

The Bulletin



February, 2016

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2015 Awards Night

***Racing Legend, Bill Brack at
February Club meeting.***

***Winter Survival Tips by
Shaun de Jager***





The Peterborough Motor Sports Club, Inc.

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Also on Facebook and Twitter

Meetings

Club Executive meetings are held on the 2nd Wednesday of each month at the call of the President.

Social meetings are held on the 4th Wednesday of each month at The Souvlaki Pit, 75 George St. North, Peterborough. (Meetings in June, July & August are often highlighted by fun events and venues.)

Affiliations

The Peterborough Motor Sports Club is a multi-discipline club, organizing ice races, solos, auto crosses and rallies. It is affiliated with the Canadian Automobile Sports Clubs-Ontario Region, Rally Sport Ontario and the Canadian Association of Rally Sport.



Canadian Automobile Sport Clubs Ontario
CASC-OR, the Official Sanctioning Body of Motorsports in Ontario.



2016 Executive

President	Mike van Rees president@pmsc.on.ca
Vice President	Travis Grubb vicepresident@pmsc.on.ca
Secretary	Kevin DeVries secretary@pmsc.on.ca
Treasurer	Matt Ballinger treasurer@pmsc.on.ca
Competition Dir.	Dan Demers competition@pmsc.on.ca
Director at Large	Carl Heinlein publicrelations@pmsc.on.ca
Communications	Len Arminio bulletin@pmsc.on.ca





From the Editor's Keyboard February 2016

Well, what passes for winter these days has meant some tricky challenges for the first three Ice Race weekends of 2016.

The opening weekend of Jan. 23-24, organized by Twin Lakes Motorsport Club went well but the next two weekends were plagued by mild temperatures. That required altered schedules and even cancelled races. As Steward of the TAC event on Jan. 30-31, I had to declare a "Force Majeure" on Sunday afternoon and scrap the last rotation of races.

We had the same issue for the PMSC weekend on Feb. 6-7. As Clerk of the Course, I had some juggling to do to get as many races in as possible while the track began to disintegrate. I asked the Steward, David Brown, to declare another "Force Majeure" on Saturday afternoon. But on Sunday morning, we found the Kin Club of Minden had done some significant maintenance by filling holes and moving snow banks. I shortened the races to 10 laps (from 15) and we got all races in by a little after 3:00pm.

Thankfully, the DAC weekend went off well with the Kin getting a new water pump motor to flood the track along with -20 to -42 temps to let the hundreds of thousands of litres freeze up quickly.

The other issue is entry levels. All three first weekend events each had a little more than 120 entries. The average for the past two ice race seasons has been closer to 150-160 entries. The financial implications are significant and I'm sure our Ice Race Organizer, Dan Demers will have details on that at the February 24th meeting.

That February 24th meeting will be the first under our new meeting schedule with dinner starting at 6:00pm and the actual business portion starting at 7:00 pm. Social events, films and guest speakers will begin around 7:30 pm. The location, as usual, is "The Pit".

Your Humble Scribbler
Len Arminio



PMSC Celebrates 2015's Best

The Peterborough Motor Sports Club handed out its 2015 annual awards Wednesday (Jan. 27) at Marty Moo's Restaurant.

Dan Demers of Cavan-Monaghan took back the Club Championship to rack up his 12th tital in 20 years. Dan also took the Rally Driver and both the Ice Race Street Stud and overall Ice Race awards.

Tim Fleguel of Kingston received the Rubber To Ice trophy,

The overall runner up award was shared by Travis Grubb of Omemee and Chris Johnson of Lindsay. Grubb also picked up the Rally Navigator and President's Prize Navigator trophies.

The President's Prize Driver trophy went to Kris Dickson of Bowmanville.

Glenn Austin of Cobourg received the Solo Driver award and Johnson scored the Solo Runner Up plaque. Oshawa's Martyn Danby won the Solo Rookie Driver award.

The Organizer award was shared by Len Arminio of Peterborough and Louis Cabardos of Cobourg while the Runner Up Organizers were Pete Gulliver of Selwyn and Kevin DeVries of Trenton.

Al Pawling of Kingston is the 2015 New Member winner.

In the photo above:

Front row, L-R: Travis Grubb, Dan Demers, Martyn Danby Back row, L-R: Len Arminio, Glenn Austin, Louis Cabardos, Chris Johnson, Kevin DeVries and Pete Gulliver. Absent: Al Pawling, Tim Fleguel and Kris Dickson.





