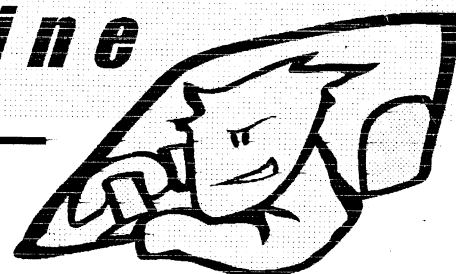
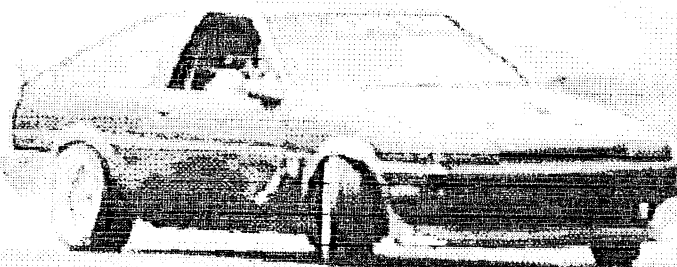


Wheelspin Magazine



December 2001

Twin Cities Auto & Sports Club



Editor
Belinda Kenny

Assistant Editor
Peter Vigor

Burns 2001 World Champ

Richard Burns won his first World Championship title last weekend at the RAC rally in the U.K.

Winner of the event was Peugeot pilot Marcos Gronholm, followed by team mate Harry Rovanner with Burns Third.

The event was marred by a severe crash involving Carlos Sainz where a number of spectators were injured. Ford subsequently withdrew their team from the rally. Pre-event championship leaders Colin McRae and Tommi Makinen both retired with mechanical problems.



Motorkhana Madness

The Iron man weekend saw the running of the club's first Motorkhana for 2001. The event was run on the concrete pad opposite Mike Carney Toyota. Lindsay Stone kindly stepped forward to take the helm as event director and the day, turned out to be a fun day of wheelspin, howling

For a few of the up -and -coming young guns (and a couple of the older ones) it was a chance to test their car control skills and their memories on a new surface. I'm no great fan of these events as it means I have to think... not one of my strong points. I'd only ever done 2 motorkhanas before so I was a little surprised to come out at the end in front.

Robin White drove the esky well and finished the day second outright by the narrowest of margins. Husband and Ron finishing third.

Overall it was terrific venue and one that we should make every effort to continue to use next year. It's not only great experience for our drivers but it's also our best chance of attracting the public and new members.

Make sure you tell your friends to attend Daniel's January Motorkhana (Date yet to be decided) and show your support. Remember you don't need a rally car to compete!

Vigorous

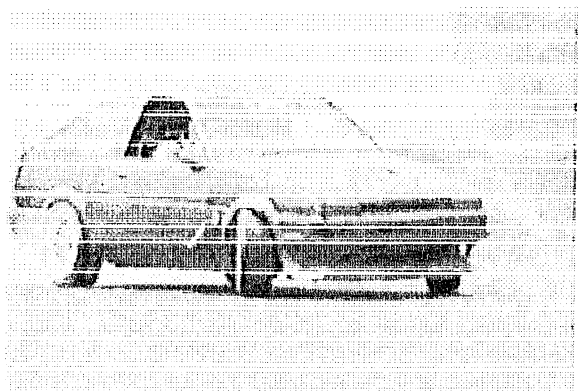
President's Report

Hi all, well the year is rapidly coming to an end when all cars can rest and hopefully be readied for a new season. With some luck it may mirror this year...

Let's hope that we can get a lot more use out of the cement pad next season. There should also be a couple of rallies next year as well as regular events at Major's Creek.

There are some very important people we need to thank and they're those sponsors who look after us each year. Thank you. Also many thanks go to those club members who do that little bit extra each year. Well done all. In closing we hope to see you at the Presentation Night on the 15th at the Town and Country Club and for all those who can't make it, safe driving during the break.

Creddo



Club Presentations

Dinner

This year's dinner will be held at the Town And Country Club on the 15th of December.

6:00p.m. for drinks, a delicious 3 course meal to follow.

Cost \$24.20 per head

R.S.V.P. essential by the 8th Dec. Phone or fax Warren Maxwell on 47 256 968



Racing Diet

Food - The Other Fuel

Those involved in motor sports would no doubt consider the vehicles fuel to have a large impact on performance. In the same way the type of fuel used by the driver is equally as important. Taking care of your eating habits and fuelling up on better foodstuffs is one of the easiest ways to gain a performance edge on your rivals. Improving eating and drinking habits can help to support effective concentration and decision making, maintain skill and support greater endurance. These are all factors which can help bring out the best in drivers. Successful eating doesn't have to be difficult or boring. All it requires is a little commitment to some basic nutritional goals.

