



On-Track Exercises (Blue/White, and Black Run Groups)

Club Motorsport, Thursday, September 10th, 2026

Run Group	Start	Stop	Classroom
Red	9:00 AM	9:28 AM	
Black	9:28 AM	9:56 AM	
White / Blue	9:56 AM	10:24 AM	
Red	10:24 AM	10:52 AM	
Black	10:52 AM	11:06 AM	Track Exercise #1- Return to Hot Pits
White / Blue	11:06 AM	11:20 AM	Track Exercise #1- Return to Hot Pits
Black	11:20 AM	11:34 PM	Track Exercise #2
White / Blue	11:34 PM	11:48 PM	Track Exercise #2
Red	11:48 PM	12:16 PM	Black Work Shop 11:40 / Paddock
Black	12:16 PM	12:44 PM	Blu&Wht Work Shop 12:08 / Paddock

We will be running two exercises during the second Black and Blue/White sessions of the day.

- First Exercise **Side by Side Driving** (Page 3)
- Second Exercise **Maximum Passing** (Page 4)

Goals: These drills build situational awareness, offline driving skill, comfort in close proximity, and proficiency with expanded passing. The aim is smooth, safe passes where neither car slows unnecessarily. Drivers should work together — be aware of the other car, track conditions, and their own limits. These exercises are a chance to develop and practice skills at a lower pace, which will lead to **better passing and smoother sessions for all**.

Speeds: Start off slow to build comfort, then build speed. Speeds should be in the 60-90% range of your typical speed. Increasing speeds is a collaborative effort. The car on the outside needs to carry more speed around a turn than the car on the inside. If one car is behind for some time, the other car should slow to stay together.

Drivers need to be lined up in staging before their session starts. Try to find a partner in the morning run group meeting. If you are unable we will pair you up in the pit lane. Please be early to pit lane.

The exercise sessions are shortened to half of a normal session's duration. When the checkered flag is thrown at the end of the first exercise, all drivers should pit in and return to the Hot Pit Staging Area to debrief and prepare for the second exercise.

Once in the pit lane after the 1st Exercise, drivers should exit their vehicles, gather for a quick debrief and set up for the second exercise, while the other group is on track.

After the 2nd Exercise you should return to the paddock as normal.

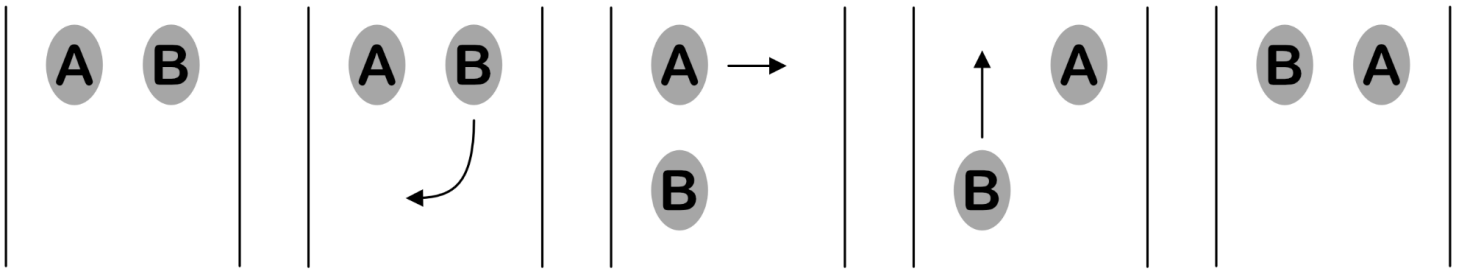
Side by Side Driving

This exercise is designed to help build spatial awareness, the ability to sense cars around us, comfort driving offline and near other cars, and confidence in giving and taking passes.

Cars will be paired in staging, and the pairs will work together for the entire exercise. Cars should drive side by side for the entire lap, with the car on the right using the right half of the track, and the car on the left using the other half. Consider the track to be a two lane road and you must stay in your lane until the main straight. Each time the pair enters the main straight, the cars should switch sides with the following procedure:

Car A starts on the left, and ends on the right. Car B starts on the right and ends on the left.

1. Car B (on the right) drops back and moves behind car B on the left
2. Car A (on the left) moves to the right and then slows a little
3. Car B pulls up alongside Car A, and the lap continues



Maximum Passing

For the Maximum Passing exercise, cars will work in the same pair as Exercise #1. The goal of the exercise is for the pair to execute as many passes as possible. During this exercise, all passes will be consistent with the National PCA Expanded Passing rules ([link](#), see Section 8e on Page 7).

