

CALENDAR 2008

Day	Date	Comp	Event	Track / Time
Sunday Sunday	06/01/2008 20/01/2008		Club Day Club Day	
Sunday Sunday	03/02/2008 17/02/2008		Club Day Club Day	
Sunday Sunday Sunday Saturday	02/03/2008 09/03/2008 16/03/2008 29/03/2008	Wet	Working Bee Working Bee Sign-on Round 1	Track 3 / Night
Saturday Friday	12/04/2008 25/04/2008	Wet	Round 2 Round 3	Track 2 / Night Track 3R / Night
Saturday Saturday	10/05/2008 24/05/2008	Wet	Round 4 Round 5	Track 3 / Night Track 4 / Night
Saturday Sunday Sunday Thu-Sun	07/06/2008 15/06/2008 22/06/2008 26-29/06/2008	Wet	Working Bee Round 6 Working Bee NT Titles	Track 4 / Day Track 4 / Day
Sunday	20/07/2008	Dry	Club Day	Come 'n Try Day
Sunday Saturday Saturday	03/08/2008 16/08/2008 30/08/2008	Dry	Round 1 Round 2 Round 3	Track 3 / Night Track 2 / Night Track 3R / Night
Sunday Saturday	14/09/2008 27/09/2008	Dry	Round 4 Round 5	Track 4 / Day Track 3 / Night
Saturday Sunday	11/10/2008 26/10/2008	Dry	Round 6 Club Day	Track 4 / Night DKA Closed Titles
Sunday Sunday	09/11/2008 23/11/2008		Club Day Club Day	
Sunday Sunday	07/12/2008 21/12/2008		Club Day Club Day	

2007/2008 DKA COMMITTEE MEMBERS

<u>President</u>	<u>Grant Hamon</u>	<u>Public Officer</u>	<u>Wendy O'Dowd</u>
<u>Vice President</u>	<u>Clint Barker</u>	<u>AKANT Rep</u>	<u>Mike Moore</u>
<u>Secretary</u>	<u>Kerry Bery</u>	<u>Social Officer</u>	<u>Vacant</u>
<u>Treasurer</u>	<u>Michelle Gatt</u>	<u>Publicity Officer</u>	<u>Tracey Driscoll</u>
<u>Club captain</u>	<u>Bill Breed</u>		

DKA

APR 08

NEWSLETTER

FREE TO MEMBERS OF THE DARWIN KARTING ASSOCIATION

Welcome to April and hopefully some fine weather for quite some time, although the rain did make for some very interesting battles. Two competitors of note on the rained out first round was Amber Bott with a few commenting that perhaps she should take up ballet as a sport as well, she seems to have the spin down pat. The senior driver to note was Patrick Hamon while others were going every which way he steered his way to a win, with the race meeting cancelled there was no point score for the meet. Round Two became a very exciting event as everyone was itching to compete, even the weather was ready with a fine and sunny day to greet the drivers. Racing was a close and generally well controlled affair.

Jack Tippet was one driver to watch with his new kart all shiny and sparkly only to be out done by his grin which stayed firmly plastered on his face all evening. The evening went extremely well not too many delays and the cool was appreciated by competitors and spectators alike, some of the comments to be heard “wow the track looks great under lights and the racing seems faster and closer than ever” all in all we could more than likely say it was a great success, and with so much more night racing to come and the nights only going to get cooler for a while it should remain very enjoyable for all.

Next race meeting to be held ANZAC day with racing commencing at 4pm.

The Affordable Family Motorsport

PRESIDENT'S REPORT

DKA SPONSORS FOR SEASON 2008

IF YOU CAN PROVIDE ASSISTANCE TO THE CLUB WE WILL BE HAPPY TO PROVIDE COVERAGE FOR YOU OR YOUR BUSINESS.

YOUR SPOT IS RESERVED HERE

The first round of the Wet Season Championship..... A wash out!

However, it appeared that a lot of people managed to have a bit of fun despite the event being called off due to a typically huge downpour that absolutely turned the Hidden Valley Kart Track into a swimming pool.

Round 1 was cancelled and will be picked up later in the year. We will let you know. Your race entry fee for Round 1 will be transferred to Round 2 – almost like having pre-paid!

The event was good in some ways even though called off, it gave us some insights into what processes need to occur now that we are running under lights.

The most critical issues is Transponders – you MUST make sure that you include your CORRECT transponder number on your entry/scrutineering form. If it is wrong then you won't show up on the timing system and end up with a DNS!

Speaking of transponders – the club has sold out of the cheaper \$200 discounted AMB160's which have been available since August last year. Whilst we have ordered more they will now be at the normal retail price – sadly all good things appear to come to an end.

Remember that the discount to members for Transponders was done so that the club had an ongoing supply and that is why you have signed an agreement form to give back the transponder if you leave and you will also get your \$200 back!