Guest Speakers at the February 24th PMSC

Meeting will be former club member and president,

Bob DeShane, a long time organizer of veteran and classic auto events. He will be joined by **Canadian Racing Legend Bill Brack**. Both will have a presentation on the new **Burlwood Motorsport Group** and their summer plans.

GOODWOOD REVIVAL TOUR

September 6 to 14th - 8
Days of Heaven!!



BRITS ON THE LAKE

Classic Motoring Revival-Port
Perry, ON

August 6 & 7, 2016



**BRAND NEW
FOR 2016!!**

1000 ISLANDS INTERNATIONAL RALLY

Saturday August 27th, 2016

Giving a nod to the Famed Monte Carlo Rally in Europe, our new event will also have multiple start locations on both sides of the Canada/US border.

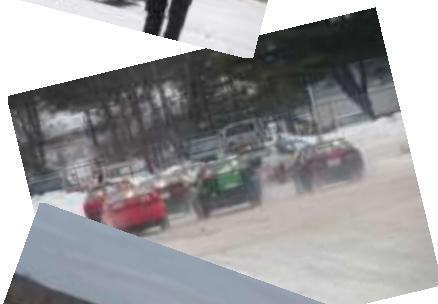
BRACK CLASSIC HILLCLIMB at Inglis Falls (Owen Sound)

September 16& 17,
2016



PMSC Ice Race Photos

Thanks to Jack Hannah. Here are a few of the more than 1000 pictures mined from his digital camera SD card.





Top 20 F1 Drivers Paychecks in 2016. (In British Pounds)

Rank	Driver	Team	Salary per year in £
1.	Sebastian Vettel	Ferrari	33,400,000
2.	Lewis Hamilton	Mercedes	28,500,000
3.	Fernando Alonso	McLaren	27,100,000
4.	Kimi Raikkonen	Ferrari	19,000,000
5.	Nico Rosberg	Mercedes	12,000,000
6.	Jenson Button	McLaren	9,000,000
7.	Daniel Ricciardo	Red Bull	3,700,000
8.	Nico Hulkenberg	Force India	3,000,000
9.	Felipe Massa	Williams	3,000,000
10.	Romain Grosjean	Haas	2,270,000
11.	Valtteri Bottas	Williams	2,250,000
12.	Sergio Perez	Force India	2,200,000
13.	Pastor Maldonado	Renault	2,200,000
14.	Esteban Gutierrez	Haas	1,400,000
15.	Daniil Kvyat	Red Bull	700,000
16.	Jolyon Palmer	Renault	600,000
17.	Max Verstappen	Toro Rosso	450,000
18.	Carlos Sainz	Toro Rosso	450,000
19.	Marcus Ericsson	Sauber	250,000
20.	Felipe Nasr	Sauber	250,000

Source: Paddock Magazine

Prepping Your Car and Yourself For Winter Driving



*By Shaun de Jager
Chief Instructor, Ian
Law Car Control
Schools
Photo by Lesley
Wimbush*

*This is a portion of an
article done a couple
winters back that
featured Shaun and our
own Lesley Wimbush
who spent 24-hours*

*“stranded” in a car at -20+ temps and what it took to
survive the ordeal. Following is what Shaun feels you
would need if this ever happens to you.*

Prepping your car isn't all that hard and with some basic gear, you can likely get yourself unstuck. If you're stranded for some other reason, like road closures, some simple equipment can help keep you warm until you're rescued or the road is re-opened. The items below are just the essentials and could help you handle a few hours easily.

- first aid kit
- flares, shovel, salt/sand, jumper cables
- SOL emergency Bivvy bags for each person in your car
- sleeping bags for each person in your car (preferably ones rated to -10c) or at least heavy, warm blankets for each person
- thermal underwear
- toilet paper – trust me on this one
- warm winter boots (just leave them in the car. You shouldn't wear winter boots while driving anyway because it's dangerous)
- a GPS unit is handy to have (especially when trying to provide your location to others)

NOTE: I'm not a fan of keeping water in the car during the Winter (other Seasons yes but not Winter). Once it freezes, it's pretty much useless unless you have a way of melting it. I prefer to put water in the car every time I go for a drive and then remove it when I park. I always have water in my shoulder bag anyway so I always have some water on hand no matter where I go.



Prepping your Gear:

The following items are from my shoulder bag that I carry around with me everywhere (my 'murse'). As my every day carry bag (EDC), I switch up the contents regularly depending on the season or what I expect to be doing on any given day. Some items I use almost daily, whereas other items are in there 'just in case'.

