

FOR IMMEDIATE RELEASE

Rob Bunker Sebring Preview

Rob Bunker continues to enhance his race performance with interesting training strategies. The Bridgewater, N.J., teenager has improved his vision to 20/10 with the help of a visual trainer. The techniques have been used successfully by elite athletes in baseball, basketball, football, golf, hockey, tennis and Olympic sports. Bunker says the training has helped him both on and off track.

"I do individual activities that free up the motion of my eyes," he explained. "It expands peripheral vision, it helps reading up close, it helps reaction time, as well. It does a lot for street driving and it helps at school, too, but for sure, it helps with racing. That was the number one goal, to make sure we didn't leave anything on the table."

Bunker has also stepped up his fitness regime in preparation for his rookie season in the Star Mazda Championship, driving the No. 18 AIM Autosport Pro Formula Mazda. He is happy with his focus and fitness for the season-opening race at Sebring International Raceway in Sebring, Fla., on March 17.

"For Mazda, I started working out a lot more, so I'm top-notch there, too," he said. "I'm physically fit and mentally fit."

The training paid off, as he posted the third-fastest time in the first Sebring test session, a welcome birthday gift for his coach, Bob Perona.

"The car is fantastic!" Bunker noted. "I couldn't have picked a better team for the year. Right out of the box, we learned to maximize the potential we get out of the car and maximize my relationship with the rest of the team. We were third on old tires – so far, so good."

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