



AiM Webinar
"Engineering the Driver"
1.12.21
Edited Q&A

- 1** **Q:** In his book, The Vision Revolution, Mark Changizi, PhD stated: "There is a latency on the order of 100ms between the time light hits the retina and the time a percept is elicited." The contention is that as long as nothing unexpected occurs, the brain stays synched up by predicting 100ms into the future. Have you studied how this affects driver control inputs?

A: [Answered live at 34:50]

- 2** **Q:** What is the proper way to stay hydrated and best food to eat the day of a race?

A: [Answered live at 25:25]

- 3** **Q:** What is the duration assumed for the sweat loss?

A: About 2.5 hours.

- 4** **Q:** What are the best things to drink before a race? (Water, Gatorade, coconut water, energy drinks, coffee)

A: [Answered live at 29:27]

- 5** **Q:** What happens to you when you can't drink enough in the day to be able to urinate? I literally can never drink enough to pee during the day, drinking between 6-9 bottles of water on a summer race day.

A: [Answered live at 36:51]

- 6** **Q:** Drivers seem to get the impression that their in-car driver cooling systems are not working after 15-20 minutes. Is this because they are adjusting to the temperature or do you just stop feeling cooler because your core temp goes up?

A: [Answered at 53:27]

- 7** **Q:** What are your thoughts on light helmets vs dark helmets?

A: [Answered live at 57:14]