

Down Shift



In This Issue:

'Tale' of the Dragon.....	1
Official 2014 Schedule.....	2
March Board Minutes.....	3
Points Event 2 Results.....	4
Midwestern Musclecar.....	5
New driver's licence.....	6

Official Publication of the Kentucky Region SCCA

May / 2014

When I tell some people that I like to auto-cross my car they say things like; "just a bunch of kids having fun in parking lots" or "that does nothing for you but hurt your car". Well I am here to tell you this assumption is WRONG.

I recently had the opportunity to drive one of the curviest roads in America. Yes US 129 or better known as The Tail of the Dragon. This road is not a closed course. It is a public road that has normal traffic on it. With that said it is 318 turns in 11 miles of pure road ecstasy.

"Tale" of the Dragon

the Dragon and survived. Not only did I drive the 318 turns, I drove it many times over my four days there. Including twice in the rain! I did not hurt my car, go off the road, or even cross the double yellow. I had a blast and have returned to tell everyone this; auto-cross your car on the weekends and get your butt to the Tail of the Dragon at least once. It is a drivers dream.



So what do these two adrenaline rushes share you ask? Well since I have been on the auto-cross course I started to see turns a little differently. Where to enter, looking for the apex, which line looks faster, when to brake and when to apply power. Powered with these new skills I tackled

— Don Gambel,
Hyundai Genesis

Happy Birthday Wishes to the following KYSCCA Members: *(Listed in order of SCCA join date)*

- '77 Bruce Faucett
- '89 Dean Smith
- '03 Jerome H Boyett
- '10 Timothy M. Thompson
- '10 Matt Coleman
- '12 Cody Mason
- '12 Nicholas Ray
- '12 Ben Dieruf
- '13 Justin Matthew Riley
- '13 Jeremy Lynn
- '13 Jesse James Lynch
- '13 Michael Robert Salvo
- '14 Daniel Hait
- '14 Annie Steinke

Smells Like Team Spirit

Points Event 2 was a great example our club's enthusiasm and cooperation.

We ran 93 drivers in 3 heats, 5 runs per heat, and 70+ fun runs. Also a large group stayed to help tear down and load the trailer.

Goes to show you that with everyone's help and effort, we can run an

autocross, have fun runs, pack up and be home before dark. Congrats go to all that made this an event that will go down in KYSCCA history.

KYSCCA Tee Shirts

by Scott Wright will be available for sale at Points Event #3. To purchase a KYSCCA 2014 Gear please see Annie Steinke at the 5/18 event or email her at asteinke0814@gmail.com with your request \$10/shirt, \$15/embroidered hat.

Get Connected: #kyscca

Facebook: Kentucky Region SCCA
Twitter: KYSCCAInstagram: kyscca
FB membergroup: kyscca

The Officers & Board Members for

2014

Name	Position	Contact
Jamey McDaniel	Regional Executive	502-419-644 jameymcdaniel@twc.com
Brian Mason	Activities Director	brian.mason@sealedair.com
Richard Sinnock	Treasurer/ Board Member (3 year term)	502-452-2688 richsinnock@twc.com
Armando Manzo	Secretary	hirev@rotaryzoom.com
Ron Riffle	Downshift Editor / Board Member (1 year term)	502-263-8693 ronrif@twc.com
Bruce Domeck	Board Member (3 year term)	502-452-2688
David Melton	Board Member (3 year term)	evildky@bellsouth.net
Nathan Steinke	Chairman of the Board/ Board Member (3 year term)	nsteinke1984@gmail.com
Shawn Lambert	Board Member (3 year term)	fourwhls@gmail.com
Annie Steinke	Membership Director	asteinke0841@gmail.com

2014 KYSCCA Event Schedule

05/18/14

Autocross Points Event 3
Ky Fair and Exposition Center
(karts allowed)

05/31/14

KYSCCA Driver's School
& Test -n-Tune
UPS Grade Lane (no karts allowed)

06/01/14

Autocross Points Event 4
Features Food Trucks
UPS Grade Lane (no karts allowed)

06/04/14

Membership Meeting
Bluegrass Indoor Karting 7:00 pm

06/15/14

Autocross Points Event 5
Father's Day Special *Bring dad & get \$5 off both entry fees*
Ky Fair and Exposition Center
(karts allowed)

06/29/14

Autocross Points Event 6
Ky Fair and Exposition Center
(karts allowed)

07/02/14

Membership Meeting
Bluegrass Indoor Karting 7:00 pm

07/20/14

Autocross Points Event 7
Ky Fair and Exposition Center
(karts allowed)



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RE's Corner

Good day everyone and here is the first installment of the 2014 KYSCCA R.E.'s Corner. I am just going to give a quick overview of the 2014 SCCA Convention in Charlotte North Carolina and I want to thank everyone for allowing Dave Melton and myself the opportunity to attend

This year, our National Convention was held in conjunction with the Motorsports Expo Show (MSX). It is always dicey launching a new show. Unofficially, I heard 82 booths were sold. It didn't take long to walk through the exhibits, but the speakers and seminars offered visitors a good sampling of race related topics. The feedback was good and we expect this show to expand greatly in the future.

