

# <u>Please Read This Track Pack!</u>

## YOU ARE RESPONSIBLE FOR KNOWING AND UNDERSTANDING

## All the Information Contained in the Track Pack

PLEASE PRINT THE TRACK PACK AND BRING A COPY WITH YOU REMEMBER TO BRING YOUR Completed PRE-TECH FORM!

You Cannot run Without it!

Upon arrival at the track on Saturday afternoon you will be asked to sign two waivers. The first will be a waiver at the Pocono Raceway front gate, tunnel turn entrance. The second waiver will be for the Independent Motorsports Group (IMG) and MRF. IMG is the sanctioning body for the Motorsports Rehabilitation Foundation Twilight High Performance Driver Education Event. Upon signing the IMG waiver you will be given a Track Pack which contains a wristband that corresponds to your run group. The wristbands **must be worn and visible** throughout the day. Staging will check for the correct color wristband for each run group. You may not enter the track unless you are wearing one. All non-driver family members and guests are required to wear the orange wristbands as well.

Upon entering the paddock area of Pocono Raceway, please proceed to the garage area and start to prepare your car for the afternoon Event Tech. Please print the attached Event Tech Form. It is important to move swiftly as the tech line opens at 4:00pm and closes promptly at 5:00pm. You cannot run unless your car passes the Event Tech! We ask that you move swiftly and help us keep to the schedule. Instructors will be permitted to Tech their own cars and therefore are not required to go through tech. However, Instructors MUST hand in a completed Tech Form (see Attached) to the Tech Official.

### WHEN YOU ARRIVE:

- Remove *all loose objects* from your vehicle. This includes, GPS Units, Front Floor Mats, Radar Detector, Cell Phone, CDs, Cassettes, Water Bottles, Umbrellas, Coffee Cups, EZ Pass, etc. There shall be NO loose items in the car!
- Glove Box shall be either empty or locked.
- Trunk: Tool Kits, Air Compressor, Oil, Spare Parts, Baggage, etc. shall be removed. There shall be NO loose items in the trunk!
- If you leave the spare tire in place, it must be properly secured.
- Door Pockets and the Center Consoles must be empty.
- Remove any wheel covers, wheel locks and any lug nut covers. We cannot torque the wheels with them in place and they can fly off on the track.
- Attach car numbers both sides of car, on the side rear windows. Should you NOT use the numbers supplied in the TrackPack envelope please be certain the numbers are at least 5" in height.
- Install Front Tow Hook (recommended if you have one)
- Check wheel lug tightness, tire pressures, oil level, fluids, etc.

Once you have completed the above:

## PROCEED TO TECH AREA:

### (Instructors may self tech their own cars. However, please submit your signed Event Tech Form)

- Stay with your car. HAVE YOUR PRE-TECH FORM WITH YOU!
- Your car will be checked for: Loose articles, Lug nut tightness, Brake lights, Head Lights, Brake fluid level, Helmet Snell 2005 or later, Tight gas cap and any other items contained on the Event tech form.
- If your car failed the Pre-Tech Inspection for this event, you will be directed to a separate line where the defect plus the above will be checked.
- At the end of the tech line, you will receive your run group sticker and pass tech sticker. You cannot run without it. The sticker is to be placed in the upper left corner of the front windshield.
- The tech line will be closed at 5:00pm SHARP. Late arrivals will be tech'd at the convenience of the tech committee. You will lose run time!

Please use caution when in the garage and the paddock area. There is a lot of activity with people and vehicles moving about and this area will be very busy in the morning hours. Keep in mind there will be race cars with open exhaust systems and this can be a noisy area as well so listen closely for announcements.

At 5:00pm sharp we will call for a "**Drivers Meeting**" which will take place in the garage area. **As a driver, you are required to be there.** Upon completion of the Drivers Meeting at 5:30pm all Green/Yellow drivers will be required to attend the Classroom meeting for a synopsis of the track operations, driving dynamics and to get an understanding of the terms used in HPDE prior to going out on the track. All Green/Yellow students must attend. You will receive your Instructors information at this classroom meeting. You cannot run without attending this meeting. The classroom session provides a good opportunity to ask questions. Although the classroom is required for the Green/Yellow run group it is recommended that all run groups attend this classroom. Being that the event will include night driving, it may benefit those who have never run at night before.

