



24 Hours of America Think List

1. Drivers...

- 1 Know all team and race procedures, especially fueling and breakdown.
- 2 Know the rules, including on-track etiquette.
- 3 Know all your team's communications/signs.
- 4 Be ready when it's your turn to drive.
- 5 Remember it's a 24 hour race, stay on track and out of conflicts!

2. Signaling...

- 1 Type of communication...radios, signs, hand signals.
- 2 Write them down and review.
- 3 Practice.

3. Pits...

- 1 Organization is key, avoid clutter.
- 2 Have designated area for gear, weights, communication gear, etc.
- 3 Designate specialists...weights, timing, driver order, driver changes, but all should know team procedures.
- 4 Timers need to be aware of fueling and mechanical stops.
- 5 Don't rely on one person managing everything.

4. Gear...

- 1 Rib protectors, longer stints and driving when tired make them a necessity – available at the track.
- 2 Rain gear.
- 3 Extra...gloves, socks, under uniform wear, as it can still get cold at night in Florida.
- 4 Tape for hands, Leukotape or Kinesiotape recommended.
- 5 Helmet shields, tinted visors don't work at night.

5. Sleep...

- 1 If you plan on sleeping set a schedule, always have coverage for pit functions
- 2 For non-sleepers the hours just before and after dawn are hardest. Be ready for these people to need a nap.
- 3 Non-sleepers will likely develop acidosis (upset stomach) from not sleeping. They'll require real food...salts and proteins. Having antacids available is a good idea.

6. Food/Supplies...

- 1 Don't rely on trackside availability of food as your only source, stuff happens.
- 2 Hydration and salt are critical, especially if you're from colder climates. Have plenty of water on hand, chips and pretzels are a good source of salt as are sports drinks.
- 3 Shop before the race and make a list before you shop.
- 4 Those planning on double stinting may want to consider hydration packs for drivers that think they might not be able to make 90 minutes.

7. Pre-race...

- 1 Assign specialists
- 2 Who's qualifying on Friday
- 3 Who's starting the race
- 4 Set a driving order
- 5 Get weight set-ups done before practicing
- 6 Kart prep...decals, timer, etc.

