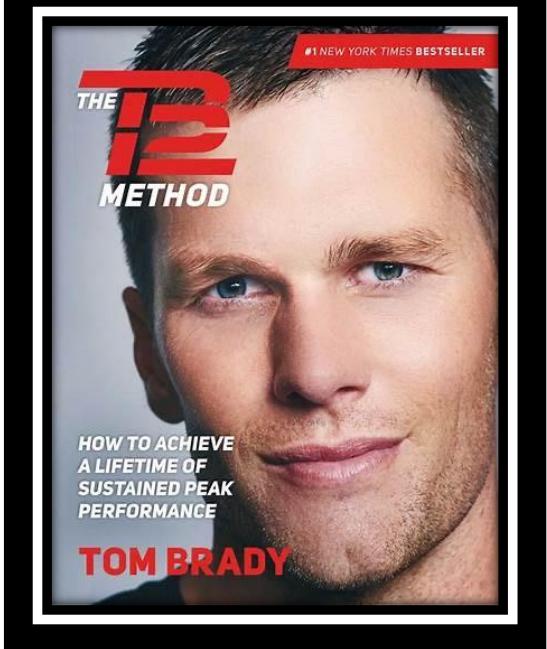
It's no secret the most important performance competent in auto racing is the driver. Don't believe it, then try this simple test: Ask a national level driver to drive your car with you in it in for a run or two so you can observe the improvement in lap time they achieve over your time while driving your vehicle. It's humbling, yet understandable because driver skill levels can vary significantly from novice to national champion.

**How can we as drivers improve?** Let's "get out of the box" and look at the personal training habits of a non-driver who is a perennial champion in another sport, football. **Tom Brady** is a 7-time Super Bowl champion and indisputably one of the greatest pro quarterbacks of all time. Looking at his exercise, diet, and game plan strategies are not mutually exclusive to football players. Over the next several newsletter we will feature some of the top tips from Tom Brady's well illustrated book "**The TB12 Method.**"

His fitness emphasis is on body, joint and muscle pliability. He recommends the extensive use of rollers, and **resistance bands** to create flexibility in the body.

## Tips

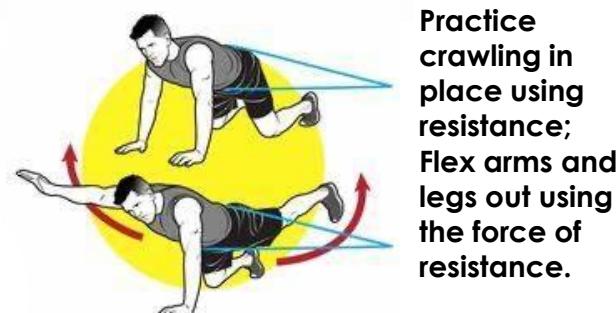
1. Get a set of resistant bands (available at Dick's Sporting Goods, Walmart or Amazon)
2. Wear tennis shoes to avoid slipping when doing resistance drills.
3. Stretch your full body using the resistant bands. Resistance develops and strengthens your muscles and increases your flexibility.
4. Start slow to avoid making yourself sore; gradually increase your stretch and resistance.



## Improve Your Strength and Health with Resistance Band Workouts



Walk in place for 15 to 30 minutes using resistance



Practice crawling in place using resistance; Flex arms and legs out using the force of resistance.

Researched & summarized by Brian Miller, **Pylon Press** Editor Email – rapidroy63@msn.com

# Where do your lines cross?

We all have our reasons for participating in SCCA racing events. For some, it is the social and recreational aspect of the events. It can be especially fulfilling to be able to socialize after experiencing the isolation of COVID. To gather, kibitz, and swap stories with like-minded people can contribute to our overall wellbeing. 'Connection with others' has been linked to lowering blood pressure and an increase in serotine – a mood elevating chemical secreted during good times.

For others, the thrill of competition and the speed on the track is the attraction. It's known as an "adrenaline rush!" Yet a different kind of chemical reaction takes place, which makes your heart and lungs work faster, which sends more oxygen to all your major muscles. As a result, you get a temporary boost in strength, alertness and perhaps a sense of euphoria.

Just for fun, graph yourself. Are you a 5 x 5 -- meaning you equally value the social and competitive aspects; Are you a 1 x 5 – You LOVE the competition and tolerate the other racers? Or are you a 5 x 1 – You LOVE being around people and don't really care about your times.

Why does it matter? It's been said that knowing your WHY increases your overall satisfaction with life. When you know WHY you participate you will know when you have had a good, or even GREAT day. May you be fast and have fun!

