

# What is a track day?

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MGs on Track (MGoT) is the Branch of the MG Car Club that organises track days for MG drivers. OK, that may sound a bit basic but it is surprising how misunderstood track days are, so it may be easier to start with what track days are not... Track days are NOT motorsport, as any kind of racing or timekeeping is strictly forbidden! Track days ARE however, an excellent opportunity for you to take your road going car around a beautifully smooth tarmac circuit as fast or as slow as you like! There are no traffic lights, no road junctions, no speed cameras and best of all, everybody is driving in the same direction. A track day combines the safety of a motorway with the twists and turns of a country 'B' road. All track days are like this but with MGoT you have the added benefit of sharing the circuit with other like-minded MG enthusiasts. The camaraderie which extends to the paddock and pit lane too, can be just as much fun as the driving. MGoT is run on a not for profit basis, making an exciting day out very cost effective compared to commercial track day operators, and only MGs or similar marques are allowed on track.



## **What about my car?**

Any MG is perfect for track days, provided it has an MOT! MGBs and MGFs are probably the most common track day car but we have all types regularly on track, from an MGA through to an SVR. We also put you and your car into a group that is comparable with others and according to your 'track' driving experience, so you won't find your Y Type in amongst MGB V8s.

On a track day, your car may work a little harder on track than normal and you are responsible for self-scrutineering, checking your fluids, brakes and tyres to ensure a trouble free day, not forgetting your seatbelts, lights and indicators. You will be required to sign an indemnity form on the day, to say this has been done. Don't be put off when I say "work a little harder" as it will probably operate better on track than in your day to day, heavy traffic, drive to work...albeit a tad faster!

Your car will undergo a noise test before going on track and most road going cars should pass this ok. (If you have any doubts about the noise of your exhaust, it would be wise to have it checked before you book).

## **What about Me?**

If you have never been on track before it can be quite daunting the first time, but don't worry, at MGoT we offer a 'mentoring service' where one of us will be on hand to guide you through the day and ensure it runs smoothly for you. Before going out on track everybody has a mandatory safety briefing. You will be given a reminder of the circuits rules and regulations (you will receive a copy of this prior to the event) be shown a circuit map, the track entrance and exit, where the marshals are located, what the different colour flags mean and information on the day's weather. It is also an opportunity to ask any questions that you may have.

You will require a crash helmet (subject to helmet regulations, see our website for up to date information on this). You can hire one from us if you do not have one (again, see our website for information on this). Comfortable clothing (arms and legs need to be covered) and flat sole shoes are recommended.

Your first session out on track will be behind a safety car for a minimum of three laps, to familiarise yourself with the circuit layout. We also recommend invaluable instruction from one of our ARDS (Association of Racing Drivers School) Grade 'A' Instructors. They will help you with driving technique and the best line around the circuit. Your track day with MGoT will consist of six or seven sessions during the day, of either fifteen or twenty minutes, depending on the circuit.

If you want to know more or are just curious, come along to any of our track days ( see our calendar). There is no entry charge for spectators... make yourself known to us and we will arrange for one of our experienced members to give you a few passenger laps!

## **What is a track day??**

**It's all about having fun in Your MG!  
Join us...**

**[www.mgs-on-track.com](http://www.mgs-on-track.com)**