# BE SURE TO READ THE REST OF THIS PACKET. YOU ARE RESPONSIBLE FOR ALL OF THE INFORMATION IN IT.

**DRIVER'S EDUCATION:** will afford you the opportunity to develop your driving skill in the relatively safe environment of a race track. *SAFETY IS THE PRIMARY GOAL*.

IT IS NOT A RACE DRIVING SCHOOL! IT IS NOT PRACTICE FOR RACING! All drivers participating are expected to drive well within their capabilities. Drivers who appear, to an Event Official, to be "pushing too hard" or driving in an unsafe manner, will be called into the pit area and discuss the situation with the Chief Instructor and Event Officials including Pocono Operations Staff.

**Attire While Driving**: At a minimum, long sleeve cotton shirts are required. Sneakers or Driving shoes are recommended. Open toe and flip flops are not allowed.

MRF SPIN RULE: Motorsports Rehabilitation Foundation has a Spin Policy like most other car clubs. A Spin is defined as rotation of the vehicle more than 90 degrees from its intended direction, 2 or more wheels off of the track surface or contact with anything. If you spin, you are to immediately proceed to the pits and see the Chief Instructor to discuss the occurrence. After a Spin, you are *on probation for the remainder of the event*, and if you incur a second spin your driving privileges may be suspended or revoked for the balance of the event at the discretion of the Chief Instructors. Additionally, incidents involving contact will be reviewed by the Chief Instructors and may result in probation or exclusion from future events.

24 minute Run Groups may not sound like a lot of time on the track but it is! You will have a total of Four Run Groups throughout the day. Two in the afternoon and two in the evening/night. (see attached schedule) You will experience levels of concentration and awareness like you never experienced before. It's fun, exciting and can be very tiring at times. Should you start to experience what we refer to as "Brain Fade" simply come into the pit area, take a break, hit your "reset button" and either go back out on the track or just wait until your next run group session to go back out. Remember, there is no one at the end of the day handing out trophies or pay checks that say you must be out on the track.

### **EVENT OPERATING PROCEDURE:**

Each driver will be assigned to a "run group" based on his/her track driving experience. Green/Yellow, Blue/White, Black/Red are the run groups. Green/Yellow drivers all require Instructors.

The Blue/White run group is a Solo group. Black/Red is a solo group and the Instructor group. IMG will have its own race run group. Instructors are assigned to each driver in the Green/Yellow run group. That Instructor will be your Instructor throughout the event.

Blue/White and Black run groups are not required to work with an instructor. However, everyone is encouraged to make use of the Instructors' experience and skills. The Instructors for this event are from highly recognized clubs and organizations such as the Audi Club, Porsche Club, BMW Club, SCCA, NASA, PDA and other organizations. All of the Instructors have years of track and racing experience and bring a wealth of knowledge with them. Listen to them. Learn from them. Take advantage of the group of Instructors since they are here for you. They truly are exceptional in what they do.

We REQUIRE that instructors drive ALL students' vehicles for the first two laps in the Green/Yellow run group for the first run of the day. This is to allow an experienced Instructor to evaluate the driving condition of your vehicle both for safety reasons and as an aid to instructing you. Entrants assume all risk of damage to their vehicle during the event. This includes the times when an instructor is driving your vehicle. Because you are assuming the risk, it is your right to be satisfied with the manner in which the instructor drives your vehicle. Under no circumstance will the Instructor drive your vehicle at or near the speed or limit the vehicle is capable. The purpose is to show you the line and important information about the track. If, after discussion with your instructor of any apprehension you may have with his/her driving technique, you are still not satisfied, you may request that another instructor be assigned to you by the Chief Instructor.

**STAGING:** All entrants should listen for their run group to be called on the PA system. Entrants should also note the times listed on the daily schedule: run times are usually very close to those posted. When your run group is called, or 5-10 minutes before your session (not sooner) drive your car slowly to the staging area. It is very important that all drivers line up promptly. Begin to look for your instructor as soon as you are in the staging area. However, note that your Instructor may be on the track driving or instructing in the group immediately prior to yours. Staging will be located on Pit Lane. See enclosed map.

