



Pylon Press

SPORTS CAR CLUB OF AMERICA -
PHOENIX AZ SOLO REGION

April 2024 – Spring Series #4

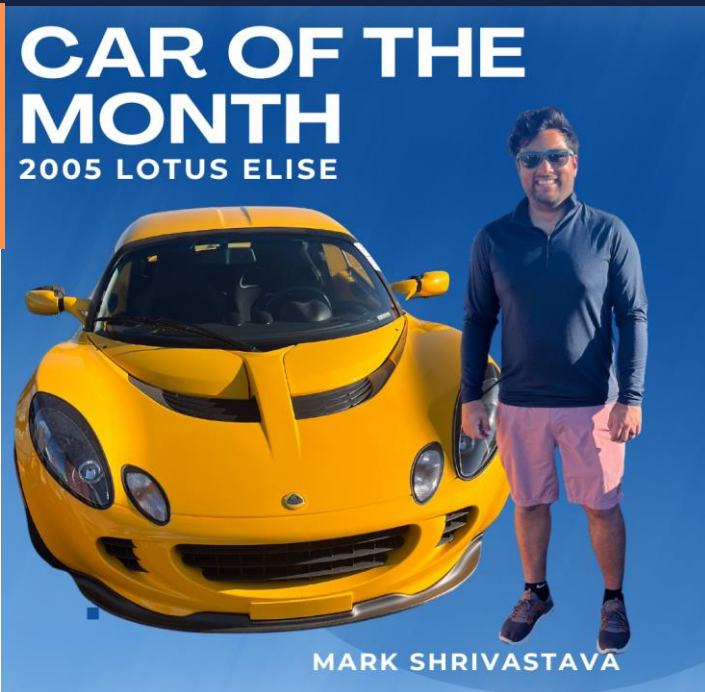
Event Synopsis

BRIAN MILLER
PYLON PRESS EDITOR

The weather was very cooperative giving us a breezy day with sunny skies above, and perfect temperatures for a day of autocross fun at AMP. The Bill Pribil designed course was fast with two slaloms separated by two open portions sections allowing good speed and rhythm with a nice interfacing showcase turn. Driver attitudes were focused on laying down faster lap times with each progressive lap driven. With typical times in the 40 second range, drivers in each group got 6, mostly cone free, passes around the track.

The battle for TTD and best PAX score was epic. Six drivers in the speedy Sportsman's class group were within 1 second of each other in lap time, including **Jay Balducci, Jason Bucki, Brian Peters, Dave Schotz, Elliot Speidell, and Jeff Wong.**

Additionally, the first eight drivers in Sportsman class scored an overall PAX score of 960 or higher. Look for some of the members of this group to do well in the upcoming SCCA Tire Rack Solo Nationals in September



CAR OF THE MONTH

2005 LOTUS ELISE

MARK SHRIVASTAVA

Mark Shrivastava is well known as a very competitive Mazda driver in the STR class. When asked, however, what his favorite car is he will smile and most likely say it's his venerable yellow **2005 Lotus Elise**. Purchased in 2022 from a California owner, Mark was drawn to the car for its traditional style, design and its low miles. The Lotus has the original and stock Toyota 2ZZ-GE 1.8 liter engine that features 189 hp. The only aftermarket equipment on the car is lightweight Blackwatch wheels, Penske shocks and very capable Bridgestone RE71RS series tires. His regular Autox ride is a ruby red 2023 Miata that he does very well in at national SCCA events. His most recent successful outings in the Miata are wins at the Las Vegas and Crows Landing Pro Solos in the STR class. His Miata may be the faster car with its modern technology, the Lotus Elise with its manual shifter, analog instruments and great connectedness to the road remains a treasured favorite with Mark and is a fine tribute to the spirit of a true and original sports car.

SAVE THE DATE
51ST TIRE RACK SCCA SOLO NATIONAL CHAMPIONSHIPS IN LINCOLN, NE, SEPT. 2-6, 2024

Kudos

ku-dos  /'kōo.dōs/

praise and honor received for an achievement:

Kudos to those who won hard fought battles for a first-place trophy in the 2024 Spring series. Listed are winners from the various car classes where two or more trophies were awarded.

