

**Welcome to the
Glen Event Series at Watkins Glen International
Open Track Event Confirmation Form
All Phoenix CMR Events**

Car ID No. _____ **Garage Bay** _____ **Stall** _____

You are confirmed as an entrant for the Glen Event Series at Watkins Glen sponsored by Phoenix CMR Inc. Note your car's registration number above. Please arrive at the track prepared with the following items: A completed Technical Inspection form, copy of your drivers license, Medical Information and other required items as listed in the following pages.

The Glen Event Series at Watkins Glen will be an opportunity for you to drive your car at high speeds on a racetrack under safe conditions. This is **NOT** a competitive event or a race. There will be no trophies awarded and no lap times recorded. Therefore, we will not tolerate any kind of misconduct, whatsoever. Enclosed is a technical information sheet that will aid you in inspecting your car.

Cancellations for refunds will not be accepted. If your car fails to comply with tech inspection on the day of the event, there will be no refund at that time and you and your car will not be allowed to run on the track.

If for any reason you are involved in an incident which causes damage to the track or track grounds, you are responsible for any and all costs for work that Watkins Glen International deems necessary to repair that damage.

In this registration packet you will find the following:

- Gate 2 Parking Notice
- Read This First Document
- Glen Event Series at Watkins Glen Confirmation Form
- General Information
- Driving Rules
- Long Course Lap Times
- Glen Event Series at Watkins Glen Technical Information
- Watkins Glen International Drivers Medical Information Form

If you are missing one or more of these forms, please call me right away, and I will send them to you.

Please make sure you read and follow all the directions in the packet. We know that this is a lot of information to digest, but learning it ahead of time will alleviate major problems and will certainly ease any potential confusion at the track.

NOTE: This document is reproduced from information supplied by Watkins Glen International, various racing publications and documentation created for Phoenix CMR Inc.

WHAT TO DO WHEN YOU GET THERE

When entering the Gate 2 driveway after leaving Route 16, you will be required to sign the Watkins Glen International Inc. waiver form. After all members of your party have signed the form you may enter the track area. Gate 2 at the Watkins Glen racetrack will open at 6:00 A.M. Adjust your travel schedule to arrive on time. No parking is allowed on route 16, violators will be ticketed and towed.

After entering Gate 2, proceed directly to the garage area (see enclosed map). The garages will be open. You will be assigned a garage bay when you send in your registration form. For those that do not register in time to make the fifty-six car cut off, there is ample parking around the immediate garage area.

There will be registration tables set up in the room directly across from the classroom at the paddock end of the garage. Please go there next after your support vehicle has been parked near the garage area in a way that will not cause a parking inconvenience for others and your car is in your assigned garage bay. You and all of your guests must sign the event's waiver form and drivers and spectators must receive a wristband color coded for your activity level. You will turn in your completed Drivers, Medical Impairment Information and Guest List Form at this location. You will receive a commemorative T-shirt complements Phoenix CMR Inc. if you pre-registered for the event as a remembrance of the Glen Event Series at Watkins Glen. All drivers must sign up for the drivers school at registration and will be required to attend two 20 to 30 minute driving school classroom sessions during each day. This is an instructional event.

Store your extra gear and items you remove from your car in your assigned garage bay or in the other vehicles outside the garage and move your car quickly and safely to the staging area for tech inspection. The tech inspection will be located in bays one and thirty of the garage (this is a drive through at the west end of the garage). Don't park in the lane leading up to bay one unless you are in your car and ready to be teched. You **MUST** stay with your car at all times in this area. Your car will receive its windshield sticker and car number only after it has passed inspection. Don't wait for the tech inspectors to come to your car. Pay attention and keep the line moving to the tech drive through area. Tech opens at 6:30 A.M. and will close at 8:00 A.M. for the drivers meeting. It will re-open after the meeting. Tech inspection after 8:00 will be handled, as inspectors are available during the day. If your car is not inspected it will not be allowed onto the track. You may miss one of your scheduled sessions because of this so get to the tech area on time. Refer to the **READ THIS FIRST** document for specifics on times and locations of tech inspection for Sunday night and Monday morning.