Excerpt from PCA Min Standards

- All passing signals are “real time”. If you initiate a pass with a signal, expect a car to pass at the time you give the signal, not at the next straight away.
- All passing signals are a contract between two Entrants. If you initiate, let the car pass. If you are given a signal and decline, you must visibly wave off the signal.
- No more than two cars side by side in the turn.
- When entering a turn with another car, **NO ONE OWNS THE TURN**. Each Entrant is entitled to 50% of the track as if there was a white line through the center of the turn.

This exercise will help build situational awareness, skill at driving offline, comfort driving in close proximity, and will help everyone experience expanded passing at reduced speeds. Ultimately, one goal of passing in HPDE is that neither car has to slow down, or they only slow down enough to drive the line they’re on (which may be “offline”) safely and in control. Doing this requires both drivers to work together, and everyone to be aware of the other car, the track condition, their own car, and their own abilities. This exercise is a chance to develop and practice those skills at a lower pace.

- Drive at 60%-90% of typical speeds. Start out slow and progress.
- Be aware of normal flags and other HPDE procedures (e.g., blend line, pit-in signals)
- The lead car chooses which side to point, and either side is acceptable.
 - Usually, one side makes more sense than the other. Start with this, but try the other side too.
- As soon as a car has completed a pass, the driver should throw their arm out the window for next pass
- Remember that safe passing takes (at least) two drivers. Be sure to leave space for the other car.
 - If you give a pass in the direction of the turn, you need to leave space on the inside at the apex, and the other car needs to leave space on the outside at track out.
 - This means you’ll both be driving different lines, tighter lines. You’ll need to adjust your speed.

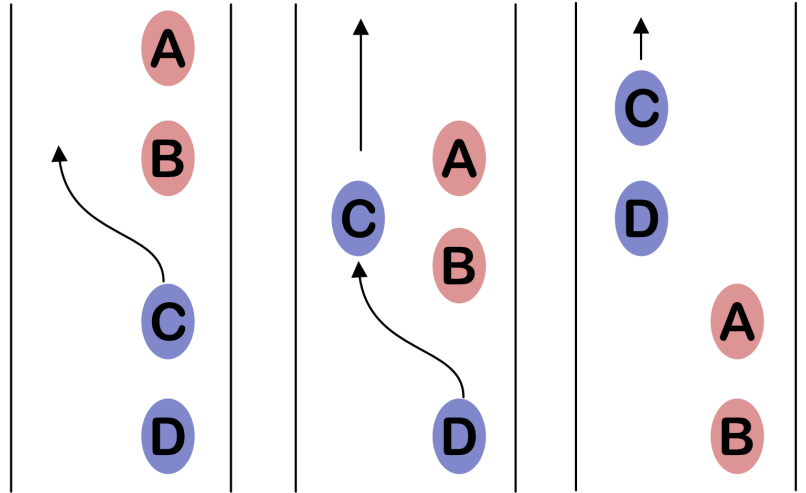
Pass everywhere. Don’t wait for passing zones. You can pass in turns. Speeds should be low enough that this can be done safely and in control. There is no need to be putting in our fastest laps, but we do want to be driving at reasonable speeds so that the exercise is happening at speeds similar to typical driving.

The pair should **drive only as fast as the slower car**. The car in front can gradually increase the speed. However, if the other car isn’t able to execute the pass quickly, the car in front will need to back off the pace a bit. Each driver must be aware of what the other car is doing. Keep trying to increase the pace, and keep adapting to the other car if they don’t complete the pass quickly.

Be aware. Awareness is a skill everyone can practice. Be aware of the other car, as well as the conditions of the track on the line you’re driving. Are there marbles? Is the camber different? Be aware of what’s happening behind your pair. Is there another pair of cars approaching you?

Pairs Passing Pairs

If a pair of cars approaches from behind, the car in the back of the lead pair (car B) can make a decision to give each of the cars behind a passing signal. That is, two passing signals, one for car C, and one for car D. The car in front of the lead pair (Car A) needs to be aware of what's happening and also give a passing signal to each of the cars in the overtaking pair (cars C & D).



Pairs can pass pairs in any of the following three green/yellow passing zones.

On the main straight between Turn 15 and Turn 1; between Turn 5 & Turn 6 and Horsepower Hill between Turn 9b and Turn 10.