- David Alter
- Tim Bergstrom
- Craig Borger
- Jason Bucki
- Keith Crouse
- Mini Cross
- Trevor Drake
- Sid Elorde
- Sylas Gissendane
- Todd Hare
- Kei Josephson
- Hayden Pirrera
- Dennis Riehle
- Mark Shrivastava
- Aaron Skoinik
- Scott Spiewak
- Sergey Turin
- David Webb
- Dave Young

Complete results of the spring Solox points series can be seen on the PASR website at azsolo.com

DRIVERS OF THE MONTH

Ron & Jessie Bistras



2020 ILE Chevy Camaro

Ron Bistras is no stranger to autocross. As a resident of New Jersey, he got involved in auto crossing as a guest at a Mazda sponsored *Arrive and Drive* event years ago and has been an active participant since. Ron recently served as event coordinator for the Starting Line Driver's Edge/Evo Advantage Driving School co-sponsored by Tire Rack National event held in Phoenix in February.

Sharing the honors as drivers of the month with Ron is his daughter **Jessie Bistras**, who joined him on the autocross circuit two years ago. Her very first race experience was at age 14 when she hopped in a kart at Pro Solo event when she was just a spectator.

This father-daughter team is currently driving Ron's **2022 1LE Camaro** in the FS class. It was explained that dad chose the car, and daughter chose the pink numbers and flames on the car! Ron hopes to compete at the nationals as a trophy winner this coming September. Jessie has her sights set on a top placement in the upcoming ladies nationals as well.

Both Jessie and Dad are complementary about the Solox scene in Phoenix, AZ They like the unique track day events offered and very much enjoyed the national's event here last February.



practice TO BE BETTER

Perfection isn't really possible in racing!

There are certainly some interesting observations when looking at the novice group members who kept returning and improving.

- In the fall series, of 33 entries, 9 drivers entered 3 or more events.
- In the spring series, of 36 entrants, 8 drivers entered 3 or more events to qualify for a trophy.

In Ladies Class, the Spring Series win goes to **Mindi Cross** who held off the hard charging **Jessie Bistras** by a scant 30 total PAX points. Of note was the improvement shown by **LeeAnn Yacuel**, who moved from 5th place in the fall series to 3rd place in the spring series, gaining an admirable 105 total PAX points from the fall to spring series.

Driving Tip

The motorsport of autocross can be difficult to practice, however there are some simple drills you can apply in your daily driving to improve your precision driving techniques without breaking the law or endangering yourself or others.

- To improve brake pedal pressure control you can apply threshold breaking while stopping at traffic signals. Apply a constant pressure to the brake pedal and see how closely you can come to stopping at a predesignated spot without changing the pressure on the pedal. (Adjusting for safety of course if you have miscalculated.)
- To practice car placement, turn down your passenger side rearview mirror to see how accurately you can place your rear tire relative to the line painted on the road. This is good technique to gauge your ability to safely pass the cones on the course.
- To practice vehicle smoothness, execute routine turns while driving with a minimum of steering wheel motion. Practice taking a set with the steering wheel while turning in constant radius turns.
- Try adjusting your steering closer than you normally have it in your daily driving. Professional race car driver do this to use bigger muscle groups, which ultimately adds stability to your steering. It allows you to be in a more alert sitting position. NOTE: You may want to readjust your steering wheel after your driving drills to relax your upper back, neck and arms muscles for longer, more casual driving.

“Nobody is born with a steering wheel or a gear shift in his hand. It's something you choose to do ... or you don't.”

