



NEWS RELEASE

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CHIROPRACTIC CARE GIVES LOCAL MOTOCROSS RACERS A WINNING ADVANTAGE

Physical Demands of Racing Take a Toll on Racers' Bodies

APPLETON, WISCONSIN (March 27, 2007) –It seems like yesterday that Eric and Nick DeNoble were riding 4-wheelers and trail riding at their cottage in Northern Wisconsin. After all, they grew up watching their dad race dirt bikes. Today, Erik, age 20, and Nick 18, have their sights set on much higher goals.

Motocross racing is one of the most visually appealing forms of motor sport, with riders performing seemingly death-defying leaps, turns visibly at the edge of traction, and the effort of riders clearly visible as they move their bodies around their motorcycles to balance the bikes for maximum speed. It is a cross-country motorcycle race in which cyclists compete on a closed course marked out over a natural rough terrain with steep hills and sharp curves. Courses vary widely but must be 1.5 to 5 kilometers (one to three miles) in length, with steep inclines, hairpin turns, and mud. Motocross is different from other forms of motor sport in having a mass start, where all riders line up alongside each other, starting simultaneously and racing the distance, with the first rider across the finish line the winner.

Nick began racing locally in Wisconsin four years ago and last year made the decision to race nationally. Presently, both young men are competing in the Pro-Am circuit before turning professional. Their racing season began in February and ends in September traveling from Alabama to California. The American Motorcyclist Association (AMA)



Motocross Championship (the outdoor series) season begins in early May and continues until mid-September. The series consists of 12 rounds at 12 major tracks all over the U.S.

Besides the injuries that racers can experience from racing, their bodies must be in top condition to withstand the physical toll that this sport can take. Consequently, the racers' bodies are subjected to continuous pounding throughout the events. Because of the nature of motocross, riders spend much of their time standing to absorb shock with their knees. Motocross is very physically demanding on the arms, shoulders, and quads. The rider must maintain precise control of the vehicle traversing terrain that most people would have difficulty walking across while maintaining as high of a rate of speed as possible. The rider mounts a machine weighing at least two hundred pounds and, at the most elite professional level, has an engine that produces at least fifty horsepower. The racer's arms and legs are in constant motion during a race, fighting for control of their vehicle and absorbing the energy produced by high-speed landings at heights that often exceed twenty feet. The G force produced tests the limits and endurance. The typical moto last at least thirty minutes with no pauses, breaks or pit stops.

According to Piencikowski, "When you think about the speed, jumps, twists and turns, motocross racing places incredible stress on the spine so injuries are a common occurrence. Eric and Nick have both received chiropractic treatment for different medical conditions. We have also developed individual programs to enhance their performance training that include core stability exercises because racing requires agility, strength and endurance".

"We wear boots, helmets, knee pads and kidney belts but that doesn't protect our backs. I've had a few back problems and Dr. Cannon keeps me in good condition. He also helps us with our training to get us in shape for the season. We do cardio, exercise ball, lift weights as well as core and upper body work," said Eric.

Motos vary in duration, usually measured in time elapsed plus one or two laps, or alternatively a fixed number of laps. Top-level racing tends to have long races i.e. 30 minutes plus two laps while amateur races can be as short as 10 minutes.

Typically, races take place on the weekends with competitors participating in numerous practice sessions to familiarize themselves with the course on Friday. Qualifying races take place on Saturday with a racer potentially riding up to six times in one day. If the racer qualifies on Saturday, he could ride two motos on Sunday.

So what does the future hold for these two adventurous, young men from Denmark, WI? "Our goal is to turn pro and race for a living. Right now, we only race in the U.S. but we



hope to someday race in the Baha 1000 which is a 12 hour race in France,” Eric said with a smile.

“We started riding ATV’s at our cottage in Townsend when we were little kids. I can’t imagine doing anything else,” added Nick.

About Schubbe Resch

Schubbe Resch Chiropractic and Physical Therapy Centers specializes in the treatment, prevention, and rehabilitation of a wide range of musculoskeletal injuries by combining chiropractic and physical therapy treatment. With three clinics in the Fox Cities, this group of chiropractors, physical therapists and certified strength and conditioning specialists promote a healthy lifestyle through individualized care and patient education.

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