

**TRAINING PROGRAM
PRESENTATION**



THE WAY TO CHAMPION

Formula Renault 2.0

Formula Renault 2000 is undoubtedly the world's most exciting junior single-seater, launching the careers of F1 Champion Kimi Raikkonen [who went directly from Formula Renault 2.0 to Formula One], fellow F1 driver Antonio Pizzonia and Le Mans 24 Hours winner Guy Smith. Current F1 drivers Lewis Hamilton, Felipe Massa, and Robert Kubica are some of the most outstanding Formula Renault graduates.



The Formula Renault 2.0 features approximately 200hp in a chassis of only 490kg, giving an extremely high power to weight ratio. Combined with effective aerodynamics, the car is similar to Formula 3.

With superb technical backing, a professional and dedicated media service, and the most experienced teams in motorsport working behind the scenes, the well-established Formula Renault 2000 Championships truly are the place for F1 stars of the future.

Formula Renault 2.0

Chassis : Carbon-fibre Monocoque, carbon/ fibreglass bodywork

Performance: 260kph top speed; 0-100kph 3.5sec; 200-0 kph 4.6sec; top speed 260kph

Engine : Type F4R – 4 cylinders – 16 valves – 1998 cc Bore x stroke (mm) : 82.7 x 93

Maximum power : 144 (196) Bhp at 7000 rpm

Maximum torque : 222 Nm (21.6 mkg) at 4750 rpm

Transmission : Sequentially controlled no-lift shift, dog-clutch box with 6 forward gears, changeable ratios, self-locking differential

Suspension :

Front : push-rod, single strut with adjustable compression and expansion

Rear : push-rod, twin strut with adjustable compression and expansion

Brakes :

4 pistons calipers, ventilated discs $\varnothing 275 \times 17.5$ mm

Pedal assembly with dashboard brake distribution adjustment

Wheels : Single piece with single central nut 8 x 13 alloy (front) and 10 x 13 (rear)



Tyres : Kumho dry and rain, 16 x 53 x 13 (front) and 23 x 57 x 13 (rear)

Dimensions, weights and capacities :

Wheelbase : 2645 mm

Track width : 1772 mm (front) - 1675 mm (rear)

Fuel tank : 38 litres

Weight : 490 kg

Typical Training Schedule

Day One

08:00 Pickup at Hotel

08:30 Arrive to Circuit

08:30-09:30 Registration, Driving Gear Fitment,
Formula Renault fitment & Introduction

10:10-10:40 Session One [lead/follow and instructor
Observation]

10:40-11:45 Instructor Debrief [observation notes]

11:45-1:00 Lunch

13:30-14:00 Session Two [instructor observation]

14:00-15:00 Instructor Debrief [observation notes]

15:30-16:00 Session Three [instructor observation]

16:00-17:00 Instructor Debrief [notes & data analysis]

17:00 Taxi to Hotel

Day Two

08:30 Pickup at Hotel

09:00 Arrive to Circuit

09:00--09:45 Change into race gear and recap of Day One
driving

10:10-10:40 Session One [instructor observation]

10:40-11:45 Instructor Debrief [notes & data analysis]

11:45-1:00 Lunch

13:30-14:00 Session Two [instructor observation]

14:00-15:00 Instructor Debrief [notes & data analysis]

15:30-16:00 Session Three [instructor observation]

16:00-17:00 Instructor Debrief/Graduation

17:00 Depart Circuit

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GAUGES AND SWITCHES

1. Master switch ON.
2. Master switch OFF.
3. Ignition switch.
4. Starter switch.
5. Rain light switch.
6. Brake balance bar.
7. Reverse locking cable.
8. Fire extinguisher switch.
9. Fire extinguisher nozzle.
10. Gear selector.



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STARTING PROCEDURE

- Press the "ON"-(1) push-button.
- A readout is displayed on the dashboard- (2).
- Lower "IGNITION" switch- (3).

- Check that no speeds are engaged (the letter N displayed in the "Gear" window (5)) and press the "START" button(4)

PARTICULAR INSTRUCTIONS

If the engine does not start:

- Press the red push-button (6).
- Repeat the starting procedure.



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GEAR SHIFTING PROCEDURE

- Actuate the gear-shift lever (2) to engage the desired gear ratio:
 - push lever to drop gear ratios,
 - pull lever to increase gear ratios.
 - Check that the desired gear ratio is displayed on the dashboard (1).
 - Changing from 1st gear to neutral:
 - pull release handle (4),
- NOTE : This black handle is located just above the red extinguisher handle (3),*
- push gearshift lever (2),
 - check that "N" is displayed on the dashboard (1).
- Changing from neutral to reverse:
 - pull release handle (4),
 - push gearshift lever (2),
 - check that "R" is displayed on the dashboard (1).
- Changing from reverse to neutral:
 - pull release handle (4),
 - push gearshift lever (2),
 - check that "N" is displayed on the dashboard (1).



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SWITCHING OFF ENGINE

- Flip "IGNITION" switch (3) towards the top.
- Press red "OFF" button (1), the dashboard (2) goes out.



Cornering explanation

The fastest way to go through a corner is to find the right braking point, best braking force, right turn in point, apex and get to full power as early as possible as the car exits the corner.