**ENTERING THE TRACK:** Pit Out Personnel will be stationed just before the entrance to the active track. To enter the track properly, stop adjacent to the Pit Out Official. When the track is clear, he/she will direct you to proceed onto the track. PROCEED BRISKLY and be sure to look down the track for oncoming traffic. STAY INSIDE THE BLEND LINE OR TO THE SIDE OF THE TRACK THAT YOU ENTERED UNTIL THE TRACK IS CLEAR!

**FLAGS:** It is your responsibility to identify the location of the flag stations. Flag stations are your primary source of information about track conditions immediately in front of your car while you are running. Become familiar with their location and with the meaning of each flag. See the attached description of flags and their uses. MRF has hired Professional Flaggers to work this event. They are very good at what they do. Visually listen to the flags!

**PASSING:** Under NO circumstances do you pass without a direct hand signal or blinker signal. Blinkers will be used as the pass signal at night. You will be on the track with up to 30 other vehicle at the same time. Some are faster and some are slower than you. HP is not a rule of how fast a particular car may be. Passing is permitted on designated portions of the track only. Passing is not permitted in the corners. Black/Red run group has extended passing zones. The driver of the car being overtaken MUST SIGNAL with his/her hand by pointing to the side on which the faster car is to pass. **At night, drivers are to use their cars blinkers as passing signals.** DO NOT TAILGATE. The obligation for a safe passing maneuver falls primarily on the passing car, but the car being passed should never do anything unexpected to interfere. Be aware of what is going on behind you as well as in front and on the side. USE YOUR MIRRORS. Do not block or race faster cars. A car with less HP might be faster in the infield so let them go by giving a slight lift and allowing the lesser HP car to pass. Passing without a signal will result in dismissal from the event. It's that critical! The person you are overtaking MUST acknowledge your presence, position and intentions.

**EXITING THE TRACK:** At the conclusion of a session (run group), the Checkered Flag will be displayed at Start/Finish. After receiving the Checkered Flag at S/F, proceed around the track cooling your brakes and engine, slow down and enter pit lane.

**DRIVER RECOMMENDATIONS IN CASE OF TROUBLE:** If you make a mistake and lose control of your vehicle, the best general rule is to LOCK UP ALL FOUR WHEELS and keep them locked until you are completely stopped (Mark Donohue theory). If you see you are going to run off the track and if you still have control, DRIVE OFF STRAIGHT. Do not attempt to hold your vehicle on the track, or to bring it back onto the track. Your chances of escaping unscathed by driving off under control are MUCH better.

**PASSENGERS:** If there are two persons in a car, one of those persons MUST be an approved Instructor, and the other person MUST be a properly registered Entrant. NO EXCEPTIONS. As a registered student, engaged in this event, you may ride in the Instructor Group as a passenger with an instructor. In fact we encourage this. There shall be no back seat passengers. Failure to abide by all of the above rulings is grounds for dismissal from the event. Insurance regulations require this - please cooperate.

**TRACK DAMAGE:** Any car causing any damage to track facilities or track equipment will be required to pay a predetermined amount of money to Pocono Raceway. It is our responsibility for any damage to the track.

**Window Rule:** If two people are in the car, Driver and Instructor, the driver side and passenger side windows must be all the way down regardless of weather conditions. Solo drivers may drive with only the driver's side window down.

WORK ASSIGNMENTS: It is mandatory that you work at your assigned time and assigned position. We require help from the participants in order to make events like this happen. We will provide you with work assignment positions the afternoon of the event. Work Assignments include the Tower, Staging and the Gate. We will need some additional help with Staging. Be sure that you are prepared to weather the conditions at your work assignment. If you miss your work assignment, you will not be permitted to run during your next turn on track (this event or a future event). Work assignments are important and are a great way to get involved and see other aspects of the track operations.

A schedule along with the work assignment sheet will be posted at the track. Please arrive to your work station at the time indicated. Your name will be called to your work station if you have not arrived on time.

