

NASCAR - A New National Pastime: 5 Tips to Help You Enjoy Racing with Your Kids

Forget long-lasting Little League games, today's families are driven by a need for speed. With a fan base of about 75 million, NASCAR auto racing is one of the fastest growing spectator sports in the United States; forty percent of the fans are women and forty percent have children under age eighteen. Here's how to keep kids safe (and entertained) at NASCAR events.

([PRWEB](#)) November 15, 2004 -- NASCAR auto racing has become one of America's favorite spectator sports.

But do you know what to pack to keep your young fans safe and entertained for a few hundred laps? "NASCAR provides an excellent family activity," says Craig Elliott, racing enthusiast and author of *Racer Buddies: Opening Day at Daytona!* "Both parents and children are naturally drawn to all the unbridled energy and excitement involved in racing."

A father of two boys, ages four and six, Elliott wanted to bring the racing excitement to the younger generation with his book, *Racer Buddies: Opening Day at Daytona!*. The book uses racecar characters and actual track locations to take a fun kid's eye view of the races, while the story teaches racing terminology and solid family values.

Here Elliott shares five tips to help you make the most of a NASCAR race with your kids.

- * Take earplugs. NASCAR races are very loud and can be damaging to children's ears. Make sure they have earplugs or headsets to muffle the sound.
- * Stock up on sunblock. Encourage your kids to slather on a sunblock with a high SPF so they don't leave looking like a lobster!
- * Buy a program. Help kids pick out their favorite drivers and cars.
- * Bring binoculars. Give your kids a chance to see their favorite car and driver up close "from a safe distance."
- * Give your child a copy of *Racer Buddies*. As a memento of your special day together, present your child with a copy of this fun and fast-paced tale of cool cars.

"With a little planning, stock car races can be a great place to bring your kids," says Elliott. NASCAR is the new national family pastime. "And according to an article in *Sports Illustrated* (July 1, 2002), anybody who thinks differently needs "to have their tires rotated."

Get in on the action! Take a free spin with *Racer Buddies* at www.racerbuddies.com.

Racer Buddies: Opening Day at Daytona!

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Craig Elliott
(800) 404-0041
e-mail protected from spam bots
www.racerbuddies.com

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**Contact Information**

Craig Elliott

MARKETABILITY, INC.

<http://www.racerbuddies.com>

800-404-0041

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