

INSTRUCTOR'S CORNER

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"EXERCISES"

WHY AND HOW

For many years, the Tarheel Chapter has scheduled "exercises" as a part of the typical HPDS weekend. They typically take place on Saturday and are part of the program for all run groups including Instructors.

WHAT COMPRISES EXERCISES

It depends on the Run Group so there are variations, but let's focus on the Instructor Run Group, because there does seem to be some misunderstanding about why and how within this group. Everything here also applies to the A student Run Group exercises.

WHY?

The exercises for Instructors and A Group consist of two parts.

Part One is Side by Side driving throughout the course.

Part Two is Leapfrog Passing throughout the course.

So, what is the purpose? Is it to just practice these two skills?

Not really

**While the exercises involve working with these two skills,
the real purpose is to build your Situation Awareness.**

You can only build/improve your Situation Awareness in this exercise if you actually put it to the test by driving at a rate that makes you have to make quick and smart and safe decisions and adjustments with respect to your vehicle, your partner and their vehicle as well as other vehicles participating in your session.

If you are just driving around at a pace where you are not actively and constantly thinking about smart decisions and adjustments to your car placement and that of others, you are wasting your time and missing an opportunity to improve.

You can make this session the most fun you will have all weekend, and you will build skills which will make you a better driver while having fun.

HOW

There does seem to be a lack of understanding with the mechanics of how to do these exercises, so for those that need a refresher:

Pair up with another driver before the session. Ideally, your mutual goals and pace are similar. Having selected a partner, both cars should move up to the false grid together. When there, let the grid person know you are paired. If you don't have a partner, let the grid person know, and they should find a partner for you.

Part One-Side by Side

The track is 30-36 feet wide

Most cars are 6 ft wide

There is plenty of room everywhere.

From the grid, enter the track toward T1. As always, stay full track right through T1, then move to side by side. Stay side by side until you pass T12 (Oak Tree) then switch sides. Continue with that position until you reach T12 again, then switch.

There is plenty of room to do this with good pace. CR school runs 3 wide. About halfway through the session, you will see crossed flags on the front straight.

Switch to Part Two

Part Two-Leap Frog Passing

Take advantage of the opportunity to challenge both yourself and your partner by giving clear but challenging pass signals. Move beyond the extra courteous pass signal you might give in a run group and make both your self and your partner have to really think about track position, speed, and execution of a safe but atypical pass, and remember you can pass anywhere. There is no place where you cannot pass if both drivers are paying attention.

Rules for allowing following pairs to pass your pair

This seems to be the area most in need of improvement.

Facilitating passing ASAP by a following pair is very much encouraged.

Side by Side: Within your pair, whichever car is on the inside of the upcoming corner (or the trailing car) is responsible for facilitating a following pair to pass. That car should give a pass signal to the following group and then pull in behind their leading partner. That lead partner must see the pass signal and pull over and give a pass signal to the following pair.

Leapfrog Passing: Same rules. The car on the inside of the upcoming corner (or the trailing car) gives a pass signal to the following group and pulls in behind their leading partner, that partner must then give a pass signal to the following pair. Multiple passes in an area encouraged and are great examples of cooperation

Comments are always welcome.

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