

- Fathers (Track) Day - PDE
- Solo 2 Schedule
- Mid Atlantic Rally Series
- 10 Track Day Errors
- Teal's One Lap Journal
- BoD Minutes May

## So what are you doing on Father's Day?

- Written by: David Hess

Hopefully you'll be one of many people recovering from a fun-filled weekend at the track. Perhaps you'll need to catch up on all the work around the house you put off the two days prior. Whatever you do on Sunday, may your Father's Day be joyful.

I'm not so concerned about Sunday, but on the Friday and Saturday before, history will be made as Tri-region, comprised of Northeast PA, Philly and South Jersey SCCA Regions, will embark on hosting its first ever Performance Driving Experience (PDE). This one or two day "track day" event will be held on June 17th and 18th. It should prove that despite all the many folks who have commitments to autocrossing and road racing that weekend, there are still enough "other" folks who'd like to just put their car on a track and enjoy the drive. After all that's really the heart of our love for sports cars.

Enjoying the feeling of physics in motion... controlling a roller coaster each with various degrees of "rails".

I have put the bug in my father's ear about going either one or both days, and have all intentions of paying for it... after all it's Father's Day weekend. However one of my hesitations about having him come was that he is a small business owner, and often has difficulty swinging a day off. So it wouldn't be until last minute that he could commit. Having just visited the Tri-region website, it states, "... Late Fee will be waived! Sign up now!". Can't beat that!  
<http://www.triregionracing.org/>

I'm excited about this for many reasons, not only will this be a new-type of event for the SCCA, specifically our local regions, but this will also be my first experience as a track day instructor. I'm really looking forward

to being witness to someone's "light-bulb" going off. The ah-ha moment. I've been absorbing as much information as I can about track days and about instructing. 10 Common High Performance Driving Errors, by Paul Dickinson is an excellent read and can be found on page 4. Also don't forget to read the supplemental rules and bring / drink lot's of water.

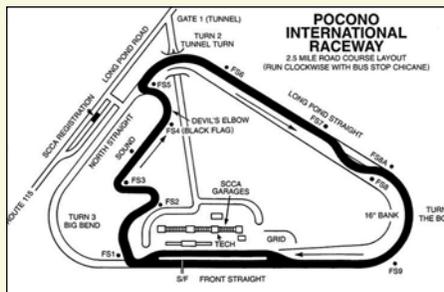
Having instructed at various local autocrosses, I've had the opportunity to not only see people learn, but by teaching someone else, it I found I learned something as well. By verbalizing something I did instinctively, it sharpened my skills in the process.

This will pale in comparison to enjoying a track day with my father. I can not think of a better way to spend Father's Day then bench"racing" with my dad about the previous two days.



19th One Lap of America

David and Fay Teal completed their 19th One Lap of America. Daily journal entries on p. 5.



10 Trackday Errors

These 10 pitfalls that can rob you of a good time at your next track day. See p. 4.



Peter Doane's ITA MR2 For Sale.

Visit the Classified section of this publication for more details. p.7.

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# Board of Directors

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Rally- Jim Wakemen .....856-228-9249

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### Tri-Region Reps

David Teal, Ed Jenks, JD King

### Alternates

Terry Hanushek, Fay Teal, Jack Oliver

### Pennsylvania Hillclimb Assn. (PHA) Reps:

Sue Salsberg, Dave Arron, Dan Cassino

### Solo I: Fred Thum

### Anthracite Race Assn (ARA): Terry Hanushek

At Speed is published monthly as the official publication of the South Jersey Region, SCCA, Inc. The subscription price is \$12.00 per year and is included in the membership dues with non-member subscriptions available at \$15.00. The opinions expressed herein are those of the editor or authors and not necessarily those of the South Jersey Region. Acceptance of any advertising does not constitute endorsement of the products or services being advertised. Permission to reprint material in other SCCA publications is granted providing credit is given to the author and At Speed. A copy of the publication should be sent to the At Speed editor. Please send change of address information to the membership chairperson.

Editorial copy and ad contacts should be submitted to the editor, David Paul Hess 296 West Orchard St. West, Hammonton, NJ 08037, or emwavey@yahoo.com - by the twentieth of the month prior to the next issue. It is preferred that all editorial copy be submitted in an IBM compatible format (ASCII, Word, Word Perfect, etc), on any size/density diskette. See classified section for advertising rates/policies.

The South Jersey Region of the Sports Car Club of America, Inc. meets at 8 PM on the second Wednesday of each month at a new place, the **Whistler's Inn**, 901 Rt. 130 South, Cinnaminson, NJ 08077. 856-786-7427.

