



So you want to attend a Lapping Day cheat sheet

Step one: Sign up!

Most lapping days are listed on Motorsport reg- find one close to you, sign up online, pay the fee and book your hotel. Bringing a friend is fun but also it's totally cool to show up on your own too, new people are always welcomed, you'll find the organizers and participants to be friendly and helpful. No matter your past driving experience, choosing to sign up as a novice is a really good idea, there's less pressure to know what you're doing and way more help provided.

Step two: Preparations

- Print off the event package and read over the guidelines, put a copy in your car
- Book a hotel for the night before if you live more than 2hr away from the track so you're on time and fresh in the morning.
- Take the tech sheet provided by your event organizer and have a knowledgeable shop make sure your car is ready to drive (or do it yourself if it's in your skillset). Nothing on this list is particularly "race" specific, any well maintained street car should pass tech just make sure special attention is paid to brakes, wheel torque and tires.
- If you don't have a helmet, now is the time to ask the organizer about either renting one or purchasing.

Step three: Track day!

- You already fueled up your car, cleaned the front window inside and packed snacks, water, sunscreen, a chair and a raincoat the night before right?
- Show up early, it's cool to be the first person there, you'll be more relaxed and have more time to get acquainted with your surroundings.
- First thing is to look for registration, get your wristband and make sure they know this is your first time and you are excited but would appreciate some help.
- Find a good parking spot, most tracks have "paddock" areas marked out but honestly just wait till someone who looks like they know what they are doing shows up and copy them, or ask the organizers :) Once you have a spot to park go ahead and remove EVERYTHING loose from the cabin and trunk area, this includes your floor mats if they don't attach to the floor with hooks. You can pile these items neatly in your paddock spot next to your chair, that way you not only reserve your spot but avoid a bottle of hand sanitizer rolling under your brake pedal while on the track.
- Driver's meeting- every track day has one, don't miss it. You want to get as close to the speaker as possible, be sure to raise your hand when they ask who has never been to a track day before - this generally gets you extra help and if the person next to you wants to chat feel free to find a new spot to stand until the meeting is finished. Pay attention to topics about flagging, passing and speed limits

Step four: On track!

- When you group is called up, bring your car into line, put your helmet on (and sunglasses if needed). Some tracks want your windows up, others want them down, adjust your climate control accordingly and make sure your cell phone and radio are powered off (people always wait to call till you are on track and even declining a call is a dangerous distraction). Leave your traction control ON and dedicate your first session to learning the track while pretending your very old grandmother is holding a tall fancy cake in the seat next to you. Think smooth

driving, learn the corners, your tires and brakes will appreciate it and so will the more experienced drivers.

-Continue to have fun as the day progresses, talk to other people between your runs, take pictures, drink lots of water and enjoy the experience - congratulations you are now a track driver!