

Marking up your route book when competing in stock class

BEFORE THE RALLY BEGINS

Mark up your route book:

1. Go through and highlight or mark the following:

- Pauses
- Speed changes
- Transit times

2. On the left side, write down the speed for each instruction (A).

You apply the speed change to the **next** instruction (see lines 34/35 and 41/42 to the right).

3. Draw a line to the right to create a column for your calculations.

4. Calculate the segment duration (B) for each instruction:

Speed factor* x Delta + Pause** = Segment duration

*60/speed; e.g., 60/25 = 2.4

**if there is one.

Speed	Speed Factor	Speed	Speed Factor
25 mph	2.4	40 mph	1.5
30 mph	2	45 mph	1.33
35 mph	1.7	50 mph	1.2
36 mph	1.67	55 mph	1.09

- Example from row 40, to the right:

$$1.5 \times 0.73 + 0.1 = 1.20$$

You can also use conversion tables to speed up calculations.

6. Figure out your running time/clock time (C) for the first page and a half of the rally.

You will restart at each checkpoint (get a specific out time). Because there is generally one checkpoint every page and a half, you only want to do that many clock calculations so you don't have to erase/cross out extra calculations.

- To figure what time you should complete each instruction, add the segment time to the clock time.

Note: you don't really need the hour, just the minutes and hundredths.

Example of a marked-up route book; car is running B Speed (40 mph). Time from the last page is 6:21:36

A	NRI	OVERALL	DELTA	TULIP	COMMENTS	B	C
40	34	22.319	0.24		ALL CARS RESUME RALLY SPEED ETZ	0.36	21:72
40	35	22.91	0.60		Take short way	0.90	22:62
	36	23.62	0.71		Muck	1.07	23:69
	37	24.58	0.96		PAUSE 0.10 (6 seconds) Bean Station (sign may be missing)	1.54	25:23
	38	25.01	0.43		Dinehart Crossing (sign may be missing)	0.65	25:88
	39	27.92	2.91			4.37	30:25
	40	28.65	0.73		PAUSE 0.10 (6 seconds)	1.20	31:45
	41	29.616	0.96		ALL CARS CAS 50 PAUSE 0.10 (6 seconds) Quiet past houses BFZ	1.54	32:99
50	42	31.306	1.69		ALL CARS RESUME RALLY SPEED Mutton Hollow EFZ	2.03	35:02
40	43	32.50	1.20		Shultz Hill Watch for buggies next 4.0 miles	1.80	36:82
	44	33.26	0.76		PAUSE 0.10 (6 seconds)	1.24	38:06

AT A CHECKPOINT

You'll need to figure out your new running/clock time based on where you are in that instruction and the out time the CP workers give you. It sounds more complicated than it is.

In this example, the checkpoint comes between NRI 38 and 39, so the delta for NRI 39 has to be re-calculated because a portion of the instruction has been travelled.

1. FIND THE NEW DELTA:

Subtract the total distance (D) from the distance in that instruction.

This is your new Delta.

$$27.92 - 27.612 = 0.31$$

2. CALCULATE THE SEGMENT DURATION:

Speed factor x Delta + Pause* = Segment duration

$$1.5 \times 0.31 = 0.47$$

3. CALCULATE THE NEW CLOCK TIME TO COMPLETE THAT SEGMENT:

Add the segment time to the OUT TIME the CP workers gave you.

This is the time you should complete the instruction.

$$6:35:00 + 0.47 = 6:35:47$$

4. Then keep adding the segment times to your running clock.

Checkpoint slip

Cabin Fever 2019 3/9/2019				A speed 15.38 minutes	
CP #	3	Checkpoint #3		B speed 16.54 minutes	
Overall Mileage	D 27.612			C speed 17.71 minutes	
Leg Mileage	8.801			Emergency speeds only!	
				D speed 18.76 minutes	
Begin free zone until	27.92 miles	Estimated travel time to end of Free zone:			
		(A speed time = 0.41 minute)			
		(B speed time = 0.46 minute)			
		(C speed time = 0.51 minute)			
		(D speed time = 0.56 minute)			

					0.65
38	25.01	0.43		Dinehart Crossing (sign may be missing)	25:88
		0.31		OUT TIME: 6:35:00	0.47
39	27.92	2.91			35:47
40	28.65	0.73		PAUSE 0.10 (6 seconds)	36:67
41	29.616	0.96		ALL CARS CAS 50 PAUSE 0.10 (6 seconds) Quiet past houses BFZ	38:21
42	31.306	1.69		ALL CARS RESUME RALLY SPEED Mutton Hollow EFZ	40:24
43	32.50	1.20		Shultz Hill Watch for buggies next 4.0 miles	42:04
44	33.26	0.76		PAUSE 0.10 (6 seconds)	43:58

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Checkpoint