A great big thank you to Smiley who has yet again proved to be the stuff of legends, always available and now looking after engine sealing for the club – fantastic effort!

Thanks also to that small group that got out there over the Easter weekend AND the following Tuesday to tie tyres so that we had a track that the Track Safety Officer could legally pass.

Club members must remember that if those same people who appear to be doing all the work around the club end up burnt out or spit the dummy – there will be no racing. Make the time for YOUR club or it won't exist!

The 3rd Friday night practice was a huge hit with many drivers and they appreciated the track time under lights. No-one can say that they cant get time – plan ahead, all you need to do is mark the 3rd Friday night on you home calendar and head down trackside before dark or whenever.

A big, BIG thank you Terry Carew who once again has donated his time and machinery to carry out some major landscaping with his grader and bobcat fixing up the pit area and competitors car park.

The competitors pit car park is there so we do not have congestion in the pits – please move your car to the competitor's car park once you have unloaded on race day – thanks.

Come the NT Titles – NO CARS OR TRAILERS will be allowed in the pit area unless previous agreed by the President or Secretary.

HELPERS NEEDED FOR THE NT TITLES – CONTACT THE DKA SECRETARY KB.

How good were the new track traffic lights – this is a significant step forward into the 21st century. Thanks to Tim for his efforts in putting together the wireless lights and to Top End RACE for the lights themselves and to Smiley for welding up the stands.

The value of this is we do not have to flag-gies at flag points and should reduce the amount of time wasted between races trying to get people out there!

See if you can entice other relatives, family and friends to come out and don't forget to check the DKA website – www.dka.org.au for the AMB timing results, click on 2008 events and then on one of the AMB logos – see your times!

Grant Hamon

DKA / AKA NOTICE BOARD



The notice board is for you; the members, to bring points up for Club discussion and / or items wanted or selling.
 To enable this to happen ..tell Tracey -
 Home phone -89817773
 Mobile -0438797097
 Email-tractim@bigpond.com

Interest has been shown in starting a ladies class for club rounds, if you are interested in having a lot of fun with a group of ladies please tell Tracey Driscoll so that she can take it to the committee. It's your chance to race around so come on give it a go.

Please ensure your Email address is correct on your forms and that you fill out entry and scrutineering forms completely prior to submission. Suggestion is to fill out all data on line leaving out the date and round number and print out 12 at once.

To all competitors -
 Please ensure that you have the new airbox fitted to your kart in compliance with the AKA rule 25.24 part 1(a)
 The only inlet silencer for specific classes below (part 1) must meet all requirements (AKA43), and is recommended for use from the 1st January 2008 and is compulsory from 2nd April 2008.
 For Midgets, Rookies, National, Formula Australia, Clubman, PRD and ReSa Classes, but optional for Parilla Leopard, the only acceptable silencers are units where induction shall be via two(2) only inlet tubes conforming to the dimensions provided and fitted to the airbox in a nominal fore and aft direction. Inlet tubes 2 only 23mm maximum diameter at the opening and 95mm min length the only silencer allowed for all classes is the "AKA43" unit.



Midgets with Comer engines are to stay at 90 kg whilst the Yamaha J for parity has a weight increase to 95kg in accordance with AKA addendum effective immediately

 Next race meeting to be held ANZAC day 25th April format for race day will be as follows -
 Scrutineering - 3-3.30
 Entry closes- 3.30
 Carby session -3.30-4.00
 Racing -4.00
 Please note carby session consists of two laps only, you must participate in carby session otherwise you are unable to race.

Gyro from Ezy Tune will be in Darwin from the 2nd to 10th of May. He has stated that he would be happy to hold a carby set up course on the 7th May at 6pm in the clubrooms if enough interested people would like to attend, if interested please ring Paul Riggs (NT agent for Ezy Tune) on 0407188055 or ring Tracey Driscoll on 0438797097 if you are interested before 30th April.



Seen and Heard

Kerry Berry - Also known as the backdoor man!
 Sarah Driscoll - Stating she would rather a crusty bloke than a crusty babe (eww!)
 Grant Hamon - Give me a crusty babe anyway!

HEALTH WATCH

When should sports drinks be used?

1. Before Exercise

Sports drinks are ideal in the hour before sport. The carbohydrate tops up muscle glycogen fuel levels, while the added sodium reduces urine losses before exercise begins.

2. During Exercise

Sports drinks are primarily designed for use during exercise, for optimal fluid and fuel delivery. They will allow the athlete to perform for longer and more effectively in training and competition.

3. Recovery

Sports drinks greatly assist re-hydration. When aggressive re-hydration is required, drinks with a higher sodium content may be more useful. For complete recovery, sports drinks need to be consumed with a food source that provides carbohydrate, protein, vitamins and minerals.