A corner is divided into three parts:

1. Braking and turning point
2. Rolling in to the corner and hitting the Apex
3. Starting to apply throttle and hitting the right exit point

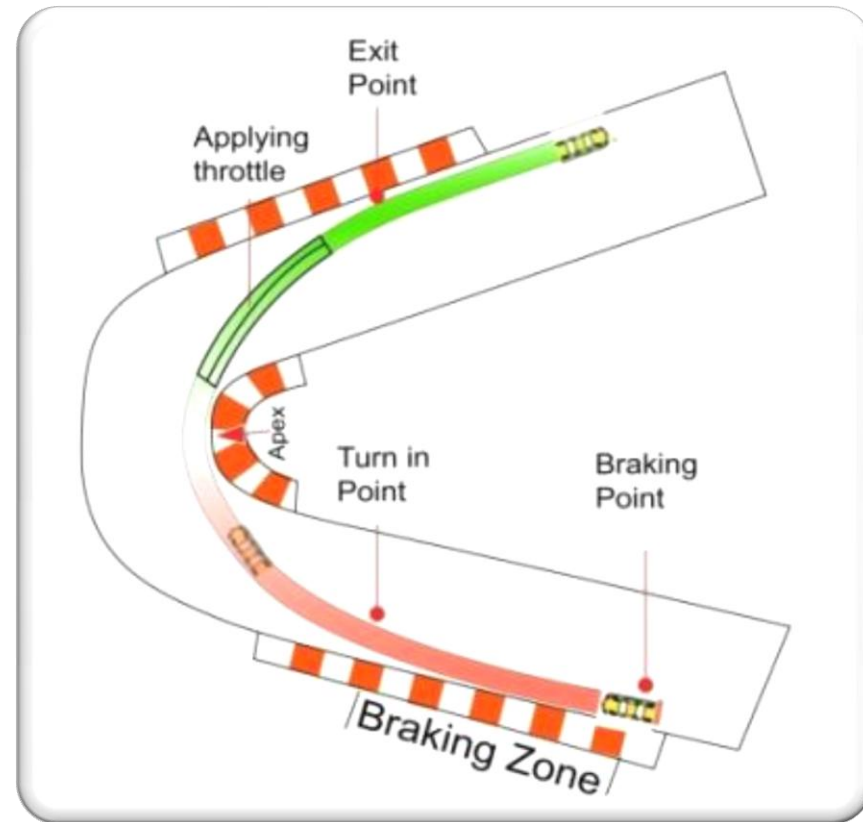
On our Training school we put the most focus on Braking and exiting of the corner.

Braking:

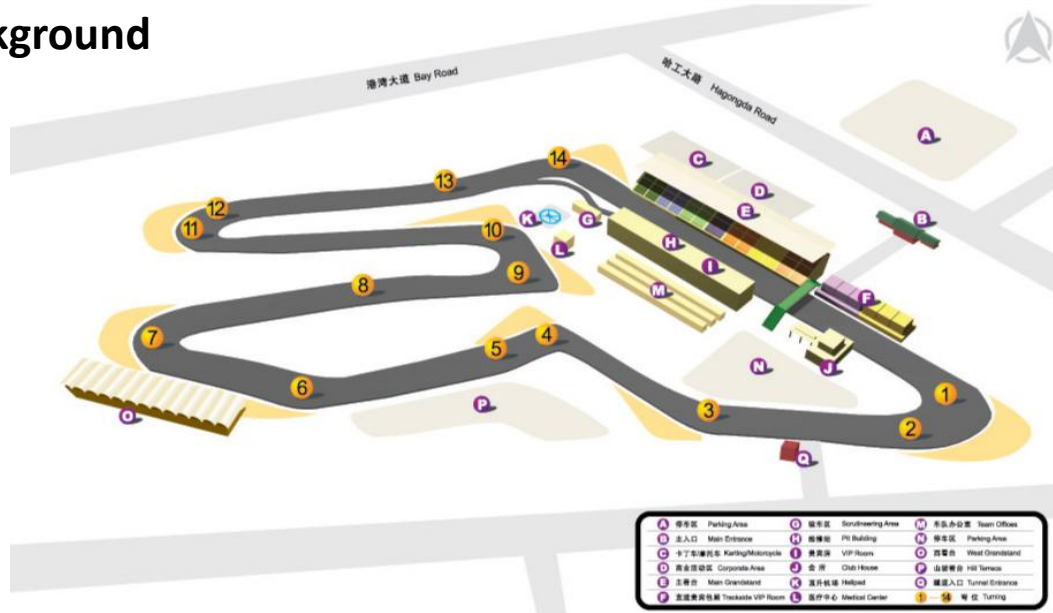
Most important part of Braking is to brake as hard as possible without locking the wheels, and at the same time shifting to smaller gears.

Exit:

On exit it is very important not to push too aggressively on the throttle as it may create an oversteer situation and resulting loss of control.



Zhuhai Circuit Background



Zhuhai International Circuit was at first designed by Chinatrack Consultant Ltd., a consortium that includes Halliburton KBR in Australia. With the approval of the F.I.A. (FEDERATION INTERNATIONALE DE L'AUTOMOBILE), the circuit was the first Formula 1 standard track in China. It is comprised of 14 turns with a longest straight of 900m on which certain cars are capable of reaching speeds over 300km/h.

The ZIC is conveniently located in Jin Ding at the north end of Zhuhai, China [20min from ferry terminal]. Zhuhai is only 70 minutes from Hong Kong by an hourly high speed ferry from Central and TST, and the Macau border is just 30 minutes from the circuit by taxi. Geographic convenience, 5 star hotels in the 500rmb/night range, and Zhuhai's exciting nightlife attract frequent visitors from Hong Kong and Macau.

CHAMP

MOTORSPORT

Zhuhai Circuit Track Map



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Formula Renault In-car video,
Zhuhai International Circuit:

<http://www.youtube.com/watch?v=sxiSSSJ9muA>