Board of Directors (BoD) meetings are held on the first Wed. of the month. Locations vary each month, so feel free to contact any of the above members of the board to find out details regarding the next meeting.

# Events & Announcements



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## Tri-region Needs your help!

Tri-region is looking for race workers (all specialties). For a chance to watch the racing up close, and to meet some great people, and have a lot of fun, **Contact: Judy Bloeser via email: macmassie@aol.com**

Tri-Region Performance Driving Experience - June 17-18

Registration is now open for the Tri-Region Performance Driving Experience! If you always wondered what it was like to drive a car on a track, this is your chance!

Read the Supps (link below) and the info page that was released earlier this year for more details. Please note: the info link was released before finalized rules were in place. Therefore, the Supps is the only place for rules information.

Note: Updated Pocono Lodging info in the Supps

NOTE: Late Fee has been Waived! Registration visit:  
<http://www.triregionracing.org/>

**And Contact: Judy Bloeser via email: macmassie@aol.com**

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## New South Jersey Forums

Got a story to tell, an advertisement to list, or a bone to pick, here's your chance to use a new, to our region anyway, way to communicate with all your automotive buds.

Visit: [www.sjr-scca.org](http://www.sjr-scca.org) and click on the "Forums" link located at the top, right-hand side of the page.

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## 2005 SJR Solo II Schedule

06/12/05 Points #3  
07/23/05 Points #4 (Saturday)  
09/03/05 Points #5  
11/13/05 Points #6  
11/20/05 Points #7

All events listed are held at Atco Raceway, 1000 Jackson Rd, Atco, NJ 08004

For direction, logistics and preregistration, visit:  
<http://www.sjr-scca.org/soloii.html>  
or  
[http://groups.yahoo.com/group/sjr\\_autox/](http://groups.yahoo.com/group/sjr_autox/)

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## 2005 Mid-Atlantic Rally Championship Series

The series will consist of 11 Rallies during the year with competitors receiving points in each of 4 classes (Equipped, Limited, Stock and Novice) based on finishing position.

Schedule:

2/26/05 Rally in the Dark - Results  
4/2/05 March Lamb - Results  
5/1/05 Get the Dust Off - Results  
5/15/05 Oldies but Goodies - Results  
6/05 Witch Way to Salem - Results  
8/28/05 Mini Monte  
9/05 Furnace Run  
10/05 Dog Day Afternoon  
10/05 Get the Dust On  
11/19/05 Pine Barrens Express - Flyer  
12/05 Chester Twister

Rules and Overview :  
<http://www.phillyscca.com/roadrally/docs/2005mid-atlanticrules.pdf>

Contact Jim Wakemen for more information: [jim@wakemen.com](mailto:jim@wakemen.com)

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## www.NESCCA.com

Reserve your car number for the 2005 Racing Season. Northeast Division Sports Car Club of America's webmasters are requesting your articles and photos. Also visit this site for information regarding SCCA racing events.

Don't Forget to Register:

<http://www.users.fast.net/~nescca/schedule.pdf>

or

<http://www.users.fast.net/~nescca/schedule.pdf>

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## SJR On-line (meeting minutes)

<http://www.sjr-scca.org/>

... and they can also be found starting on page one of this publication.

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## South Jersey's Website

<http://www.sjr-scca.org/>

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## Visit the S. Jersey AutoX Forum:

[http://groups.yahoo.com/group/sjr\\_autox/](http://groups.yahoo.com/group/sjr_autox/)

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## Autocross / Solo2 info:

<http://www.autox4u.com/>

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## Free Photo and Video Hosting:

<http://www.nerdsracing.com>

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## Online store:

Looking to grab some most excellent SJR "Swag", then visit:



[http://www.cafeshops.com/sjr\\_scca](http://www.cafeshops.com/sjr_scca)

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# 10 Common High Performance Driving Errors

The unabridged article can be found here: <http://www.racerpartswholesale.com/epaul1.htm>

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- Written by: Paul Dickinson

## 1. NOT ENOUGH MENTAL PRACTICE.

The more complex the task, the more improvement is likely to result from mental practice; and motor racing would surely qualify as sufficiently complex. ...

## 2. NOT SCANNING.

...To maintain visual contact you have to keep your eye moving, sweeping the target area in a searching behavior.

...

