

1

00:00:00,000 --> 00:00:17,080

On this turbocharged episode of Mythbusters, the whole team feels the need for speed in

2

00:00:17,080 --> 00:00:19,640

an IndyCar special.

3

00:00:19,640 --> 00:00:23,480

First up, it's a sporting superstar showdown.

4

00:00:23,480 --> 00:00:25,920

I'll show you how we do it in the Olympics.

5

00:00:25,920 --> 00:00:28,160

In a short course sprint, let's do this.

6

00:00:28,160 --> 00:00:30,160

That'll knock your socks off.

7

00:00:30,160 --> 00:00:31,160

Go!

8

00:00:31,160 --> 00:00:32,160

Can men beat cars?

9

00:00:32,160 --> 00:00:33,160

That was close.

10

00:00:33,160 --> 00:00:36,160

Then there's some sensational suction.

11

00:00:36,160 --> 00:00:38,560

Wow, look at that.

12

00:00:38,560 --> 00:00:44,200

As the guys see of a road-hugging race car, really can mobilize a manhole cover.

13

00:00:44,200 --> 00:00:46,520

You're getting faster.

14

00:00:46,520 --> 00:00:47,520

Beautiful!

15

00:00:47,520 --> 00:00:50,560

Meanwhile, Cari Torian grants stripped down.

16

00:00:50,560 --> 00:00:53,720

Apparently, my intestines are measuring 101 degrees.

17

00:00:53,720 --> 00:00:54,720

Then, suit up.

18

00:00:54,720 --> 00:00:58,000

I'm about to drive an IndyCar for three hours.

19

00:00:58,000 --> 00:01:00,880

To test out a race day weight loss myth.

20

00:01:00,880 --> 00:01:04,240

Goodness gracious, that's fast.

21

00:01:04,240 --> 00:01:07,400

That pushes them all to the brink and beyond.

22

00:01:07,400 --> 00:01:09,400

I am exhausted.

23

00:01:09,400 --> 00:01:12,400

I feel like I just got beat up.

24

00:01:12,400 --> 00:01:18,080

Who are the Mythbusters?

25

00:01:18,080 --> 00:01:22,480

Adam Savage and Jamie Heineman.

26

00:01:22,480 --> 00:01:24,280

Crack, damn you.

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00:01:24,280 --> 00:01:28,880

Between them were then 30 years of special effects experience.

28

00:01:28,880 --> 00:01:30,680

Together with Cari Byron.

29

00:01:30,680 --> 00:01:32,440

That's all them dragons.

30

00:01:32,440 --> 00:01:33,440

Tori Bellachy.

31

00:01:33,440 --> 00:01:35,120

Why are we doing this?

32

00:01:35,120 --> 00:01:36,120

And Grant Himahara.

33

00:01:36,120 --> 00:01:37,120

Somebody ordering explosion.

34

00:01:37,120 --> 00:01:51,600

They don't just tell the Myths, they put them to the test.

35

00:01:51,600 --> 00:02:04,040

Test out of the blocks is a myth that hits hamstrings against horsepower.

36

00:02:04,040 --> 00:02:05,680

What are you doing?

37

00:02:05,680 --> 00:02:06,680

Research.

38

00:02:06,680 --> 00:02:09,840

Only you could call playing around with toys research.

39

00:02:09,840 --> 00:02:11,200

So what's up first?

40

00:02:11,200 --> 00:02:12,640

First up, we've got a doozy.

41

00:02:12,640 --> 00:02:16,880

There is a myth that a man can actually outrun an IndyCar.

42

00:02:16,880 --> 00:02:20,680

I'm sorry, I don't know any dudes that can run 220 miles an hour.

43

00:02:20,680 --> 00:02:25,960

He doesn't have to because this race takes place over only a distance of 30 feet.

44

00:02:25,960 --> 00:02:27,800

Ah, well that's different.

45

00:02:27,800 --> 00:02:30,040

That's all about the physics of it.

46

00:02:30,040 --> 00:02:31,760

Traction, mass, that kind of thing.

47

00:02:31,760 --> 00:02:32,760

That might just work.

48

00:02:32,760 --> 00:02:34,320

You feel like running?

49

00:02:34,320 --> 00:02:35,320

Maybe after lunch.

50

00:02:35,320 --> 00:02:37,760

Good idea.

51

00:02:37,760 --> 00:02:42,160

The incredible Indy 500 is renowned for its rolling starts.

52

00:02:42,160 --> 00:02:48,120

One reason for this go, go, go game plan is that IndyCar's struggle to get a grip from

53

00:02:48,120 --> 00:02:54,840

a standing start, but is their traction really so terrible that in a 30 foot man versus car

54

00:02:54,840 --> 00:02:58,920

race off, it's the human who take the checkered flag?

55

00:02:58,920 --> 00:03:04,840

Well, what better place to test it than America's Mecca of Motorsport?

56

00:03:04,840 --> 00:03:08,440

We've been lucky enough in the course of doing this show to film at some pretty iconic

57

00:03:08,440 --> 00:03:10,160

locations.

58

00:03:10,160 --> 00:03:11,960

We got to escape from Alcatraz.

59

00:03:11,960 --> 00:03:14,800

Welcome to the Rock.

60

00:03:14,800 --> 00:03:17,720

We got to throw pennies off the roof of the Empire State Building.

61

00:03:18,720 --> 00:03:19,720

Wow.

62

00:03:19,720 --> 00:03:24,680

And we looked for Jimmy Hoffa on the 50 yard line of the Meadowlands.

63

00:03:24,680 --> 00:03:31,320

But today, today, I am standing on the starting line of the most famous track in racing, the

64

00:03:31,320 --> 00:03:35,840

Indianapolis Motor Speedway, known because of this strip I'm standing on as the brick

65

00:03:35,840 --> 00:03:36,840

yard.

66

00:03:36,840 --> 00:03:42,760

These bricks are some of the 32 million used to build the original two and a half mile long

67

00:03:42,760 --> 00:03:45,280

track back in 1909.

68

00:03:45,280 --> 00:03:52,240

The Speedway scene speed record smashed and a lot of cars trekked in its 100 year history,

69

00:03:52,240 --> 00:03:56,440

but safe to say it's never seen anything quite like this.

70

00:03:56,440 --> 00:03:58,480

Well, our track is all set up.

71

00:03:58,480 --> 00:04:00,040

You ready for some sprinting Hoosier?

72

00:04:00,040 --> 00:04:01,040

I'm good to go.

73

00:04:01,040 --> 00:04:02,720

All we need is a car and a driver.

74

00:04:02,720 --> 00:04:06,520

I'm no psychic, but I believe one is showing up post haste.

75

00:04:06,520 --> 00:04:08,520

Hey, everybody.

76

00:04:08,520 --> 00:04:10,520

Hey, Ryan.

77

00:04:10,520 --> 00:04:12,520

How's it going?

78

00:04:12,520 --> 00:04:13,520

Good.

79

00:04:13,520 --> 00:04:18,360

Here's a little bit of a legend around here, not just for his driving, but for walking

80

00:04:18,360 --> 00:04:22,040

away from this calamitous crash back in 2005.

81

00:04:22,040 --> 00:04:28,480

Today, he's offered to coach Adam on how to get off to a flying start.

82

00:04:28,480 --> 00:04:33,160

This is the car I'll be racing against Jamie in our head to head match, but I've never

83

00:04:33,160 --> 00:04:34,680

driven one before.

84

00:04:34,680 --> 00:04:39,480

Ryan, what would you say to a novice about getting this thing off the line and driving

85

00:04:39,480 --> 00:04:40,480

it?

86

00:04:40,480 --> 00:04:43,760

I'm going to get a little bit of horsepower here, and the key is really going to be getting

87

00:04:43,760 --> 00:04:48,280

that feeling with the clutch and not stalling it because it's got a very touchy clutch.

88

00:04:48,280 --> 00:04:52,280

So you're going to have lots of RPM and then just find that bite point, get those tires

89

00:04:52,280 --> 00:04:54,320

spinning and off you go.

90

00:04:54,320 --> 00:05:00,960

With a top speed of over 240 miles per hour, these are the fastest race cars in the world,

91

00:05:00,960 --> 00:05:04,080

and Adam's pretty quick to get his butt behind the wheel.

92

00:05:04,080 --> 00:05:06,680

All right, I'm going to start it up.

93

00:05:06,680 --> 00:05:07,680

Wow.

94

00:05:07,680 --> 00:05:11,880

I feel a rumble in my soul.

95

00:05:11,880 --> 00:05:17,200

Rumble is right because this car goes from 0 to 100 in three seconds flat.

96

00:05:17,200 --> 00:05:19,880

Let's see how Adam handles the horses.

97

00:05:19,880 --> 00:05:24,080

Well, that was a little spotty.

98

00:05:24,080 --> 00:05:26,520

I'm going to give it another few tries.

99

00:05:26,520 --> 00:05:29,760

Any minute now, I'll be ready for the Heidemann.

100

00:05:29,760 --> 00:05:35,640

The challenge is a 30-foot match race between man and car, and there's just a few minutes

101

00:05:35,640 --> 00:05:37,640

for Adam to get up to speed.

102

00:05:37,640 --> 00:05:39,520

He's getting a little better.

103

00:05:39,520 --> 00:05:41,840

Okay, here we go.

104

00:05:41,840 --> 00:05:44,040

One more try, and then I'm coming for you, Hoosier.

105

00:05:44,040 --> 00:05:45,040

Here we go.

106

00:05:45,040 --> 00:05:50,400

Yeah, that's it.

107

00:05:50,400 --> 00:05:55,120

After four practice starts, Adam's convinced he was born to burn rubber.

108

00:05:55,120 --> 00:06:00,960

So Q-Test number one, 700 horsepower versus one hopeful Heidemann.

109

00:06:00,960 --> 00:06:04,560

You wouldn't think it would be much of a contest, but here's the thing.

110

00:06:04,560 --> 00:06:09,360

I weigh a little over a tenth as much as that car does, so I might just be a little

111

00:06:09,360 --> 00:06:11,960

quicker getting off the line.

112

00:06:11,960 --> 00:06:15,720

The feeling trackside is it's going to be close, so let's see.

113

00:06:15,720 --> 00:06:16,720

Are you ready?

114

00:06:16,720 --> 00:06:17,720

Start your engines.

115

00:06:17,720 --> 00:06:18,720

Go.

