



## Staying “On Track”

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What does a race car driver do when he’s not racing? In Larry Mason’s case, it’s spending time at the race track teaching others the fine art and science of driving race cars. Whether it’s in a group setting or with one-on-one coaching, Mason can seamlessly transition between those and other types of instruction. “Racing begins with the fundamentals,” claims Mason. He continues, “If you don’t have the proper line around the corners with the right turn-in, apex, and track-out points, you’re not going to progress as far as you could.”

These fundamentals are similar in other sports, for instance; proper footwork and positioning in basketball. The same is true for racing. These basic fundamentals form a starting point for being able to go fast around a track. Of course there are variations to the racing line depending upon what’s coming up next—a long straight or perhaps a turn, or sequence of turns. There are some corners that you may want to early apex and others that you must late apex to extract the maximum speed to reduce the minimum lap

time.

“Every time I get out on track and help teach others, it always improves my driving because it reinforces the proper techniques that you want to rely on when you’re out on track.” *Always be learning and physics do apply* are just two of the hallmark thoughts that help keep you in the zone to have racing success.



## Teaching the Next Generation of Drivers

Larry Mason not only coaches racing drivers, he also helps new drivers develop the skills and car control that they need to be safer drivers on the street. There are multiple commonalities that apply to both. They are:

- 1) Vision Up
- 2) Always Be Learning
- 3) Physics do apply

One of the key skills that applies to any driver is keeping your vision up by always looking far ahead.

As humans, we’re wired to see things from the top, down. Peripherally we don’t see from the bottom, up. The farther ahead you look, you buy yourself time. That time allows you to see situations unfolding in front of you giving you time to brake earlier, or choose an evasive lane change (assuming you’ve been scanning your mirrors regularly). Always be learning is being focused at all times

and learning from what other drivers do; being able to anticipate situations unfolding, and remembering those. Physics do apply. It’s important to know just what your car is capable of doing when it comes to maximum cornering force, braking and more. This knowledge gives you more options when the situation requires the maximum performance from you and your vehicle.

## Tech Tidbits—Eject Helmet Removal System

In the last MRN newsletter, we mentioned that Larry would be installing the Eject system in his new helmet. That installation is now complete and here's what it's all about. In the event of a major impact and the helmet must be removed off of a driver's head, the Eject system is designed to do that while minimizing the likelihood of further injury. Basically, it's an air bag for the helmet. The compact bag is designed to fit under the top helmet pad inside the helmet. The

bag has an air hose that is attached to it that is routed out of the left side of the helmet. If the helmet has to be removed, the emergency workers simply undo the chin straps and pump air into the end of the hose (typically with a pump like those found on blood pressure machines). At this point the helmet simply rises off the top of the driver's head! It's so simple and effective that

anyone who wears a helmet should have this system installed. In fact, it was originally designed by a motorcycle rider who was almost paralyzed by the medical professionals trying to remove his helmet. He called it the "Hats Off" device. Now in its latest iteration, the Eject system is used worldwide. The installation is quite

straightforward. You simply remove the upper pad, stick the airbag to the helmet and replace the pad. Route the air hose so that it doesn't interfere with the padding and have it protrude out the left side of the helmet. Put the sticker on and you're in business! Here are some photos of the process (sorry about the focus).



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

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