The Scca convention to me was two great days of information that Dave and myself found our selves hopping from room to room trying to get the latest greatest information about Solo, Rally Cross and also Club racing so we can better ourselves and the club. I also was very happy after 10 years to reconnect with some people, and form new possible partners. We got some new ideas about managing our club and making it better year by year.

I'm not much for writing so forgive me I just hope all the support I have is showing through this year and that everyone appreciates the hard work that the Board of Directors (BOD) members put in. I would also like to mention Tony Morrow, Brian Mason and Annie Steinke who are making strides toward setting our club more as the benchmark not the standard. Thank you all —Jamey

Ky. Region SCCA Board Meeting March 26, 2014

Regional Executive Jamey McDaniel called meeting to order at 7:05 p.m. at Unique Automotive.

The following were present: Jamey McDaniel, Rich Sinnock, Bruce Domeck, Nathan Steinke, Dave Melton,

Brian Mason and Armando Manzo.

Jamie McDaniel presented the February, 2014 minutes for review. The minutes were accepted.

Financial Report: Treasurer Rich Sinnock reported on club financials.

Items reported:

Club finances are in good shape

All bills are up to date and good standing

2014 financial cost forecast spreadsheet

Sponsorship status with multiple vendors

KFEC contract payment options discussed

Financial report motioned by Nathan and seconded by Dave to accept. Passed by board members.

Membership Report: Not reported at this meeting.

Old Business:

- 2014 End of Year Banquet: Annie Steinke elected as organizer
- Evo School: Discussed status and reported as good by Brian.
- Fort Knox: Current and future status discussed.
- Radio Headsets: Agreement to test two units and single earpieces for other positions.
- Safety Steward School: Discussed status and reported as ready. Club to assist with out of area's trainer travel expenses.
- Great Lakes Round Table: Report by Jamie.
- Autocross Event at NCM Motorsports Park: Discussed costs, future events, SCCA Starting Line School.

New Business:

- Trailer Clean Up: Discussed
 - Tire Rack Street Survival in Bowling Green: Discussed about volunteers from our club.
 - MSX Convention: Reported by Jamie and Dave.
 - Road Racing and possible ghosting other region's events
 - Workshops reported as fruitful
 - Solo Event 'Cookbook' shared for review
 - Solo Events: Confirmed as new earlier time for all events and updates to all sources of times.
- Streamlining of registration process.
- Minor Release Form MS2-A: Review of club policies and directed to follow national policies for required signatures for minors riding or driving.
 - Membership Meeting Location: Discussed and to continue to be hosted at B. G. Indoor Karting.
 - Solo Annual Tech: New stickers and rules covered.
 - Papa John's Stadium: New management staff and discussed building a relationship with KYSCCA for future Solo event site.
 - Future Solo Event Sites: Discussed.
 - Media Promotions: Discussed.
 - Club Newsletter: Discussed to encourage membership to contribute content.
 - Starting Line: Discussed club requirements for national event. None at this time other than equipment loan.
 - Car Show Promotional Package: Discussed possible materials and upcoming events to promote KYSCCA at regional shows and events.
 - motorsportreg.com Online Payments: Agreed to accept event payments online during registration.
 - Jamie McDonald made motion to adjourn. Motion passed unanimously.

Respectfully submitted this April 29, 2014 by Armando Manzo.

Hydration

an article submitted by John McConnel

Like a racecar needs fuel and lubricants to keep it running at an optimal pace, the body is also in need of certain things in order for it to function properly. Hydration happens on many levels. Most think that it only happens by drinking water but that's just one way to hydrate. Everything you drink adds to your total liquid intake whether it is coffee, juice, soda, or water. You can also add to hydration by eating foods as well. Some foods, such as oranges, contain up to 90% water in them. Salads, vegetables, and fruits contain lots of water.

