



**CONSTRUCTION LEADERS**

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Jacques Dallaire, Ph. D. - President

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Dear Jacques and Frank,

I wanted to write to you as a follow-up to Mike's participation in your Racer Performance program. It has been one year since the testing at your office and he has moved from the Canadian Pro Formula Ford Series to running in the Pacific 2000 Zetec Series with PR1 Motorsports.

To say that your program was a success would be an understatement! While it certainly has directed him in his physical conditioning, preparation and discipline, the greatest value seems to be in the development of his mind and his approach, not only to racing but towards the many other aspects of his life.

At the end of last season, I asked him for some feedback on your program. His reply was instructive... "The model provided the framework to help me understand what my best response would have been and in a short time that becomes my response...it becomes instinctive. The more I use it, the more powerful it becomes".

Undoubtedly it has helped his racing but as a parent, the most rewarding element has been his application of the model to other activities. He has pointed out instances where "I could have said that better" or "I could have gotten more out of that day". I have witnessed significant gains in those areas of his life.

It has also taught him to be very strategic in assessing his performance, searching for the underlying factors for improvement, determining what counts most, developing a plan and executing it. Others have commented on his ability to focus and quickly get himself into a "zone" and seemingly to do that at will.

All in all, it has helped his racing but of particular importance, it has given him some important tools for life that we often only discover at a much later age.

Thanks for the program. I couldn't recommend it more highly.

Cheers  
R. W. Forest

Regional Vice President  
RWF/kn

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