



# SORE RIBS?

## G-PAD

### COULD BE THE SOLUTION

**H**ave you ever gotten out of the kart, and had sore ribs, hip bones, or back? GPAD's kart products could be the answer to what pains you.

The REASORB® material used by GPAD is one of the most advanced energy absorption materials in the world. REASORB® is FIA approved, and is extensively used in the padding for professional sports such as NFL, NHL, and MLB.

How the material works is simple: The more g-force and shock that is applied to REASORB® material in GPADs, the more efficient it becomes. Following that theory, GPADs should be most popular with Shifter, TAG, and other high-powered/high-G karting classes – the faster your corner speed, the better the GPAD system works.

"We have done tons of testing with a large array of seats and drivers," stated Frank Balogh of SKUNK2 Racing, developer of the GPAD system, "as well as with and without rib-vests, and with side-loading over 4Gs with fantastic results."

"As you're aware, kart seats are not perfect and the off-the-rack design of most seats compounds the pain problems and issues due to the huge variety of driver sizes and body builds that sit in them. For the most part, GPADs help resolve those issues too by allowing for a proper fit to the seat."

The complete GPAD system comes with pads for your back, hips, and ribs. However, customers are given the option of purchasing any of the three individually; thus permitting a custom padding for the exact position of one's discomfort.

Installation is simple. Clean both the back of the GPAD and the inside of the seat with alcohol. Next use a spray adhesive or double sided tape (the method we choose) to affix the padding in your desired location. As the GPAD website says, the double sided tape allows for easy repositioning in the seat.

When NKN first tested the GPADs, we used an ICC shifter

G-FORCE ABSORPTION/DISSIPATION EFFICIENCY



A overview of the GPAD system and a closer look at the GPAD cells.



The GPAD system installs easily, and works best in a seat that is not padded.



and then a Yamaha Superbox kart. In both instances, the test drivers felt some discomfort. This was due to our improper installation and usage of the GPAD and not the product's design.

"I've never heard anything like that, but my suspicion would be that your seat is too tight," said Balogh. "Some drivers have had to go up a little in size to accommodate the GPADs. If you've never experienced any discomfort prior to testing the GPAD, it would have to be that the seat is too tight with the pads installed. No other explanation would be possible, as the material inside the pad modules is very compliant."



The GPAD system fits almost all seat styles, and is an attractive addition to any kart.

"Many drivers use seats that are too tight. That also affects your breathing, as a seat that is too tight will not allow your lungs and diaphragm expand properly during intense driving where your breathing is very robust – obviously there has to be a personal balance between what is too tight and what is not."

This was exactly the case: The seat was too tight. When we installed an X-Large seat instead of the Large seat in the Superbox kart, the GPADs worked

GPAD test driver, Zane Balogh, heading into high-g turn 1 at end of Grange's 950' main straight to gather test information via onboard data acquisition.



as advertised! In the faster/higher-G corners of the test track, the GPADs provided more support and seemed to transfer less energy (bumps) from the track to the driver.

Personally, I always have trouble with my hips bruising from driving my karts. Seats that fit around my ribs snugly always allow my hips to crash and bruise. By just using the GPAD hip and back pads, I customized my seat fit and eliminated my black and blue hips and sore back.

The complete GPAD system retails for \$149.85, with the individual back (\$64.95), hip (\$39.95), and rib (\$49.95) sets each sold separately. For more information, log onto [www.gpads.com](http://www.gpads.com). Considering the pain bruises or broken ribs cause, GPAD may be the cheapest and most comfortable investment a driver can make.