116

00:06:18,720 --> 00:06:25,720

Sure enough, there's barely the width of a moustache between them.

117

00:06:25,720 --> 00:06:26,720

I don't know.

118

00:06:26,720 --> 00:06:27,720

It was a close finish.

119

00:06:27,720 --> 00:06:28,720

That was close.

120

00:06:28,720 --> 00:06:33,640

The high speed shows Adam flashing through for a win in the last fraction of a second.

121

00:06:33,640 --> 00:06:37,840

It's so close, there's no question this calls for a do-over.

122

00:06:37,840 --> 00:06:42,160

Start your engines.

123

00:06:42,160 --> 00:06:43,800

Go.

124

00:06:43,800 --> 00:06:51,280

To the naked eye, it's another close call, but the high speed shows Adam has increased

125

00:06:51,280 --> 00:06:52,280

his edge.

126

00:06:52,280 --> 00:06:53,880

How'd that go?

127

00:06:53,880 --> 00:06:56,640

You were ahead of me by about three feet that time.

128

00:06:56,640 --> 00:06:57,640

Really?

129

00:06:57,640 --> 00:07:03,000

Yeah, it's amazing to watch it because I'm leading you right up until about, I'm ready

130

00:07:03,000 --> 00:07:06,360

to cross the finish line and then there you are and you're gone.

131

00:07:06,360 --> 00:07:08,880

I did spin out a bunch at the starting line.

132

00:07:08,880 --> 00:07:10,280

You want to go one more time?

133

00:07:10,280 --> 00:07:11,780

Yeah.

134

00:07:11,780 --> 00:07:21,080

This is Janie's last chance to confirm the myth and boost the morale of pedestrians everywhere.

135

00:07:21,080 --> 00:07:26,200

But it's not third time's a charm.

136

00:07:26,200 --> 00:07:29,040

I think I got my ass kicked.

137

00:07:29,040 --> 00:07:32,640

This time Adam wins out by way more than a nose.

138

00:07:32,640 --> 00:07:36,000

We just did a very exciting three tests, man versus machine.

139

00:07:36,000 --> 00:07:42,640

The first one I won by a few inches, second one by a couple of feet, third one by a mile.

140

00:07:42,640 --> 00:07:44,600

Two things are happening that I think causes that.

141

00:07:44,600 --> 00:07:47,360

One is I'm getting better at starting off the line each time.

142

00:07:47,360 --> 00:07:51,160

Two, the tires are getting hotter and that makes them stick better.

143

00:07:51,160 --> 00:07:52,480

I thought I did pretty well.

144

00:07:52,480 --> 00:07:57,720

A couple of those runs I was neck and neck with the car, but I'm just wearing street

145

00:07:57,720 --> 00:08:03,560

clothes and maybe if we put somebody in proper gear and maybe if that person happened to

146

00:08:03,560 --> 00:08:09,720

be a little younger than me, aka Adam, he might have a fighting chance.

147

00:08:09,720 --> 00:08:16,560

Yep, just down the track we've got Sprint King Savage up against Hair Trigger Heinemann.

148

00:08:16,560 --> 00:08:26,040

He's no Usain Bolt, but the finish of this race is certified gold.

149

00:08:26,400 --> 00:08:31,960

This stuff is a lose weight real fast myth that should get anyone's motor racing.

150

00:08:31,960 --> 00:08:33,880

Okay IndyCar special, what have we got?

151

00:08:33,880 --> 00:08:37,160

Alright, this one sounds a little fishy, but here it goes.

152

00:08:37,160 --> 00:08:41,360

It's that during the course of a race an IndyCar driver can lose 10 pounds.

153

00:08:41,360 --> 00:08:42,880

Seriously, 10 whole pounds.

154

00:08:42,880 --> 00:08:43,880

That's what they say.

155

00:08:43,880 --> 00:08:47,880

Wait a minute, does this mean we're going to be driving race cars to test this myth?

156

00:08:47,880 --> 00:08:48,880

Oh, so?

157

00:08:48,880 --> 00:08:51,800

I'm going to go suit up.

158

00:08:51,800 --> 00:08:53,800

Excited much?

159

00:08:56,320 --> 00:09:01,400

If this diet dilemma is true, it's one of the most exciting and potentially perilous

160

00:09:01,400 --> 00:09:06,240

ways ever to slim down in a hurry.

161

00:09:06,240 --> 00:09:13,160

The weight these drivers supposedly shed is due to extreme exertion and plenty of perspiration,

162

00:09:13,160 --> 00:09:18,120

but 10 pounds is more than most of us could hope to lose in a month.

163

00:09:18,120 --> 00:09:19,640

Alright, I'm ready to race.

164

00:09:19,640 --> 00:09:22,680

Since this is about sweat, maybe we should narrow it down first and find out how much

165

00:09:22,680 --> 00:09:26,080

water weight you would lose in three hours from just heat alone.

166

00:09:26,080 --> 00:09:27,520

That's a good idea.

167

00:09:27,520 --> 00:09:31,880

That way we could get a baseline before we hit the road and see if driving itself causes

168

00:09:31,880 --> 00:09:34,360

you to lose more or less weight than that.

169

00:09:34,360 --> 00:09:35,360

Exactly.

170

00:09:35,360 --> 00:09:36,360

Carrie, no any good spas?

171

00:09:36,360 --> 00:09:37,960

Well, that's a stupid question.

172

00:09:37,960 --> 00:09:41,080

The better question is, where did you have a race suit?

173

00:09:41,080 --> 00:09:43,840

I'm always prepared.

174

00:09:43,840 --> 00:09:49,640

The green flag drops on the control test, so for now, Tori can leave the race suit behind.

175

00:09:49,640 --> 00:09:53,080

Down here, the dress code is, well, let's call it relaxed.

176

00:09:53,080 --> 00:09:59,320

Now we do a lot of crazy things on MythBusters, and most of them aren't that pleasant.

177

00:09:59,320 --> 00:10:06,160

But finally we're doing an experiment where it sounds like it's not going to be so bad.

178

00:10:06,160 --> 00:10:10,840

Think again because the sauna gets up to 120 degrees, which is the same temperature as

179

00:10:10,840 --> 00:10:13,280

the inside of an indie cockpit.

180

00:10:13,280 --> 00:10:17,280

And we're going to be in there for three hours, which is the same length of time as a full

181

00:10:17,280 --> 00:10:18,280

race.

182

00:10:18,480 --> 00:10:23,360

In fact, things just might turn unpleasant enough for some medical monitoring, and we've

183

00:10:23,360 --> 00:10:25,160

got that stitched up.

184

00:10:25,160 --> 00:10:28,040

Dr. Clifford's stool will be monitoring us.

185

00:10:28,040 --> 00:10:30,960

We have thermometers that we've swallowed.

186

00:10:30,960 --> 00:10:32,200

For science.

187

00:10:32,200 --> 00:10:34,200

Ingestible thermometers that are wireless.

188

00:10:34,200 --> 00:10:37,360

You can take our core temperature and make sure that everything's okay.

189

00:10:37,360 --> 00:10:40,560

Oh, that was a big one.

190

00:10:40,560 --> 00:10:45,080

They'll weigh themselves now, then again when the three-hour furnace has finished.

191

00:10:45,080 --> 00:10:48,640

Tori's the first to proclaim his poundage to the public.

192

00:10:48,640 --> 00:10:52,800

Okay, so I weigh 176.

193

00:10:52,800 --> 00:10:55,400

As for Kari's gross tonnage.

194

00:10:55,400 --> 00:10:56,600

All right, it down.

195

00:11:00,520 --> 00:11:04,280

Grant strains the scales up to 137.

196

00:11:04,280 --> 00:11:08,080

Now all that's required is a sizable snooze in the sauna.

197

00:11:08,080 --> 00:11:10,200

But how much of their mass will go missing?

198

00:11:10,200 --> 00:11:12,200

Three hours of this.

199

00:11:12,200 --> 00:11:13,440

This is hot.

200

00:11:13,440 --> 00:11:15,640

Now normally when you're in your sauna, it's very steamy.

201

00:11:15,640 --> 00:11:18,080

But as you can see, we're going with the dry sauna.

202

00:11:18,080 --> 00:11:22,120

The reason why is if there's too much moisture in the air and it's too saturated, when we

203

00:11:22,120 --> 00:11:26,080

sweat, our sweat won't evaporate, which means we won't be losing weight from losing the

204

00:11:26,080 --> 00:11:27,080

moisture.

205

00:11:27,080 --> 00:11:31,320

This is a common method for people to shed some water weight really quickly.

206

00:11:31,320 --> 00:11:34,360

Models, jockeys, fighters, they all do this kind of thing.

207

00:11:34,360 --> 00:11:37,520

So I mean, I think it's a possibility.

208

00:11:37,520 --> 00:11:39,840

10 pounds is quite a lot.

209

00:11:39,840 --> 00:11:41,520

I'm not looking forward to it.

210

00:11:42,000 --> 00:11:44,000

Hey, you guys coming to the sauna often?

211

00:11:44,000 --> 00:11:45,000

Ew!

212

00:11:45,000 --> 00:11:46,000

Really?

213

00:11:50,000 --> 00:11:55,240

Just so we're clear, last night each of us swallowed a pill that contains a temperature

214

00:11:55,240 --> 00:11:57,640

sensor and a wireless transmitter.

215

00:11:57,640 --> 00:12:03,280

It's going to be picked up by this and displayed in real time.

216

00:12:03,280 --> 00:12:08,840

As the minutes and hours melt away, the perspiration puddles and pools.

217

00:12:08,840 --> 00:12:15,080

But it seems like each of our sweat hogs has his own odd response to heat stress.

218

00:12:15,080 --> 00:12:17,640

For Tori, it's all just a drive in the park.

219

00:12:17,640 --> 00:12:21,960

Yeah, I'm pretending like I'm driving an Indy car.

220

00:12:21,960 --> 00:12:24,160

While Grant has his eye on the instruments.

221

00:12:24,160 --> 00:12:28,040

Apparently, my intestines are measuring 101 degrees.

222

00:12:28,040 --> 00:12:30,360

According to science, Grant's hot.

223

00:12:30,360 --> 00:12:33,560

So is Carrie, and she's definitely starting to wilt.

224

00:12:33,560 --> 00:12:37,120

Now I'm starting to feel why this is a dangerous experiment.

225

00:12:37,120 --> 00:12:42,240

I feel a little dizzy, a little overheated.