At 8:00 A.M. we will hold a **MANDATORY** driver's meeting in the garage area to discuss the rules of the road and to answer questions you may have.

There will be three run classifications: Group 1, Group 2 and Group 3. With 3 being the advanced or open group.

All persons entering the track **MUST** sign the insurance and release and liability waiver both days. All drivers must be 18 years of age with a valid driver's license.

Guests are welcome. You are responsible to provide a list of your guests to registration with yourself listed as the contact and responsible party if they do not sign in with you in the morning. You will be responsible for their conduct while they are at the facility. Please make arrangements ahead of time, if you or your guests are going to help out at the track. Children must be supervised by an adult at all times. We will not provide supervision for anyone at the event.

HELMETS

Helmets are required for drivers and passengers (instructors). The current standard for helmets is Snell 2015. Snell 2005 or newer are required for participation in this event. "M" rated helmets are allowed. However, "SA" rated helmets are strongly recommended, especially in groups two and three where speeds tend to be higher. The event will not provide helmets for your use.

CLOTHING

Long sleeve shirts are recommended but not required. Shirts and long pants made of natural fibers are required while driving on the track. No tank tops, shorts or open toed shoes are allowed while on track. Also bring proper clothing in case of rain.

GASOLINE

Both leaded and unleaded high octane gasoline will be available at the track. Hours of pump operation will be posted that day.

FOOD AND BEVERAGE

Consumption of alcoholic beverages or controlled or illegal substances are prohibited during the event. Food may be obtained at local restaurants, you may bring your own or you can make other arrangements.

This event is designed to improve your driving skills, whether you are a beginner or an experienced driver. There will be a group of instructors with a vast background of event and racing experience that will be able to teach you the theory and methods of proper and safe driving. You will also be able to have the hands on experience in your own car in a safe controlled area where you can concentrate on sharpening your driving skills. The most stressed topic is safety. You will be grouped with drivers having similar experience. Cars will only be allowed to pass in designated passing areas.

In case of problems we will have paramedics, ambulance, a tow truck and fire trucks standing by at all times. Corner workers will be experienced SCCA members. If for any reason the ambulance has to leave the track to transport an injured person, all track activities are suspended until the ambulance returns to the track.

Any drivers acting in an unsafe manner will be removed from the event. Please feel free to report to an event official, any driver that displays unsafe driving.

“There are some things in life that are just too cool for mere mortals to comprehend.”

If you have any questions, please do not hesitate to give us a call.

DRIVING INFORMATION

Have your engine warm before the start of your session. Especially if you are using straight heavy weight oil. You should also take at least part of one lap prior to the end of our session to cool down your vehicle. Warm up your tires slowly. Do not expect to drop your foot to the floor as soon as you get onto the track. Take your time. Learn the track and your car's responses to it first. After a driving session do not use your emergency brake if you have rear drums. Often the brake will lock when the brake drums cool and contract around the brake shoes.

