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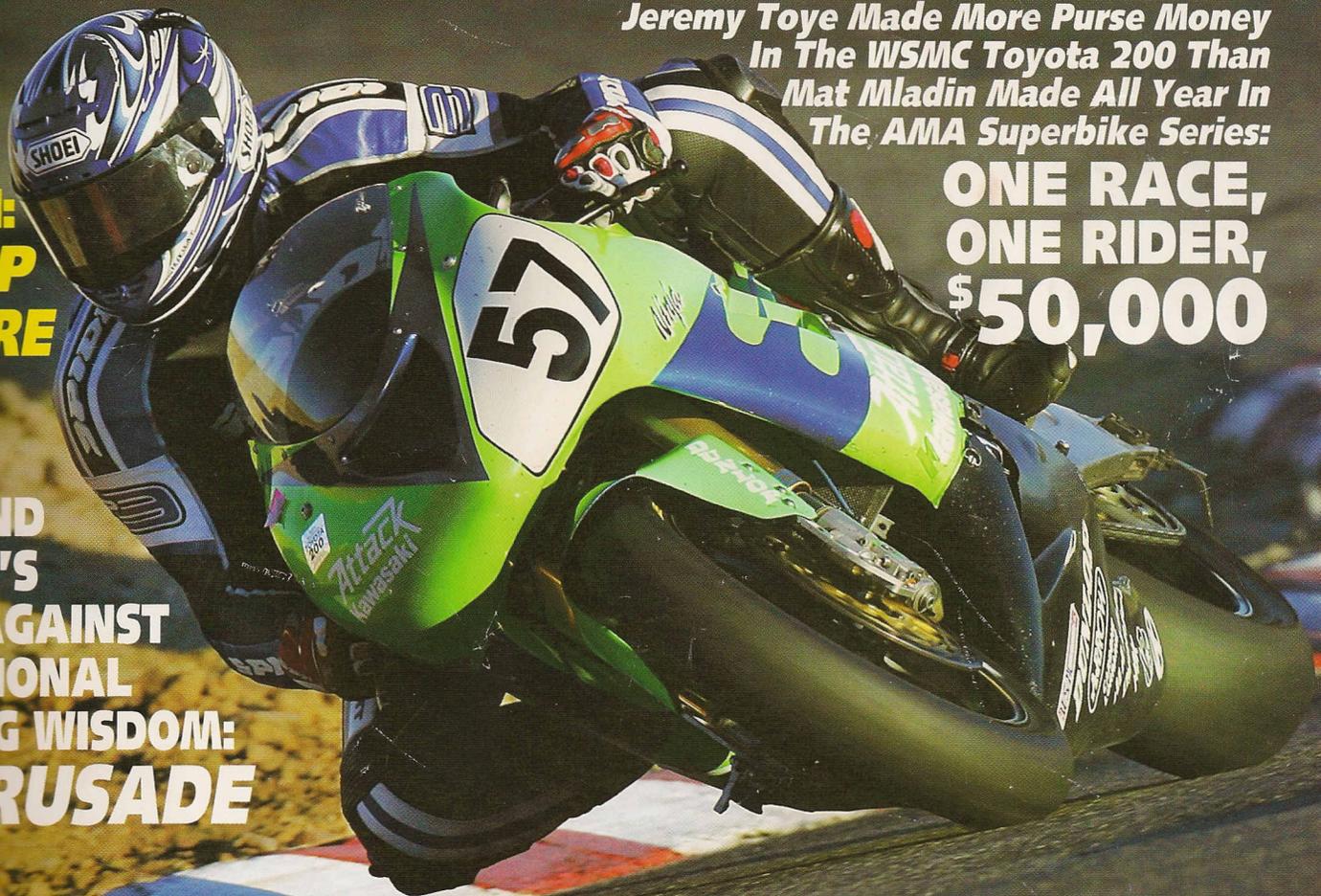
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Doctor Of All Trades

By Brienne Thomson

With workout regimens and endurance training being an important part of the life of serious rac-

ers, working with physical trainers, rehabilitation experts and chiropractors is business as usual in the paddock.

Now imagine that a benefit it would be if there was an on-site doctor with a background in training and rehab, a doctor who is an enthusiast with personal racing experience.

It sounds like a tall order, but it is just what Safety First Racing brought to the AMA paddock when the team signed Dr. David Eric Boll at the beginning of the 2005 season.

Safety First Racing's owner and founder, former police officer Kevin Hanson, met Dr. Boll just by

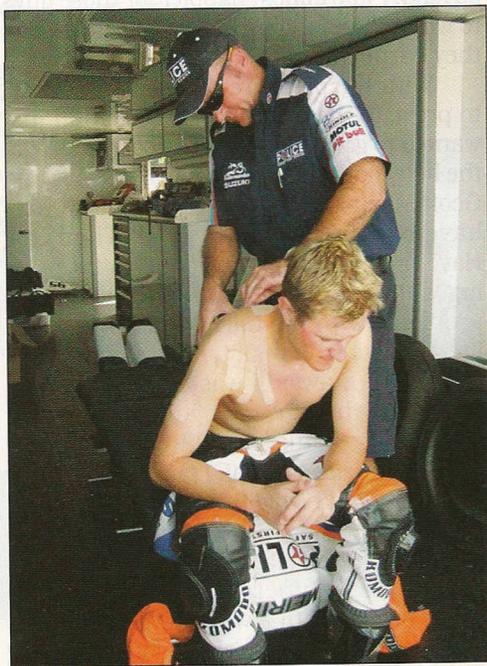
chance. Dr. Boll was working at his chiropractic clinic in Appleton, Wisconsin with a local club racer who introduced him to Hanson. Coincidentally, Dr. Boll had inquired about being an AMA paddock doctor a few years prior.

