

# The Racing Chica Checklist

## Items to Bring

- Cooler
- Water
- Lunch and Snacks
- Sunscreen
- Camping Chairs and Table
- Gloves
- Hat
- Sunglasses
- Winter/Rain clothing for those cold days wet days
- Umbrella
- Helmet SNELL M2010 or SA 2010
- Distilled Water for Sprayer
- Sprayer to cool down intercooler or tires
- Notebook/Logbook & Pen
- Jack and Stands
- Air tank/Pump
- Tools
- Torque bar
- Temp Gun
- Tire Pressure Gage
- Painters Tape/Magnetic Numbers/Vinyl Numbers
- Rags
- Microfiber Towels
- Glass Cleaner
- Wax
- NASA Passport (if applicable)
- GoPro
- Good Attitude!

## What to Check and Prep Before the Race

- Tires are in good condition, no cracks, bulges, or cords showing
- All lug nuts present and in good condition
- Shake wheels to make sure there is no wiggle like the wheel bearings going out
- Suspension mounted properly and tight
- Battery securely tied down
- Check all fluids and replace any that need to be replaced, make sure there are no leaks
- Check Brake Pads and Rotors
- Brake pressure is good
- Throttle return spring functions
- Seat belt functions properly
- No big windshield cracks
- Wash car even if it's going to rain (You'd be surprised how bad a cone scratches a car when it's dirty)
- Sign up for a NASA/SCCA Membership
- Get Tech Inspection (NASA)
- Get some really good sleep before the race
- Eat Clean--No sugar, no alcohol, no large amounts of carbs for a week or two before the race
- Mediate the week before the race, ESPECIALLY the night before

## What to do at the Race Site

- Remove all loose objects, trash, car seats, floor mats, etc
- Remove spare tire and equipment
- Tighten lug nuts
- If using Vinyl numbers apply a thin layer of wax on the car where you are going to place the numbers (This will make it easier to remove the numbers later if you don't want permanent numbers)
- If using magnetic numbers use a microfiber to gently wipe away dust from car
- Check and adjust tire pressure throughout the day to your liking
- Get Tech Inspection (SCCA)