So what is all this hydration and drinking fluids talk about? We spend our Sunday afternoons racing cars around huge parking lots. We actually only spend a few minutes behind the wheel. The rest of the time we are walking, talking, chasing cones, looking at cars, and enjoying the 90+ degree heat that we are usually blessed with. The

temperature that shows up on your iPhone does not reflect the heat rising off of the blacktop. We are all athletes whether we believe it or not. We spend our Sundays in the hot sun doing the things we love to do. In order for us to perform at our peak we need to make sure we are getting plenty of fluids.

I remember last season one of our spectators ended up with a mild heat stroke because she was not hydrated enough. It was one of the hotter days that we have had and we were all baking. She was taken over to one of the tents and given some water. We created a make shift cooling device by wrapping lots of ice in a t-shirt and putting it around the back of her neck. This cooled the main arteries in her neck, which brought her body temperature back down to a normal temp. She was ok but it could have been worse.

What do you need to remember? Drink water. Our

sponsors bring coolers to the events so that we can partake in some delicious H2O for free. You can bring your own cooler. You can also bring a refillable water bottle of your own to carry around. I usually bring a gallon of water and keep it in a cool place so I can refill when I need. You want to make sure you are taking a pit stop at least every 2 hours (maybe sooner). You should have clear urine. If it is dark and not as frequent as every 2 hours then you need to be drinking more. Electrolytes are good but too many are not good. A good mix is 2 to 1. 2 cups of water to every cup of whatever else your drinking.

One last note, if you are enjoying some adult drinks the night before try to grab a glass of water before you hit the sack. This will help with your hydration the next day. Race hard, play hard, and don't forget to drink plenty of fluids in between.

KY SCCA Final Results Points Event #2 KFEC Sunday 2014.04.27 Total Registered: 96, Timed: 93

Pos	#	Driver	Car Model	Total	Diff.	From 1st
cam-b - Classic American Muscle (1985-Today) Total Entries: 3						
1T	7	Russ Coleman	02 Corvette	33.955	[-]0.199	-
2	5	Matt Coleman	98 C5 Corvette	34.154	+0.199	+0.199
3	41	Steve Woods		35.149	+1.194	
bs - 'B Street' Total Entries: 2						
1T	20	Barry Beaman	06 Honda S2000	35.436	+1.290	+1.290
2	27	Mason Boles	13 Subaru sti	38.603	+3.167	+4.457
cs - 'C Street' Total Entries: 2						
1T	14	Alex Workman	13 Scion FRS	34.742	[-]7.149	-
2	1	Corey Floyd	91 Nissan 300zx	41.891	+7.149	+7.149
ds - 'D Street' Total Entries: 3						
2	32	Josh Murphy	11 Mazda Speed3	39.576	+2.911	+2.911
3	1	James Bramer	12 Mazdaspeed 3	40.709	+1.133	+4.044
es - 'E Street' Total Entries: 7						
1T	91	Adam Norton	00 Toyota mr2	33.819	[-]1.216	-
2T	5	Dave Melton	99 Mazda Miata	35.035	+1.216	+1.216
3T	119	Eric Brown	00 Toyota MR2	35.282	+0.247	+1.463
4	36	Jamey McDaniel	04 Mazda Miata	36.393	+1.111	+2.574
5	77	Rob Tupman	04 Miata	39.598	+3.205	+5.779
6	177	Keith Grieshaber	04 Mazda Miata	39.600	+0.002	+5.781
7	23	Tom Coyle	96 Mazda Miata	40.090	+0.490	+6.271
fs - 'F Street' Total Entries: 3						
1T	33	Jeremy Lynn	02 BMW M3	34.282	[-]0.809	-
2	05	Jesse Lynch	04 BMW M3	35.091	+0.809	+0.809
3	42	Cindy Duncan	13 Ford Mustang	36.301	+1.210	+2.019
gs - 'G Street' Total Entries: 8						
1T	11	Tony Shulthise	07 Nissan Altima 3.5SE	36.269	[-]1.768	-
2T	14	Robin Murphey	11 Ford Fusion Sport	38.037	+1.768	+1.768
3T	16	Rob Simmons	05 Neon SRT-4	38.359	+0.322	+2.090
4	34	James Palmer	03 Volks Jetta 1.8T Wolf	38.368	+0.009	+2.099
5	4	Stacey Schmitt	86 Mustang SVO	39.822	+1.454	+3.553
6	13	Erin Polley	06 Saab 9-3 Aero	39.881	+0.059	+3.612
7	6	Chase Simmons	05 Dodge Neon SRT4	40.295	+0.414	+4.026
8	21	Clifford Fox	12 Honda Accord	45.706	+5.411	+9.437
hs - 'H Street' Total Entries: 1						
1T	6	Richard Sinnock Jr.	07 Mazda 3	37.386	-	-
ssp - 'S Street Prepared' Total Entries: 2						
1T	91	Dave Munsterman	08 Corvette	34.534	[-]0.365	-
2	3	Sam Moore	03 Corvette	34.899	+0.365	+0.365
asp - 'A Street Prepared' Total Entries: 2						
1T	22	Adam Strange	11 Subaru WRX	34.249	[-]1.563	-
2	11	Armando Manzo	07 Solstice GXP	35.812	+1.563	+1.563
bsp - 'B Street Prepared' Total Entries: 2						
1T	3	Michael Salvo	05 Nissan 350Z	36.767	[-]0.648	-
2	31	Cole Salvo	05 Nissan 350z	37.415	+0.648	+0.648
csp - 'C Street Prepared' Total Entries: 3						
1T	54	Wesley Penn		35.191	[-]2.183	-
2	14	Ethan Wilson	93 Miata	37.374	+2.183	+2.183
3	114	Ray Madras		39.370	+1.996	+4.179
cp - 'C Prepared' Total Entries: 1						
1T	15	David Schmitt	84 Mustang SVO	38.874	-	-
dp - 'D Prepared' Total Entries: 1						
1T	3	Joe Thompson	2004 MX5	37.568	-	-
ep - 'E Prepared' Total Entries: 3						
1T	3	Mark Highbaugh Sr.	74 Alfa	36.489	[-]0.093	-
2	13	John Hicks	73 Alfa	36.582	+0.093	+0.093
3	17	Charles Hughes		39.349	+2.767	+2.860
cm - 'C Modified' Total Entries: 3						
1T	89	Michael Spence	Vandiemn 85F 85F	33.149	[-]0.242	-
2	28	Bruce Domeck	76 Lola	33.391	+0.242	+0.242
3	7	Jim Moore	Dulon	33.971	+0.580	+0.822

