



## “Racing” Again in 2022

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For the first time since the Coronavirus pandemic reared its ugly head, Larry Mason got back to racing—in a sprint triathlon! With lots of cycling under his belt on an indoor trainer, Mason felt somewhat confident that all of that exercise would pay off on the 12 mile bike course. Although the majority of his training was done indoors, he did get out a few times to do some hill climbing in preparation for the one hill that had to be tackled on

the course over and back. The run course consisted of a 5k distance and since it was a reverse triathlon it ended with a 150 yd swim in a pool.

As it turned out, the indoor training paid off with Mason finishing in the top 10 in his age group (7th) and also having the second fastest bike split! His top speed on the bike was just shy of 34 mph and his Polar Vantage M heart rate monitor showed that he

averaged 152 bpm for the entire event. “My heart rate was a bit higher for the bike portion being closer to about 160 bpm and peaking at 165 bpm. I had a great time competing and encouraging “newbies” along the way. I was perhaps a bit conservative with my performance since it had been so long competing, but at least I know what to do to go even faster next time. I’m looking forward to it!”



## At the Race Track

As things get back to semi-normal, Larry has been spending a lot more time at race tracks. He’s been teaching for Fast Lane Racing School and instructing multiple classes from their DDA (Defensive Driving Academy) to the SCCA (Sports Car Club of America) licensing program. “Showing students the fundamentals of high-performance driving and seeing their improvement is very satisfying,” Mason explained. “These fundamental driving principles correlate with driving better on the street and on

the track. Becoming a safer driver is important no matter where you are.” Willow Springs International Raceway and Buttonwillow Raceway Park are two of the race tracks where Mason has been teaching. “Part of the driving instruction consists of the basic physics of vehicle dynamics that translates into everyday driving as well as extracting the most out of your race car. Proper seating, steering and mirror position are also critical for safety and getting the most performance out of you and your car.” Mason

has thousands of laps at both tracks and understands what it takes to go fast at each one having held multiple track records in different classes of race cars there.

“Even with all of the experience I have at both tracks, I’m still learning nuances of every corner and also learning different possible ways to approach these corners that might suit a different kind of car better than another. Having raced both front-wheel drive and rear wheel drive  
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drive, open and closed-wheel cars, there's always something that can help you go faster."

Mason sits right seat and observes the students and then sometimes will drive the student in their own car so they can learn how to be smooth and efficient with their inputs to help them go faster and decrease tire wear.

Additionally, Mason spent some time coaching another driver this year and helped him to go faster than he's ever gone before on that track configuration.

"Getting the best out of myself and those I work with is always something I strive for. The more you teach, the more you learn, and ultimately that makes you a better driver."

*Wishing you and yours a very  
Merry Christmas  
and a  
Happy, Healthy and Prosperous  
New Year!*



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**"Unless you're leading, the scenery never changes."** Larry Mason

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