



Team LMR Formula Mazda Update

Auto Diagnostic Services



The Fiberglass Body



Jim Webb Motorsports



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The Auto Diagnostic Services **Team LMR** Formula Mazda is just about ready to hit the track again for the 2019 racing season. The race car re-build is essentially complete. There are a few prep items waiting on completion including: suspension alignment, a new six-point harness, and a new coat of paint (or wrap). The season-ending crash from last year put a major dent in the team's operating budget therefore until further sponsorship is acquired, the 2019 season will be a partial one at best.

Larry Mason says, "Unless

you're leading, the scenery never changes. We strive to show up at the track with a car and team capable of winning and delivering return on investment for our marketing partners."

The race shop is full of checkered flags from a heritage of winning races and championships. We look forward to welcoming additional marketing part-



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ners for the future. Now is the time to put your logo in a prime location on our car and enjoy VIP exclusive hospitality benefits! Contact us today for more info!

Fitness Focus

This winter has been wet and cold for most of the nation this year. That can wreak havoc on a fitness plan. Sometimes you'd rather just warm-up in front of the fireplace with a nice hot cup of something than trying to get your workout completed. If this sounds like your winter, it's time to do something about it. A great way to get warm is to start moving! BTW, you can still do this at home in front of the TV. Can you

march in place while watching TV? How about doing some push ups, planks or sit ups during commercials? These little steps are actually very beneficial and will make your transition to the gym or outdoor activities much easier. While we're at it, think about *when* you're eating and *what* you're eating. Is it a big dessert right before bedtime? Instead try to cut down your dessert portion size and if you're

going to eat it, have it at lunch instead of dinner time. Skipping breakfast will also slow your metabolism so think about starting your day with a healthy wholesome cup of oatmeal. Not only will it warm you up from the inside, it's a part of a healthy diet. Good luck and make small beneficial changes every day!

Consider a Polar heart rate monitor to track your fitness, steps and sleep.

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Tech Tidbits—Formula Mazda Rain Light

The Auto Diagnostic Services **Team LMR** Formula Mazda is required to be equipped with a working rain light. With all of the rain that's fallen, especially in Southern California this winter, we're reminded of the importance that this feature plays.

According to the Sports Car Club of America (sanctioning body for Formula Mazda) General Competition Rules: "This light shall be mounted as high as possible on the centerline of the car and

be clearly visible from the rear. The taillight shall be illuminated when ordered by the Race Director or Chief Steward. Light assemblies shall be considered one light for the purposes of this rule, irrespective of the number of individual lamps the assembly may contain."

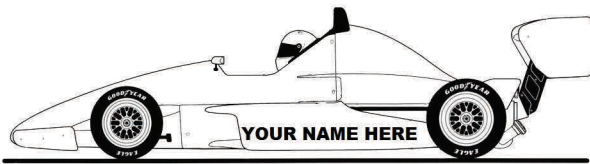
If you watch Formula One or other series, you may notice that this light is sometimes flashing. That is optional in Formula Mazda. The main idea of having this rain light is to

provide extra visibility for the cars following you. Keep in mind that formula cars do not have brake lights.

While racing in the rain, the rooster tail of spray behind the cars is a huge impediment to visibility therefore the rain light requirement.

Even with the rain light illuminated, in some weather and track conditions the driver will still not be able to see it until he's directly behind the car. Mason experienced

this when he qualified in the rain at the Grand Prix of Long Beach when he was racing in the Indy Lights series. "The spray of the car in front was so severe that I couldn't see where I was going. I had to rely on muscle memory and the tops of the fence posts going down Shoreline Drive at 154mph!" Mason explained. "It was a complete 'white out' of spray." When the cars slowed down for the corners the rain light was visible again.



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"Unless you're leading, the scenery never changes." Larry Mason

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AND CHECK OUT WHAT'S NEW!

Join **Team LMR** today!

Team LMR is actively seeking marketing partners to join us as we race the 2019 season. Sponsorship begins for as little as \$100! Enjoy naming rights, hospitality, and more.

YOUR NAME HERE! Find out how your business can generate positive Return on Investment by joining **Team LMR**.

Please contact Larry Mason today!

Thank you for your support.

We Welcome Your Feedback!

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info@LMRMC.com

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We look forward to hearing from you soon!

Our goal is to deliver maximum positive Return On Investment for our clients by cultivating long-term partnerships with the utmost integrity, concern, passion and commercially-viable, value-oriented results.

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