Pos	#	Driver	Car Model	Total	Diff.	From 1st
em - 'E Modified' Total Entries: 1						
1T	1	Bret Combest Jr.	87 Mazda RX-7	36.042	-	-
bsr - 'B Street R' Total Entries: 1						
1T	198	Dean Smith		34.146	-	-
dsr - 'D Street R' Total Entries: 1						
1T	97	Gary Niles		34.784	-	-
sts - 'Street Touring S' Total Entries: 3						
1T	13	Mark Smedal Jr.	91 Mazda Miata	38.648	[-]0.141	-
2	27	Ryan Gilchrist	90 Miata MX5	38.789	+0.141	+0.141
3	44	Chris Snow	92 Mazda Miata	39.428	+0.639	+0.780
str - 'Street Touring R' Total Entries: 4						
1T	24	Stephen Lee	02 Honda s2000	34.048	[-]0.587	-
2T	39	Christopher Buntin	04 Honda S2000	34.635	+0.587	+0.587
3	00	Daniel McDowell		35.482	+0.847	+1.434
4	04	Chris Schork		35.656	+0.174	+1.608
stx - 'Street Touring X' Total Entries: 7						
1T	76	Shawn Lambert	07 Mazda RX-8	33.543	[-]0.328	-
2T	16	Raymond Dsouza		33.871	+0.328	+0.328
3T	53	Bryan Ogg	Volkswagen GTI	35.038	+1.167	+1.495
4	86	Nathan Hagan	13 Scion FRS	35.144	+0.106	+1.601
5	13	Eric Morgan	05 Mazda RX-8	37.023	+1.879	+3.480
6	37	Kevin Owens	13 Mini Cooper John Works	37.574	+0.551	+4.031
7	6	Elliot Fox	12 VW GLI	37.718	+0.144	+4.175
stu - 'Street Touring U' Total Entries: 3						
1T	83	Brendan Norton	12 Subaru WRX	35.502	[-]0.543	-
2	33	Adam Pate	12 Subaru WRX	36.045	+0.543	+0.543
3	14	David Smith	02 Ford Mustang	39.881	+3.836	+4.379
sto - 'Street Tire Open' Total Entries: 9						
1T	2	Chris Evans	10 Mitsubishi Lancer	33.325	[-]0.825	-
2T	27	Jeremy Hess	04 Mazdaspeed MX-5	34.150	+0.825	+0.825
3T	747	Will Chapman	97 BMW M3	34.703	+0.553	+1.378
4	11	John Willett		34.705	+0.002	+1.380
5	7	Chris Huber	04 Mazdaspeed MX-5	34.881	+0.176	+1.556
6	50	Christopher Croak	97 Mazda Miata	35.305	+0.424	+1.980
7	111	Scott Walsh	Corvette	35.432	+0.127	+2.107
8	505	Chris Burkett	90 Honda CRX	37.498	+2.066	+4.173
9	31	Mike Robinson	69 Mini Cooper	42.933	+5.435	+9.608
sm - 'Street Modified' Total Entries: 17						
1T	12	jeff smith	08 Mitsubishi evo	33.779	[-]0.596	-
2T	37	Scott Kimball	13 Subaru STI	34.375	+0.596	+0.596
3T	137	Joey Gumer	13 Subaru STI	34.457	+0.082	+0.678
4T	21	Scott Wright	05 Acura RSX	34.709	+0.252	+0.930
5T	42	John McConnell	05 Acura RSX	35.130	+0.421	+1.351
6	86	Nathan Steinke	87 Toyota Corolla	35.435	+0.305	+1.656
7	986	John Dieruf II	13 Scion FRS	35.642	+0.207	+1.863
8	71	Eric Ruedel		35.682	+0.040	+1.903
9	09	Brian Schork		35.811	+0.129	+2.032
10	686	Ben Dieruf	13 Scion FRS	36.007	+0.196	+2.228
11	7	Michael Neat	13 Hyundai Genesis Cp	36.526	+0.519	+2.747
12	5	Joshua Alexander	11 Hyundai Gensis Coupe	36.617	+0.091	+2.838
13	53	Matt Fowler	13 Ford GT 500	36.880	+0.263	+3.101
14	6	Donald Gambel	13 Hyundai Genesis Cp	37.766	+0.886	+3.987
15	57	Ryan Werner	05 Cadillac CTS-V	38.688	+0.922	+4.909
16	9	Patricia McGuffin	13 Hyundai Genesis Coupe	39.674	+0.986	+5.895
17	99	Rick Geymonat	13 Hyundai Genesis	39.763	+0.089	+5.984
ssm - 'Super Street Modified' Total Entries: 2						
1T	18	Jeffrey Heun	08 Chevrolet Corvette Z06	35.325	-	-
2	41	Steve Woods		dns		

