

RaceChat with Nate Kanney

The Factory KTM Racer talks winning the Ironman, being the subject of a book, and the 2010 season

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Kanney had a rough 2009, but is looking for a solid season back with KTM in 2010.

Before we get too far, congratulations on your win at the Ironman. I know that 2009 was a really rough season for you and it had to have felt good to go out with a win.

Yeah it was awesome to win that race, it was long hard year and it was like every other race was a tough pill to swallow. When I look back on it and everything I went through, the results don't make it seem like as bad a year as it could've been. I know what I went through and to have the results I did I'm happy about the season and decisions I made like switching to the 450.

Talk about that a little bit, you were one of the last guys to switch from the two stroke.

Yeah, I think Barry Hawk switched right before me, and then Kurt Caselli was the last guy to switch, maybe a race after I did. To be honest, there's still some things about that bike that I like better, but in general the 450 is better, especially for GNCC racing. I've been getting a lot of heat from everyone for switching, but making the fans happy isn't gonna win me a championship and I kind of had to suck it up and make the move.

You said what a rough year 2009 was, is there anything you can take from this season and put it towards 2010?

I think last year I overtrained and overworked to make up for some of the

injuries I had. I put way too much pressure on myself and took it way too seriously, and that ended up taking its toll on me mentally. I'm going to try and start the season without so much pressure, start it healthy and fit and I think I can do really well next year. I have as good a chance as anyone to win the championship. I really just want to try and eliminate all that negative stuff and turn everything into a positive and make it happen.

For the past 4 years you've been working with Theresa Ortolani on a book, and I finally got a copy in the mail yesterday. Talk a little bit about the book Endurance.

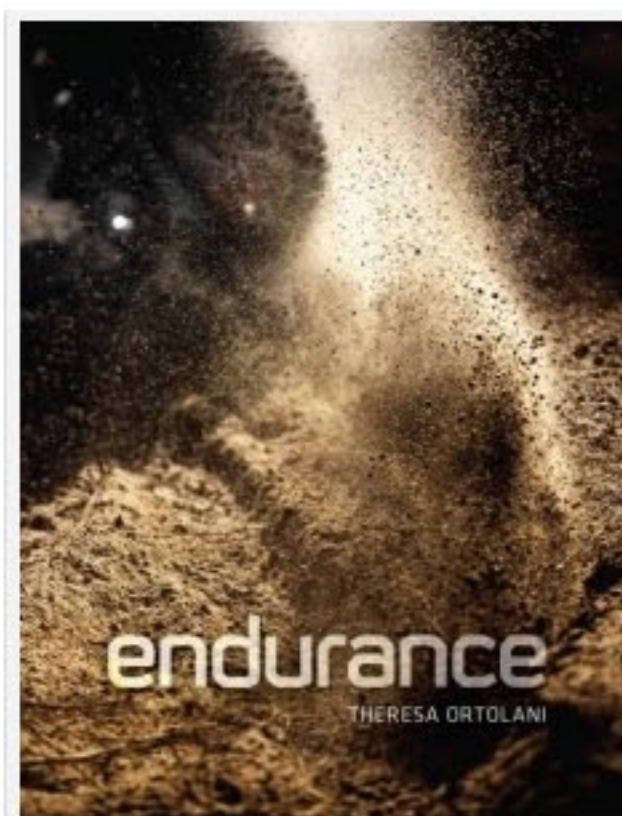
I actually haven't even seen it yet! I need to go pick one up from lan so I can check it out! It's a huge relief that it's finally done, I know Theresa worked long and hard on that and every time she was about to finish it something would come up. I'm really excited and really happy for her. She's doing the premiere for the book in NYC in 3 weeks and that should be a lot of fun as well.

What was it like having a photographer follow you around all the time?

Honestly, it was annoying! [Laughs] Nah, it was cool, I had one or two of my best friends with me all the time, it was nice to have them with me on the road trips. They were there to work and shoot, but it was nice to have them around with me on the way to the races and after the races, someone to talk to and eat dinner with and all that stuff. I'm not really a big fan of having the camera in my face all the time so I'm glad that part is done.

The book starts with you winning the Unadilla GNCC back in 2006, and man, you look like such a kid!

I guess I do, I mean it seems like just yesterday and then I think about all the stuff that has happened since then—moving to Europe and riding the WEC, to coming back and racing for KTM— and you realize it's been a few years. It was definitely a long project but it's cool to have it all recorded.



For more info on Endurance, check out www.theresaortolani.com

It's one of those things where not many people will have that opportunity, to have a book based around their life. It'll be something you can show your grandkids!

In all honesty I feel kind of awkward about it, but at the same it really is pretty cool.

What are you up to over the winter?

I don't have my plan for the winter just yet, I know for sure I'm not going to do a winter like I always have where I leave for 4 or 5 months. I want to spend more time at home and fly to California to test and then drive down South every now and then. The idea behind it is to not be burnt out at the start of the season.

Can you ride in New York over the winter?

There's actually a winter series up here like an hour and a half from here, but I don't know if I'd really pursue that, I might drive 3 or 4 hours to Maryland or New Jersey to tracks that have good dirt and aren't frozen. I'll spend a lot of time in California and Florida, but I want to spend a lot more time at home.

It seems like you're getting a bit older and learning more about what works for you.

In the past, I didn't have confidence unless I knew I worked harder than anyone else. I have more confidence now knowing that maybe I'm working

a little bit smarter than everyone else, that I have a program that fits me really well. In the past if I'd show up at the first race and I hadn't been down South for 2 months I'd have no confidence. Now I have a lot more confidence, I know what me and my bike are capable of, and it's not about the other riders, it's about me going out and putting in a good performance.

Will we see you at the GNCC banquet?

I wish I could be there, but that week is just so gnarly. We've got suspension testing and photo shoots for KTM, the Endurance book premiere is that Thursday, and then the GNCC banquet on Saturday so I really haven't even figured out how I'm going to do the book premiere and the testing and just don't see a way I could fit in the banquet as well.

Alright, well hopefully we'll see you sometime over the winter. Thanks for doing the interview!

No problem, thank you!

ENDURANCE: Down and Dirty Off-Road Racing by Theresa Ortolani is available for purchase at www.theresaortolani.com

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