## 3. NOT LOOKING FAR ENOUGH AHEAD.

Vision is our overwhelming dominant sense: the "king of the senses". Eyesight is so intimately involved in almost every athletic task that superstars often are credited with what amounts to an unfair visual advantage. Scanning familiar scenes at the point of emerging information provides a necessary perspective for increasing speed. Your eyes lead the way and control smoothness. Without proper visual perspective "High Speed" can be like driving in a bank of fog where planning ahead is unthinkable, but critical. Looking ahead not only gets a racer where he needs to be, it focuses concentration. However, scanning the point of emerging information is not enough. Learn to project ahead. As objects in your scan become closer, anticipate a shift to objects even further ahead. Anticipation is crucial because everything happens very quickly at high speed. The ability to look ahead immunizes against accidents.

## 4. SCARING OR SURPRISING THE BRAIN.

The brain allows the driver to anticipate and, therefore, is his best ally. Overload, scare or misuse that ally and response becomes involuntary (emotional)... Escalating speed magnifies anxiety. As visual depths of field get shorter with increasing speed, anxiety progressively grows. .... Fear is the result of progressively increasing anxiety. Fear brings panic inputs, and involuntary panic input is always wrong. A brain that has been scared sends off commands like: "Lift; Look over here", instead of "where you are going; BRAKE !" in the middle of this turn".

## 5. UNFINISHED BUSINESS.

The quickest indication of an unskilled driver is the hurried move. The hurried move does not come from starting a skill to soon but from neglecting to finish the skill that preceded it, cutting it off short. Just as a wide receiver must "put the ball away" before he starts to run with it, so must any driver put away the movement at hand before starting the next....

## 6. CARRYING TOO MUCH SPEED INTO A TURN.

... Carrying too much speed into a turn can be thrilling and may feel fast, but it keeps you from your planned positions. ... A car can be slowed faster than it can be accelerated. Over equal distances brakes are capable of producing greater changes in speed than acceleration. Speed is not the issue though, CONTROL is...

## 7. OVERDRIVING.

...To do something inefficiently (badly) requires more effort, like driving a car with an out-of-balance wheel. "Natural talent" is no substitute for careful learning and diligent practice... Experienced drivers who have been idle should expect to spend practice time to find and refine old skills. Approaching perfection; that's when the pro-athlete most recognizes the need for his coach. To extract that last 10% to 15% is inordinately more difficult.

## 8. MOTIVATION.

Once you perform a skill to your own satisfaction you tend to stop looking for improvement. Yet the physiological limits to your performance of the skill may be a great deal higher; ... Improvement is there for the taking only if the effort is invested.

## 9. OUT OF "ZONE" PERFORMANCE.

A large part of any sport comes from the compelling sensation of getting it right. A coming together of "Art" and "Science" is where magic happens. The feeling is almost mystical. When timing is right: motion is smooth; skill levels are elevated; driving actions are quicker, more forceful and more accurate. In the "zone," effort is optimized, not over stressed, and endurance is increased; a driver is performing "within" himself. Concentration slows time to allow for confidence, the ultimate tool for getting control of the time sequence...

## 10. NOT RECOGNIZING FATIGUE.

... the first thing to go is your sense of judgment. Fatigue causes lines to get sloppy, crisp turn-in suffers, throttle action becomes more abrupt and driving no longer flows from one action to another. To grow increasingly numb to the "sensation" of speed with each successive lap is normal. Increasing speed to "chase" this seductive sensation can have disastrous results no matter the cause of deteriorating conditions. Failure to recognize mistakes, failure to anticipate and adjust are all indications of lost concentration; FATIGUE. ... Adhere to the Three Mistake Rule: Three mental and/or physical mistakes in a row -- slow down, go into the pits; REGROUP.

# Laps to Conquer M.S. - 19th One Lap

David and Fay Teal's Journey - <http://www.lapstoconquerms.org/>



**Fay Teal** has had Primary Progressive MS since 1981 and is using her life-long interest in motor sports to help conquer this disabling disease. She is the Executive Director of LCMS. Fay received the 1989 "Achievement Award" from the Greater Delaware Valley Chapter of the National MS Society and the 1992 "Humanitarian Award" from the Delaware County (PA) Athletes Hall of Fame. The Greater Delaware Valley Chapter of the National MS Society recognized her for "Outstanding Service" in 1996.

**David Teal** is the Assistant Executive Director of LCMS, and is Fay's husband. David is a past champion in Road Rally and Autocross. He holds a competition license, and a National Starter license from the Sports Car Club of America.