Fluids other than sports drinks

1. Sports Water – a new drink designed for those who prefer to drink water during exercise. They are lightly flavoured with a lower carbohydrate and electrolyte content than sports drinks. They may be a suitable option for moderate exercise of less than an hour.

2. Water – absorbed as quickly as sports drinks. Voluntary fluid intake is less when drinking water compared to flavoured drinks. Water is suitable for low intensity or short duration (less than 45 mins) exercise, or in addition to sports drinks.

3. Cordial/Soft Drink/Fruit Juice – generally they are too high in carbohydrate and too low in electrolytes for ideal fluid replacement. Carbonation in soft drink decreases voluntary fluid intake.

4. Energy Drinks – carbohydrate concentration is generally too high. They contain added ingredients such as vitamins, taurine and glucuronolactone. Current evidence suggests that these additives have no impact on sport performance. On the other hand, caffeine has been shown to enhance the performance of a variety of types of sports, with recent evidence that for endurance events, small to moderate doses (75- 150 mg) are as effective as larger doses. Caffeine is no longer banned by the World Anti Doping Agency. Ensure that you use with the advice of a sports scientist or sports dietitian and consider individual responses to caffeine.

Common Misconceptions About Sports Drinks

1. Sports drinks are high in salt

The sodium in sports drinks plays a valuable role in improving fluid absorption and the desire to drink. Sodium plays a role in preventing hyponatremia (low blood sodium), particularly in very long sports events (eg iron man triathlons). Sports drinks have a similar sodium content to foods such as milk, bread and breakfast cereal, but are much better tolerated during exercise!

2. Sports drinks are not suitable for children

Children have a poor voluntary fluid intake during exercise and therefore are at greater risk of heat illness. Sports drinks have been demonstrated to improve voluntary fluid intake in children during exercise.

3. Sports drinks should be diluted

In almost all exercise situations sports drinks should not be diluted as this reduces the amount of carbohydrate available, changes the sodium concentration (both of which can affect the speed at which the drink empties from the stomach) and changes the flavour. A more dilute drink may be preferable if normal dilution is poorly tolerated or where more fluid is needed than carbohydrate eg light activity in hot conditions.

4. Sports drinks cause gastrointestinal upset

Sports drinks don't cause gastrointestinal upset when consumed in volumes matching current sports nutrition guidelines. You should experiment with sports drinks in training before using them in competition. Not drinking enough sports drink or drinking a lot in a short period of time can cause gastrointestinal upset. Drink small amounts frequently to minimise problems.

Dental health

Sports drinks are acidic. Acidic foods and fluids are one of the factors linked to tooth enamel erosion. Other acidic fluids include fruit juice, soft drink, wine, beer, tea and coffee. The use of sports drinks alone is unlikely to cause dental erosion as saliva will quickly buffer the acids. Despite this, athletes who use large quantities of sports drinks for prolonged periods (eg endurance cyclists) should pay extra attention to dental hygiene. Squirting sports drinks into the back of the mouth and rinsing the mouth with water minimises sports drink contact with teeth.

Summary

Sports drinks are very well researched and can definitely improve sports performance when used properly. Sports drinks provide carbohydrates and electrolytes. The carbohydrates supply the muscles with fuel during sport.

The main electrolyte is sodium, which improves the flavour and water absorption.

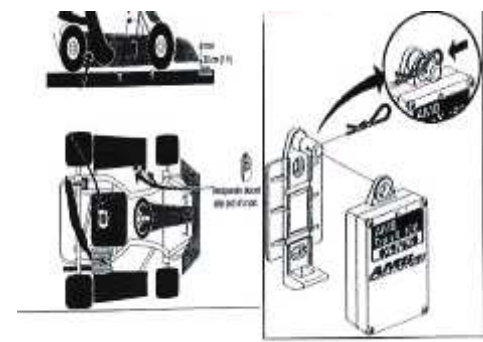
Sports drinks are best suited to endurance sports and high intensity sports.

AMB 160 TRANSPONDERS

All competitors it is your responsibility to ensure that your transponder unit(if owned by you) is fully charged and operational before race day. In accordance with Aka rule 19.17(d) - when a transponder system is in use at race meetings for qualifying and/or lap scoring, it is the driver's responsibility to obtain, fit and correctly use their allocated transponder. Please also ensure that the correct number is on your entry form—if the ladies in the tower don't know who you are you wont get points for the race maybe even the round.

In accordance with the supplementary regulations all transponder units will be in a transponder holder bracket which is to be located facing the driver on the left hand sidepod 300mm from the kingpin. If required transponder holder brackets are available for purchase at the circuit for \$10 each inc GST, all screws and retaining clips included.

The club will hold a small number of spare transponders available in the event of emergency.



L & S SPRINGS AND SUSPENSION

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RANCHI

