



YAMAHA



Race Report: Recovery Update

Rider: Paul Whibley

Team: AmPro Yamaha

Bike: Yamaha YZ450 F

Result: 90%



After a lengthy conversation with Am Pro Yamaha boss Randy Hawkins, a decision was made not to race Round 10 of the GNCC series this weekend at Unadilla NY.

It was a tough call to make as I really wanted to be there, back on the starting line. We weighed up the pros and cons but ultimately I know this is the right call.

The recovery from my sports hernia surgery has gone really well and I have been easing back into training for several weeks and building up my base fitness. I have been able to run again, something that I haven't done since March or April and sit ups and ab work can be done pain free. I have been on a bike a few times this week and it felt so good to be back doing something that I love and am programmed to do. The decision not to race was based on still having a little pain when dabbing and the lack of time on the bike.

So we postponed my return, waiting until I'm 100%. We don't want to risk re-injury and have to start the whole process over.

A big Thanks to Donnie Luce at Yamaha and Randy Hawkins at Am Pro for all their support and allowing us the time we need. All the sponsors for their understanding and continued support.

Paul Whibley is supported by:

AmPro Yamaha, Monster Energy, Shoei, Sidi, Smith, G2, Asterisk, Moto SR, Vortex Ignitions, EC3D, Bush Riders MCC, Darbis, GHQ, Sargent Motorcycles, Yamaha NZ, Rosscos Start Up Services, Works Connection, Pro Taper, Race Pace Services, Unabiker, Leatt Brace, Tire Balls, bikesportnz.com, Stuk, KettleClamp, Alliance Offroad, Ride Eng. Moto Seat

The AmPro Yamaha Team is supported by:

FMF Kenda Yamalube Asterisk CV4 Cycle Gear Factory Connection GYTR IMS Leatt Brace MSR Pro-Clean Rekluse Shoei Slavens TM Designworks Cyra Twin Air Wiseco ZipTy Racing AllBalls Racing Pro Taper Stuk Ride Eng Braking