**CELL PHONES:** Cellular phones are NOT to be taken to your work assignment.

**BIKES, SCOOTERS, SKATEBOARDS, PETS, ETC.:** are not permitted in the pits (where cars are staged). While permitted in other areas of the paddock, you are responsible to ensure that all proper safety gear is worn, in compliance with State law. Also, no refueling is permitted in the Pits!

**Dinner: Dinner is being offered by MRF at no charge to the drivers!** Dinner is being held in the Garages located on the Pocono Raceway property. Plan on attending. Our guest speaker will have some great insight to share about night driving. You will receive a "Dinner" ticket in your Track Pack envelope the afternoon of the event. Please hand this ticket to the staff at the Buffet in the garage. All registered participants are welcome and will receive a complimentary dinner. Family members and friends are welcome as well but are not entitled to the complimentary dinner. The dinner menu will include things like pasta, chicken, salad, etc.

**Incident Situations**: Should a situation occur on the track we ask that you do not post any pictures and or videos of the occurrence on the web out of privacy and respect for the owners of the vehicle.

**Event Officials:** See the attached list of Event Officials. Should you have any questions or comments throughout your day simply ask us. All Officials will be wearing Yellow long sleeve shirts.

You have signed up and have been granted an opportunity to partake in a Twilight HPDE event on a race track such as this. There are many other people in this world who could only wish they had the means of doing such an event and be able to do what we are providing. We get to drive world class cars on a race track! This is an experience that is serious, exciting, rewarding, fun and can be expensive. It is a great opportunity that ultimately makes us better and safer drivers on the road. Please take this opportunity to get the most out of this event. Get involved in the track activities, talk to others, ask questions and take rides in Instructor's cars. Spend as much time on the track as you want and can. We want you to leave from this event seeking more opportunities like this! And the best way to do this is to Simply Get Involved!

Should you have any questions or comments please do not hesitate to contact us.

Thank you,

Scott Lynn
Chief Instructor/Event Master
Executive Director-MRF



# Pocono Raceway - North Course Event September 8th, 2012

## **Pocono Event Officials**

Event Master/ Chief Instructor Scott Lynn

Safety/Co-Chief Instructor Knute Hancock

Tower Operations Nick Philips

Tech Inspection Jeff Herridge

Classroom Operations Scott Downs

Registration/Business Michele Randall

Staging/Grid Operations Andrew Dondero

Gate Michele Randall

# **Track Day Preparation**

What to bring with you to the track:

- Pre-Tech Form completed with an Approved Signature (required)
- This Track Pack (required, please print a copy)
- Helmet SA or MA 2005 or newer
- Snacks-Cooler
- Bottled Water and non-alcoholic Drinks
- Clothes for Changing Weather Conditions
- Sneakers or Driving Shoes
- Long Sleeve Cotton Shirt (required for on track)
- Umbrella/Rain Coat
- Basic Track Tool Kit. Including extra oil, Windex, paper towels, Painter Tape/Duct Tape, Air Pressure Gauge
- Folding Chair
- At Least a ¾ Tank of Fuel.

Flag Descriptions. The Drivers Meeting might contain descriptions of other flags being used by the Professional Flaggers at this event.

Yellow Flag Displayed for the first lap. No Passing under Yellow. Stationary - There is a potential hazard near or on the track ahead of you. You must exercise caution until you pass a clear flag station. Slow down. Passing is not allowed while the yellow flag is displayed. This flag will also be displayed for the first lap of each run. Waving - There is a hazard immediately in front of you. It will require you to alter your course or take evasive action. Immediately slow down and be prepared to take appropriate action as necessary. Be aware of the cars around you as you do this. No Passing under a Yellow Flag.

Green Flag. Track is open and the course is clear. If no flag is displayed at a station, this is a green track condition. Passing permitted only under a Green Flag condition.

Black Flag. May contain a 'Meatball" If directed at your car: There is something wrong with your car or your driving. Immediately pull into the pits and see an Event Official. If stationary at more than one station: all cars are to pull into the pits at their first opportunity. No passing.