226

00:12:42,240 --> 00:12:43,240

Definitely sweaty.

227

00:12:47,240 --> 00:12:53,000

But with just minutes of hot house hardship left to endure, the guys decide they can brazen

228

00:12:53,000 --> 00:12:54,000

it out.

229

00:12:54,000 --> 00:12:55,520

Thank God we are done with the experiment.

230

00:12:55,520 --> 00:12:56,920

We've been in here for three hours.

231

00:12:56,920 --> 00:12:59,840

Now it's time to go out and weigh ourselves and see if we lost weight.

232

00:12:59,840 --> 00:13:02,840

It's a good thing because I was about to lose the towel.

233

00:13:02,840 --> 00:13:05,000

Oh, I like it.

234

00:13:05,000 --> 00:13:07,800

Mark, you weighed 137 before the test.

235

00:13:07,800 --> 00:13:11,000

Get on the scale and see how much weight you lost.

236

00:13:11,000 --> 00:13:12,000

136.

237

00:13:12,000 --> 00:13:16,200

All right, so you lost a pound.

238

00:13:16,200 --> 00:13:19,720

The news is no better for she who suffered most.

239

00:13:19,720 --> 00:13:21,920

Looks like you lost one pound of weight.

240

00:13:21,920 --> 00:13:23,720

That was just one pound.

241

00:13:23,720 --> 00:13:24,720

Yeah.

242

00:13:24,720 --> 00:13:28,000

And for the man who did get in some driving practice.

243

00:13:28,000 --> 00:13:30,200

Wow, I lost two pounds.

244

00:13:30,200 --> 00:13:32,640

That's far from the 10 pounds of myth talks about.

245

00:13:32,640 --> 00:13:34,360

So it's got to be more than heat.

246

00:13:34,360 --> 00:13:36,320

It's got to also be exertion and stress.

247

00:13:36,320 --> 00:13:37,320

Well, you know what that means?

248

00:13:37,320 --> 00:13:39,320

I think we need to add driving to the mix.

249

00:13:39,320 --> 00:13:40,320

Let's hit the showers.

250

00:13:40,320 --> 00:13:41,320

Sweet.

251

00:13:41,320 --> 00:13:42,320

Sweet.

252

00:13:42,320 --> 00:13:53,520

There's not much on four wheels that could outrun a turbocharged Indy car.

253

00:13:53,520 --> 00:14:00,520

But one myth says a man could do just that if the course was just 30 feet long.

254

00:14:00,520 --> 00:14:03,320

And while vintage Jamie ran out of steam.

255

00:14:03,320 --> 00:14:05,080

I think I got my ass kicked.

256

00:14:05,080 --> 00:14:07,840

A slightly younger model might reverse the result.

257

00:14:07,840 --> 00:14:09,280

Now it's my turn to run.

258

00:14:09,280 --> 00:14:12,400

With the help of an added spring at the start.

259

00:14:12,400 --> 00:14:14,800

Jamie was running from what I would call a standing start.

260

00:14:14,800 --> 00:14:17,400

I'm going to use a little technology to help me.

261

00:14:17,400 --> 00:14:21,880

A racers set of chocks.

262

00:14:21,880 --> 00:14:24,480

This ought to give me an edge.

263

00:14:24,480 --> 00:14:30,200

Jamie's first race was so tight that these slight advantages of age, clothing and chocks

264

00:14:30,200 --> 00:14:35,200

could be enough to make Adam an unlikely sports legend.

265

00:14:35,200 --> 00:14:37,200

Now I'm ready.

266

00:14:37,200 --> 00:14:40,200

Start your engines.

267

00:14:40,200 --> 00:14:42,200

Go.

268

00:14:42,200 --> 00:14:43,200

Ah!

269

00:14:43,200 --> 00:14:46,200

I think that was close.

270

00:14:46,200 --> 00:14:48,200

I don't know.

271

00:14:48,200 --> 00:14:50,880

It was up and close.

272

00:14:50,880 --> 00:14:52,800

It's officially a photo finish.

273

00:14:52,800 --> 00:14:55,200

And Adam's the first to consult with the stewards.

274

00:14:55,200 --> 00:14:57,200

Oh my God.

275

00:14:57,200 --> 00:14:59,840

It's so close.

276

00:14:59,840 --> 00:15:01,480

It's crazy.

277

00:15:01,480 --> 00:15:04,760

He's literally beating me by a nose.

278

00:15:04,760 --> 00:15:09,120

By like the five inches of the nose of the Indy car.

279

00:15:09,120 --> 00:15:11,480

Let's do it again.

280

00:15:11,480 --> 00:15:17,000

If the course was just a foot shorter, we'd have a new champion and a confirmed myth.

281

00:15:17,000 --> 00:15:22,400

That's incentive enough to race back to the blocks.

282

00:15:22,400 --> 00:15:24,920

Wow!

283

00:15:24,920 --> 00:15:25,920

I don't think I won.

284

00:15:25,920 --> 00:15:28,400

But it was close.

285

00:15:28,400 --> 00:15:29,920

Well that's one way to put it.

286

00:15:29,920 --> 00:15:34,960

The replay confirms that this race was a frame perfect dead heat.

287

00:15:34,960 --> 00:15:38,720

Jamie, that was a tie.

288

00:15:38,720 --> 00:15:39,720

Way to go.

289

00:15:39,720 --> 00:15:40,720

You want to go one more time?

290

00:15:40,720 --> 00:15:41,720

Sure, why not?

291

00:15:41,720 --> 00:15:42,720

All right.

292

00:15:42,720 --> 00:15:44,520

This will be Adam's last run.

293

00:15:44,520 --> 00:15:46,120

And boy does he know it.

294

00:15:46,120 --> 00:15:47,120

I want to win.

295

00:15:47,120 --> 00:15:49,120

I want to win so badly.

296

00:15:49,120 --> 00:15:51,120

Go.

297

00:15:51,120 --> 00:15:53,120

Ah!

298

00:15:53,120 --> 00:15:58,240

I think he smoked me on that one.

299

00:15:58,240 --> 00:15:59,800

Shoot.

300

00:15:59,800 --> 00:16:03,000

It's exactly what happened to Jamie with his runs.

301

00:16:03,000 --> 00:16:07,600

Third time unlucky on those fast fading middle aged legs.

302

00:16:07,600 --> 00:16:10,800

That might be some of the most fun I've had testing a myth ever.

303

00:16:10,800 --> 00:16:12,000

Yeah, those cars are great.

304

00:16:12,000 --> 00:16:14,760

I'll tell you what I'm seeing when I'm running and you're driving.

305

00:16:14,760 --> 00:16:19,040

We've got a shot at the beginning that makes it look like I'm smoking the car way faster

306

00:16:19,040 --> 00:16:20,040

off the line.

307

00:16:20,040 --> 00:16:22,400

But 30 feet later, you're ahead of me.

308

00:16:22,400 --> 00:16:23,640

Yeah, I saw the same thing.

309

00:16:23,640 --> 00:16:27,680

I thought I was winning the race and then there's a car and it's gone.

310

00:16:27,680 --> 00:16:30,080

I don't think we can call it based on these tests alone.

311

00:16:30,080 --> 00:16:34,680

No, we're not done yet.

312

00:16:34,680 --> 00:16:44,440

Grant, Dory and Carrie are sweating on a myth that says an IndyCar driver can drop 10 whole

313

00:16:44,440 --> 00:16:48,280

pounds in body weight during a three hour road race.

314

00:16:48,280 --> 00:16:53,560

But an experimental sweat-a-thon saw them shed just four pounds between them.

315

00:16:53,560 --> 00:16:55,560

So it's time to shift up a gear.

316

00:16:55,560 --> 00:16:59,680

All right, so to properly test this, we need to go to the source, which means we're also

317

00:16:59,680 --> 00:17:02,640

going to the Indianapolis Motor Speedway.

318

00:17:02,640 --> 00:17:03,640

But there's a catch.

319

00:17:03,640 --> 00:17:07,520

There's only one car so only one of us can drive.

320

00:17:07,520 --> 00:17:09,520

All right, I'll do it.

321

00:17:09,520 --> 00:17:10,520

I'll take the bullet here.

322

00:17:10,520 --> 00:17:11,520

I'm willing to do this.

323

00:17:11,520 --> 00:17:12,520

I'm waiting.

324

00:17:12,520 --> 00:17:13,520

I think we should wrestle for it.

325

00:17:13,520 --> 00:17:14,520

No, no, no.

326

00:17:14,520 --> 00:17:15,520

Wait a minute.

327

00:17:15,520 --> 00:17:16,520

Rosjambo?

328

00:17:16,520 --> 00:17:19,520

It's the only fair way.

329

00:17:19,520 --> 00:17:22,520

Yes!

330

00:17:23,480 --> 00:17:25,800

I'm super happy for you.

331

00:17:25,800 --> 00:17:26,800

Let's do this.

332

00:17:26,800 --> 00:17:27,800

That felt good.

333

00:17:27,800 --> 00:17:36,880

But as it turns out, Carrie will have a tail someday for the Grand Geeks if she holds

334

00:17:36,880 --> 00:17:38,920

back just a bit on the detail.

335

00:17:38,920 --> 00:17:39,920

Oh my God, look at this.

336

00:17:39,920 --> 00:17:40,920

This is amazing.

337

00:17:40,920 --> 00:17:44,400

I can't believe we're driving the Indy Speedway.

338

00:17:44,400 --> 00:17:48,880

We're hitting peak speeds of 25, 30 miles an hour.

339

00:17:48,880 --> 00:17:51,600

We decided to come here because we needed to step it up.

340

00:17:51,600 --> 00:17:56,480

We need to find out if Tori can ride around this track and lose 10 pounds.

341

00:17:56,480 --> 00:18:00,400

First, we're going to need a car.

342

00:18:00,400 --> 00:18:01,960

And this is the car.

343

00:18:01,960 --> 00:18:03,240

It's a DeLara.

344

00:18:03,240 --> 00:18:10,320

It weighs about 1200 pounds, has 750 horsepower, is capable of driving at 210 miles per hour

345

00:18:10,320 --> 00:18:11,960

and can pull 2 to 3 Gs.

346

00:18:11,960 --> 00:18:13,600

Oh yeah, one more thing.

347

00:18:13,600 --> 00:18:17,400

It costs about a million dollars to put this car on the track.

348

00:18:17,400 --> 00:18:21,160

But before they let me jump into an Indy car, I need to learn how to drive one of these

349

00:18:21,200 --> 00:18:22,200

seats.