- cell phone and car charger
- At least 1L of water
- about 2000 calories worth of energy/meal bars
- 2 disposable lighters
- 4 tea candles
- a decent folding knife
- emergency survival whistle with a button compass and some NATO matches inside
- multi-tool (Swiss, Gerber or Leatherman)
- several hot packs
- baby wipes
- a couple flashlights (consider headlamps for hands free use) plus extra batteries –consider a small wind-up light/radio unit as well which you can just leave in your car
- extra clothes (wool socks, mits or gloves, warm hat, balaclava, a sweater)
- large heavy duty double zip freezer bags (to pee in and use as hot water bottles)
- handful of glow sticks
- chap stick
- small bottle of hand sanitizer
- 10-20m (30-65ft) of para-cord braided up so it doesn't take up much space
- a sturdy bag to carry it all around in (shoulder bag, backpack or duffel bag)

NOTE: My bag contains other items also but everyone's bag needs to be packed based on your own needs. Not mine or anyone else. The items listed here are what I would suggest but you may want/need to add or remove certain items.

Survival Tips:

This could easily be a rather long section so I'm just going to focus on some important things and a few simple tips. I'm certainly not going to write a full blown survival handbook. If you're really interested in one, there are lots to choose from at your local bookstore. Natural and man-made disasters happen quite a lot so there are plenty of books out there on survival.

- Always travel with a survival kit in your car. Something containing most, if not all, of the items I listed above and be sure to personalize it for your own needs. If you have very young children, remember to pack some diapers. You get the idea.
- Never let your gas tank go below half way. A simple 30min commute could easily turn into 3hrs and running out of gas is simply not acceptable. If you find yourself stranded for any reason, you will need to warm your car every so often. A general rule of thumb is to run the engine for 10-15min every hour or so to keep warm. Make sure your exhaust pipe is clear of snow and open the window slightly. This will help prevent Carbon Monoxide building up inside the car which can be a lethal mistake.
- Communicate. Call your family or friends and let them know where you are, what your status is and what supplies you have. If conditions are bad, Emergency services will be busy so don't waste their time unless you really need too. Now is also a good idea to put some distress signals outside your car. Turn on your hazard lights, put a couple glow sticks in a clear water bottle and put it on your roof which may attract some attention (works like a lantern), put out a road flare, hang something brightly coloured from your window, etc. Be creative and be seen.
- Don't piss away your body heat. This sounds strange but hear me out. Your body wastes a tremendous amount of energy to keep a full bladder warm. You're going to piss that away eventually anyway so it's better to do it early and not waste energy to keep urine warm. With that in mind though, don't waste it...it is after all...warm. Urinate into a bottle or large double zip freezer bag and you've just made yourself a hot water bottle of sorts. Put it inside your jacket against your body. If you don't have to pee outside, do it in the car. Every time you open the door, you're letting out the heat. For the ladies, urinating into a large freezer bag works well. You can also get a 'SheWee' so that you can pee in a bottle. Look it up online and you will see what I'm talking about.
- As soon as you get stranded, layer up. Put on all your extra clothes and slip into your survival bivvy and sleeping bags. Trying to warm up is hard so it's more important to retain heat...not try and warm up once you're cold. In winter, heat is another essential of survival and if your body core temp drops by just a few degrees, you will become hypothermic.

- If you're in a blizzard...stay with your car! Far too many people have died trying to walk to safety. It's very easy to get disoriented and lose track not only of where you're going but also where you came from. You may think it's only a short walk but I can assure you...it's always farther away than you think. Walking in a snow storm always takes longer and your footprints will cover fast making it impossible to find your car again. Your car is your shelter and shelter is an essential for survival. If you're in a heavy blizzard and you have to get out of your car for any reason, use your para-cord to tie yourself to your vehicle. Even just stepping a few metres (10ft) away from your car, and you might not find it again.
- Don't chow down. Your food supply is for when you REALLY start getting hungry, not just for snacking on because you're bored or a bit peckish. You're better off going hungry when you're trying to fight extreme cold. If you fill your belly, your body needs to use a lot of energy to start digesting your food. That energy is better used for keeping you warm. Food is actually the last essential of survival and you can go about three weeks without any depending on the fat stores in your body. If you're cold...don't eat. You're just wasting energy.
- Save your water. In a 'winter stranded car' survival scenario it's better to NOT drink any water for the first 24hrs. This puts your body into conservation mode. If you drink too soon, your body will demand more which may use up your supply rather quickly. Once you've gone 24hrs without water, you can sip at it but don't chug it. Water is the second essential of survival and you can go about three days without any. However, once you reach the second day, you start losing your ability to think straight so knowing how to conserve your water supply is essential. So no drinking for the first 24hrs and after that, sip at it slowly and you can last several days with a very small supply if needed. Note: This is not the same as coping with summer conditions!
- Light some tea candles. Open flames aren't a good idea in a car but tea candles can be ok if you're careful. They will slow the rate at which the car cools but won't restore heat. They are also really good psychologically and help keep your spirits up. Do NOT use a camp stove or any other type of flame based heater in your car to keep warm, melt snow/ice, or warm food. The risk of Carbon Monoxide poisoning is very high,