DRIVING RULES

When entering the track, follow the track official's signals, keep to the right of the yellow blend line all the way to turn two and watch for oncoming traffic. By staying right of the yellow blend line you will enter turn two in the driving "groove". For the first lap or two, take it easy! Give your car, your tires and yourself time to warm up. Locate the corner workers and flag stations. Get familiar with the track and your car. Concentrate on being smooth and taking the correct driving line. Do not try for speed. If you have the correct line, your speed will come naturally. **DO NOT** tailgate. **DO NOT** group together. If you find yourself in a group, pull onto the pit lane for a restart. You will be sent back out onto the track at the first break in the stream of cars. When leaving the track surface, signal that you are exiting by putting your left hand out the car window straight up perpendicular to the roofline making a fist and exit the track to the right of the yellow line and proceed to the pit or garage area. When you leave the track surface and drive to pit road and stop, do not get out of your car. You will be restarted at the earliest break in the stream of cars. If you go to the garage area, quickly check your car before re-entering. In the event of rain **SLOW DOWN**. The track can get dangerous when wet. Be especially careful just after the rain starts, because the rain will lift oil and rubber deposits off the track and make it very slippery. Give yourself time to adjust to the wet conditions. If at any time all four wheels of your car leave the racetrack, You **MUST** enter the pit area for a technical inspection and/or consultation. Your car may have to undergo tech inspection again. You may not continue until track officials have given the okay to do so. Please remember that passing is allowed only in designated areas on the track. Passing is only done when the car ahead of you signals to you that the driver is aware of you and is expecting you to pass. The car being passed always has the right of way and will stay in the "Grove or Line". The passing car will pass on the right or left as indicated by the driver being overtaken and then regain the "Grove or Line" after putting a sufficient distance between the two cars. Passing for all groups will be allowed on the front straight and the shorter straight in front of the pits. Passing anywhere else on the track is at the lead instructor's discretion. If you pass or attempt to pass anywhere else on the track you will not be allowed to continue that day. If you pass or attempt to pass under a yellow flag condition you will not be allowed to continue that day.

Requests to change run groups are rarely honored. The only exception is if your instructor notes an obvious mistake in your run group assignment. In this situation, both the driver and the instructor must talk to the lead instructor to secure a run group change. No one can change groups without going through this process. Please report any driver that is getting overly aggressive or that is taking risks on the track or in the pit or garage areas. Note the car number and report it to the event coordinator or any staff personnel. There are no passengers allowed in cars running on the track unless you are with an instructor. When entering the track, pay close attention to the pit lane personnel. They will direct you onto the track when it is safe to do so. If you are told to stop, do so immediately. Watch for hand signals, if you are moving to fast in the lane they will signal for a slow down. When a corner worker signals you, acknowledge the fact that you saw them. A hand wave and eye contact will let the corner worker know that you got the message.

TECHNICAL INFORMATION

The enclosed tech inspection form must be filled out and signed by the person taking responsibility for the track worthiness of the vehicle. You will not be allowed on the track without a completed tech inspection form. **NO EXCEPTIONS!!**

The following list will help you and your mechanic make a thorough inspection and determine the condition of your car. The tech inspectors will be looking at these items in general. You must pay specific attention to them.

HELMET

Helmets must be free of damage and fit properly. Velcro helmet straps will not be accepted. D ring straps are required. Helmets are required for drivers and passengers (instructors). The current standard for helmets is Snell 2015. Snell 2005 or newer are required for participation in this event. "M" rated helmets are allowed. However, "SA" rated helmets are strongly recommended, especially in groups two and three where speeds tend to be higher. The event will not provide helmets for your use.

SEAT BELTS

DOT approved seat belts are the minimum requirement. The belts must be in good condition free of cuts or worn areas and must be fastened securely to the vehicle. Shoulder harnesses can not be used in open cars unless the car is equipped with a roll bar. Inertia type seat belts are not recommended for use on this track. In either case the restraint system for the passenger must be equal to the drivers restraint system.

TIRES

Tread and sidewalls of your tires will be checked for excessive wear and should be free of cuts, deformations, foreign objects or signs of deterioration due to age. The tires must be the proper size for the rim being used and must have sufficient clearance to body panels and suspension components. Street tires must have at least 3/32" of tread remaining and should be H rated for those vehicles in classes other than group one. Group one may run normal street tires. Anyone signed up to run in groups two and three that does not have speed rated tires on the car at tech inspection will be moved to group one. **NO EXCEPTIONS!!!**

However, there are speed rated tires that are not marked as such. If the car owner can produce documentation to verify that his or her tires are in fact speed rated, those tires may be used.

WHEELS

Wheels should be free of damage that could cause them to fail under normal driving conditions on this track for stock cars. Lateral wheel loading on this track can be expected to be much higher than the loading you would experience in normal street driving even for the same radius corners. All trim rings and hub caps must be removed. All lugs and lug nuts must be in place and tightened to the vehicle torque specifications.

