

Pylon Press

SPORTS CAR CLUB OF AMERICA -
PHOENIX AZ SOLO REGION

November 2023 – Fall Series #3



It was a full house at the third in the PASR fall Autox series held at Arizona Motorsports Park with 147 entries. With temperatures in the seventies and eighties, the day was set for some very quick lap times. The *Bill Pribil* designed course was short, fast and fun. With two slaloms, it rewarded a good "constant motion" style of driving, with some nice open sweeping turns that allowed for good constant speed at the exit across the entire course. Course workers were busy chasing downed cones though out the day as drivers let it all hang out on the fluid and fast-moving course. Run times were as quick as the low thirty-second range and on up depending on car type and driver skill set. As a result of the low elapse times, drivers got 5 total runs, and due to the generous number of runs, there was an abundance of tire cooling with water spray cans appearing across the grid between runs. The course resulted in a high driver grin factor that could be seen across the grid as drivers completed their runs. Some very close racing took place in several of the car class groups. Over in the DS run group **Dave Alter**, **Steve Ashcraft**, **Daniel Gallagher** and **James Frink** laid down times within one second of each other! (continued on the next page)

Can Ford make the venerable Mustang any cooler? Check out the new ride **Bobby Rose** has recently acquired! It is a stunning bright blue Mustang Dark Horse™. This 2024 Special edition model sports some serious track ready gear. It features a 5.0-liter motor, pumping out 500hp and 418 ft-lbs. of torque and various suspension upgrades. A native Arizonan, Bobby took delivery of this car two months ago and has already made some performance improvements to the car including Project 6GR Wheels and Michelin Pilot Sport 4S tires. He uses the Dark Horse™ as his daily driver and says he is looking forward to future autocrosses, as well as a road trip in the car to Vancouver, Canada next year. Enjoy your new car Bobby – it was a great choice!

Car of the Month

2024 Special Edition
Mustang



Bobby Rose
Owner/Driver





Driver of the Month

Juan Leal, Jr.

Juan Leal Jr is a man of few words when it came to interview time. This young, energetic and jovial young man is a native of Arizona, growing up in Queen Creek. He got interested in autocross racing when he learned he could “drive fast and not get in trouble for it!” Juan jokingly added that some of his motivation to get involved in autocross is his “dislike for orange cones!” His main goals in autocross are to “beat Lance and have fun!” When not racing or working on his Camaro, Juan is the drummer in the neo rockabilly band, “The DeVillains.” He gets great support from his dad, Juan Sr., and brother, Auggie, who build the Camaro from top to bottom all in their home shop. His speedy **CAM-T 1988 Chevy Camaro** is a real sleeper. Painted dark primer gray, this super light powerhouse Chevy features a long list of performance upgrades that include an LS3 motor, T56 tranny, Wilwood Brakes and UMI suspension, roll cage and racing seats. No group is tighter knit or has more fun at PASR events than the CAM gang and Juan is right at the heart of this highly competitive, yet mutually supportive, group. So, we say to Juan, “Good luck in the season ahead – we will watch with great interest to see how it goes regarding your goal to beat Lance!”



Check out some of these fast times!

In the always hotly contested Cam-T, **Lance Hamilton, Scott Spiewak, Micheal Hitt** and **Juan Leal Jr.** had times in the very low forty second range within seven tenths of a second of each other. Our hot shoes **Peters, Wong, Hanson** and **Bucki** in Sportsman's Class laid down some blazing times resulting in lap times of 37.537, 36.663, 37.892 and 37.936, respectively. The Pax winner here was **Brian Peters** over **Jeff Wong**, by 3 points. Great driving and fun competition by all those listed. It goes without saying that we have some very good drivers here in the PASR group!



Friend of the Month

Juan Leal, Jr.

Racing is not a hobby.
It is a way of living life.



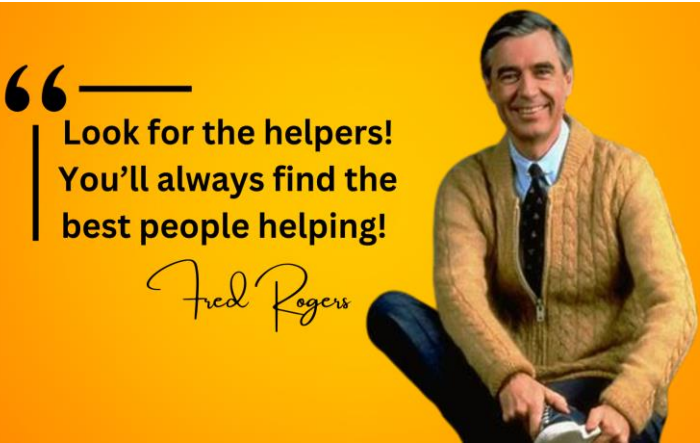


Several of our more experienced drivers recently volunteered for a day of service to provide instruction at the **PASR Driver's School** held at AMP on Saturday November 4th. Their commitment was to improving the driving skills and confidence of the novice and less experienced drivers.