*This year's "One Lap" journey stayed on the East Coast. The remainder of this article is excerpts from Fay's daily journal. Each month At Speed will publish a few days of this journal until it's completion.*



## **Saturday, May 7 - Tire Rack, South Bend, Ind. - [Start and] The Finish**

A dry skid this time, the guys unloaded for the last-I've lost count of the times the guys did this, the reader may do that. It was still sunny and too warm for the fleece. This time David was 64th Overall (OA) , 10th in class. 1 Lappers were fed followed by the Awards Presentation. The LCMS Dominion Title Baglier Sunoco Mazda finished 55th OA, 9th in Mid Priced Sedan Class. I finished my 19th OLOA and David finished his 16th. Ron Pizor has done 5 ½ OLOAs and Danny Yanda has done 6 1/2 OLOAs. The LCMS Dominion Title Baglier Sunoco Mazda didn't win the 1 Lap or its class but it is with us until October; watch for it in your area.

The tent returned to Chief dry and unused - maybe next year. David thinks it and the tarp were unneeded cargo. I think being prepared kept the rain away for 7 of the 8 days, and guaranteed a better option for the one rainy day.

## **Friday, May 6 - Nelson Ledges, Ohio**

We're at a track that both David and Danny know well. Nelson Ledges is BeaverRun's neighbor. Danny got to speak to the track managers on our way into the track. Danny hasn't raced on it for more than 10 years. David, with his teammate, won an endurance race here last year. Danny wanted David to drive both events. Ron's wife Darlene had him here to meet us and she visited awhile before going on to work. The guys unloaded our things in the covered tech shed but it didn't matter-the sun was shining and it was warm; I finally shed the fleece I'd worn since the start. David's first run was 52nd OA, 11th in class, his second was 58th OA, 11th in class. Danny's ride,

- Written by: David and Fay Teal

Steve Weber, got here and spent time visiting with Lappers he knew-he's run the OLOA twice. David and Ron loaded up to drive 295 miles back to Indiana, where we'd started 6 days ago. We had a late dinner with another team at the same place we'd ate at last Friday - we had what we passed up last week.

## **Thursday, May 5 - Roebing Road, near Savannah, Georgia - 10:30 am**

It's raining! It's been cold, overcast and threatening to rain this whole 1 lap! Here at Roebing it just didn't threaten, it poured. The motel let us leave most of our things, including the tent, with them so we won't need to unload much at the track - just me. We're to pass by the motel when we leave Roebing. David came in from his 1st run in the monsoon. He had fun; said he crashed 5 times each lap but the car didn't know it! 1:40 pm - It's official - David ran 29th OA, 9th in class the 1st run - GREAT, HE'S A MUDBUG! Dr Mike, from the Carolina Rod Shop team, just showed Danny and me the photo album he made - with captions-of last year's 1 Lap; it is FUNNY! I was part of his story; I even won his fictional race for alternate fuel vehicles. David's second run was on a drying, or intermediate, track. He caught and had to pass another competitor. He was 38th OA, 11th in class. They loaded me, stopped at the motel to get our things and then drove 771 miles to Ohio.

## **Contributions can be made to: Laps to Conquer M.S., Inc**

A Charity Drive to End Multiple Sclerosis  
PO Box 94, Lenni, PA 19052-0094  
610-566-4795  
[lcms@lapstoconquerms.org](mailto:lcms@lapstoconquerms.org)



# Board of Directors Minutes

June 2005

- Submitted by: Sue King

The June 2005 meeting of the Board of Directors for the South Jersey Region of the Sports Car Club of America, Inc. was held at the home of J.D. King on Wednesday, June 1, 2005. The meeting was called to order by R.E., J.D. King at 8:05 PM.

Present were Meg Meyer, David Hess, Sue King, Jack Oliver, J.D. King, Jim Tornetta, Jim Wakeman, and John Borden. Guest was Brian Heun.

**Solo II** - John reported that everything is in order for the next event scheduled for Sunday, June 12th at Atco. Andre will email John the course design. Brian stated that he has located a lot in Pleasantville-right off the Parkway- and he will follow up on his contact.

**Treasury** - John reported that we have \$1,600.00 in the operating account.

**Rally** - Jim Wakeman reported on the most recent rally-Oldies but Goodies. There were 18 paid entries and only 15 ran the event with 14 completing it. The trophies and dash plaques went over well. Jim's dad would like to put together a rally series for 2006 with a total of 8 rallies which would run from March to October-they would run on the second Sunday of each month. The start and finish would be at the same place. The Board felt that this

would be a good series and we should really put some advertising effort into this endeavor to make it a success. The next rally, which will be put on by Clyde Heckler, will be held this month. It is called 'Witch Way to Salem'.