Mario Andretti



FUEL INJECTION CLEANERS PYLON QUIZ



Clean fuel injectors play an important part in maintaining peak performance in modern gasoline powered car engines. Dirty injectors compute to loss of power and gas mileage. Recently five automotive product review companies produced lists of injector cleaner brands they recommend. The companies expressing opinions as to the best brands of injector cleaning products to use were *Auto Guide*, *Auto Week*, *CAR CARE*, *CNET Corp*, *The Garage*. Of the brands recommended in these five review articles, **which brands do you think is most listed across the reviews companies lists?**

- **Chevron Techron**
- **Gumout**
- **Liqui Moly**
- **Lucas**
- **OTC Tools**
- **Red Line**
- **Royal Purple**
- **Sea Foam**
- **STA-Bil**

From the five review sites, products most frequently mentioned in order and frequency were:

1. Royal Purple (in every review)
2. Lucas, Sea Foam, Chevron (3-way tie)
3. Liqui Moly, Red Line (2-way tie)
4. Gumout
5. STP, STA-Bil, OTC Tools (4-way tie)

Tech Tip

Fuel Injectors are responsible for delivering the right amount of fuel to the engine, at the right time, and in a precise pattern. They form a critical part of the fuel delivery system in an engine, ensuring that the combustion chamber has the correct air-fuel mixture necessary for the internal combustion engine to work. Maintaining your fuel injectors keeps your engine running more efficiently and problem-free. Over time, contaminants from fuel or other sources can clog the tiny openings of fuel injectors, affecting their ability to spray fuel evenly in a fine mist. Regular maintenance includes inspecting, cleaning, and if necessary, replacing your fuel injectors. It can improve fuel economy, performance, and can even prevent more significant, costly damage to your engine.



How do I know if my fuel injector is failing?

Symptoms can include rough running, a Check Engine light, poor fuel economy, a fuel smell in the exhaust, and hard starts.

Can I clean my fuel injectors myself, or should I seek professional help?

It's possible to clean fuel injectors yourself. However, if it doesn't improve your symptoms or you're uncomfortable with the process, have a mechanic do it for you.

Are there aftermarket fuel injectors that can enhance my engine's performance?

There are. However, changing fuel injectors typically requires programming changes and other modifications, and this should only be done after careful planning and with the help of a pro or it could cause serious damage

Car care information featured on [AutoZone.com](https://www.autozone.com)



PEAK PERFORMANCE IS A PRACTICE

by KC Miller, Mindfulness Life Coach



**Racing is life.
Anything before or after
is just waiting!**

Steve McQueen

“

**“ WHAT YOU
HABITUALLY
THINK LARGELY
DETERMINES
WHAT YOU WILL
ULTIMATELY
BECOME.”**

~ BRUCE LEE



Peak performance is an attitude or “state of being”. Top athletes, including race car drivers, often speak of the “zone”, where the mind is totally absorbed in the task at hand. Thought and action are in perfect sync, and the experience of time may even feel as if it slows down. The mind ceases its chatter, and a person is totally present! This is also the definition of mindfulness. Here’s the good news! **Peak performance can be practiced just as mindfulness is practiced.**

Monitor your self talk. Often when things are not going well on the course, the mind begins to spin out of control just like a car on the track. It’s a perfect metaphor. How do you recover from a spin? You stop. Take a deep breath and start again. Rather than fixating on the mistake and allowing embarrassment or humiliation to take the wheel of the mind, consciously choose your words and thoughts. A mindful response is, “Well that happened! What’d I learn? Let me begin again!”

Manage your expectations! If you were new to mindfulness or meditation, your coach would encourage you to be realistic about how long you could stay “in the zone”. “*Start with 5 or 10 minutes,*” would be the guidance. In autocross, racers committed the progressing have targets in mind. They keep track of their own personal best times and come prepared to best themselves before focusing on someone else’s time. Peak performance is being able to say, “I improved because I was fully present and focused!”

Practice being in “the zone” to get and stay in the zone. Consider this high-performance mindfulness tip: “*BE what you are doing it for!*” If the goal is to be calm, start with being calm. If the desire is be focused, started with affirming focus! To be fast, mentally practice the alertness and exhilaration of driving fast. Convert wild adrenaline into focused mindfulness.

Practice, practice, practice. Practice makes permanent, especially when done so deliberately and mindfully.