For more information visit www.kyscca.com

KY SCCA Region Presents Midwest Muscle Car Challenge

On Saturday, May 3 the KYSCCA put on the Orange Cone Racing Autocross Challenge for the 5th Annual Midwest MuscleCar Challenge. Each car entered ran the course at least ten times and the weather was just about perfect. Thanks so much to Brian Mason for coordinating and Cody Willett, Nathan & Annie Steinke, A few great SAE Guys (Nolen, Chuck & Nate) & The Whole Mason Clan for all your hard work! The days were long but the "practice" runs on that smooth concrete in that wide open space at the Terre Haute International Airport took fun to a whole new level. Please let a board member know if you are interested in helping with events like these.

The overall winner was Danny Popp, who has been an instructor with Evolution Driving School. Dan also won the 2013 Holley LS Fest.



Muscle cars from 1964 thru 2014 line up on the tarmac at Terre Haute airport ready for 10 runs on the autocross. Photo by Detroit Speed

Competitors in the new *Classic American Muscle* class might be interested in this exciting 2 day event in 2015, which includes a lapping day at Puttman Park along with the autocross at Terre Haute Airport. Find out more about the Midwest Muscledar Challenge at: <http://www.midwestmuscledarchallenge.com>



Drivers meeting was packed drivers and crews for 12 entrants.



The KYSCCA members prepare for registration at the Orange Cone Racing Autocross Challenge. A cool morning turned into a perfect day of weather for the event with temps in the 70's and no wind.



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Learn more about the Kroger Nascar Fan Fest and our opportunity to expand awareness of the KYSCCA. E-mail Annie Steinke at asteinke0814@gmail.com to look at the shedule, select an event near you and sign up to represent KYSCCA at our display booth.



Congratulations to Cody Mason who has garnered a NASA drivers licence at Mid-Ohio. Way to Go Cody!

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For more information visit www.kyscca.com **6**



Get ready for the The Kroger NASCAR Fan Fest at a Kroger near you.

Please Email Annie Steinke (asteinke0814@gmail.com) for the sign-up sheet to participate in the Kroger/NASCAR FanFest 2014 and represent the KYSCCA in your community.



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