350

00:18:22,200 --> 00:18:25,360

Because these machines are a completely different beast.

351

00:18:25,360 --> 00:18:29,600

Looks like dreams can come true.

352

00:18:29,600 --> 00:18:32,640

And while Tori gets some intensive drivers' ed...

353

00:18:32,640 --> 00:18:35,440

Don't be afraid to let out and gas at the same time.

354

00:18:35,440 --> 00:18:36,840

You're going to want to go, wha!

355

00:18:36,840 --> 00:18:41,800

Grant and Carrie get a first-hand account of the punishing pursuit these pro drivers go

356

00:18:41,800 --> 00:18:44,480

through from Ryan Briscoe.

357

00:18:44,480 --> 00:18:47,760

Each time I hit the brake pedal, it's like 150 pounds.

358

00:18:47,760 --> 00:18:52,040

And I'll be doing that literally hundreds, maybe thousands of times in a race.

359

00:18:52,040 --> 00:18:56,440

Your neck is really the only part of the body not supported in the race car.

360

00:18:56,440 --> 00:19:02,320

So the weight of your head plus the helmet with 4G turns constantly every lap, you need

361

00:19:02,320 --> 00:19:06,280

a really strong neck to hold yourself upright in the corners.

362

00:19:06,280 --> 00:19:10,120

And the steering wheel is really heavy, no power steering.

363

00:19:10,120 --> 00:19:15,960

It's like pushing probably 40 pound to 50 pound weights every time I'm turning the wheel.

364

00:19:16,160 --> 00:19:20,480

That is like thousands and thousands of times during the race.

365

00:19:20,480 --> 00:19:23,960

Sounds like racing at Indy amounts to a 3 hour boot camp.

366

00:19:23,960 --> 00:19:30,520

Couple that with the heat and the pulse thumping terror of taking these 200 mile an hour turns.

367

00:19:30,520 --> 00:19:32,920

Well you can see how you might kick a few calories.

368

00:19:32,920 --> 00:19:36,040

Was that so much fun?

369

00:19:36,040 --> 00:19:37,040

It didn't suck.

370

00:19:37,040 --> 00:19:41,080

How much was your heart pounding around turn one?

371

00:19:41,080 --> 00:19:42,840

Oh my gosh.

372

00:19:42,840 --> 00:19:48,280

It's like you're so low to the ground you feel like you're, I can't even describe it.

373

00:19:48,280 --> 00:19:50,080

It's the craziest feeling ever.

374

00:19:50,080 --> 00:19:53,640

There's just one piece of business to tend to before the big race.

375

00:19:53,640 --> 00:19:57,640

Alright Tourie, you're all hydrated, jump on the scale, let's see your weight.

376

00:19:57,640 --> 00:20:01,040

Alright, so the weight in 184 pounds.

377

00:20:01,040 --> 00:20:06,040

Alright, so that's your before race weight for this to be confirmed after you're done,

378

00:20:06,040 --> 00:20:07,040

that's gotta say 174.

379

00:20:07,040 --> 00:20:08,040

What are you waiting for?

380

00:20:08,040 --> 00:20:09,040

Go get in the car.

381

00:20:09,040 --> 00:20:10,040

Alright.

382

00:20:10,040 --> 00:20:11,040

You got 3 o'clock hours.

383

00:20:11,040 --> 00:20:12,040

Tick tock.

384

00:20:12,040 --> 00:20:21,040

There's a lot of pressure on me right now and I'm not gonna lie, I'm a little nervous.

385

00:20:21,040 --> 00:20:26,920

Oh my kid, I'm about to drive an Indy car for 3 hours.

386

00:20:26,920 --> 00:20:33,800

All he has to do is stay on the track, go fast, pump some brake pedal iron and perspire freely,

387

00:20:33,800 --> 00:20:36,560

which should be, well, no sweat.

388

00:20:36,560 --> 00:20:38,360

I'm in the zone, let's do this.

389

00:20:38,360 --> 00:20:40,360

Alright, good luck.

390

00:20:40,360 --> 00:20:51,360

Meanwhile, an appreciative crowd of 2 settles into one of the world's biggest sports stadiums.

391

00:20:51,360 --> 00:20:56,360

Team in for sale!

392

00:20:56,360 --> 00:20:59,680

Tourie's losing weight while we're gaining it.

393

00:20:59,680 --> 00:21:03,160

This whole experience is so surreal, I mean you're so low to the ground, you're going

394

00:21:03,160 --> 00:21:06,880

at such high speed, the ground is basically just flying by you.

395

00:21:06,880 --> 00:21:12,360

As fun as it is, I didn't realize how much energy I would be exerting by focusing on

396

00:21:12,360 --> 00:21:13,360

the road.

397

00:21:13,360 --> 00:21:16,880

Back in the bleachers, partisan fans are still hopeful.

398

00:21:16,880 --> 00:21:18,880

That looks like so much fun!

399

00:21:18,880 --> 00:21:22,200

Now here's why Tourie might lose 10 pounds.

400

00:21:22,200 --> 00:21:27,080

He's covered head to toe in fire retardant material, including a head sock.

401

00:21:27,080 --> 00:21:30,160

Then he's got his race uniform and his helmet.

402

00:21:30,160 --> 00:21:34,120

He's gonna be hot and that means he's gonna sweat in order to cool down.

403

00:21:34,120 --> 00:21:35,120

And then there's the exertion.

404

00:21:35,120 --> 00:21:40,080

Even at these speeds, this car generates a lot of downforce, which means the steering's

405

00:21:40,080 --> 00:21:42,800

gonna be really hard in every turn.

406

00:21:42,800 --> 00:21:44,800

Finally, there's the stress.

407

00:21:44,800 --> 00:21:48,040

See, most of this course, the walls are concrete.

408

00:21:48,040 --> 00:21:52,880

You make one mistake, you have one lapse in judgment, you're in the concrete and a million

409

00:21:52,880 --> 00:21:53,880

dollar car is destroyed.

410

00:21:53,880 --> 00:21:56,960

Not convention, risking injury or death.

411

00:21:56,960 --> 00:21:58,960

That's a lot to think about.

412

00:21:58,960 --> 00:22:02,240

In fact, there's almost no end to the stresses and strains.

413

00:22:02,240 --> 00:22:06,160

On the turns, Tourie's pulling as much as 3 G's.

414

00:22:06,160 --> 00:22:10,200

And that means he feels like he's carrying three times his own weight.

415

00:22:10,200 --> 00:22:15,400

The neck muscles are definitely sore, trying to keep in position as I'm going around those

416

00:22:15,400 --> 00:22:17,080

turns at high speeds.

417

00:22:17,080 --> 00:22:18,560

My arms are getting sore.

418

00:22:18,560 --> 00:22:23,880

I keep my foot slammed on the gas, probably harder than I have to.

419

00:22:24,000 --> 00:22:32,000

The adrenaline is rusting so much that I kind of forget that I'm doing it.

420

00:22:32,000 --> 00:22:35,080

The adrenaline's pretty much worn off for Grant and Karen.

421

00:22:35,080 --> 00:22:40,760

There's a limit to how long you can watch someone else at the time of his life.

422

00:22:40,760 --> 00:22:54,920

Back on the track, Tourie's delight has turned to disquiet.

423

00:22:54,920 --> 00:22:57,000

So it has just started raining.

424

00:22:57,000 --> 00:22:59,680

I don't have any rain tires on this car.

425

00:22:59,680 --> 00:23:03,160

So the stress factor has just gone up because there's a very good chance that I could go

426

00:23:03,160 --> 00:23:05,000

sliding into the wall.

427

00:23:05,000 --> 00:23:07,680

My heart is racing a little bit faster now.

428

00:23:08,120 --> 00:23:12,160

Tourie's heart might be faster, but his speed has dropped off in the drizzle.

429

00:23:12,160 --> 00:23:16,160

For the last hour, his top speed is just over 120.

430

00:23:21,160 --> 00:23:22,160

Oh, is that it?

431

00:23:22,160 --> 00:23:23,160

Is that it?

432

00:23:23,160 --> 00:23:24,160

Three hours is up already?

433

00:23:24,160 --> 00:23:25,160

It is.

434

00:23:25,160 --> 00:23:26,160

Man, you're done.

435

00:23:26,160 --> 00:23:27,160

Oh my God.

436

00:23:27,160 --> 00:23:31,040

I am exhausted and I feel sweaty as I could possibly be.

437

00:23:31,040 --> 00:23:35,080

Why don't you get out of here and we'll weigh you, check your vitals and see what this myth

438

00:23:35,080 --> 00:23:36,080

says.

439

00:23:36,080 --> 00:23:37,080

Sounds good.

440

00:23:37,280 --> 00:23:42,440

After three whole hours and with all that exertion, Tourie's just about swimming in

441

00:23:42,440 --> 00:23:43,440

sweat.

442

00:23:43,440 --> 00:23:45,440

All right, you ready for the final weigh-in?

443

00:23:45,440 --> 00:23:46,440

Yes.

444

00:23:46,440 --> 00:23:50,320

All right, after three hours of driving, I don't know if 10 pounds were lost.

445

00:23:50,320 --> 00:23:54,040

181, I lost three pounds in three hours.

446

00:23:54,040 --> 00:23:55,040

That's it?

447

00:23:55,040 --> 00:23:57,320

That's nowhere near the 10 pounds the myth talks about.

448

00:23:57,320 --> 00:24:02,160

The myth would seem to be just about dead in the water, but maybe not.

449

00:24:02,160 --> 00:24:07,120

The rain slowed Tourie down for almost an hour and no other cars on the track means

450

00:24:07,120 --> 00:24:11,080

less stress and less exertion and that's not the end of it.

451

00:24:11,080 --> 00:24:15,320

Now, another factor, perhaps the biggest one, is the temperature.

452

00:24:15,320 --> 00:24:19,600

We're here at the Indianapolis Motor Speedway, but we're here in the off season.

453

00:24:19,600 --> 00:24:23,720

During the Indy 500, it wouldn't be rainy and it would be about 30 degrees warmer.

454

00:24:23,720 --> 00:24:30,040

The one thing they can't do is hang here till summer, so it's time to warm up a plan B and

455

00:24:30,040 --> 00:24:33,120

get this myth to the finish line.

456

00:24:33,120 --> 00:24:45,480

Now, to tackle a myth that starts and might end in the sewer.