WHEEL BEARINGS

Pack or re-pack wheel bearings a few days prior to the event. Clean and check the bearing, bearing basket and race for wear. Remember that the lateral loading on these bearings will be high during the cornering on the track. Under heavy braking, the spindle temperatures can get high enough to melt the wheel bearing grease and reduce its lubricating properties. Choose a wheel bearing grease that can withstand these extreme temperature changes.

BRAKES

Check all brake system components for wear or fatigue. Replace components as necessary. The brake pedal resistance should be firm when pressed. Even if your brake pads and shoes appear to be in good shape it's a good idea to replace them. Make several rapid stops from various speeds, preferably starting at a slow speed, with your hands off the steering wheel. This is an accurate way to determine if your braking system pulls to one side. This can be hazardous on the race track because the problem usually gets worse not better under heavy braking. If you are running in groups three or four, we recommend that you flush your brake fluid and replace it if the fluid is dark in color.

BRAKE LIGHTS

Brake lights must function within the specifications in place at the time of the vehicle manufacture. Race cars must meet the specifications for the class within which they race.

STEERING

Manual steering should not exhibit any end play. The ratio when turning the steering wheel and movement of the tire should be 95% or better. Power steering systems must be free of leaks and metal tubing and hoses must be free of cracks and wear.

SUSPENSION

Mounts must be secure and no end play in suspension components. All axle seals must be free of leaks and front wheel drive CV joint boots must be in tact. Check shocks and struts for leaks and broken or fatigued mounting hardware.

ENGINE

Insure that the engine and transmission mounts are secure. No open air inlets to carburetors or fuel injectors. Air cleaners must be used. Check belts and hoses for cracks or wear. Replace items as necessary.

BATTERY

Battery must be mounted securely and be free of leaks. Cables must be secure. The battery must be secured in all directions.

FLUID LEAKS

Absolutely no fluid leaks of any kind. The vehicle will be checked with the engine running. This includes oil, brake fluid, coolant, power steering fluid, etc. Cars with cooling systems that vent to the atmosphere must have a catch can of some sort to keep overflowing coolant from reaching the track surface.

EXHAUST SYSTEM

The exhaust system must be secured to the vehicle. No low hanging pipes or mounting hardware that could cause damage to the track surface or your vehicle. If you are running open headers, the remaining exhaust system must be removed if it cannot be secured. In either case of mufflers or open exhaust, the tips of the exhaust pipes must clear the body work. If side exit, they must be as close to the rear wheels as possible and extend beyond the plane of the wheel. If rear exit, they must mimic factory exhaust tip locations or extend beyond the rear bumper. Race cars dedicated to track only applications are exempt from these requirements.

GLASS

No fractures allowed in areas of the glass that would obstruct the drivers view. Sun roof and T roof glass must be secured at all times or removed from the vehicle. Please do not use any glass prep on your wind shield. Our confirmation stickers won't stay on the glass because they won't stick to the glass prep.

INTERIOR

Seats must meet or exceed mounting specifications for the date of manufacture. Absolutely no loose objects in the car. Attention will be given to the pedal area to insure that there are no obstructions to the drivers foot movement. All convertibles may run with the top up or down. Hard tops must run with the windows completely down.

MIRRORS

Every car must have at least one rear view mirror. Two are recommended. No loose or hanging objects from the mirror or mirror mount.

FIRE EXTINGUISHERS

A fire extinguisher is not required. However, a extinguisher is recommended.

TRUNK AND OPEN STORAGE COMPARTMENTS

All loose items must be removed. If you are driving a late model mustang, leave the spare tire in it's well and tighten securely. There have been instances where fuel tanks have cracked due to severe body twist with the spare tires removed.

SEATS

If you are in run group one and do not have a functional passenger seat, an instructor will not be able to ride with you. Therefore, you will be unable to have an instructor sign you off for solo access to the track for subsequent run group one sessions. This situation may restrict you from driving some or all of your allotted track sessions.

