

## General Tips

Since MX-5s are so good to start with, you don't need to do much to set your car up for motorsport. Just make sure:

- **it's in good running order;**
- **the tyres** have legal tread depth;
- **your brake pads** have plenty of thickness left;
- **tyre pressure:** if you're running your normal street tyres, pump them up to 40-45psi before you arrive. This minimises the amount they can move, lowering the chances of overheating or rolling the tyre off the rim, and reducing wear;
- **seating position** is important, and you may find it preferable to sit a little further forward than your normal road driving position, with the seatback a little more upright.  
This will give you better leverage of the steering wheel and pedals. If using the standard seatbelt, a good idea is to pull it tight and lock the retractor mechanism by tugging or snapping the belt with your fingers. In addition, if you slide the seat back a notch, lock the belt, then slide forwards again, you will be held very securely in your seat. Use your left foot on the footrest to further brace your body. These techniques will reduce the need to hang onto the wheel for support, meaning your steering can be more accurate;
- **the fluid levels** (including fuel!) are all adequately topped up;
- **snacks:** Bring plenty of water and some snacks to have when you're not driving. Some circuits have food available but you shouldn't rely on it;
- **attitude:** Finally, the right attitude is the most important thing you can bring to the track. Staying relaxed, open minded, and willing to learn is the best way to improve your lap times.