Red Flag Something affecting the safety of the event has occurred. Stop quickly and safely by moving to the edge of the track surface (off line) immediately. Be mindful of the cars around you. Do not drive around to see the cause of the flag signal. Remain stopped with your car until directed to proceed by a flag station

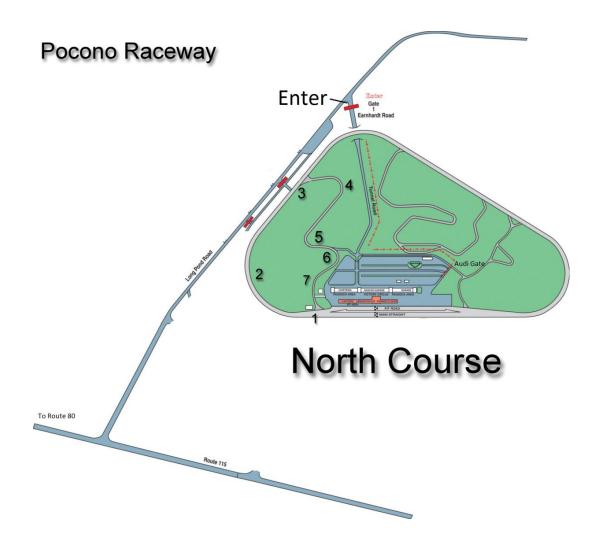
Blue Flag When pointed at you, this flag indicates that there are faster cars behind you that should be allowed to pass. Check your mirrors and signal them ahead at the next authorized passing area.

Checkered Flag The run group is over. Proceed around the track more slowly, cool engine and brakes, return to pits and paddock. No Passing under the Checkered Flag.

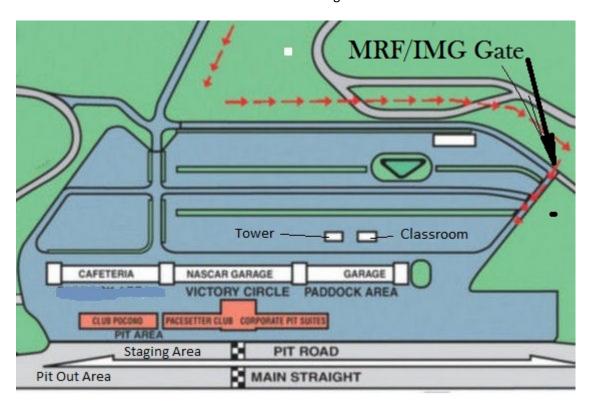
Red and Yellow Flag This striped flag indicates a surface condition - take care. It indicates that a slippery condition exists or that debris is present on the course. This flag is displayed standing.

The above flags are commonly used flags at various race tracks.

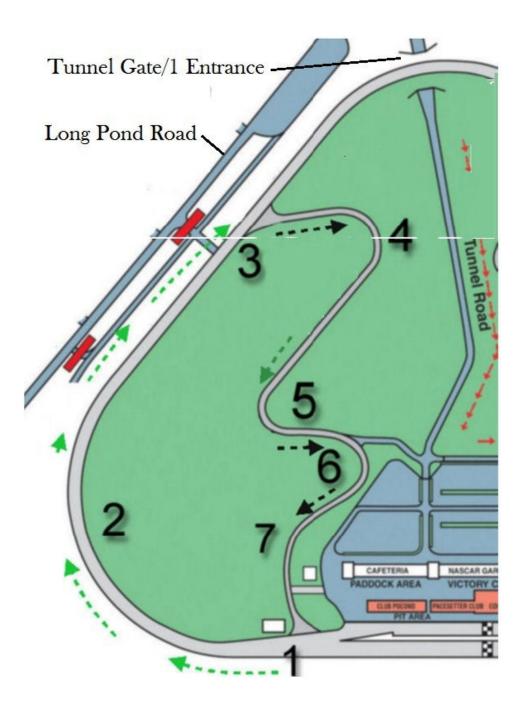
Any additional flags not shown here that might be introduced at the event will be explained at the Drivers Meeting.



Paddock and Garage Area:



# North Course Passing Zones



Passing Zones: **Green/Yellow, Blue/White** Groups Superspeedway 1 to 3 and straight 4 to 5. **Black/Red,** Extended passing with a signal on all straights and turns of the North Course.





