

**START A
MOTORSPORT ADVENTURE
WITH US!**

SOLOSPORT is a good entry point into automotive Motorsports in Canada. All you need is your street vehicle and a helmet to get started.

SOLOSPORT provides a safe controlled environment to learn the handling limits of your car at minimal cost.

You will learn how to drive your vehicle in High Performance situations.

You can measure your progress against other drivers and yourself as you improve your driving skills.

Instruction and mentoring are available in a friendly atmosphere at Solosport events.

The benefits of participating in SoloSport events are better knowledge of car control, and what you and your car are actually capable of doing. You'll know you're having fun by the huge grin on your face!

There are three categories to choose from: Autoslalom, Lapping, and Time Attack.

Contact your local motorsport club to get started!

REGIONAL SOLOSPORT CONTACTS

Atlantic Region Motor Sports, Inc.
www.armsinc.ca

ARMS member clubs organize SoloSport activities in all 4 Atlantic Provinces with Clubs in St. Johns – NFLD&L.
Halifax - NS
Moncton, Fredericton and Saint John NB

Events usually run from mid April to mid October weather permitting

CLUB CONTACTS

AutoSlalom:

ASCC - www.ascc.ca
FMC - www.fmc-inc.net
MMSC - www.mmsc.ca
NBSCC - www.nbacc.org
VMI - www.vinland.ca

Lapping:

AFRA - www.atlanticformularacing.ca
ASCC - www.ascc.ca
MMSC - www.mmsc.ca

Time Attack:

ASCC - www.ascc.ca

SOLOSPORT



AUTOSLALOM

Autoslalom is a low-cost "grassroots" motorsport discipline that allows almost anyone to enjoy the thrill of automotive competition. Autoslalom is a driving skills competition that emphasizes a driver's ability to negotiate a pylon defined course, one at a time, against the clock.

Almost any driver can participate in almost any car, no matter how old, the make, the model, or the modifications that have been done to the vehicle. As long as the car meets certain safety standards, Autoslalom has a class for your car. The fastest driver in each class is the winner!

Events may be held in parking lots, or on tracks where speeds approximate normal street driving.

Competitors are given the opportunity to walk the course to learn the layout. Then, you will generally have four runs to negotiate the course and get your best time, without hitting any pylons!

The constant changes in speed and direction makes for an adrenaline pumping ride! One run and you'll be hooked!

LAPPING

Lapping (track days) are when you get the chance to actually take your car onto a race track and drive in a controlled environment. Lapping events are non-timed practice events, where speeds are generally limited to 80% of maximum potential to ensure safety.

Drivers are given some basic instruction on car control and flags. After the basic instruction is complete the drivers are given some on-track driving instruction. You will learn about braking points, turn-in points, late and early apexes and run-out points. Once the instructors are confident in your ability, you are then let out on the track, on your own, to enjoy the fun of driving on a race track.

Passing is allowed in lapping events, but may occur only in designated passing zones.

Lapping events are the first step up to competing on a track, where speeds achieved are often higher than in Autoslalom.

TIME ATTACK

Time Attack (Sprints) is the next step up from lapping where you get to push yourself and your car to the limits against the clock.

In Time Attack the driver is out on the track, competing against the clock, trying to put together the perfect lap and generally not having to deal with other traffic. It is the perfect way for people to participate in an exciting motorsport competition, without exposing their cars to the risks of regular "wheel-to-wheel" racing.

Competitors are required to attend and pass a Time Attack School and acquire a Competition License from their Region.

Cars may be daily drivers, right up to full blown race cars. No matter what type of car you drive, our detailed classification system provides for a level playing field for all competitors.

Point-By-Passing may be allowed in some formats of these events.

Time Attack is the highest step of SoloSport Competition before full out track racing.