

A&S Powersports Cycle Fest February 25, 2012

Introduction to Track Day

Presented by Vic Anderson, Vice President and Lead Instructor Z² Track Days

What is a Track Day?

- Video of track day highlights.
- Summary of track days and how they have evolved.
- ***Track days are not races.***

How a typical day plays out.

Preparation of Bike:

- Motorcycle display (static concepts that can be applied to the track). Bike on front and rear stands is ideal.
- Mirrors taped or (preferably) removed.
- Brake lights, taillights and turn signals unplugged or fuses removed (i.e. they *must not* work). If you are unable to de-fuse or disconnect the brake lights, taillights or turn signals then they must be THOROUGHLY taped. That is, NEVER visible even in the slightest, even when the brakes are activated).
- Headlight may remain untaped and functional with the exception of glass headlights, which must be taped.
- Tires must be in good condition with plenty of tread (where applicable).
- Only DOT pavement, street or road racing tires (no dirt bike knobbies, for example).
- The valve stems on your wheels (where the air goes into the tires) MUST have caps (preferably metal with integral rubber grommet).
- Wheel weights taped.
- Hand-control levers must have ball ends at least 1/2 inch in diameter.
- Front AND rear brakes must be fully operational.
- Functional engine kill switch on handlebar.
- Kickstand must be spring loaded or otherwise self-retaining -- it must not "accidentally" come down. A functional kickstand kill switch is strongly preferred on bikes with a kickstand (that is, bike will not start with the kickstand down, or kills the engine when the bike is put into gear with the kickstand down).
- **No anti-freeze.** Replace anti-freeze with plain water or water with Water Wetter. Most of us live in California: *there is no need for anti-freeze here and Water Wetter has better heat-transfer properties (i.e. your bike runs cooler).* You can get Water Wetter at almost any motorcycle supply store (like [A&S Powersports](#) in Roseville CA). **If your coolant is green it has to be replaced.** Note: Zoom-Zoom allows Engine Ice.

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Preparation of Rider - Required:

- Undamaged full-face helmet with visor.
- 1 or 2 piece leather riding suit in excellent condition. We **STRONGLY** recommend that 2-piece suits be zipped all the way around. We will accept Aerostich-style suits only in the Novice School (C group).
- Leather motorcycle gloves - must overlap arm of suit.
- Sturdy motorcycle or similar boots - must cover your ankle and preferably extend to mid-calf.
- Back protector either built into suit or separate. (This item is easy to forget if it's not "built-in" so don't forget!)
- **Each rider must have full, comprehensive personal medical insurance (not just ER).**

Preparation of Rider - Recommended:

- **KEYS** to your motorcycle if it needs keys. People can and **DO** forget their key. If you forget your key we can sometimes get a locksmith out, but you're not going to be on the track until **at least** 11am. So double check that you have the keys in your pocket as you drive away from your house!
- Canopy or some form of shade. Thunder Hill and Buttonwillow have buildings and communal canopies but if you'd like to rest away from where all the action is, bring some shade.
- Lunch.
- Toolbox. Common tools to perform minor work on your bike (for example, tools to remove your wheels if you're planning on getting new tires at the track).
- Spares kit (if you have one). There's no feeling as bad as doing something minor like tipping your bike over in the pit and having that be the end of your day because you snap a foot peg and don't have a spare.
- Ramp(s) to load and unload your motorcycle (although there will be plenty there).
- Tire pressure gauge.
- Tire pump (often a bicycle pump works but check it on your bike at home first).
- An emergency contact sheet to leave in a highly visible location in your vehicle -- just in case. *This vital if you're coming by yourself.*
- Gas. Your motorcycle uses more gas than you think when you have the throttle wide open.
- Earplugs. We recommend that you use them; wind noise causes permanent damage to your hearing and distracts you.
- Duct tape.
- Miscellaneous spare fuses for your bike.
- Zip ties.
- Timing equipment (if you have any).
- Fresh batteries for timing equipment.

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- Camera.
- Cash (for purchasing photos, videos or timing services).
- ***When was the last time you lubed your chain?***
- Pit set up / parking.
- Setup "compounds" with friends.

Schedule of events

- **07:00 Gates open.** You will be asked to sign the track release.
- **07:15 Registration opens.** Go to registration where you will receive your event paperwork and legal documents. You will also receive your tech slip.
- **07:15 Tech Inspections start.** Take yourself, your bike, your tech slip (from registration) and your helmet to Tech Inspection. If everything is OK the tech inspector will attach the "passed tech" sticker to your bike.
- **07:15 - 08:15 Breakfast.** Munch away on snacks and coffee *after* you've passed tech.
- **08:20 Rider's Meeting.** The Rider's Meeting is compulsory for all riders and will provide an update on track conditions, general rules, rules of the day, flags, entrances and exits.
- **09:00 First session on track.** The sessions will rotate in the order of Advanced, Intermediate, and Novice School. Each on-track session will be 20 minutes long

Common Terminology

- Paddock
- Hot Pit
- Out Lap
- In Lap
- Apex
- Swooping
- Trail Braking
- Short shift

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Infineon Raceway

- **History**
 - Walk-through the track
 - Turn 1
 - Turn 2
 - Turn 3
 - Turn 3a
 - Turn 4
 - Turn 5
 - Turn 6 "The Carousel"
 - Drag strip
 - Turn 7
 - Turns 8 and 8a "The Esses"
 - Turns 9 and 9a "The bus stop"
 - Turn 10
 - Turn 11

Questions and Answers