# Pocono North Course September 8<sup>th</sup>, 2012

# **Run Group and Staging Schedule**

4:00 pm Gates Open

4:00pm to 5:00pm Tech inspection Paddock Area All Student and Solo Drivers

5:00pm to 5:20pm Drivers Meeting Garage Area All Students and Solo Drivers

5:00pm to 5:20pm Instructors Meeting Classroom All Instructors

5:30pm to 6:00pm Novice Class Classroom Green/Yellow Drivers

8:18pm to 8:48pm Dinner Garage Area All (The Buffet will remain open until 9:30)

Time	Running	Staging		
5:00 to 5:30	Race Group	Red/Black		
5:30 to 5:54	Red/Black	Blue/White		
5:54 to 6:18	Blue/White	Green/Yellow		
6:18 to 6:42	Green/Yellow	Race/IMG		
6:42 to 7:06	Race/IMG	Red/Black		
7:06 to 7:30	Red/Black	Blue/White		
7:30 to 7:54	Blue/White	Green/Yellow		
7:54 to 8:18	Green/Yellow	Dinner		
8:18 to 8:48	Dinner	Red/Black		
8:48 to 9:12	Red/Black	Blue/White		
9:12 to 9:36	Blue/White	Green/Yellow		
9:36 to 10:00	Green/Yellow	Blue/White		
10:00 to 10:24	Blue/White	Green/Yellow		
10:24 to 10:48	Green/Yellow	Red/Black		
10:48 to 11:12	Red/Black	IMG Twilight Race		
11:12 to 11:42	IMG Twilight Race			
12:00am	Track Closed	Track Closed		





Would like to send a special thanks to:









Address:

# SAFETY INSPECTION CHECKLIST

### PRE-EVENT TECH INSPECTION

It is important that your vehicle be inspected by a manufacturer trained or ASE certified mechanic 2-4 weeks prior to attending an Motorsports Rehabilitation Foundation HPDE. Pre-Event Tech Inspection is intended to provide you with ample time to diagnose & correct any safety issues which could prevent your vehicle from passing Event Tech Inspection. If you are a student or advanced driver this page must be completed & signed by your mechanic. If you are an instructor you may complete & self-sign this page. This page must be completed in full prior to arriving at the event. The Event Inspection page requires only your name and vehicle information while the rest of the form will be completed by MRF staff at Tech Inspection. All participants must present both pages as described above to MRF staff at Event Tech Inspection in order to pass inspection, register and receive an event information pack.

DRIVER: First Name			Last Name_			
CAR:	YearMake		Model	Color		
	Plate Number	State_	Car Numbe	per		
Chec	ck if Passed					
	BATTERY: Securely me	ounted, vent h	ose properly con	nected & cables in good condition.		
	BELTS: No cracks or fr					
		FUEL SYSTEM: No leaks at injectors, seals, lines or fittings. No pinching or abrasion of lines.				
	I .	ROTTLE LINKAGE: No sticking or rusty cables/casings. Free travel with good return spring.				
	<b>COOLING SYSTEM</b> : Clean coolant, reservoir filled to correct level, no leaks, properly operating.					
	BRAKE FLUID: Clean, filled to correct level, correct fluid type, reservoir is not cracked or lea					
	Must be changed at least once a year. Date of last change://					
	BRAKE PEDAL: Firm, no excessive travel.					
	BRAKE LINES: In good condition, no cracked rubber lines or frayed stainless braid, no leaks.  BRAKE PADS & ROTORS: Pad thickness above 50%. Rotors above wear limit & free of cracks					
				sticking/dragging pistons, no leaking seals.		
				mal play, quiet operation.		
		WHEELS: No cracks. Must be round, true, well balanced & free of high speed vibrations.				
	TIRES: 3/32" minimum tread, suitable load rating and speed rating MUST be rated for the car. DOT					
	or Race Tire approved.					
		TIE RODS: No play, no torn boots.				
	SUSPENSION: No rust at stress points, no excess play in joints or bushings.					
	SHOCKS: No sticking/leaking pistons. No leaking lines, external reservoirs or valves.					
	LIGHTING: Fully operational & clearly visible. Turn signals, low/high beams & brake lights.					
EXHAUST: Integral, muffler required. (open exhaust systems are allowed at Pocono)						
	<b>ENGINE &amp; DRIVELINE:</b> No oil or coolant leaks. CV boots and axels must be in good condition a					
	tears in the boots.  STEERING: No fluid leaks. No excessive play or pull, vehicle brakes in a straight line.  GLASS: No dangerous cracks, driver's & front passenger's windows must roll down.					
	MIRRORS: Inside and outside.  WIPERS: Operational, fresh wiper blades / inserts, no streaking.					
	Chassis integrity: No significant structural body rust.  SEAT BELTS: Factory three point required unless harnesses are properly installed. Harness ba					
				nust be use in conjunction with race seats or an		
	approved system with a sub-belt (5 or 6 point). Harness systems MUST be a minimum of an approved FIA or SFI 2 or 3 inch webbing cam or latch system.					
	Passenger seat must h	, belts or harnesses) as the driver seat.				
	ROLL BAR: Strictly E	<b>nforced</b> . Regu	ired for all conve	ertibles. A straight edge from the windshield to		
				nd the helmet of both driver and passenger in		
	rg for more information.					
				If present it must be metal to metal mounted.		
	•		•	·		
Inspec	ted by:		Please attac	ch Business Card, Stamp or complete the following		
	_					
Shop N	lame:		Phon	ne Number: ()		