DRIVERS

No arms or hands outside the windows and doors of the cars when they are on the track. This means instructors riding as passengers as well. Keeps all the parts of your body inside the vehicle at all times.

SPECTATORS

Stay behind the spectator fence at all times. No picture taking will be allowed out by the guard rail. You are not to go beyond the spectator fence for any reason what so ever.

VIDEO CAMERAS

We encourage the use of video cameras. Re-live the experience or share it with a friend. I have a mount in my car. However, the camera must be rigidly mounted to a frame specifically designed for the purpose of restraining the camera. No bungee cord mounts will be allowed. The camera will become a projectile in the car if it should come loose from its mount. There will be no exceptions to this rule.

Suction cup video camera mounts are becoming very popular. The small size of PRO style cameras allow for external mounting and interesting shots. However, we have experienced several occasions where the cameras and mounts have come off the car. In one case, the mount ended up in the grille of a new Corvette. The owner of the car and the owner of the camera came to an agreement for repairs to the car without requiring any intervention from the Phoenix CMR staff. Due to this incident, the Code of Conduct has been amended to include your responsibly to other participants should your camera cause damage to another vehicle.

CAR NUMBERS

Car numbers and group identifying tags are provided by Phoenix CMR Inc. and will be affixed to the vehicle at tech inspection.

NOTE: Any car which fails to pass the technical inspection and cannot be brought into compliance will not be allowed on the track. There will be no refunds of any kind. You will have several weeks to get your car ready and to comply with these rules.

NO EXCUSES...

Standard Operating Procedures For Weekday Activities at Watkins Glen International

The following are the weekday (Monday-Friday) operating procedures used by the Tyre Test Safety Crew. Please understand that these procedures are in the interest of safety, both for you as the participant and the Tyre Test Crew.

A.. PROCEDURES IN EFFECT FOR ALL PARTICIPANTS

1. All weekday activities will run from 8:30 A.M. to 4:30 P.M. with one hour break for lunch unless prior arrangements have been made with the Track office. Any variance agreed upon by both parties will be made available to the Tyre Test Coordinator. The participating organization will designate one person of authority in attendance to be a liaison with Pit One Personnel.
2. Any incident that results in a disabled vehicle on the course in a hazardous area will result in an automatic shut down of the course. During an incident on the course or in the pits, Pit One Personnel will immediately handle the shut down procedures and the dispatch of emergency vehicles, maintenance crew, and/or course marshals when necessary. Only authorized vehicles will be allowed to go on the track. The incident will be completely cleaned up and all repairs will be finished before activities continue. If any participant disregards or ignores a flag in the area of the incident, the driver will be **BLACK FLAGGED** and given a warning. If this driver continues in an unsafe manner, then this driver will be finished for the day.
3. There will **NOT** be a mixture of open wheel and closed wheel vehicles on the track at any time with the exception of emergency vehicles (ambulance, fire truck, and/or tow vehicles). This includes any kind of street car. If instructors or official observers of the participating organization are to have access to flagging and/or emergency stations, they will proceed through the infield to such areas. In the case of participants needing to observe in the boot area or short course (Delta), they will dispatch and be in place prior to vehicles running on the track. They will stay in position until the end of the session and be released to return by the Tyre Test Crew Safety Crew (flaggers on stations) which will be coordinated by Pit One Personal.
4. All vehicles will run race direction on the course and in the pits.
5. Pit One Personal will review with the participating organization liaison the standard flags the Tyre Test Crew uses which are FIA approved. When other flags are to be used, the flags and procedures will be reviewed with the Tyre Test Crew before proceeding to the assigned stations and the commencing of activities.
6. For purposes of identifications and locations, stations being manned will use the official numbers of said stations in accordance with the Watkins Glen International Station Map. Corner numbers will not be used.
7. Pit One Personal will display flags on the pit rail indicating when the course is open (Green) and when it is closed (Red).
8. When pit 50 is in operation, opening and closing of the course will be coordinated by EASY.

