

2023 Trackside Information: Lime Rock Park

The Track gates will be open at 7:00 AM. Registration will be open by 7:30 AM. Trackside Tech Inspection opens at 7:30 AM as well. Upon arriving, promptly prepare your car for trackside tech inspection. (Note to new participants: this tech inspection does not replace the pre-event **tech inspection, which must be done by a PCA Region approved tech site prior to this weekend.**) All participants, including instructors, must check-in prior to tech inspection and **MUST** have a run group wristband **BEFORE** going through tech.

Students: If you have not been contacted by your Instructor prior to the event, all Instructor assignments are given out after the Driver's Meeting. Instructors will find you.

You will need your valid PCA Membership card along with a **valid Driver's License**.

Please bring your license with you to registration as you are required to show it.

It is mandatory for all Boxsters, Cabriolets, Roadsters and Speedsters to have roll bars that meet minimum height requirements.

****Lime Rock Park requires open cars to have deployed roll-over protection****

Open cars must be equipped with a roll bar meeting the following specifications: (i) the roll bar must be of sufficient height to ensure that the top of the driver's helmet sits below the line from the top of the roll bar to the top of the windshield (commonly referred to as the "broomstick test") and; (ii) the roll bar must be fixed and visible at all times when the vehicle is on the track.

All cars must be muffled. Track officials do monitor sound levels of cars at speed and will remove cars from the racetrack if they exceed the limits. The sound limit is 88 dB. Please plan accordingly!

Long pants are required while driving. Suitable shoes like sneakers must be worn. No open toe shoes will be allowed on track.

Snell 2015 or newer helmets are required.

All Aftermarket harnesses **MUST** be kept up to date. Most have a 5 year expiration on the webbing. If the webbing is out of date, you will not be allowed to use it on track.

If you are running a 5 or 6 point harness, you are REQUIRED to use a head and neck restraint device that meets the standards of either SFI 38.1 or FIA 8858.

High-octane fuel is usually available for purchase at the track. Regular gas must be purchased outside the track facilities.

Only registered drivers are permitted on the track. No passengers except for instructors. A driver is permitted on the track only during his/her assigned run group.

Metro NY PCA sponsors this event as a drivers' education event. **It is not a race or a race school.** We encourage all participants to enjoy the experience and bring a mature, cooperative and not overly aggressive attitude to the event. **Participants engaging in inappropriate actions are subject to having their registration canceled, at the discretion of Metro NY PCA.**

Registrar must receive notice of cancellation at least one week prior to the event.

If you have any questions please call 516-801-1331 and leave a VM or email: MetroNYPCADE@gmail.com .

Trackside Checklist

Extra oil and brake fluid.

Insect repellent.

Large plastic bags to store everything you do not want to get wet in the event of rain. This will also allow you to keep everything in one place.

Painters tape for headlights and fog lights so they don't get chipped or cracked from loose grit on the track.

Weather is unpredictable - be prepared for cool or warm, dry or wet.

Rain gear - Yellow and Red must be avoided for flagging reasons.

Sun protection gear (hat, umbrella, sunscreen, etc.)

Long sleeve shirts or jackets as well as long trousers for driving. Natural or fire retardant fabrics preferred.

Suitable shoes like sneakers should be worn. No shorts, sandals or loose fitting shoes.

An air gauge for checking tire pressure, a torque wrench for checking wheel torque and masking tape for numbers are all a plus to make your day go easier.

Bring food and drink in case the snack bar is not open. No alcoholic beverages or controlled substances are permitted anywhere on track premises.

Numbers must be placed on each side of the car and the front windshield (passenger side). This can be done with white shoe polish or you can create numbers before you arrive at the track. Blue painters tape works great and comes off the car easily at the end of the day.

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