



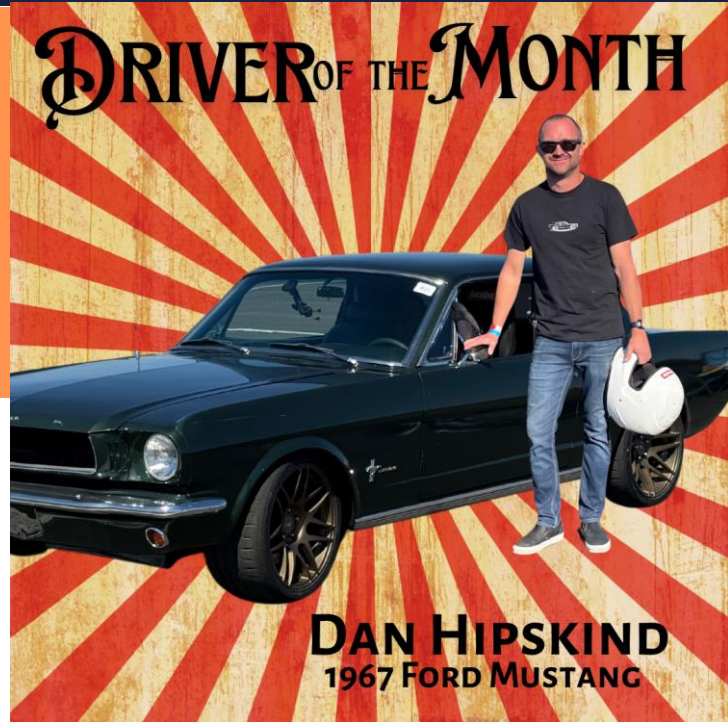
November 2024 Fall Series #3

# Pylon Press

SPORTS CAR CLUB OF AMERICA -  
PHOENIX AZ SOLO REGION

## Event Synopsis

By Brian Miller,  
Pylon Press Editor



A cool November morning greeted drivers and guests at Arizona Motorsports Park for the third series event of the 2024 fall series. The course produced times ranging from the mid fifty second range to the upper forty second range. **Doug Rowse** posted the *Top Time of The Day* with a commendable lap time of 47.695 seconds. **Dave Schotz**, with a time of 48.63, wins top honors for Overall Top Pax score of 1000. Close battles for first place took place in various competition groups among the Open Classes. In CS, **Chad Mizer** held off **Marchell Fletcher** by a scant one tenth of a second posting a 53.527 in his Porsche Boxer. In CSP, **Stephen King** nailed a super time of 48.295 winning over **Hayden Perera's** CSP Miata by 6 tenths of a second. Honorable mention for excellent driving goes to the few drivers who eclipsed the elusive 960 overall pax score at this event. Those included in the list of drivers scoring a 960 overall pax or better are **Ron Bistras, Jason Bucki, James Frink, Bruce Hansen, Steven King, Brian Peters, Cameron Schotz, and Jeff Wong.**

After a ride along with Mike Hitt at a PASR event **Dan Hipskind** was hooked on solo racing. Since that initial ride, Dan has driven in eight solo events to date as well as attending the recent PASR school and entering a couple of local track events. A longtime resident of Phoenix, Dan and wife, Jan, currently reside in Cave Creek AZ. The other sport Dan still enjoys participation in is golf, an activity he enjoys once a week. Dan reports he had a 1967 Mustang in high school; he has returned to that brand with the purchase and development of his current '67 Mustang autocross car. This car is well developed with performance features, including a Gen 3 Coyote engine, a T56 tranny, three link rear assembly, Wilwood brakes and double adjustable coil overs on all four corners.

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OUR GREATEST  
GLORY IS NOT IN  
NEVER SPINNING,  
RATHER IN GETTING  
BACK ON THE TRACK  
AND PUSHING YOUR  
LIMITS AGAIN!



## Cont. Driver of the Month from front page – Dan Hipskind

Dan credits the leadership and other drivers in the CAM group for his rapid development as a driver. Attending the local autocross driver school and riding with experienced drivers has been a big part of his development as a top driver in the past year. He gives a special shout out to **Amanda Hitt**, **Erik Gagnon** and **Chris Hall** for their coaching and encouragement. As to the future, Dan now has his eye on national level solo competition events and continuing his development as an outstanding autocross driver.



## Car of the Month

Nissan Ultima Test Car



NAT engineers and drivers  
Tim Sexton,  
Yosmany Lopez  
and Hayden Pirrera  
(above right)

Perhaps you saw the **Nissan Altima** with various competition stickers on it at the November 10<sup>th</sup> event. It turns out this is a “tuner car” entered and driven by a group of Nissan Automotive engineers making up a group called the “Nissan Acceleration Team” or NAT. Team president, **Hayden Pirrera**, explained that the local NAT team is made up of 20 Nissan employees, 12 of whom are drivers who combine work and pleasure at various events by testing different Nissan parts and configurations on the Altima performance sedan to determine the best combinations for performance, safety and handling. The 2023 Turbo powered 2.0-liter Altima, along with other cars Nissan models in the program, allows the NAT team to gather data on engine, transmission, and CAN signals, as well as tire and setup data. This ‘tester car’ features a mixture of experimental parts including a rear sway bar from a Maxima and coil overs from the Nismo model. Pictured with the Altima are driver/engineer **Tim Sexton** and NAT team member **Yosmany Lopez**. It’s pretty cool that our local club racing event can play even a small part of the development of performance and safety for future Nissan products. Welcome to the Nissan Acceleration Team.



