

First Track Day or Night:

Most of us were nervous or intimidated when we entered our First Track Event. That is to be expected, so I'm going to provide some information that I have learned that may ease some of that nervousness.

1/ Make sure that your vehicle is safe, that your tires are not worn out, your brakes are working properly and it is mechanically sound. Clean out your car, you don't want objects flying around your interior or trunk when you are on the Track.

2/ Bring a Helmet (not a bicycle helmet). If you do not own a Helmet, Grand Bend Raceway will rent you a Helmet. I would also bring a few bottles of water to keep yourself hydrated.

3/ I like to pre-register, to save some money and to guarantee a spot on a busy evening. If this is your first time I would enter as a beginner.

4/ Pull up to the white trailer at the front gate and go in to sign in with Lori who will check you in, give you a wrist band as well as a coloured sticker that will indicate which Run Group you are in, Beginner, Intermediate or Advanced. Put this Sticker on your windshield so that the staging manager can see it when you line up to go on the track.

5/ Drive to the Pit Area, find a parking spot and introduce yourself to someone. Let them know this is your first time and I'm sure they will be happy to answer any questions you may have. I like to get to the Track at least a half hour before the Drivers' Meeting which starts at 5 PM on the Thursday Track Nights.

6/ The Drivers' Meeting is located at the Track Entrance Staging Lane behind the Marshal's Pick Up Truck. Tim, the Flagman will discuss the Flags, what they mean, wave by passing zones and more. The Grand Bend Raceway Crew wants you and others to be Safe.

7/ Sighting Laps – after the Drivers' Meeting, Tim will announce that he will drive two Laps in the Grand Bend Pickup which you can follow in your car to get a short introduction to the Track Layout for the night. All run groups run these "Pace Laps" together. After the Two Laps the cars pull into the pits and the first run group is called to the Staging Lane. Usually they run Advanced, Intermediate then Beginner Groups.

8/ When your Run Group is called, get your Helmet on and Drive to the Staging Lane and line up. Cars are released by the Staging Manager, Gerry who will wave you onto the Track one at a Time spacing the cars out to give everyone room.

9/ I would suggest taking it easy for the first session and learn the Track Layout. Run at your own comfort level. If faster Cars come up on you signal them by at the appropriate passing zone. You maintain your line towards the Left of the Track and have them Pass you on the Right, the opposite of what you do on the highway. When you signal a car to pass you, just ease off the throttle so they can get by, don't put on your brakes and don't Drag Race them, simply ease off the throttle until they pass. As you get more experience you will appreciate this when you are the quicker car.

10/ Tim will have his pickup at the end of the main straight and will wave the Checkered Flap when your session is over, usually 15, sometimes 20 minutes. Slow down, I like to put my four way flashers on and pull into the pits. I usually drive up and down the length of the pits two or three time to cool my brakes

before pulling into my parking spot. When you do stop, never put on your parking brake because the Hot Rotor and the Brake Pads need to cool down.

11/ If you have questions, want someone to ride along with you, want to go for a ride with a more experienced driver – Please Ask.

12/ Watch and enjoy the other run groups, have a drink of water and listen for the call for your next session.

13/ Have FUN. Meet People. Take Pictures. Enjoy the experience On Track and Off Track.

14/ We want your First Time to be the Start of you joining us Numerous Times at The BEND in 2018.