Date: \_\_\_\_/\_\_/\_



### SAFETY INSPECTION CHECKLIST

#### **EVENT TECH INSPECTION**

The items listed below will be inspected by MRF staff immediately prior to the event at Event Tech Inspection. Once MRF staff has inspected your vehicle and deemed it prepared for track use a TECH sticker will be applied to your vehicle. Without a tech inspection sticker you will not be allowed to participate at the event. You **must** have your Pre-event Inspection form completed and signed prior to Event Tech Inspection! Failure to fulfill this requirement will cause your car to fail event tech inspection and therefore you will not be allowed to participate at the event, and no refund will be given! Instructors may self-tech their cars but must hand in this completed form.

DRIVE	R: First Name	Last Name_					
CAR:	YearMake Plate Number	Last Name_ Model State	Color				
	LIQUEO Destructivo de	and Pal formal formal and					
		ead lights and turn signals, op ades/inserts in good condition					
	GAS CAP: Tight.	ades/inserts in good condition	·				
		g of 2005 or newer. No cracks	s in paint and chin strap intact.				
	RESTRAINTS & SEATS: Equivalent for driver and passenger.						
	ROLL BAR: Required for all convertibles. Broomstick -2 Rule in effect.						
	FIRE EXTINGUISHER: Recommended, not required. Must be mounted metal to metal.						
	BATTERY: Mounted securely.  CHASIS INTEGRITY: No significant structural body rust. Its is recommended but not require						
		ook in the front factory location					
	miotan the vernore ten me	Tel III III o II e II I I I I I I I I I I I					
	<b>ENGINE BAY:</b> No leaks, coolant & brake fluid clean & at required levels, belts tight, throttle free.						
	TIRES: Sufficient tread	IRES: Sufficient tread depth and tire air pressure. Proper Speed Rating!					
		s above 50%. Rotors above w					
	WHEELS: No free play. Nuts / Bolts at manufacturer's torque specification.						
	STICKERS: Run group	and tech Sticker is placed on	the driver's side windshield.				
	Inspected by:		Date: /				
	lowing items must be perfor		to the morning Tech Inspection. Failure to do se				
	ult in lost time on track.						
Ini	tial:	C. L. CALL ITEMS					
	glove box, seatba	ack pockets, door guards and	nently adhered, (empty out or lock your pockets, etc) Remove anything not navigation units, iPods, EZ passes, er seats!				
	location and secu	ured).	and tools may stay if secured in the factory				
	closed. Sunroof 8	& shade closed.	mpletely down. All other windows to remain				
			des of the vehicle, minimum of 6" tall.				
		RISTBAND: Wrapped around	your left wrist.  REFORE EVERY SESSION. We suggest that				
	INDINIENANCE	· Continue to inspect your car	BEFORE EVERY SESSION We suggest that				

you check: wheel lug torque, tire wear & pressure, brake pad wear and all fluid levels).

Continued maintenance of your car is your responsibility!