Go For The Carbs

Every successful athlete knows the value of carbohydrates. Our bodies prefer to use carbohydrate as a fuel during most types of exercise. Our brains can only function on glucose (a carbohydrate). Once our carbohydrate stores run low our ability to concentrate, make decisions and react quickly is affected. Steps need to be taken to ensure your carbohydrate tank is full prior to racing and to top up the tank as stores begin to run low.

There is a huge range of foods which provide carbohydrate so there is no good excuse for not getting enough. A common problem is to fill up on fatty foods and not leave room for foods rich in carbohydrate. A knowledge of the types of carbohydrate foods available can make it easier to choose better choices.

Nutritious

Carbohydrates: Refined

Carbohydrates: High Fat

Carbohydrates

Rich sources of carbohydrate plus provide fibre, vitamins and minerals. Several serves per day should be consumed. Provide predominantly carbohydrate. Useful for topping up carbohydrate stores and for quick recovery. Provide significant amounts of fat plus carbohydrate. Facilitate weight gain if consumed regularly.

Bread

Crumpets

English muffins

Breakfast Cereal

Rice

Pasta

Noodles

Cous Cous

Fruit

Starchy vegetables (corn, potato, pumpkin, peas, sweet potato)

Legumes (lentils, beans)

Low fat dairy products: Juice

Cordial

Soft Drink

Sports Drink

Jam/Honey

Confectionery: Pastries

Cakes

Biscuits

Chocolate

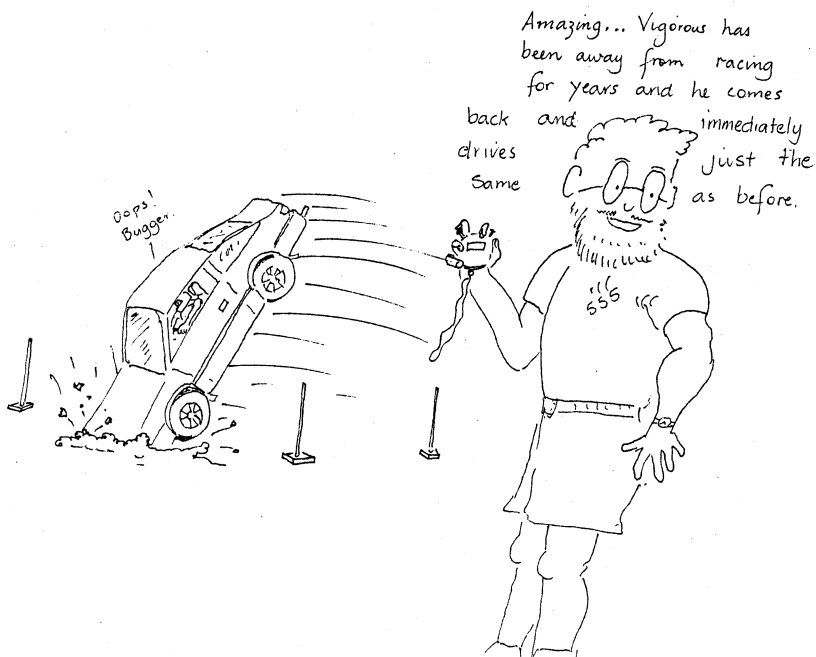
Chocolate Bars

Muesli Bars

Lex's Khanacross

Well another Khanacross bites the dust, well done to Lex for running a great event and rustling up 11 entries, also a big thanks to all of his helpers, also thanks to Box for organising a water truck which made the event all the more better, and thanks to Nick for providing water and grading the track. It's been a while since I've had a skid, and I just got the Stanza registered so my biggest aim was to be able to drive home at the end of the day. Hard luck for Heckler who only got one run in before breaking a ball joint at speed, so this put the Mazda out of the running for the day. Boxhead, as usual was flying around in the RX setting some very quick times until a lower control arm decided it wanted to create a gap in the middle, so despite welding it at lunch the RX was out of the running. Robyn and Ron bought the Escort out for a skid and set some fast and reliable times finishing in second and third. Cretto, Belinda, Peter Vigor, and Heckla jumped in the 626 and gave it a good cane. Nathan in his 626 would have finished in the top 4 if it wasn't for his penalties which all stacked up against him. It was good to see "Nissan" Philly out there in the Bluebird having a good skid. And Greg Wright lacking power in the Stanza also made it out for a blat. Well these really are a great event and I hope to see more of them and more people getting involved. Thanks to everyone involved, until next time cheers.

Daniel Weller



Club Captain's Report

Well, thank you to everyone who helped before, during and after the QRC. From all reports it was a success, but as always there are the odd bump or two along the way. But it wouldn't be motorsport if everything went smoothly would it? Another thank you to all those who helped out at go-karts this year as well. The club does get paid for this and it's a pretty easy way to raise \$300.

