



Racing and Winning in the Virtual World

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Indianapolis, Monaco, Circuit Gilles Villeneuve in Canada - these are some of the most iconic race tracks in the world where Formula One history has been made. Naturally, any road racing driver strives to race at the pinnacle of world wide motorsport which is Formula One on these legendary tracks. Well, as part of his “stay at home” training regimen, these are some of the tracks that Mason has virtually raced and won on this year. “Of course it’s not ‘real’ racing; however it has been fun to test myself against the best Formula

One has to offer,” Mason opined. “I’m looking forward to Spa in Belgium after getting to the top step of the podium at Monza (Italy).” As he continues to find success at different race tracks he’ll explore new ones and then go for an overall championship for the entire season of tracks. “I’m still learning the sim driving tricks and techniques it takes to not only go fast over one lap, but also how to deal with changing track conditions, tire deg-



Larry Mason can keep his driving skills sharp in his sim rig. LM photo

radation and other factors including competitor aggressiveness and chassis setup tweaks. I’ll keep at it until we can get back on track for real and hopefully that day will come sooner rather than later.”

The Quarantine 15!

With the starts and stops of trying to get “back to normal” there’s been talk of people stuck at home ordering take-out and sitting in front of zoom meetings all day that has led to weight gain for many. How do we avoid that? Take the opportunity to prepare healthy meals at home with a keen eye towards the ingredients you use and serving sizes you take. Also, make sure that you’re moving around every so often. My go-to

watch at home is my Polar. It’s light weight and can even do wrist-based heart rate monitoring. However, one of the nicest features is a built-in activity monitor that measures your activity in steps. I’m sure that you’re familiar with the 10,000 steps per day minimum that has been widely publicized. The nice thing about the M200 (and many other Polar wearables) is that it will also vibrate on your wrist when

you’ve been sitting idle for an extended amount of time. That friendly vibration and notice on the watch face will keep you focused on your goals to keep active during the day.



A fantastic choice for fitness and activity monitoring is the Polar Unite! www.PolarUSA.com

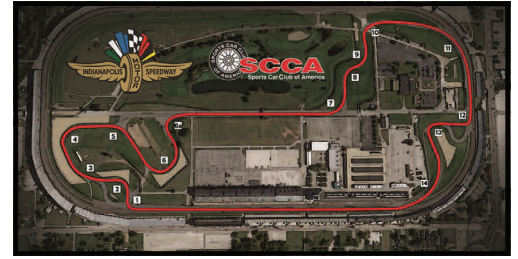
Team LMR Preparing for On-Track Return

Larry Mason has been working hard on his physical fitness regimen for when the time comes to get back behind the wheel for real. Of course nothing can mimic the “G” forces exerted on the driver like being behind the wheel itself but during a pandemic that has proven to be quite an obstacle and there have been few other choices. The **Team LMR** Formula Mazda is essentially ready to get back on track other than some minor updates and suspension alignment. As

you all know, there have been numerous challenges regarding this pandemic to achieve some sense of normalcy in travel and life in general. With different states having different restrictions and the virus spreading and reducing based on multiple factors, health and safety must be the top priority.

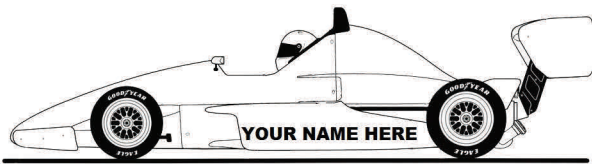
It is with this acknowledgement that **Team LMR** will most probably not compete for the remainder of 2020 and focus forward on 2021 when hopefully there will

be an effective vaccine that will allow for freedom of travel and provide for the general health and safety of participants, sponsors, and spectators. This also allows for the economy to rebound and hopefully provide funding for the team to continue to compete at the highest level possible. The 2021 SCCA Runoffs are scheduled to return to the Indianapolis Motor Speedway in the fall of next year and



The Runoffs road Course at Indianapolis. SCCA photo/map

Team LMR is eager to have another shot at winning the biggest race of on the calendar at the world’s greatest race track. Stay tuned for more updates. If you know of a company that can sponsor **Team LMR**, please let us know. Thank you.



Put your company on the marketing fast track TODAY!

Web Special — If you’d like to be notified of when the next MRN Newsletter will be posted online, then send an email to info@LMRMC.com.

You’ll receive an email with a direct link to the newsletter. You can opt out at any time. We will not rent, sell, or loan out your email address.

“Unless you’re leading, the scenery never changes.” — Larry Mason

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WWW.LMRUSA.COM

AND CHECK OUT WHAT’S NEW!

Join **Team LMR** today!

Team LMR is actively seeking marketing partners to join us as we race into the 2021 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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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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