not to mention the risk of setting your car on fire.

Hopefully you've found this information useful and if so, please share this with your friends and family. If you know anyone who drives in winter conditions, they should be sure that they are prepared for the worst while hoping for the best. Common sense can go a long way in a survival situation and some specific gear can be the difference between life and death. Don't panic, stay with your vehicle, stay warm and conserve your supplies.

The Editor thanks Shaun de Jager for permission to use this article. You can follow his tips and experiences at: <http://www.shaundejager.com/articles/>



2016 PMSC Calendar

(Subject to change)

Event	Date	Location	Organizer
Ice Race	Feb. 6&7	Minden	Dan Demers
Spring-Runoff Rally ORRC	April 23	Newcastle	Louis Cabardos
Cobweb Solo	April 24	Kawartha	Dan Demers
Watchwinder Rally	May 28	Peterborough	Peter Watt
Watchwinder Solo	May 29	Douro	Glenn Austin
Speed Weekend Solo	June 26	Kawartha	Chris Johnson
Mid Summer Solo	July 24	Kawartha	Travis Grubb
GCFR/TSD Rally	July 9/Aug.13	Catchacoma	Peter Watt
Dog Days Solo	Aug. 14	Kawartha	Chris Johnson
Fall Ball Rally	Sept 17	Peterborough	Pete Gulliver???
Fall Ball Solo	Sept. 18	Kawartha	Dan Demers
Last Chance Solo	Oct. 16	Kawartha	Travis Grubb
President's Prize ORRC	Nov. 12	Peterborough	Travis Grubb/Chris Johnson
Snocross		Pictou	Al Pawling
Rallysprint		Burnt River	
Rally Cross		Shannonville	
Fun Rallies:1	June 22 (GPS)		Len Arminio
2	July 27 (Poker)		Alain Cabardos
3	August 24 (Golf)		Dan Demers



Peterborough Motor Sports Club

January 13 2016, Business Meeting

The Souvlaki Pit, Peterborough ON

Attendance: 10 members

Call to Order: 19:35 by M. van Rees

Ice Racing

Permit issued

Insurance to be applied for

Issue with weather. Ok to build ice surface but insufficient snow for banks

Workers: Tight for Saturday, OK for Sunday

Awards Night

January 27th at Marty Moo's

Draw prizes courtesy of Lesley Wimbush

Ian Law Car Control certificate for members only draw

\$10 voucher towards meals to be available.

Bob DeShane events

Previous, 1000 Islands Rally

2016-Owen Sound Hillclimb

Website

Switch to wordpress based site?

Discussion about Nexicom to construct a template that's maintained by executive

Domain name up for renewal Sept 2016

Competition Calendar

Potential Rallysprint – on hold

CARS AGM

Insurance increasing by 5%

Rule Changes: DOT studded tires permitted for National level rallies

New competitor rep to be elected

Discussion about spec tire for 2017 – interest from some manufacturers

GCFR

July 9th, switched with MLRC Black Bear date

Key positions filled. Routemaster, Safety Officer,

Registrar, Worker Recruitment

New Motion

Start dinner at 18:00 and business meeting at 19:00

Motion: L.A, Second: D.D - Passed

20:55 Motion to adjourn by M. van Rees



Reminder:

***PMSC February Meeting is
Wednesday, the 24th. Business
meeting at 7:00 pm, guest speakers at
7:30 pm at the Souvlaki Pit.***

***Canadian Racing Legend Bill Brack
and former PMSC President, Bob
DeShane will talk about the Bill
Brack Hill Climb in September (and
other Classic car events this summer).***