



DE Classroom Outline

Advanced

June 10-11, 2017

ADVANCED

SESSION #1

DE Objectives

- ▶ Learn
 - ▶ Keep open mind – listen, then apply
- ▶ Strive for progression
 - ▶ Safe speed before fast speed
 - ▶ Stay relaxed & comfortable
- ▶ Have fun!

Flags

- ▶ Are there to keep you safe
- ▶ You must obey all flags
- ▶ Acknowledge flags

Instruction

- ▶ Safety is #1
- ▶ Focus on the Session Objectives

Vision

- ▶ Look ahead – High Aim Vision
- ▶ Look where you want to go, not where you don't want to go
- ▶ Look through the turns

Mental Preparation

- ▶ If you can't do it in your mind, you won't be able to do it on the track
- ▶ Take a few minutes to get a clear mental image before hitting the track

Q & A

On-Track Objectives – Session 1

1. Look far ahead & through the turns
2. Use mental imagery
3. ? (You decide)

SESSION #2

Trail Braking

What is Trail Braking?

- ▶ Trading off braking for cornering, by easing or “trailing” your foot off the brake pedal while turning into a corner.

What Trail Braking isn't:

- ▶ Braking against throttle

- ▶ Braking to apex
- ▶ Left foot braking

Why we Trail Brake:

- ▶ Use 100% of traction
- ▶ Use weight transfer to your advantage
- ▶ Allow later braking

Trail Braking

- ▶ Should trail braking be used in every corner?
- ▶ General rules:
 - ▶ The faster and longer the corner, the less trail braking you should use and the earlier you need to be on the power
 - ▶ The more you need to rotate the car - the slower and tighter the corner - the more trail braking you should use to help rotate the car

Control Phases

Q & A

On-Track Objectives – Session 2

1. Focus on Trail Braking – the timing and rate of the release of the brakes
2. Focus on a seamless transition from brakes to throttle
3. ?

SESSION #3

100% Tire Rule

Braking Points

Reference Points:

- ▶ Begin-of-Braking
- ▶ End-of-Braking

Braking Points

- ▶ Begin-of-Braking vs. End-of-Braking
- ▶ Focusing on End-of-Braking results in less “nothing” time

“Taking a Set”

- ▶ Definition: The point in the turn when all the weight transfer you are going to cause, has occurred
- ▶ The car is most stable, and has most traction, when it has taken a set

Q & A

On-Track Objectives – Session 3

1. Focus on the End-of-Braking point

2. Feel the car Take a Set
3. ?

SESSION #4

Change-of-Speed

- ▶ The affect of over-slowng the car

The less change in speed through a corner, the faster you will be. Corner entry speed is more important than late braking.

Q & A

On-Track Objectives – Session 4

1. Focus on your Entry Speed
2. Minimize your Change of Speed
3. ?

HAVE FUN!