

The Panic Slip

Meeting Highlights

Due to the holidays, we did not have a December meeting and do not have one scheduled for January. If you have any issues or questions that require immediate attention, please contact one of our 2013 officers listed at the end of this Panic Slip.

Annual Banquet

Our annual banquet will be taking place on January 31st at the Amigo Lounge, 1200 7th St S. Our plans for the evening are:

- Social time
- Welcome and recognition of officers
- Dinner
- Games/entertainment
- Award ceremony
- Closing remarks

We have a separate room set aside for our taco bar and festivities. Remember, there is NO cost for the taco bar for SCCA Region 105 members (and one guest per member). Please RSVP if you plan on attending to Jeff Thill (who is helping our banquet coordinators) at thillagency@yahoo.com

Racing Tips from the Grid

This month's racing tip concerns the importance of preparing you as a driver for a race weekend. Auto racing is a strenuous

activity; in order to perform at your best, you need to be physically prepared for a racing event.

In the realm of physical preparation, personal fitness brought about by an exercise regime that emphasizes endurance (a.k.a. – cardio fitness) will enhance your ability to perform. Merely attending a race during the heat of summer can be physically taxing, let alone the stresses you incur as a result of track competition. Even a mild exercise program (20 minutes of light cardio 2 to 3 times per week) goes a long way toward preparing you for a racing season.

Physical preparation doesn't only take place months out from an event, it also takes place the day before you race. Because of the physical stresses and long day at the track, you should pre-hydrate yourself (drink plenty of fluids and avoid alcohol) the evening prior to racing. Additionally, make sure to provide your body the fuel it needs during the event. This includes staying hydrated (bring LOTS of water along and consider augmenting water with sports drinks) as well as making sure you have snacks and lunch during the day since most of us burn a lot more calories than during an ordinary day.

You can still perform well without doing any of the things we mentioned. The difference in your performance may only be a few percentage points. Consider though – what percentage of performance improvement separates class winners from class performers?

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