

A Beginners Guide to **NASCAR**

By Brendan



Since 1948

NASCAR has been around since 1948 and has been going on for 60 years. Dale Earnhardt Jr. drives car #8 he is one of NASCAR's most famous drivers along with his dad, Dale Earnhardt Sr. Dale Jr.'s dad drove car #3. Dale Sr. past away on February 18, 2001. During his last-lap he crashed into a wall in the Daytona 500.



gear, that is the brand name. The NASCAR helmets from 1950s to 2004 have improved a lot. In 1950, the helmets looked like a carpenter helmet. In the 1980s helmets had foam padding for support, with a nylon webbed chin strap. In 2004 they had the best helmets yet. They had a high impact plastic face shield.

They use special shoes with a high top for support of the ankle, the shoes are all so very lightweight but sturdy for driving. Thick rubber and in the middle their is metal. They also wear special driving gloves so they have a good grip on the wheel, they are very flexible as well.



Drivers Driving Gear



NASCAR drivers need to use special gear. They mostly use Simpson