



Pylon Press

October 2024 Series #2

SPORTS CAR CLUB OF AMERICA - PHOENIX AZ SOLO REGION

Event Synopsis

By Brian Miller,
Pylon Press Editor



DRIVER of the Month

ELENA ADAMS
with her Uncle & Co-driver
KLAYTON ALBERS

The Bill Pribel course walked fast and drove fast. The three right angle turns punished drivers who over braked upon entry or apexed to early and took a wide entry into the following fast sections. Drivers were given four runs to sort out the best path through the course. Most competitors saw small improvements with each of their four runs. Lap times were comparable until the Sportsman class entries in D group started battling it out for TTD. **Doug Rowse** eventually came away with those bragging rights with an impressive time of 44.620 seconds driving his C7 Corvette Z06. Doug's good competitive driving was against a host of the nation's best. Some remarkably close battles for the best time in class was observed across the run groups. In Open STH **Sid Elorde** held off **Dave Crusoe** and **Ron Herren** with a time of 49.626 which was less than 1 second quicker than Dave and Ron's times. An equally tight contest was held in Open STR where **Jeff Williams** laid down a solid 49.825 to nip out competitors **Vince Le** and **Paul Nielander** by less than a second. There was solid competition across several class groups for those hard-earned fall series points.

Solo racing has been a part of **Elena Adams'** life since she was just 12 years old when she started attend SCCA events as an observer. She now has now 6 years of experience as a solo driver. A native of Tulsa Oklahoma, she moved to Phoenix at the age of eleven. Elena earns her living around cars and is currently employed as a Service Tech at a local Toyota Dealership. She is joined at Solo Autocross events by her uncle **Klayton Albers** whose 2021 Mazda Turbo she currently drives. Her boyfriend, Jesse Barr, who she met at an autocross, drives a 2002 Volkswagen Beetle (not pictured) offers her friendly competition and support at events. Elena can often be seen taking pictures at the PASR events as one of her hobbies is photography.

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DRIVER of the Month

CONTINUED

ELENA ADAMS



As well as taking pictures at Autox events, Elena enjoys photographing nature scenes, weddings, and portraits as well. Elena's goals are to eventually own her own autocross car, and she says it could be a Miata. Additionally, she wants to participate in as many Autox events as possible, go fast, have fun, and not spin out. She had only high praise for the PASR club and offered no suggestions for event improvements. The future of the motorsport of autocross is indeed secure with fine young people like Elena involved in the sport

WHEN PEOPLE LOOK AT
PHOTOGRAPHY,
I WANT THEM TO FEEL
THE WAY THEY DO
WHEN THEY WANT TO READ A
LINE OF A POEM TWICE.

ROBERT FRANK



CAR of the Month

PAUL NIELANDER



2006 Pontiac Solstice Base Model

Paul Nielander has owned his Pontiac Solstice Base for a little over a year. As a taller driver he does not fit well in a Miata; the Solstice offer equivalent capabilities to the Miata with the bonus of providing ample head and shoulder room for larger drivers. The Pontiac is powered by a stock 2.4 L naturally aspirated motor that provides 177hp and 166 lbs. ft of torque. Several aftermarket speed parts additions give the Solstice impressive grip and stopping powder. Featured among this performance equipment list are a FE3 sway bars front and rear, BC coil overs, Polyurethane bushings, Stoptech brakes and Kumho tires. Paul is enjoying the car and noted there are still considerable aftermarket parts available. Paul has entered the car in regional races in Cincinnati and Chicago and looks forward to continuing to improve the car over time. Now retired and living in Surprise AZ, Paul is celebrating his fortieth year as an auto cross competitor and looks forward to many more years of competition driving his sweet and collectable Pontiac Solstice. Paul was recently trained and certified to serve as a Solo Safety Steward for future PASR events.

SHOUT OUT

of the Month

DAVE BAHL &
ANDREW NEWINGHAM



NOT ALL
Heroes
WEAR
CAPES

Volunteers of the Month

Equipment Chief **Ben Zukowski** and his trusty equipment set up crew are the unsung, and often underappreciate, muscle behind each successful PASR Autocross event. All the equipment including cones, speakers, timing equipment, Easy-Up shade cover, etc. needs to be set up and in good working order for each event. It is a lot of stuff to set up, maintain and store for up to ten or more events a year. Hats off to the Set-up and Tear-down crew for all they do to keep our solo events running smoothly.

Set-up Crew for 10/20/24

- Dave Bahl
- Sid Elorde
- Todd Hart
- Richard Kohn
- Ben Zukowski

Tear-Down Crew for 10/20/24

- Tim Bergstrom
- Todd Hart
- Stan Johnson
- Matt McNulty
- Stan Johnson
- Ben Zukowski

Dave Bahl, a regular member of the set-up crew (pictured on the right), while chalking the staging area ask bystanders if anyone would be willing to help him with his task as he was pressed for time. Driver **Andrew Newingham** stepped up, took a piece of drywall in hand and assisted Dave with a smile. These are the kind of unsung heroes we often find at our PASR SCCA events.

THANK YOU VOLUNTEERS



SAVE *the* DATES

On upcoming Autocross events #3 & #4

Saturday, Nov 10, 2024

Saturday, Dec 14, 2024





Pylon Press

QUIZ



*Designed to include educational information assembled by
Pylon Press Editor, Brian Miller * Email rapidroy63@msn.com*

What is the best simple test of your relative neuromuscular age as it relates to balance control?

1. Walking up the stairs with your eyes closed
2. Tying your shoes with your eyes closed
3. Scoring over 80% in the game Whack-a-Mole
4. Standing only on your non-dominant leg for an extended period
5. Rubbing your tummy while patting your head and whistling a familiar tune.

The correct answer to the quiz is item four; the other quiz items might be fun to try yet have little to do with the Proprioception phenomenon that is referenced in the research below.

The Mayo Clinic reported in a recent study that standing on one leg for an extended period can indicate your ability to balance your body over time. One age group evaluated were persons over 65 years of age who if able to balance on their non-dominant leg for more than 30 seconds. They were graded as excellent on the test. If you are not over age 65 it might sound easy, right? Try it and see. The Mayo Clinic reports that poor balance can be improved over time through movement exercises such as yoga and other activities involving improving body balance.

What is the connection to solo race car driving and balance, you might be asking?

Control of a performance car's desired 'pitch and yaw' or 'dive and roll' begins by the feedback drivers get from the seat of their pants, body muscles and vision while on track. That process starts with our brain telling your body while driving its orientation in space as measured by balance preceptors located throughout the body. If that feedback relative to your body balance orientation while in motion is slow, it results in a slower response time and lap times are increased. To learn more about this balance feedback process, and possibly test or improve your balance ability, check the literature listed below for related articles under the title of "Proprioception," also referred to as kinesthetics.

Proprioception has been defined as our sense of how our bodies are positioned and moving in space.

Credit the Plus One Journal, Mayo Clinic Study by Rhoda Madison and Healthline article titled "Ten Proprioception Exercises" as our information sources