457

00:24:45,480 --> 00:24:46,480

I've got one.

458

00:24:46,480 --> 00:24:47,480

Okay, shoot.

459

00:24:47,480 --> 00:24:52,600

You know, I've heard that about 150 miles an hour when Indy cars are doing a street

460

00:24:52,600 --> 00:24:58,360

race, their aerodynamic effects are enough to pull manhole covers right out of the manholes.

461

00:24:58,360 --> 00:24:59,360

No way.

462

00:24:59,680 --> 00:25:02,880

Dude, that is totally something we have to test.

463

00:25:02,880 --> 00:25:06,120

I thought you'd like that.

464

00:25:06,120 --> 00:25:11,960

When Indy cars take to the street, it's standard practice to well shut any manhole covers in

465

00:25:11,960 --> 00:25:15,880

case the cars suck them right out of the ground.

466

00:25:15,880 --> 00:25:20,400

That's because Indy cars are built to take full advantage of Bernoulli's principle.

467

00:25:20,400 --> 00:25:25,520

As the air underneath the car gets funneled faster, it causes the air pressure to drop,

468

00:25:25,520 --> 00:25:27,820

helping the car to stick to the road.

469

00:25:27,820 --> 00:25:32,020

Insane downforce can supposedly suck up a manhole cover.

470

00:25:32,020 --> 00:25:35,740

But is this myth destined for the drain?

471

00:25:35,740 --> 00:25:38,580

This manhole cover story is going to be hard to test.

472

00:25:38,580 --> 00:25:42,780

There's a ton of logistics just making sure we don't damage the Indy cars in any way.

473

00:25:42,780 --> 00:25:47,540

Well, what say we get our feet wet first with a small scale at NASA's water tunnel?

474

00:25:47,540 --> 00:25:51,300

See if there's anything to this suction effect at all and then go from there.

475

00:25:51,300 --> 00:25:52,300

Exactly.

476

00:25:52,300 --> 00:25:53,300

Perfect.

477

00:25:54,300 --> 00:25:59,420

I'm standing in the NASA Ames Research Facilities Fluid Mechanics Lab, and this place is almost

478

00:25:59,420 --> 00:26:01,300

like one of our second shops.

479

00:26:01,300 --> 00:26:05,060

And that wind tunnel right there, we tested whether or not you should leave your windows

480

00:26:05,060 --> 00:26:06,060

open in a hurricane.

481

00:26:06,060 --> 00:26:08,140

It doesn't matter.

482

00:26:08,140 --> 00:26:13,660

We also tested the aerodynamic effects of a spinning baseball and a golf ball detent

483

00:26:13,660 --> 00:26:15,740

pockmarked car.

484

00:26:15,740 --> 00:26:19,060

Today, it's all about race cars.

485

00:26:19,060 --> 00:26:23,620

They're studying the car's aerodynamics, but they'll do it with water.

486

00:26:23,620 --> 00:26:27,380

Air and water are very different mediums, but when engineers work with them, they tend

487

00:26:27,380 --> 00:26:29,900

to think of them both as fluids.

488

00:26:29,900 --> 00:26:35,260

And because water is so much more dense than air, if we inject a dye into a moving column

489

00:26:35,260 --> 00:26:40,380

of it, we can more clearly visualize how it's interacting with another object.

490

00:26:40,380 --> 00:26:43,620

In this case, our object is the car.

491

00:26:43,620 --> 00:26:48,220

The first test is simply to see how the currents are moving around their 1-18th scale Indy

492

00:26:48,220 --> 00:26:49,220

car.

493

00:26:49,220 --> 00:26:51,580

All right, let's turn on the dye.

494

00:26:51,580 --> 00:26:54,580

This is where science gets seriously seductive.

495

00:26:54,580 --> 00:27:01,100

Oh, that is so beautiful.

496

00:27:01,100 --> 00:27:04,980

Once this smooths out, I feel like we might see something underneath.

497

00:27:04,980 --> 00:27:10,340

Looks like the bottom surface of the car is very incredibly low turbulence.

498

00:27:10,340 --> 00:27:14,300

The water tunnel, in addition to looking really cool, is actually giving us exactly what we

499

00:27:14,300 --> 00:27:15,300

were hoping to see.

500

00:27:15,300 --> 00:27:20,180

That is, these cars are famous for their downforce, how much air pressure they're able to use

501

00:27:20,180 --> 00:27:23,540

to push themselves into the ground and give themselves more traction.

502

00:27:23,540 --> 00:27:28,260

If that's the case, we would expect to watch this move air over its top rather than under

503

00:27:28,260 --> 00:27:31,220

its bottom, and that's what we're seeing from the model.

504

00:27:31,220 --> 00:27:35,540

Now that we've seen that, it's time to find out what happens when we drive this model

505

00:27:35,540 --> 00:27:39,260

over a scaled manhole cover, and that's what our next test is.

506

00:27:39,260 --> 00:27:44,260

Adam's mini-manhole weighs next to nothing, but it might disclose a clue as to whether

507

00:27:44,340 --> 00:27:48,940

the shape of the car can show up some suction.

508

00:27:48,940 --> 00:27:53,900

For good measure, he pumps red dye into the tiny tunnel to see if the predicted change

509

00:27:53,900 --> 00:27:57,780

in pressure sucks it up to the surface.

510

00:27:57,780 --> 00:28:01,820

Wow, look at that!

511

00:28:01,820 --> 00:28:05,900

So our little car picked up our little plastic manhole cover and took it right along with

512

00:28:05,900 --> 00:28:06,900

it.

513

00:28:06,900 --> 00:28:10,980

So that means there is some kind of suction being created by this car.

514

00:28:10,980 --> 00:28:16,260

To be clear, the car never actually touches the cover, but the drag of its shape is sufficient

515

00:28:16,260 --> 00:28:20,500

to pry loose the plastic and release the red dye.

516

00:28:20,500 --> 00:28:24,540

It really seems like the forces we were looking for might actually be there, and that gives

517

00:28:24,540 --> 00:28:30,620

us a perfect excuse as if we needed one to get to driving some real-size Indy cars.

518

00:28:30,620 --> 00:28:36,220

I'm going to need a new outfit, clearly.

519

00:28:36,220 --> 00:28:38,860

You know, the Indy car experience wasn't that great.

520

00:28:38,860 --> 00:28:40,220

It was awesome.

521

00:28:40,340 --> 00:28:44,340

But unfortunately, we were not able to test this myth thoroughly because the conditions

522

00:28:44,340 --> 00:28:45,940

weren't the same as a real race.

523

00:28:45,940 --> 00:28:49,700

Yeah, you know, it wasn't very hot in the car, and you didn't have the stress of a

524

00:28:49,700 --> 00:28:53,780

real competitive situation, both of which would have made you sweat more.

525

00:28:53,780 --> 00:28:55,220

I think I have a solution for this.

526

00:28:55,220 --> 00:28:58,140

I know a track nearby that's phenomenal.

527

00:28:58,140 --> 00:29:02,980

It's going to be hot, and we all can drive on it, so it's more like a real race.

528

00:29:02,980 --> 00:29:03,980

Cool.

529

00:29:04,980 --> 00:29:10,500

The new venue is Thunder Hill Raceway in Willows, California.

530

00:29:10,500 --> 00:29:14,220

It's a very different kind of track, and so are the cars.

531

00:29:14,220 --> 00:29:18,700

So these are the cars that we're going to be using to test this myth.

532

00:29:18,700 --> 00:29:21,900

Now, this one right here is a road-raising Sprint car.

533

00:29:21,900 --> 00:29:26,380

The one we have in the middle is a classic American muscle car, and the one at the end

534

00:29:26,380 --> 00:29:27,780

is another road-racing car.

535

00:29:27,780 --> 00:29:31,140

However, this one is an Enduro car, which means it's a little beefier.

536

00:29:31,340 --> 00:29:34,220

Now, the car in the middle is an automatic, and that is the car that Carrie's going to

537

00:29:34,220 --> 00:29:35,980

drive because she can't drive a stick.

538

00:29:35,980 --> 00:29:38,220

All right, now I know what you're thinking.

539

00:29:38,220 --> 00:29:43,380

These aren't Indy cars, but here's why this test might give us better data than the previous

540

00:29:43,380 --> 00:29:44,380

one.

541

00:29:44,380 --> 00:29:45,620

Number one, temperature.

542

00:29:45,620 --> 00:29:49,900

It's 90 degrees out here at Thunder Hill today, and that's not even inside the car.

543

00:29:49,900 --> 00:29:53,180

In these suits in the cockpit, we're definitely going to feel it.

544

00:29:53,180 --> 00:29:54,700

Number two, physical exertion.

545

00:29:54,700 --> 00:29:59,140

These cars, they don't have any power steering, so we're going to be constantly fighting the

546

00:29:59,140 --> 00:30:01,100

wheel to keep it on the track.

547

00:30:01,100 --> 00:30:03,820

Finally, number three, competition.

548

00:30:03,820 --> 00:30:09,140

All three of us are going to be on the track at the same time in a real race scenario.

549

00:30:09,140 --> 00:30:12,300

It's actually an ideal track for testing the myth.

550

00:30:12,300 --> 00:30:17,980

The corners should really add to the G-Force factor, and the prospect of misreading a turn

551

00:30:17,980 --> 00:30:20,380

will keep their adrenaline spiked.

552

00:30:20,380 --> 00:30:21,380

Should be fun.

553

00:30:21,380 --> 00:30:25,140

I got to tell you now, though, I'm sort of scared shiftless.

554

00:30:25,140 --> 00:30:26,780

You'd better believe it.

555

00:30:26,780 --> 00:30:33,060

In fact, Carrie's so distracted that this time, she announces her weight to the world.

556

00:30:33,060 --> 00:30:36,060

My beginning weight is 124.

557

00:30:36,060 --> 00:30:37,060

Grant follows.

558

00:30:37,060 --> 00:30:39,060

Oh, really?

559

00:30:39,060 --> 00:30:40,060

145?

560

00:30:40,060 --> 00:30:41,060

Then Tori.

561

00:30:41,060 --> 00:30:42,060

All right, 180.

562

00:30:42,060 --> 00:30:46,900

So after this race, I should weigh 170 if this myth is true.

563

00:30:46,900 --> 00:30:52,620

Let's start shifting those pounds off.

564

00:30:52,620 --> 00:30:55,140

Once they've all had a last minute health check.