# Volunteer of the Month



# THANK YOU!

Mark Shaw

“Every corner tells a story; it’s my job to write the ending.”

Jim Clark



“I’m a great believer in luck, and I find the harder I work the more I have of it.”

Paul Newman



*Grateful,  
Thankful and Blessed*

VOLUNTEERS ARE THE BACKBONE OF THIS ORGANIZATION





# G.R.I.T.

## The New Science of What it Takes to Succeed

**GRIT** is the overriding personal characteristic of high achievers according to many experts, including Paul Stoltz, Ph.D. who wrote a book titled **GRIT, The New Science of What it Takes to Succeed**. In his book he outlines what it takes and what it means to be gritty and make things happen for yourself, which can easily be applied to autocross. G.R.I.T. serves as an acronym:

**Growth:** Your propensity to seek and consider new ideas, additional alternatives, different approaches, and fresh perspectives. Growth is a mindset. Mindset and attitude are often used interchangeably, when in fact mindset is much more. Mindset goes deeper than attitude. The definition of mindset the author uses is: The Lens which you see and navigate life.

**Resilience:** Your capacity to respond constructively and ideally make good use of all kinds of adversity. Your ability to be **"Response Able"** – able to respond more effectively, to more things, more quickly. The author and his team created an AQ (Adversity Quotient) Test. This quotient is a measure of your ability and responsiveness to adversity. Adversity is part of life. How you respond to that adversity determines your success. (Check out the book to access the AQ test.)

**Instinct:** Your gut level capacity to pursue the right goals in the best and smartest ways. What proportion of your energy, effort, hope, resources, and time has been and is being spent pursuing less than optimal goals, and in less-than-optimal ways. How many of your goals would you say are absolutely optimal, meaning they could not be more right and more on target. Your ability to use your gut and instinct to determine where you spend your time and energy is where you will show the best return and success.

**Tenacity:** The degree to which you persist, commit to, stick with, and relentlessly go after whatever you choose to achieve. Resilience without tenacity helps keep you whole, yet it only goes so far. Tenacity propels you across the finish line. How many attempts, how many start and stops, how many heartfelt efforts over how much time does it take to break through and succeed? The author through all his research and study, gives but one answer, "One more." Either adversity consumes you or you consume it.

### WHICH ARE YOU?

**Quitter:** Someone who throws in the towel, gives up on the tougher and potentially most gratifying pursuits in life. It's a driver who spins out, hits cones, has a slower time than their ego can stand and thinks about never coming back.

**Camper or Settlers:** People who reach a point in life where they say "enough" or "good enough" and they settle in. They set up camp. It's a driver who settles for mid pack, even though their car is capable for more.

**Climber:** Only the climbers continue to learn, grow, strive, and evolve. The climbers is student of life, always seeking to know more and do better – not for outer validation, rather inner satisfaction. It's the driver who looks for those last few refinements that don't cost money, rather time on the track and perseverance!







# Pylon Press

FOCUSING ON BRAIN HEALTH

Rapid reaction time in solo racing is essential to the establishment of good lap times. The ability of the human brain to react to visual and proprioceptive inputs quickly to make proper steering and braking inputs is an essential element for successful autocross driving. Brain health is an important contributing factor. Let's see what you know about this aspect of your driving health.

## Answer true or false to the following questions related to brain health

1. The human brain is made up of 60% fat.
2. A 'myelin sheath' surrounds the brain as a sort of insulation permitting rapid passage of electrical impulses along the nerve cells --think of it similar to a paint protection film.
3. Because the brain is made up of about 60% fat, we need all forms of fat in our diet to feed the brain.
4. The brain is incapable of producing needed DHA (Docosahexaenoic acid) -- the omega-3 fatty acid that repairs and maintains vital elements in the critical myelin sheath.
5. A myth created by health nuts is that saturated fats in foods such as red meat, fried foods, doughnuts are bad for brain and heart health.
6. Fat is fat whether it' s an avocado or a burger, its still fat.

## Answers to Quiz questions:

1. True, yet the makeup of the brain fat is different from body fat, in that, it's made up of lipid fats -- organic compounds that contain hydrogen, carbon, and oxygen atoms, which form the framework critical to the learning, memory, and brain health.
2. True
3. False. We need unsaturated fats, yet not saturated fats found in fatty meats, dairy products such as while milk, butter, shortening and cheeses, and in fried foods.
4. True
5. False. Saturated fatty foods have been related to early onset of cardiovascular and Alzheimer's diseases. Those 'health nuts' might know what they are talking about.
6. False. Healthy food choices can lead to less intake of saturated fats and a lowering of health risks. A few examples healthy fats are olive oil, almonds, avocado, walnuts, coconut meat, and eggs. There exists a wealth of information online relative to good fats and bad fat food choices to ensure and support brain health. Search terms to look for are Omega-3 foods, choline, fiber rich foods, vitamin D, probiotics, and polyphenols.

NOTE: Reference credits to [thebraindocs.com](http://thebraindocs.com) and [eatingwell.com](http://eatingwell.com).