It only takes one day a month. (you even get watered and fed) As an incentive the club will pay for the presentation dinners of the 10 most frequent helpers... not a bad deal for waving a flag a few times.

We'd like to see everyone taking a turn at helping out so if you are available for next time please let me know on

(07) 477798750

Lastly, well done to Doug and all the local guys who competed in the QRC and sadly farewell to Tonka and Kate as they leave us for more a Southerly climate. We wish you all the best and you will definitely be missed.

Thanks...

Tracey.

1958 Pontiac
Stratochief
\$10 000 as is
Good Condition
needs paint
305

FOR SALE

TWIN CITIES AUTOSPORTS CLUB INC.

P.O. Box 7697, Garbutt, 4814.

PRESIDENT - STEVE CRUTTENDEN, MOB 0416/252047
VICE PRESIDENT - JAMES MCCOMBE

TREASURER - KEN LONG (STUMPY), MOB 0418/180329

SECRETARY - GREG VAN DINIER, WK 47752344

MINUTES OF CLUB MEETING - 20/2001 - OPENED 7:25PM

PRESENT: Greg Van Dinter, Ron & Robyn White, Tracey Poore, Steve Cruttenden, Belinda Kenney, Geoff Nicol, Greg Wright, Ken Long, Warren Maxwell, Grant Ross, Daniel Weiler, Phillip Mow, Nathan Mullins, Peter Vigor, Aaron Cox, Dave Barton.

PRESIDENTS REPORT: NONE - S. Cruttenden opened meeting & advised that video of QRC is ready.

SECRETARIES REPORT: Minutes of last meeting read & seconded as correct by G. Nicol. Mail read.

TREASURERS REPORT: Report read & supplied by K. Long. Seconded as correct by GVD.

CLUB CAPTAIN: Tracey Poore advised about point score status.

EDITORS REPORT: Belinda spoke about funding applications & mag. To come.

GENERAL BUSINESS:

- CHTWs R/sprint on. Officials required. Sup regs noted as not being the series regs. Requests for series requirements to be tabled at a future meeting.
- Qrc date is June 29th/30th not July.
- Mkhana at conc. Pad for Iman is a goer. Lease agreement sorted out by R. White.
- Stewards course in Gladstone on 10th Nov. Same weekend as Iman.
- Possible Stewards meeting / Course in May/June 2002 if enough interest shown.
- Public liability insurance may still be required at social events. Further investigation to be done
- G. Nicol spoke about his Yeppon trip
- GVD to speak with James McCombe to clarify who is running what for the Iman.
- GVD spoke about land search.
- Cretio spoke about more land out Nanna's way.

MEETING CLOSED 8:35pm.

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TREASURER - KEN LONG (STUMPY), MOB 0418/180329

SECRETARY - GREG VAN DINIER, WK 47752344

MINUTES OF CLUB MEETING -- 19/11/2001 - OPENED 7:25PM

PRESENT: Greg Van Dinter, Ron & Robyn White, Tracey Poore, Steve Cruttenden, Geoff Nicol, Greg Wright, Ken Long, Warren Maxwell, Peter Vigor, Dave Barton, Lindsay & Kaylene Stone, Darren Marshall.

PRESIDENTS REPORT: NONE - S. Cruttenden opened meeting.

SECRETARIES REPORT: Minutes of last meeting not available. Mail read.

TREASURERS REPORT: Report read & supplied by K. Long. Seconded as correct by GVD.

CLUB CAPTAIN: Tracey Poore advised about point score status.

EDITORS REPORT: Belinda not at meeting. P. Vigor advised that a mag. Will be out before break up.

GENERAL BUSINESS:

- R. White spoke about Bit. Sprint series winners and advised that QuikFit will be series sponsors next year. Also will advise on a future date for R/Sprint series meeting to discuss regs.
- R. White thanked for organising Mkhana pad. Pad is available for events next year as long as Ron advised so lease can be organised.
- L. Stone thanked for organising IMan Mkhana at short notice.
- Meeting to discuss supercar event is on in TSV tonight(19.11.01) with idea to run street race in 2003.
- Dave wants club info for promo event on Friday nite 23.11.01.
- AGM to be at S. Cruttenden's house on Sat. 16.2.02. @ 7PM.
- Motion put forward by G. Nicol that P. Marcovich be signed up as a paid club member for 2002.
- Motion passed and seconded by GVD.
- Trophy budget for end of year presentation to be \$350.00 inc. gst. Trophy for L. Ogilvie as a thank you for the use of his premises throughout the year.
- L. Stone to put mod plate on the clubhouse.
- Go Karts sat night 24.11.01.

MEETING CLOSED 8:45pm.