**Membership** - Meg reported that we have 208 paid members to date.

**New Business** - J.D. reported that he received the resignation of Grace Huntzinger, not only from the Board of Directors but also from her position on the Solo II committee. J.D. stated that she is completely on board for the transition. She will not be able to deliver the timing equipment so we need to make some plan to pick it up from her home-possibly this weekend. Jim Thwaite is a possible to take over her position. J.D. suggested that we should build a case for the timing equipment so that it can be transported in the region trailer. Brian did mention that Grace had put together a manual for the operation of the timing equipment and that this should help with those who take over the running of the system. J.D. will contact Grace to schedule the pick up. Discussion centered on getting everything in order to run our next event and for future events. J.D. suggested that we ask Grace to come to our next event to serve as a backup and trainer. J.D. did mention that Grace volunteered to help go over everything real

quick and offer some technical assistance. John stated that Steve Ashcraft started us on our way to a good Solo II program and that Grace followed up with her great efforts. J.D. offered that Grace helped us get to where we are currently and we appreciate all her efforts.

**Old Business** - The Millville Air Show was discussed-the mock 'race' appeared to go over really well with the crowd that was there Friday evening.

The Performance Driving Experience is coming along with several entries. This is scheduled at Pocono for June 17th & 18th.

Sue reported on the Vintage Grand Prix which will be held the first weekend of May 2006. Sue stated that there will be a media meeting on Tuesday, June 14th at the Camden waterfront site. We will provide our region trailer and we will need some volunteers-2 or 3-to act as corner workers.

There being no further business, meeting was adjourned at 9:15 PM.

Respectfully submitted,

Sue King  
Secretary

# Classified

Ads will run for three months and can be renewed by contacting the editor Classified ads for non-members are \$3.00 per month, 25 words or less additional word a are \$ 0.10 each. Name, address, and telephone number do not count in the word total. All ads must be prepaid. Classified ads for members are free.

## For Sale:

**1986 Mazda RX7 ITS**, 1990 factory motor, aluminum hood, custom roll cage, with NASCAR door for us big guys, Coil over, camber plates, urethane bushings, Butler seat, removable steering wheel, self-bleeders, Spare Trans (just rebuilt), 1 set new Kumho DOT racing tires , 1 set Hoosiers rains, 1 set Yokohama intermediates, 2 sets Hoosiers DOT racing tires. one time Glen long course record holder (faster driver), 2003 NESCCA ITS Enduro champ (current driver). A well balanced car that is easy to drive fast. Needs a little body work (but what IT car doesn't). \$3500. Trailer with big storage box and tire rack \$1500. Contact Ed Jenks at ed.jenks@prodigy or 484-919-1905

**1985 Toyota MR2 ITA car**, custom rollcage (w/rear strut tower tubes thru the rear window, knee bar below the dash, and driver's door bars). Coilovers, camber plates, and adjustable sway bar end links front & rear. Front ST sway bar. Urethane bushings. Phantom Grip LSD. 2 sets 14X7 alloys and 2 sets 14X6 alloys. 2 sets dry

Hoosiers. 1 set fresh Dirt Stocker rain tires. 1.5 cars worth of spares. Very clean and well maintained. All new wheel bearings installed late in 2004. Minor bodywork damage on the driver's side but replacement panels are included. Choice of 2 motors available (or both). Asking \$3000 as a roller. **Motor #1**, Fresh (only 3 races/2.5 hours) maxed out TED motor. Registered 108 RWHP on a chassis dyno this fall. More than \$7K invested in this motor. Asking \$4000 as a separate item and \$8000 in/with the car. **Motor #2**, Last rebuilt in late 1998/early 1999. Compression and leakdown still good. Asking \$1000 as a separate item and \$4000 in/with the car...

**1992 23' Winnebago Brave Class A motorhome**. Chevy based w/454 V8 gas motor. Just under 60k miles. Heavy duty air springs front & rear. Well maintained. Custom/heavy duty receiver hitch. Trailer brake controller. Bathroom w/shower. Fixed queen size bed and 2 drop down beds (sleeps 5). Microwave/fridge/oven/stove/furnace/hot water heater all in good order. Asking \$18,000, email: peter.e.doane@lmco.com

## Wanted:

Workers for Road Racing events! A great way to see racing... for FREE! Contact JD King @ 856-694-5012

As we receive more ads, those who have "rippeden" will be removed after 2-3 months.

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2/04

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## Check out the 2005 Mid-Atlantic Rally Series

Contact Information and  
Complete Schedule on p. 3.

*At@Speed*

The Official Newsletter  
Of The South Jersey Region S.C.C.A.



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