B. PROCEDURES FOR MARQUEE EVENTS

1. Phoenix CMR Inc. will provide a handout (this document) for the participants that states the rules the organizers are going to have in effect for the event. (what constitutes bad driving, penalties for spins, driving off the edge of the track, where children are allowed, minimum age requirements for insurance coverage, [no one under 18 years of age is allowed in the pits], what to do if a car stops on the course - specifically do not get out of the car on your own. When instructed by safety personnel, you may get out of the car and get over to the guard rail if applicable to the situation. Always defer to safety personnel when unsure of what to do).
2. A realistic run schedule will be provided by Phoenix CMR Inc.
3. Review procedures for the day - such as staging, entry and exit off the track, location of black flag and the checkered flag, and the meaning of standard flags at the drivers meeting. Pit One Personal will display and review standard flags.
4. All cars will be numbered on the windshield of the car. Phoenix CMR Inc. will provide five inch vinyl stick on numbers the day of the event. The numbers will be put on the windshield at tech inspection.
5. Guest Policy:

- a. A list of guests expected to arrive unescorted by a participant must be turned in at the main gate by 9am on the first morning of the event. **No additions will be accepted once the list has been turned in.**
 - b. Guests should be instructed to park their vehicles in the North Paddock area.
 - c. All guests must register with Customer's Registrar upon arrival and must wear a wristband indicating their status.
 - d. Unescorted guests must remain in the garage/paddock area.
6. No ATV's, carts, roller blades, motorized skateboards or bicycles are allowed.
 7. Children must be under the direct supervision of an adult **at all times.**

LONG COURSE LAP TIMES
WATKINS GLEN INTERNATIONAL
3.4 MILES

Time in Minutes and Seconds	Average MPH	Time in Minutes and Seconds	Average MPH	Time in Minutes and Seconds	Average MPH
3:30	- 58.29	2:50	- 72.00	2:10	- 94.15
3:29	- 58.56	2:49	- 72.43	2:09	- 94.88
3:28	- 58.85	2:48	- 72.86	2:08	- 95.62
3:27	- 59.13	2:47	- 73.29	2:07	- 96.38
3:26	- 59.42	2:46	- 73.73	2:06	- 97.14
3:25	- 59.71	2:45	- 74.18	2:05	- 97.92
3:24	- 60.00	2:44	- 74.63	2:04	- 98.71
3:23	- 60.30	2:43	- 75.09	2:03	- 99.51
3:22	- 60.59	2:42	- 75.55	2:02	- 100.33
3:21	- 60.90	2:41	- 76.02	2:01	- 101.16
3:20	- 61.20	2:40	- 76.50	2:00	- 102.00
3:19	- 61.51	2:39	- 76.98	1:59	- 102.86
3:18	- 61.81	2:38	- 77.47	1:58	- 103.73
3:17	- 62.13	2:37	- 77.96	1:57	- 104.62
3:16	- 62.45	2:36	- 78.46	1:56	- 105.52
3:15	- 62.77	2:35	- 78.96	1:55	- 106.43
3:14	- 63.09	2:34	- 79.48	1:54	- 107.37
3:13	- 63.42	2:33	- 80.00	1:53	- 108.32
3:12	- 63.75	2:32	- 80.52	1:52	- 109.29
3:11	- 64.08	2:31	- 81.06	1:51	- 110.27
3:10	- 64.42	2:30	- 81.60	1:50	- 111.27
3:09	- 64.76	2:29	- 82.15	1:49	- 112.29
3:08	- 65.11	2:28	- 82.70	1:48	- 113.33
3:07	- 65.45	2:27	- 83.27	1:47	- 114.39
3:06	- 65.81	2:26	- 83.84	1:46	- 115.47
3:05	- 66.16	2:25	- 84.41	1:45	- 116.57
3:04	- 66.52	2:24	- 85.00	1:44	- 117.69
3:03	- 66.89	2:23	- 85.59	1:43	- 118.83
3:02	- 67.25	2:22	- 86.20	1:42	- 120.00
3:01	- 67.62	2:21	- 86.81	1:41	- 121.19
3:00	- 68.00	2:20	- 87.43	1:40	- 122.40
2:59	- 68.38	2:19	- 88.06	1:39	- 123.64
2:58	- 68.76	2:18	- 88.70	1:38	- 124.90
2:57	- 69.15	2:17	- 89.34	1:37	- 126.19
2:56	- 69.54	2:16	- 90.00	1:36	- 127.50
2:55	- 69.94	2:15	- 90.67	1:35	- 128.84
2:54	- 70.34	2:14	- 91.34	1:34	- 130.21
2:53	- 70.75	2:13	- 92.03	1:33	- 131.61
2:52	- 71.16	2:12	- 92.73	1:32	- 133.04
2:51	- 71.58	2:11	- 93.44	1:31	- 134.51

