



Kirila Prepares for 2010 Race Season

Kirila Race Update 2-14-10

Author: Ginger Kirila

Today marks Gene's 17th birthday and the dream to race is in focus. While Gene spent the winter looking for his next ride and sponsorship program he set up a discipline regimen to prepare him for any opportunity, Gene loves the quote "Luck is when preparation meets opportunity" and says, "I am preparing to be lucky."

In October 2009 Gene laid out a discipline program so he would be ready for next season.

Daily Routine:

5:30 am Wake up

6:00 am Shop - rebuilding a dirt big block modified from ground up to become a better wrench

9:00 am School work – push to get ahead with home schooling to permit spring time testing

11:30 am Gym - workout with conditioning coach

1:30 pm School work

4:00 pm Chores - around farm

6:00 pm Dinner

7:00 pm School work

8:00 pm Race simulator - doing on line racing to memorize tracks, work with car set ups and drafting

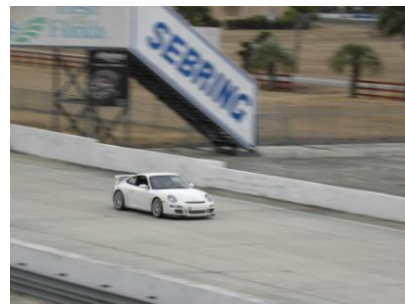
10:00 pm Bed

Gene said, "During the six month period, the self discipline really motivated me and built my confidence up. I know I have matured putting myself through this regimen but I still wrestle with the 5:30 am wake up calls."

With this schedule plus you throw in a couple of test days, road course events, plowing snow and some time with friends during the weekends, you can see Gene had a busy winter.



Gene ready to get out on the track in a Porsche GT3



Gene on the road course at Sebring International Raceway in Florida

Gene's Dad still has a tough time looking up at the 6 foot 3 inch, 190 lb frame of his son. Bulking up in the weight room added 20 lbs of mass to a gangly frame that now stands ready to race. All of Gene's fans will be impressed to see how he has matured in all aspects of the game.