

FOR IMMEDIATE RELEASE
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WORLD'S LEADING EXPERT ON HUMAN PERFORMANCE TO HELP JONATHAN BENNETT PREPARE FOR 2010 RACING SEASON.

Rock Hill, SC, March 1, 2010– Just days before the first race of the Cooper Tires Prototype Lites Championship, Composite Resources Racing announced that Dr. Jacques Dallaire of Performance Prime has agreed to help Jonathan Bennett prepare for his assault on the 2010 championship. Dr. Dallaire is a 30-year veteran and one of the pioneers of high performance training for racing drivers, athletes and business people. Dr. Dallaire has over 650 racing driver graduates and has worked with top drivers like: Jeff Gordon, Ayrton Senna, Emerson Fittipaldi, Ron Fellows, Andy Pilgrim, Brad Frissell and Helio Castroneves. He was inducted into the Canadian Motorsports Hall of Fame in 2006.



Jonathan Bennett in the Composite Resources DP02 at Road Atlanta in September, 2009

Dr. Dallaire will help Jonathan optimize his physical and mental performance to the world-class levels demanded in professional road racing.

In addition, Adam Riddle, the director of the Athletic Republic of Charlotte, will work with Dr. Dallaire to oversee Jonathan's physical training. Bennett has been training during the off-season to prepare for the upcoming season opener during the Sebring 12 hour race week starting March 15th, 2010.

"After a few races in the Composite Resources DP02, I realized how physically and mentally demanding this car can be", said Jonathan Bennett, Founder of Composite Resources. "I also decided it was time to take off the rookie stripes and get serious about my performance for 2010". "I want to be able to perform at my peak so that I can get the most out of the car", Bennett said.

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Jonathan Bennett, Founder of Composite Resources and driver of the Composite Resources #54 DP02

The Cooper Tires Prototype Lites championship is a stepping-stone to the top level of sport car racing and is a support race for the American Le Mans Series in North America. Drivers in this class compete in cars that are essentially equal and driver skill is the key factor to racing success. “Jonathan has proven that he has the talent to drive race cars and he has coaches that help him with driving techniques”. “What Performance Prime will do is train Jonathan how to physically and mentally prepare to consistently perform at his best”, said Dr. Jacques Dallaire, founder of Performance Prime and co-developer of the Human Performance International Program with the late Dr. Dan Marisi in the mid-1980s.

Jonathan Bennett will be driving the number 54 Composite Resources DP02 during the Sebring 12 Hour week starting on March 15th, 2010

COMPOSITE RESOURCES, Inc. is an award-winning design, prototype and manufacturing organization in Rock Hill, SC specializing in composite material solutions. Composite Resources helps their clients turn product ideas into solutions made with composite materials. Composite Resources is ISO 9001:2008 certified and AS9100B certified for the aerospace industry. Composite Resources serves the Military, Medical, Motorsports, Aerospace and Industrial markets. www.composite-resources.com

PERFORMANCE PRIME develops and delivers performance programs & products that are designed to help businesses and individuals from any walk of life achieve greater success. We achieve this goal through education, evaluation, training and consulting services which are individualized to the needs and goals of each client, in business and sport, regardless of the environment in which they must perform.

Over the past 30 years, company founder Dr. Jacques Dallaire has developed programs to help thousands of high performance business persons and individual competitors from many diverse walks of life to improve their mental skills and achieve their performance goals. www.performanceprime.com

THE COOPER TIRES PROTOTYPE LITES CHAMPIONSHIP was developed to support the American Le Mans series, the premier prototype and GT endurance racing series in the world. The series features global race car constructors Élan Motorsport Technologies, West Race Cars, and Van Diemen Motorsports, IMSA Lites offers racers from around the world the opportunity to compete at historic racing venues like Sebring International Raceway, Road Atlanta and Mazda Raceway Laguna Seca. www.prototype-lites.com

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