

LEMONS ROOKIE NOTES – Gingerman Raceway, June 26-28

PADDOCK SAFETY

- **The Paddock Speed Limit is 10 mph.**
- Use jackstands anytime you're lifting the car.
- Don't store your fuel in the sun or near where you're going to be working on the car.
- If you spill big time, tell us. We'll have the ability to get you clean-up materials or help.
- Keep your pets and feral children wrangled.

FUELING

- **Everyone must be suited from head to toe in full gear (including SFI shoes & socks) w/visors down.**
- Place your drip pan under the car's fueling area.
- Everybody out of the car and only the fueling crew should be anywhere near the car.
- Need two people: One to put fuel in car and one 6-8 feet back with pin out of the extinguisher and pointed at fueler.
- Once gas cap is off, **NO OTHER WORK MAY BE DONE UNTIL GAS CAP IS BACK ON.**
- **Gingerman will be Hot Pit Fueling. No fueling may be done in the paddock once the race starts.** The only work done on pit lane is fueling and coolant ice replenishment. No hood up, no tire gauge, etc.
- There will be a marked area near the pit wall where only completely suited drivers may go.
- Do not camp out near the fueling area or leave your fueling stuff in the fueling area. Cart it back and forth: A pit cart, wagon, garden cart, or utility cart usually works well for this.
- You may fuel at the track-provided pumps with no driver in the car and fueler wearing gloves, but otherwise like a normal gas station.

GETTING ONTO THE TRACK

- **You will need four things: OK Helmet sticker, OK, car sticker, driver band, and transponder.**
- Spend time sitting in the driver's seat, familiarize yourself with controls, especially the mirror, lights, kill switch, and extinguisher pull.
- **Practice exiting the vehicle in full gear. It's a lot harder than you think.** Do it with helmet and belts on until you have it down fluidly.
- **HYDRATE.** Drink 1 gallon of water per person/day.
- Have your teammates help you get belted in.
- Connect submarine (crotch belt) first: Buckle should be where your belt buckle would be.
- Hip belts should be next: Low and snug.
- Shoulder belts go last: Put them over HANS/neck restraint, have teammate tighten them very firmly
- Have a teammate adjust your mirrors.

ON THE TRACK

- **Lots of information comes at you quickly your first time out. Relax and go a speed you feel comfortable, probably really slow at first.** While you're learning, be predictable and consistent.

- If you're overwhelmed, stay to one side of track.
- If you're *really* overwhelmed, come into the paddock and change drivers. Get a drink of water and try again later. This is a lot harder than it looks.
- Keep planned shifts/stints in the car short at first.
- Once you've gotten the hang of it, be patient and show respect on the track. There aren't any NASCAR scouts out here, we promise. **Work with others, we're just trying to make it to Sunday afternoon.**
- Hand signals can be useful. If you want to communicate that a car behind should pass, point toward the side you'd like to be passed on.
- Keep your head up and look down the track!

YOUR MAIN PRIORITIES ON TRACK

- Your #1 priority is to see all flag stations on every lap. The flaggers are your eyes and ears!
- We also expect you to drive cleanly and in control. That means staying on the track surface, not spinning, and not hitting anyone else.
- **Both drivers are at fault for any contact, so remember to leave lots of buffer and drive conservatively.** This is a long race. Don't make it harder on your car & team.

FLAGS

- On your first lap, wave or make a mental note to each manned flagging station to help remember them.
- Green (or no flag): You're racing(ish)!
- **Yellow Flag: Caution, No passing! Get yourselves in a single-file line before the station waving the flag. Slow down but don't stop! You may resume racing after you've passed the incident prompting the flag.**
 - o Two yellow flags is usually a full-course caution (whole track is under yellow).
 - o Generally: The harder a flag is waving, the more the flagger wants you to be alert.
- Red Flag: We need to stop the race and get emergency vehicles on course. Pull to the side of the track safely and calmly. Await further signal from a safety worker.
- White Flag: There's a slow vehicle on course. This is information only. It could be a Yugo, it could be a safety vehicle. You may pass it carefully and with plenty of space for safety vehicles.
- Black Flag at all stations: The track is broken. Come into the pits and wait further instruction.
- **Black Flag pointed at you or with your car number: You messed up (spun, hit another car, went off track, passed under yellow, etc.) or your car is falling apart (dragging things or losing parts). Report to Penalty Box.**
 - o You know when you make a mistake. Just come to Penalty and be a grown-up about it.
 - o The penalties aren't to pick on you; we are trying to make you safer and less-sucky at racing.
 - o Arguing tends to take longer. Come in with a good attitude