565

00:30:55,500 --> 00:30:56,500

74.

566

00:30:56,500 --> 00:30:57,500

Excellent.

567

00:30:57,500 --> 00:31:00,140

Our three rookie racers get the green light.

568

00:31:00,140 --> 00:31:03,140

All right.

569

00:31:03,140 --> 00:31:08,020

After the minutes, they're feeling the heat.

570

00:31:08,020 --> 00:31:14,420

I'm feeling extraordinarily sweaty, and I feel a lot of exertion on, well, that would

571

00:31:14,420 --> 00:31:18,260

be turn number 11, where I'm having a hard time keeping the car on the track.

572

00:31:18,260 --> 00:31:22,260

Oh, goodness gracious, that's fast.

573

00:31:22,380 --> 00:31:29,780

Apparently, the car has a mind of its own and wants to go off-roading.

574

00:31:29,780 --> 00:31:34,420

Even with only three cars, I'm definitely feeling an adrenaline bump.

575

00:31:34,420 --> 00:31:39,420

Whenever I get close to Carrie, who's going much slower, or I try and catch Tori, who's

576

00:31:39,420 --> 00:31:40,420

going much faster.

577

00:31:40,420 --> 00:31:46,260

It just raises that level of adrenaline, and that adrenaline reverse raises your heart

578

00:31:46,260 --> 00:31:51,100

rate, and it turns a lot more calories.

579

00:31:51,100 --> 00:31:53,980

There's not one moment that I take my concentration off the road.

580

00:31:53,980 --> 00:31:56,980

As soon as I do, I lose control, and I might go off the track.

581

00:31:56,980 --> 00:32:01,660

It's so hot here, especially with all this fire retardant wear.

582

00:32:01,660 --> 00:32:06,980

It's hot, so I can feel the sweat, feeling enough.

583

00:32:06,980 --> 00:32:12,260

Just like at Indy, they'll stop twice through the race to refuel and regain some composure.

584

00:32:12,260 --> 00:32:15,340

You feel dehydrated at all?

585

00:32:15,340 --> 00:32:17,300

I'm like, my throat is super dry.

586

00:32:17,500 --> 00:32:22,420

Then it's back to the turn-up to hopefully forfeit another few pounds.

587

00:32:22,420 --> 00:32:27,100

I started out really freaking scared and very stressed, but at this point, I just fell into

588

00:32:27,100 --> 00:32:28,100

a zone of concentration.

589

00:32:28,100 --> 00:32:33,060

I'm just trying really hard to keep the car doing what it's supposed to do, but it's

590

00:32:33,060 --> 00:32:34,060

exhausting.

591

00:32:34,060 --> 00:32:42,820

This, it's constant mental concentration, and there's so much physical exertion, steering

592

00:32:42,820 --> 00:32:47,060

the car, braking, shifting.

593

00:32:47,820 --> 00:32:54,060

It occurs to me that there are three things that make this a much different test in the

594

00:32:54,060 --> 00:32:55,220

sauna.

595

00:32:55,220 --> 00:32:56,900

One is concentration.

596

00:32:56,900 --> 00:33:00,780

You have to focus entirely on keeping this car on the road.

597

00:33:00,780 --> 00:33:05,420

If you lapse for a second, you're off the road and in the dirt.

598

00:33:05,420 --> 00:33:07,260

Two, this is a workout.

599

00:33:07,260 --> 00:33:11,980

This is no power steering, so you actually have to muscle it into place.

600

00:33:11,980 --> 00:33:14,380

And the third thing is the G-Load.

601

00:33:15,100 --> 00:33:18,060

Now let's just wind back to that first thing again.

602

00:33:18,060 --> 00:33:21,380

I'm sure Grant murmured something about concentration.

603

00:33:30,380 --> 00:33:38,780

Ah, just a momentary lapse in concentration, and I was off the track, spinning out, dirt

604

00:33:38,780 --> 00:33:40,180

flying everywhere.

605

00:33:44,500 --> 00:33:45,700

This is hard.

606

00:33:46,700 --> 00:33:47,700

Real hard.

607

00:33:49,700 --> 00:33:54,380

It seems like an appropriate time for their second pit stop, and Carrie's got her own

608

00:33:54,380 --> 00:33:56,380

mini-crisis to deal with.

609

00:33:56,380 --> 00:33:57,380

Feeling dehydrated?

610

00:33:57,380 --> 00:34:00,380

I'm feeling dehydrated and I have to pee.

611

00:34:00,380 --> 00:34:01,380

You want to take a break?

612

00:34:01,380 --> 00:34:02,380

Step out?

613

00:34:02,380 --> 00:34:03,380

I think I'll be alright.

614

00:34:03,380 --> 00:34:08,380

Back on the track, Tori's still pushing the pedal as hard as he did on lap one.

615

00:34:08,380 --> 00:34:13,060

This is probably the best day of experimenting ever on this show.

616

00:34:13,060 --> 00:34:18,060

I'm exhausted, I'm sweaty, I'm hot, my body's getting fatigued, I'm sore, my neck is sore

617

00:34:18,060 --> 00:34:19,700

from holding the weight of the helmet.

618

00:34:19,700 --> 00:34:25,180

I don't know if I'm losing 10 pounds of sweat weight, but man, it's tough work.

619

00:34:25,180 --> 00:34:30,940

With Carrie and Grant also back on the road, well, mostly on the road, the minutes melt

620

00:34:30,940 --> 00:34:33,700

away to the magic three-hour mark.

621

00:34:37,540 --> 00:34:38,540

I am exhausted.

622

00:34:38,540 --> 00:34:41,980

I honestly didn't think I would be this tired.

623

00:34:41,980 --> 00:34:44,580

I feel like I just got beat up.

624

00:34:44,580 --> 00:34:48,340

The truth of this myth rests on the numbers they'll read on the scale.

625

00:34:48,340 --> 00:34:53,740

They know they've put everything into this last ditch attempt, and it's ladies first.

626

00:34:53,740 --> 00:34:54,740

Let's see.

627

00:34:54,740 --> 00:34:57,540

Five and a half pounds I lost.

628

00:34:57,540 --> 00:34:58,540

What?

629

00:34:58,540 --> 00:34:59,540

Wow!

630

00:34:59,540 --> 00:35:00,540

That's amazing.

631

00:35:00,540 --> 00:35:01,540

Oh my gosh.

632

00:35:01,540 --> 00:35:02,540

What a diet.

633

00:35:02,540 --> 00:35:03,540

That's almost half the weight of the myth.

634

00:35:03,540 --> 00:35:04,540

Alright, Grant.

635

00:35:04,540 --> 00:35:05,540

Alright.

636

00:35:05,540 --> 00:35:06,540

Let's see how much you lost.

637

00:35:06,540 --> 00:35:08,540

Four and a half pounds.

638

00:35:08,540 --> 00:35:09,540

Oh.

639

00:35:09,540 --> 00:35:10,540

I have no idea.

640

00:35:10,540 --> 00:35:13,620

That's incredible.

641

00:35:13,620 --> 00:35:15,980

I lost five pounds after three hours of racing.

642

00:35:15,980 --> 00:35:18,940

I mean, that's half the weight that the myth talks about.

643

00:35:18,940 --> 00:35:23,060

There's no question that race car reducing works like a charm.

644

00:35:23,060 --> 00:35:26,820

But is it thumbs up or thumbs down for this IndyCar myth?

645

00:35:26,820 --> 00:35:28,380

So how are we going to call this one?

646

00:35:28,380 --> 00:35:33,060

Well, after three hours of racing, we did manage to lose on average five pounds, but

647

00:35:33,060 --> 00:35:35,180

that's not the 10 pounds that the myth talks about.

648

00:35:35,180 --> 00:35:38,340

Yeah, but what we're doing out there in a real Indy race are a little different.

649

00:35:38,460 --> 00:35:42,260

Yeah, you know, I could see a real Indy race being a lot more physically demanding.

650

00:35:42,260 --> 00:35:46,060

I could see under the right conditions with everything they have on the line that they

651

00:35:46,060 --> 00:35:47,740

could lose twice the weight that we did.

652

00:35:47,740 --> 00:35:48,740

Yeah, right.

653

00:35:48,740 --> 00:35:50,740

Set of circumstances, not an everyday occurrence.

654

00:35:50,740 --> 00:35:52,900

I think we could call this one possible.

655

00:35:52,900 --> 00:35:53,900

I agree.

656

00:35:53,900 --> 00:35:54,900

It's possible.

657

00:35:54,900 --> 00:35:55,900

Now who's driving home?

658

00:35:55,900 --> 00:35:56,900

Not you.

659

00:35:56,900 --> 00:35:57,900

Let's just say that.

660

00:35:57,900 --> 00:35:58,900

Me.

661

00:35:58,900 --> 00:35:59,900

What?

662

00:35:59,900 --> 00:36:08,540

Welcome back.

663

00:36:08,540 --> 00:36:13,980

We're at the Indianapolis Motor Speedway and it's IndyCar versus Manhole Cover.

664

00:36:13,980 --> 00:36:18,820

We're going to bring an IndyCar up to full speed and see whether its aerodynamics are

665

00:36:18,820 --> 00:36:22,380

powerful enough to suck a Manhole Cover right out of the ground.

666

00:36:22,380 --> 00:36:25,260

Oh, look at that.

667

00:36:25,260 --> 00:36:27,620

A Manhole in the middle of nowhere.

668

00:36:27,620 --> 00:36:28,620

It's not in the middle of nowhere.

669

00:36:28,660 --> 00:36:32,820

We're in the middle of the Indianapolis Motor Speedway Complex and they dug this just for

670

00:36:32,820 --> 00:36:33,820

our experiment.

671

00:36:33,820 --> 00:36:34,820

Cool.

672

00:36:34,820 --> 00:36:35,820

I'm going to get to work.

673

00:36:35,820 --> 00:36:37,260

And there's plenty to do.

674

00:36:37,260 --> 00:36:42,220

As well as installing a camera, they're hooking a force gauge up to the cover to measure how

675

00:36:42,220 --> 00:36:44,500

much it moves, if at all.

676

00:36:44,500 --> 00:36:47,740

When we first conceived of this experiment, we were concerned about the fact that we're

677

00:36:47,740 --> 00:36:50,940

not placing our Manhole Cover over a real sewer.

678

00:36:50,940 --> 00:36:53,660

We're placing it over a small hole with a bottom on it.

