SPEED SECRETS

Rain Master

- PRACTICE
  - 1. Mental Imagery
  - 2. Skid Pad
  - 3. Sensory Input Sessions
  - 4. Simulator
  - 5. Karting
  - 6. Pick Your Corners
- 11. Mindset
  - Belief - choice
  - Mental programming
  - Act "as if..."
- 10. Breathe & Relax
  - Relax grip - wiggle fingers
  - Deliberate breathing
  - Pre-Planned Thought (PPT)
- 9. Changing Conditions
  - Search/test for grip
  - Drying?
    - Faster lap times
    - Rain tires? Puddles
    - Adapt line
    - Rain tires squirm on dry track
  - Wetter?
    - Adapt line
    - Search for grip
- 8. Car Setup
  - Softer (springs, anti-roll bar, dampers)
  - More rear brake bias
  - Tire pressures?
    - Less when wet?
    - More when flooding?
  - Aero?
    - More for grip/lap time
    - Less for passing/racing
  - Gearing?
- 7. On Rails? Drive Faster
  - Comfortable being uncomfortable
  - Sense with steering
- 1. Maximize Visibility
  - Visor:
    - New visor
    - Clear
    - Rain-X
    - Anti-fog
    - Air flow
  - Windshield:
    - Rain-X
    - Anti-fog
    - Air flow
    - Electric de-fogger
  - Alternate references
- 2. Drive Grip
  - Avoid:
    - Shiny
    - Paint
    - Curbs
    - Puddles
  - Acquaplanning:
    - Steer straight
    - Maintain throttle/brake
    - Minimize movements
  - Test surfaces:
    - Concrete
    - New/old surface
    - Curbs
  - Line:
    - Rim shot
    - Braking line
- 3. Maximize Accel/Decel
  - Tire grip better under braking/acceleration
  - "Square off" corner
  - Later turn-in & apex
- 4. Drive Smooth
  - Smooth transitions - seamless
  - Brake - Steer - Acceleration
  - Shifting
    - Heel & toe downshifting
    - Taller gear?
- 5. Make Car Do Something
  - Attack
  - Enter 1-3 MPH too fast
- 6. Initiate Slow - React Fast
  - Brake release
  - Steering input
  - Throttle