A big THANK YOU to the drivers who volunteered as instructors at the recent **Kei Josephson** directed Driver's School. Your efforts are most appreciated.

The instructor volunteers were **Steve Ashcraft, Dave Bahl, Tim Bergstrom, James Frink, Chris Hall, Faith Hare, John Harvell, Jonathan Herold, Ken Martens, Brian Peters, Hayden Pirrera, Kevin Rasmussen, Mark Shrivastava, Nick Sloan, Elliot Speidell, Kevin Venisnik, Jeff Woodbury, and Benjamin Zukowski**

Autocross veteran, Mark Shaw, at the Veteran's Day Event at AMP



Mat Leon giving his mom a ride in James Wolter's Cutlass

Safety Request



If you bring a set of competition tires to the PASR solo events, the Safety Stewards asks that you use a set of jack stands to secure your car before installing your tires at the facility. As you know, the only thing holding up your 3000 lb. car, while it is elevated by a jack only, is a small rubber gasket in the compression cylinder of the jack. **Don't own a set of jack stands?** Check with Kevin Venisnik and he will gladly loan you a set of jack stands. Your cooperation in keeping our PASR events safe is much appreciated.

**RACE WITH PASSION
OR NOT AT ALL.**

Racing is my therapy
explains every autocross driver



**Whoever said money can't buy happiness,
never drove a fast car!**
Unknown



Rank order the **top three brands** of cars listed below that most frequently were entered in the 2023 novice class fall series events.

Acura, Chevy, Dodge, Ferrari, Ford, Honda, Mazda, Nissan, Plymouth, Subaru, Tesla, Toyota, VW

Quiz Answers: Nissan 7, Ford 5, Chevy 3 and VW 3

The concept of gratitude, or being thankful, has been studied for its many benefits. In fact, feelings of this emotion have been associated with better overall happiness, health, and longevity. When we express gratitude, our brain releases dopamine and serotonin — two hormones that make us feel lighter, more grounded and happier inside. Gratitude is like a muscle—it gets stronger if we consistently give it attention and push it beyond its level of comfort. Conversely, if we fail to exercise it consistently, our ability to be thankful atrophies.

Consider these simple, yet powerful, ways to build your gratitude muscle:

Keep a Journal! As an autocross racer you may already be keeping tabs on the events you participate in by recording your times, tire pressures, wheel settings, etc. Consider making a few additional notes about what went right — the things you are thankful for. While this could sound rather Pollyannaish, studies have shown that journaling after high-adrenaline sports activities relieve the mind of the regret loops. Rather than beating yourself up with should's and could's, capture the positive things you want to remember.

Go out of your way to help someone. On track days there are lots of opportunities to offer an unexpected helping hand. Whether it's loaning a fellow racer something they forgot to bring, offering assistance when you notice someone struggling with a car adjustment, or sharing a tip about their driving – an act of service and kindness dumps “feel good hormones” into both of your systems. Doing something of someone else unexpectedly produces untold emotional benefits.

Practice praise. Cultivating a “gratitude practice” is a proactive process! Mindfulness experts from Stanford University studied the benefits of consciously choosing to notice things to praise. The results were that those who actively sought out things to comment positively on in their personal and professional relationships were more than 50% happier than before beginning their “praise practice!” Imagine how much more rewarding the next race event could be if your intention was to catch people doing things right and tell them about it.

Simply smile and nod your head affirmatively.

Body language is a very powerful communicator, especially when it is part of an intentional lifestyle. It's very easy to get internally focused when walking the track, preparing your car, or coming off a run. Consider consciously deciding to look up at those around you and extending a smile, nod or thumbs up. You might be surprised how much satisfaction you experience, as well as positively affect the gratitude quotient of a fellow racer.

Throw “Thank You” around like confetti!

Expressing random acts of appreciation is extolled as the most effective strategy in addressing all the ‘love language’ styles. Just say “Thank you!” Say it often, even without a specific reason! Or, if you have an especially frustrating or irritating experience, say ‘thank you’ ten times before you attempt any other utterance. By the tenth time, the promise is your nervous system will have recalibrated and released the negatively charged adrenaline, giving you the grace to respond from neutrality. Prepare yourself to be asked “WHY” you are offering a random “thank you!” Consider confessing you are exercising your gratitude muscle!

Editor's Note: This is certainly a wonderful opportunity to express a heartfelt “thank you” to everyone involved in the volunteer-based organization of PASR! **THANK YOU!**