679

00:36:53,660 --> 00:36:58,700

Now the problem there is that just like when you pull a cork out of a wine bottle, you

680

00:36:58,700 --> 00:37:00,380

create a partial vacuum.

681

00:37:00,380 --> 00:37:02,660

That's why you hear that small pop.

682

00:37:02,660 --> 00:37:06,940

And in our case, we'd have the same problem if not for the fact that the good folks here

683

00:37:06,940 --> 00:37:10,620

at Indy have provided us with a vent that goes to the side of the road.

684

00:37:10,620 --> 00:37:14,620

But the star and the source of this myth is the cover.

685

00:37:14,620 --> 00:37:15,620

Beautiful.

686

00:37:15,620 --> 00:37:20,380

They made this one themselves from clear plastic so sunlight gets through for the cameras.

687

00:37:20,380 --> 00:37:23,540

It weighs 30 pounds.

688

00:37:23,540 --> 00:37:24,540

I know what you're saying.

689

00:37:24,540 --> 00:37:28,780

You're saying, Adam, your see-through Manhole Cover doesn't weigh near as much as a cast

690

00:37:28,780 --> 00:37:30,180

iron Manhole Cover.

691

00:37:30,180 --> 00:37:32,020

How can this be an accurate test?

692

00:37:32,020 --> 00:37:34,580

And you're right, except that we've already thought of it.

693

00:37:34,580 --> 00:37:40,020

We are going to make this way as much as this with these four chunks of four-inch diameter

694

00:37:40,020 --> 00:37:41,020

steel.

695

00:37:41,020 --> 00:37:44,500

We are going to bolt them to the see-through Manhole Cover and it will weigh exactly as

696

00:37:44,500 --> 00:37:46,940

much as a cast iron Manhole Cover.

697

00:37:46,940 --> 00:37:49,860

We got you covered.

698

00:37:49,860 --> 00:37:51,060

There it is.

699

00:37:51,060 --> 00:37:54,100

One scientifically accurate Manhole Cover.

700

00:37:54,100 --> 00:37:58,860

And while nobody knows how this full-scale test will pan out, they've all considered

701

00:37:58,860 --> 00:38:01,460

the possible perils of success.

702

00:38:01,460 --> 00:38:06,260

When the car comes down this road at 150 miles an hour and drives over it, it might just

703

00:38:06,260 --> 00:38:07,460

lift out of the ground.

704

00:38:07,460 --> 00:38:12,580

And that could be very bad for an instrument as precise as an Indy car with a ground clearance

705

00:38:12,580 --> 00:38:15,180

of as low as 7 eighths of an inch.

706

00:38:15,180 --> 00:38:20,220

So Jamie right now is tying some very high strength line so that when we have the Manhole

707

00:38:20,220 --> 00:38:23,100

Cover in place, it can only lift about half an inch.

708

00:38:23,100 --> 00:38:26,980

But it won't be able to actually hurt the car, but we'll still be able to measure the

709

00:38:26,980 --> 00:38:31,220

force that it's actually being pulled up with.

710

00:38:31,220 --> 00:38:33,100

Logan Gomez is our driver.

711

00:38:33,100 --> 00:38:35,300

Or should I say chauffeur?

712

00:38:35,300 --> 00:38:39,300

Because Adam will also have his but just an inch off the bitumen.

713

00:38:39,300 --> 00:38:41,440

The car is a tandem.

714

00:38:41,440 --> 00:38:47,440

This is where the literal rubber meets the literal road meets the Manhole Cover.

715

00:38:47,440 --> 00:38:53,400

This Indy racing experience car exerts just as much down force as the real thing.

716

00:38:53,400 --> 00:38:57,360

Target speed for today's test is 150 miles per hour.

717

00:38:57,360 --> 00:39:00,480

Pretty much the top speed for a city street circuit.

718

00:39:00,480 --> 00:39:03,720

In lieu of a steering wheel, my seat is equipped with these.

719

00:39:03,720 --> 00:39:04,720

We call them HCHs.

720

00:39:04,720 --> 00:39:07,720

They're known as Holy Crap Handles.

721

00:39:07,720 --> 00:39:08,720

Holy Crap!

722

00:39:08,720 --> 00:39:10,520

Just hold on really tight.

723

00:39:10,520 --> 00:39:15,040

With Adam's knuckles whitening by the second, Jamie takes charge for the first run.

724

00:39:15,040 --> 00:39:19,520

I'm going to call you guys on the radio when you're doing 100 miles an hour, alright?

725

00:39:19,520 --> 00:39:20,520

Copy.

726

00:39:20,520 --> 00:39:21,520

Have fun.

727

00:39:21,520 --> 00:39:27,520

It's agreed they'll start off at a stately 100 per to get the lay of the land.

728

00:39:27,520 --> 00:39:29,020

It's fast.

729

00:39:29,020 --> 00:39:34,600

Logan warms up the tires, shakes Adam around like a strawberry deckery, then gets down

730

00:39:34,600 --> 00:39:36,100

to business.

731

00:39:36,100 --> 00:39:37,100

100.

732

00:39:37,100 --> 00:39:43,100

Logan's fast, focused, and right on target.

733

00:39:43,100 --> 00:39:44,100

Haha!

734

00:39:44,100 --> 00:39:45,100

Perfect!

735

00:39:45,100 --> 00:39:46,100

Right about 100.

736

00:39:46,100 --> 00:39:48,700

Did we go right over the Manhole Cover?

737

00:39:48,700 --> 00:39:49,700

I believe so.

738

00:39:49,700 --> 00:39:51,060

Did you see any movement?

739

00:39:51,060 --> 00:39:55,540

I couldn't see it, but then it only comes up about a half an inch before it stopped.

740

00:39:55,540 --> 00:39:56,540

It's true.

741

00:39:56,540 --> 00:40:04,060

The key tool in measuring lift is the force meter, and they just can't go on without

742

00:40:04,060 --> 00:40:05,060

sneaking a peek.

743

00:40:05,060 --> 00:40:07,820

Nope, it's totally blank.

744

00:40:07,820 --> 00:40:12,460

It's a rare myth that has to suck to succeed, and this is one of them.

745

00:40:12,460 --> 00:40:16,060

The aim now is for Logan to crank up the speed to 150.

746

00:40:16,060 --> 00:40:19,940

Hey Adam, I could try one from the end of the runway, see if we could get a bit more

747

00:40:19,940 --> 00:40:20,940

speed.

748

00:40:20,940 --> 00:40:23,340

Let's do it!

749

00:40:23,340 --> 00:40:29,260

If the car gets close enough to 150, it's time to throttle down and either bust or confirm

750

00:40:29,260 --> 00:40:31,900

the myth of the flying Manhole Cover.

751

00:40:31,900 --> 00:40:38,900

With Adam Latch tight to his HCH, Logan whips the horses up to a full gallon.

752

00:40:38,900 --> 00:40:40,900

140.

753

00:40:40,900 --> 00:40:42,900

149.

754

00:40:42,900 --> 00:40:52,900

You're getting faster.

755

00:40:52,900 --> 00:40:53,900

149.

756

00:40:53,900 --> 00:40:54,900

Beautiful.

757

00:40:54,900 --> 00:40:57,180

Shall we go look at the evidence?

758

00:40:57,180 --> 00:40:59,660

Let's go look at the evidence.

759

00:40:59,660 --> 00:41:04,980

The physics suggest that the split second near vacuum the car creates will have a lifting

760

00:41:04,980 --> 00:41:10,180

effect, but at 130 pounds, this Manhole Cover is no push over.

761

00:41:10,180 --> 00:41:13,380

Alright, my favorite part, high speed review.

762

00:41:13,380 --> 00:41:15,380

I'm not seeing it.

763

00:41:15,380 --> 00:41:17,260

Nothing, absolute nothing.

764

00:41:17,260 --> 00:41:19,260

It did not budge.

765

00:41:19,260 --> 00:41:20,260

Nope.

766

00:41:20,260 --> 00:41:21,260

Boom.

767

00:41:21,260 --> 00:41:23,060

That's pretty definitive.

768

00:41:23,060 --> 00:41:24,060

I think so.

769

00:41:24,060 --> 00:41:28,420

We had our clear Manhole Cover weighing the same as a cast iron Manhole Cover, and Logan

770

00:41:28,420 --> 00:41:33,420

passed it several times at a top speed of almost 150 miles an hour.

771

00:41:33,420 --> 00:41:36,420

And how much movement did we see on it?

772

00:41:36,420 --> 00:41:37,420

Bupkis.

773

00:41:37,420 --> 00:41:40,620

Now we're going to pull all the weight from it so our Manhole Cover only weighs 30 pounds

774

00:41:40,620 --> 00:41:43,500

and see if we can get anything at all out of this.

775

00:41:43,500 --> 00:41:45,740

And there is some science here to salvage.

776

00:41:45,740 --> 00:41:49,700

30 pounds is the weight of an average flat screen TV.

777

00:41:49,700 --> 00:41:52,740

And try lifting that with your home vacuum cleaner.

778

00:41:52,740 --> 00:41:56,460

That's a lot like what Adam and Logan are trying now.

779

00:41:56,460 --> 00:42:02,020

With the natural suction of a low slung race car, whatever happens, this will be the day's

780

00:42:02,020 --> 00:42:05,140

last Indie Drag Race.

781

00:42:05,140 --> 00:42:12,980

Well, that was a good speed.

782

00:42:12,980 --> 00:42:13,980

It was 148.

783

00:42:13,980 --> 00:42:15,740

It's right up there with your top.

784

00:42:15,740 --> 00:42:16,740

Bingo.

785

00:42:16,740 --> 00:42:17,980

Let's see what we got.

786

00:42:17,980 --> 00:42:18,980

Let's see it.

787

00:42:18,980 --> 00:42:22,180

I'm going to need some help getting out.

788

00:42:22,180 --> 00:42:25,940

Finally, the car is confirmed a related lift off.

789

00:42:25,940 --> 00:42:26,940

Oh, movement.

790

00:42:26,940 --> 00:42:28,940

That is so cool.

791

00:42:28,940 --> 00:42:29,940

Yup.

792

00:42:29,940 --> 00:42:30,940

It is lifting.

793

00:42:30,940 --> 00:42:31,940

It is totally lifting.

794

00:42:31,940 --> 00:42:32,940

Yeah.

795

00:42:32,940 --> 00:42:33,940

It came right up.

796

00:42:33,940 --> 00:42:34,940

That is awesome.