He has a background in motorsports, explaining, "I used to race Formula Ford, Formula 2000s." He also has a background in physical training, saying, "I used to work with a

high-end training studio ... with guys from the Green Bay Packers and stuff like that." And he's got a background in athletic endurance, adding, "I used to be a USCF (United States Cycling Federation) cyclist in category three racing."

Dr. Boll was just who Hanson was looking for.

Dr. Boll wanted to work in the motorsports industry, appreciates motorcycle racing (and is an avid trackday participant on his Ducati 749), and has a schedule flexible enough so he can be available for the entire 11-race AMA series. All of which



Dr. David Eric Boll works through Tony Meiring's crash rehabilitation routine of ultrasound, kinesio taping, biofreeze, stretching and adjusting; Meiring crashed during testing before Mid-Ohio. Photo by Kevin Hanson.

is why Dr. Boll gladly accepted the position as Safety First Racing's team doctor.

"My goal is to help them set up a training and conditioning program," said Dr. Boll about working with Safety First riders Chris "Opie" Caylor (who recently left the team and was replaced by Shane Narbonne) and Tony Meiring. "I work on stretching them out before sessions and I'm also there for the

rehabilitation need if there is an accident or injury or whatever. I'm there to help diagnose it, treat it. I'll do chiropractic adjustments, I'll do some soft-tissue work."

Dr. Boll has tailored his training and rehabilitation techniques to the sport. "Working with rugby players and working with auto racers and working with cyclists each bears its own different needs," Dr. Boll says. "With motorcycling it's a lot of aerobic and anaerobic stuff; fast-twitch and slow-twitch muscle stuff where they have to be responsive and have to be able to do that 45 minutes at a time, three and four and five times a day when they get on the track. Guys will do two different classes so they're out there a lot of times on the track, so you have to add the endurance factor into it, too."

And word travels fast in the paddock! "With just being there and having a table set up in the back of the transporter, other racers will see that and ask about a personal massage therapist or a physical therapist. As a result I've gotten to work with Neil Hodgson and Aaron Yates, of course Chris Ulrich, Danny Eslick; I worked with John Haner a lot in the past. And of course there are occasional racers I get to work with on a visit-by-visit basis."

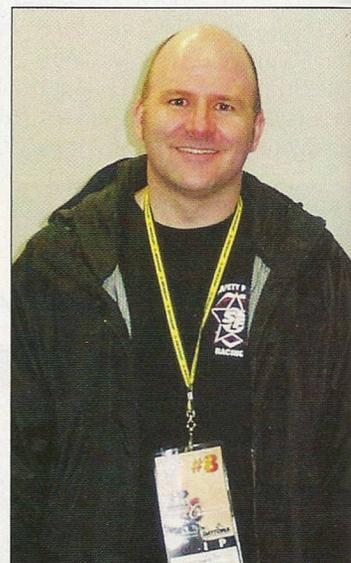
But according to Dr. Boll, the chiropractic and rehabilitation appointments with other team's racers are not only unscheduled, ("They just pop over and try and track me down if I'm not at the transporter)," but they're also free! "I don't know how to approach that," said Dr. Boll. "I'm hoping they put some value in it, but a lot of times when you don't pay for something the receiver won't put much value in it. There is talk of trying to streamline it a bit next year by sending proposals to different teams, saying, here are the services we offer and a flat-rate fee for the riders and/or crew to have basically unlimited care all year. So it's basically fair to both parties.

I'm giving a service there that they would not otherwise have. If I'm not there at the track these guys have to leave the track to get the work done or wait to get the work done when they get back home or at night on those race weekends. So basically they're able to have those services right then and there, trackside."

Aside from pulling double duty as the defacto paddock doctor, Dr. Boll is also Safety First Racing's Operations Manager.

"As an Operations Manager, I'm kind of second in charge of everything non-mechanical. So I help out Kevin with promotions and marketing, our sponsorship stuff, just running the team day-to-day. I'm in charge of the pit lane operations, so my plate gets kind of full on race weekends. A typical day is that I help with pit lane set-up, then I make sure our riders are stretched and ready to go. Early mornings are always the busiest. After that it will taper off and I'll work with the guys when they get back in off the track. At that point a lot of the guys will come trickling over for me to look at them.

"I think the word has spread a little bit more. I'm not sure if everybody knows I'm there, but there's a good number of people who do." **WR**



Dr. David Eric Boll is a motorcycle enthusiast with his own chiropractic clinic in Appleton, Wisconsin.