

# Upah Racing

## Race Report

By Adam Upah



PRO ARMOR



RACING SHOES



### GNCC Rd. #13: The Ironman

Crawfordsville, IN Oct. 24, 2009

Results: Adam—13th of 30, Junior A; 66th of 207 Overall  
Luke—6th of 15, College A; 50th of 207 Overall  
Al—7th of 16, +50; 190th of 405 Overall

For this race, Luke and Al would be meeting me at the track to race in their first GNCC! It had rained quite a bit in Indiana the week prior to the GNCC finale, and I had heard that this round was typically a wet and muddy one.

Al entered in the Super Senior 50+ class in the morning session while Luke would be racing in the afternoon in the College A 16-21 class. In the morning, Al wasn't able to get a good jump off the line and entered turn one in last place, but he managed to climb all the way up to within the top 5 of 16 riders before entering the first woods section! The track was extremely muddy, but he was able to navigate through it well and chose good lines up the steep hills. On lap three though, mechanical troubles forced him to be towed back to the pits, costing valuable time. We were able to fix the minor issue of vapor locking however and get him back on the track for a final lap. After 4 laps of racing he took the checkered flag in 7th place. Overall he came in 190th of nearly 400 racers!

The morning race really helped to dry out the track a little bit for the afternoon, but it also made it rougher in some places. The afternoon classes also ran a 2 mile section of new track that the morning did not. This section included more creek crossings and 2 extra hills to climb in addition to the infamous Ironman Hill, which the morning also ran. The hills on this track really are something to see, and I really wish I had walked to track to see them before the race started!

Luke started 3 rows behind me, and we both had decent starts in the top half of our respective classes. Luke is typically a bit faster than I, so I wasn't going to be surprised if he passed me, but I had hoped it wouldn't be until later in the race. On the first lap at Ironman Hill I hit a line in a gear too high and had to back down the hill. This was very costly - not only did I lose time but my arms cramped up badly as well. I then chose a different line, hit it in a lower gear, and never had a problem with the hills the rest of the day. Shortly after my incident on lap one though Luke was hot on my heels and I let him by. My arm pump was really holding me back and I was unable to relax enough to try to keep up with his pace, which was a bit disappointing although I was extremely proud of him at the same time for doing so well!



UPAH CYCLE  
REPAIR



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## *Race Report*

Luke was running in 6th position for the first 2 laps but climbed to 4th by the end of the third. However, after getting stuck several times in the mud on his last lap he finished in 6th place of 15 riders. I on the other hand came through scoring after lap one in 23rd place. At the end of lap 2 I pitted for gloves, which made a big difference in my speed as I was able to hold on to the bars better. My lap times improved throughout the day and by the end of the race I had worked my way up to 13th place. Overall, Luke finished in 50th and myself in 66th of just over 200 racers.



This concludes the 2009 GNCC series. After racing just 9 of 13 rounds, I finished the season in 13th place in the Junior A 22+ class, which is a few places short of my top 10 goal, but still respectable considering the circumstances under which the year started.

I am already looking forward to the 2010 GNCC series which will start in March! As always, thank you so much to all of our sponsors, to whom we attribute much of our success!!!