797

00:42:34,940 --> 00:42:35,940

Let's check the force gauge.

798

00:42:35,940 --> 00:42:36,940

Okay.

799

00:42:36,940 --> 00:42:37,940

37.

800

00:42:37,940 --> 00:42:38,940

37.

801

00:42:38,940 --> 00:42:39,940

37 pounds.

802

00:42:39,940 --> 00:42:47,940

It would have been enough to lift this out of the ground, but only just.

803

00:42:47,940 --> 00:42:50,260

Well, here's the thing.

804

00:42:50,260 --> 00:42:55,980

We did pull up our plastic manhole cover and that weighs 30 pounds, which means it's not

805

00:42:55,980 --> 00:43:03,580

exactly a paper bag, but then it's also not exactly a cast iron manhole cover, is it?

806

00:43:03,580 --> 00:43:08,140

I am disappointed with all of our small scale tests showing that there was definitely a

807

00:43:08,140 --> 00:43:10,500

force trying to lift that manhole cover.

808

00:43:10,500 --> 00:43:14,820

And we did see a significant amount of lift on the lighter manhole cover, but it wasn't

809

00:43:14,820 --> 00:43:20,380

enough to pull up the full sized 130 pound one and not with 150 mile an hour car.

810

00:43:20,380 --> 00:43:21,380

It's busted.

811

00:43:21,380 --> 00:43:22,380

Yup.

812

00:43:22,380 --> 00:43:23,380

It's busted.

813

00:43:23,380 --> 00:43:30,380

Let's go.

814

00:43:30,380 --> 00:43:33,820

So far on our IndyCar special, we've seen sweat.

815

00:43:33,820 --> 00:43:38,420

I am exhausted and I feel sweaty as I could possibly be.

816

00:43:38,420 --> 00:43:39,420

Spills.

817

00:43:39,420 --> 00:43:40,420

It was gracious.

818

00:43:40,420 --> 00:43:41,420

That's fast.

819

00:43:41,420 --> 00:43:42,420

At most of all, it's not a big deal.

820

00:43:42,420 --> 00:43:43,420

It's just a little bit of a mess.

821

00:43:43,420 --> 00:43:45,420

At most of all, it's speed.

822

00:43:45,420 --> 00:43:48,420

You're getting faster, 149.

823

00:43:48,420 --> 00:43:52,620

But there's one fast fable they haven't seen through to the checkered flat.

824

00:43:52,620 --> 00:43:59,380

The 30 foot match race between man and car is about to be rerun with some serious sports

825

00:43:59,380 --> 00:44:00,880

talent.

826

00:44:00,880 --> 00:44:01,880

Let's tally up.

827

00:44:01,880 --> 00:44:04,620

When I was driving the race car, I beat Jamie three out of three.

828

00:44:04,620 --> 00:44:09,940

When he was driving the race car, he beat me two out of three with one tie.

829

00:44:09,940 --> 00:44:13,740

Neither of us is a professional driver, neither of us is a professional runner.

830

00:44:13,740 --> 00:44:16,500

I think we need one of each to continue this test.

831

00:44:16,500 --> 00:44:20,380

Lining up for the showdown are two of the speediest guys on earth.

832

00:44:20,380 --> 00:44:23,860

Ryan Briscoe's the man who'll be driving this home.

833

00:44:23,860 --> 00:44:29,900

As for the runner, well, only six men in history have run a faster 200 meters.

834

00:44:29,900 --> 00:44:32,660

You may recognize our runner for today's episode, Wallace Spearman.

835

00:44:32,660 --> 00:44:38,020

He's not only the seventh fastest man on the planet, being the 2012 200 meter Olympic trials

836

00:44:38,020 --> 00:44:39,020

champion.

837

00:44:39,260 --> 00:44:41,900

But he's also been on an episode of MythBusters before.

838

00:44:41,900 --> 00:44:46,780

We asked him to run on the water, something it turns out surprisingly humans can't do.

839

00:44:46,780 --> 00:44:48,420

I don't think he's working guys.

840

00:44:48,420 --> 00:44:49,420

Try harder.

841

00:44:49,420 --> 00:44:56,380

Today, we are asking him to do another super human feat, race himself against an Indy car.

842

00:44:56,380 --> 00:44:59,420

I don't mind telling you, Wallace is a little nervous about it.

843

00:44:59,420 --> 00:45:01,420

You're losing those stinking car.

844

00:45:01,420 --> 00:45:02,420

Car?

845

00:45:02,420 --> 00:45:04,420

Go faster than a car.

846

00:45:04,420 --> 00:45:06,340

I got this.

847

00:45:06,340 --> 00:45:09,700

In order to keep this fair, I have to use a starting method that both our contestants

848

00:45:09,700 --> 00:45:10,700

are familiar with.

849

00:45:10,700 --> 00:45:13,100

So for Ryan, it's the flag.

850

00:45:13,100 --> 00:45:15,420

For Wallace, it's the pistol.

851

00:45:15,420 --> 00:45:21,100

I will raise them above my head, say on your marks, get set, go, and hit the gun at the

852

00:45:21,100 --> 00:45:22,500

same time.

853

00:45:22,500 --> 00:45:29,020

I have to ride on this center console here because if I fall to either side, I'm dead.

854

00:45:29,020 --> 00:45:34,500

Well, so long as he doesn't dent the car, we can live with a little collateral damage.

855

00:45:34,500 --> 00:45:38,700

Now to find out if upping the talent quotient will swing the result.

856

00:45:38,700 --> 00:45:48,660

All right, gentlemen, on your marks, get set, go.

857

00:45:48,660 --> 00:45:49,660

That was close.

858

00:45:49,660 --> 00:45:54,260

Do you think you beat him there?

859

00:45:54,260 --> 00:45:55,260

Not sure.

860

00:45:55,260 --> 00:45:58,540

Probably the first 10, 15, what he kind of caught me.

861

00:45:58,540 --> 00:46:00,580

So yeah, I might have to go out and change a few things.

862

00:46:00,580 --> 00:46:02,620

I think I can get him though.

863

00:46:02,620 --> 00:46:08,100

One went to Ryan with that familiar flying finish, but Wallace is just getting warmed

864

00:46:08,100 --> 00:46:09,100

up.

865

00:46:09,100 --> 00:46:14,940

I can't tell who won.

866

00:46:14,940 --> 00:46:21,060

In test two, they both got off to a whip crack start, but 30 feet on, it's another come from

867

00:46:21,060 --> 00:46:23,420

the clouds win for the car.

868

00:46:23,420 --> 00:46:24,420

How'd that one feel?

869

00:46:24,420 --> 00:46:27,940

I think he'd give boat problems.

870

00:46:27,940 --> 00:46:29,060

Look at it this way.

871

00:46:29,060 --> 00:46:30,780

We got the best car, the best runner.

872

00:46:30,780 --> 00:46:32,260

All we're doing is answering a question.

873

00:46:32,260 --> 00:46:36,660

There's no shame in whatever happens here because it's just a solid question.

874

00:46:36,660 --> 00:46:37,820

I just don't like losing.

875

00:46:37,820 --> 00:46:38,820

Good, good.

876

00:46:38,820 --> 00:46:40,460

Let's keep that energy for the last run.

877

00:46:40,460 --> 00:46:41,460

I got you.

878

00:46:41,460 --> 00:46:42,460

All right.

879

00:46:42,460 --> 00:46:47,500

Unless Wallace gets off to a near perfect start in the last race, this myth is about

880

00:46:47,500 --> 00:46:49,820

to be roadkill.

881

00:46:49,820 --> 00:46:53,060

Maybe the smart thing to do is to rethink his tactics.

882

00:46:53,060 --> 00:46:54,060

What's going on, Will?

883

00:46:54,060 --> 00:46:55,700

I'm not really knowing from my block start.

884

00:46:55,700 --> 00:46:56,940

I think I'll be quicker with Adam.

885

00:46:56,940 --> 00:46:58,540

It's all about that first start.

886

00:46:58,540 --> 00:46:59,820

You got to get an edge on it.

887

00:46:59,820 --> 00:47:00,820

Definitely.

888

00:47:00,820 --> 00:47:01,820

I'm going to need something.

889

00:47:01,880 --> 00:47:02,880

There is.

890

00:47:02,880 --> 00:47:07,180

Even though Wallace makes Jamie and Adam look like they're running backwards, Ryan's also

891

00:47:07,180 --> 00:47:10,220

putting their Miss Daisy driving to shame.

892

00:47:10,220 --> 00:47:16,180

His last run was just 1.48 seconds, while the boy's best was two seconds dead.

893

00:47:16,180 --> 00:47:19,780

Now it's pro versus pro for the very last time.

894

00:47:19,780 --> 00:47:23,340

All right, gentlemen, on your marks.

895

00:47:23,340 --> 00:47:27,340

Get set, go.

896

00:47:27,340 --> 00:47:33,340

Car beat him.

897

00:47:33,340 --> 00:47:39,220

I haven't got beat like this since kindergarten.

898

00:47:39,220 --> 00:47:44,660

It's a three from three wipe out for Wallace, but he can tell his friends that he's raced

899

00:47:44,660 --> 00:47:45,660

at Indianapolis.

900

00:47:45,660 --> 00:47:50,820

According to our experts, you can put out about a horsepower at max for an impulse.

901

00:47:50,820 --> 00:47:56,580

So one horsepower, 700 horsepower, that's not much of a contest, I guess.

902

00:47:56,580 --> 00:47:59,060

It shouldn't be as close as it is.

903

00:47:59,060 --> 00:48:02,380

And close it was from the very beginning.

904

00:48:02,380 --> 00:48:06,340

So why is it that we came closer to beating an Indy car than Wallace did?

905

00:48:06,340 --> 00:48:10,420

Well, let me tell you, it's not because we're faster than Wallace.

906

00:48:10,420 --> 00:48:15,780

The fact is that we're obviously not as experienced at driving them as Ryan is.

907

00:48:15,780 --> 00:48:17,180

Let's just leave it at that.

908

00:48:17,180 --> 00:48:20,940

And the last 10 feet, that's where it all is, isn't it?

909

00:48:20,940 --> 00:48:21,940

Yeah.

910

00:48:21,940 --> 00:48:23,180

In a 24 race, it's a dead heat.

911

00:48:23,180 --> 00:48:24,940

We should try that next time.

912

00:48:24,940 --> 00:48:31,940

Maybe even like a five or a 10 or something.