NOTE: Record lap times are set by professional drivers in race prepared cars. **DO NOT** attempt to set one with your car.

SCHEDULE

Please be on time for you run group staging and classroom sessions. Pay attention to the run and classroom schedule. Proceed to the staging area ten minutes before your run group is scheduled to be on track. Times apply for both days.

7:30	A.M.	-	8:00	A.M.	Instructor Meeting		
8:00	A.M.	-	8:30	A.M.	General Meeting		
8:30	A.M.	-	9:10	A.M.	Run Group 3	8:40	A.M. - 9:10 A.M. Group 1 in Classroom
9:10	A.M.	-	9:50	A.M.	Run Group 2		
9:50	A.M.	-	10:15	A.M.	Run Group 1	9:55	A.M. - 10:15 A.M. Group 2 in Classroom
10:15	A.M.	-	10:55	A.M.	Run Group 3		
10:55	A.M.	-	11:35	A.M.	Run Group 2		
11:35	A.M.	-	12:00	P.M.	Run Group 1		
Lunch						12:45	P.M. - 1:00 P.M. General Meeting
1:00	P.M.	-	1:40	P.M.	Run Group 3	1:10	P.M. - 1:40 P.M. Group 1 in Classroom
1:40	P.M.	-	2:20	P.M.	Run Group 2		
2:20	P.M.	-	2:45	P.M.	Run Group 1	2:25	P.M. - 2:45 P.M. Group 2 in Classroom
2:45	P.M.	-	3:25	P.M.	Run Group 3		
3:25	P.M.	-	4:05	P.M.	Run Group 2		
4:05	P.M.	-	4:30	P.M.	Run Group 1		

**Watkins Glen International
Drivers Medical Information**

Drivers Name _____ **Age** ____ **DOB** ___ / ___ / ___
Street _____ **City** _____ **State** ____ **Zip** _____
Driver's Phone Number ___ - ___ - _____
Physician _____ **Physician's Phone Number** ___ - ___ - _____
Blood Type ____ **Date of last Tetanus shot** ___ / ___ / ___ **Religion** _____
Current Medications _____ **Allergies** _____
Special Conditions _____
Illness / Injury in last 12 months _____

Circle Yes or No

Hypertension	Yes / No	Diabetes	Yes / No
Cardiac	Yes / No	Seizures	Yes / No
Hemophiliac	Yes / No	Dentures	Yes / No
Asthmatic	Yes / No	Contacts	Yes / No
Copd	Yes / No	Pregnant	Yes / No
Epileptic	Yes / No	I. U. D.	Yes / No
Paraplegia	Yes / No	Other	Yes / No

If Other Please Explain _____

Car Make _____ **Car Number** _____

Emergency Contact _____ **Relationship** _____

Address _____ **Phone** ___ - _____

At the track Yes / No **If so, Where?** _____

Alternate to notify _____ **Relationship** _____

Address _____ **Phone** ___ - _____

At the track Yes / No **If so, Where?** _____

Please use the back of this form if additional space is needed.

Official Use Only:

Run Group _____ **Car Number** _____

NOTE: Drivers must bring their helmet with them to Track Medical if they have been involved in an accident.

