



## ANDREW SHAPIRO

### Team Setanta

**Height:** 6'1"

**December Weight:** 194 lbs.

**Race Weight:** 188 lbs. – “Hopefully 180 this year!”

**Birthdate:** April 15, 1972

**Childhood Heroes:** “Mike Schmidt – or anyone on the 1980 Philadelphia Phillies.”

**Hobbies and Interests:** “My kids, cycling, cooking, wine.”

**Favorite Movies:** “*Blade Runner*, *Wild at Heart*, *The Empire Strikes Back*.”

**Musical Tastes:** “80's Punk, 90's Grunge, Neil Young, Felice brothers, Willie Nelson, My Bloody Valentine. In other words – eclectic!”

**Favorite TV Shows:** “*Breaking Bad*, *The Wire*, *Mad Men*.”

**Favorite Meal:** “Roasted chicken and potatoes, so simple... yet there is nothing better.”

**Favorite Breakfast Cereal:** “This organic granola I get from a farm down the road from my house, with yogurt and fruit.”

**Favorite Pre-Race Meal:** “Almond butter and jelly sandwiches and bananas.”

**Favorite Ice Cream Flavor:** “Heath Bar Crunch.”

**Childhood Dream:** “To play 3rd base for the Philadelphia Phillies.”

**First Car:** “1974 VW Beetle in candy apple red. Every time it rained, the back seat wells filled up with water and the electrical stopped working. I thought I could work on it myself but even it was too complicated for me. I am not very mechanically inclined!”

**First Job:** “I was an usher at the local movie theater.”

**Favorite Vacation Spot:** “The Blue Hill Peninsula of Maine.”

**Pre-Race Feeling:** “Always nervous. Everyone always looks so fast at the start line!”

**Early Racing Memory:** “Final day of Tour of the Catskills as a Cat-5. I was in the overall lead, despite multiple attacks – and my less than climberly physique! I held everyone off on the final climb. Three of us came into the finish together well ahead of the rest of the pack. That was when I realized it was the same game as the TDF, and I loved it.”

**Funny Racing Memory:** “Getting dropped on the first acceleration in my first race. Everything was going great until they started racing!”

**Greatest Racing Moment:** “5th in the Cat-3 field of Battenkill. Although it was not a podium spot, it was an affirmation of lots of dark, early morning winter training. Training works!”

**Most Painful Moment In Life:** “There have been a few, and they are always hard, but I don’t regret any of the painful moments or decisions I’ve made. We always come out better for it.”

**Worst Injury from Racing:** “Crashed hard right on my face at Quabbin in 2011. Broken orbital and cheekbones, lots of stitches, and two days in the hospital. Taught me to be more selective about racing in inclement weather, we have much to lose...”

**Closest Racing Friends:** “My teammate, Keith.”

**Funniest Racer:** “Don’t really know. Not a whole lot of humor in the peloton!”

**Favorite Race:** “Battenkill.”

**Embarrassing Racing Memory:** “Hmmm, maybe when my whole team essentially crashed out of the Maltese team invitational last year. We shouldn’t have been there!”

**Toughest Competitors:** “CRCA is full of tough racers.”

**Favorite Athletes to Watch:** “Fabian Cancellara.”

**Qualities You Most Admire in People:** “The ability to talk about nothing to anyone. I’m not much of a chatter, but I admire those who are.”

**What You Love Most About Riding Your Bicycle:** “I love how completely connected the rider is to the bike, and to the road and how riding involves every part of the body. I also love riding in the ‘trees’ so to speak, in the country or in the woods anywhere outside of the city.”

## PALMARES

### 2011 – Cat-3

- 1<sup>st</sup> CRCA Floyd Bennett Time Trial, Cannibal
- 5<sup>th</sup> Tour of the Battenkill

### 2010 – Cat-4

- 1<sup>st</sup> Tour de Parc Criterium
- 2<sup>nd</sup> CRCA B Race, 6/26/10
- 3<sup>rd</sup> Quabbin Reservoir Road Race
- 4<sup>th</sup> Lucarelli Castaldi Cup, Prospect Park, 5/1/10
- 6<sup>th</sup> Bear Mountain Spring Classic
- 6<sup>th</sup> Killington Stage Race Circuit Race
- 8<sup>th</sup> Pawling Mountain Road Race
- 9<sup>th</sup> Tour of the Battenkill

### 2009 – Cat-5

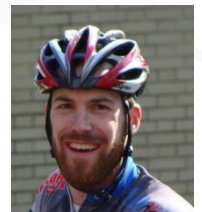
- 1<sup>st</sup> Overall, Tour of the Catskills
- 1<sup>st</sup> Windham Road Race, Tour of the Catskills
- 2<sup>nd</sup> Cadence Cup, Prospect Park, 8/8/09
- 2<sup>nd</sup> Cadence Cup, Prospect Park, 6/28/09
- 5<sup>th</sup> Unionvale Road Race
- 6<sup>th</sup> Housatonic Hills Road Race
- 7<sup>th</sup> Tour of the Hilltowns Road Race



*Kenneth Lundgren is a professional cycling coach and bike fit specialist for Elite Endurance Training Systems, a coaching service that offers training programs for cyclists and triathletes of all levels.*

*Ken, who is one of the area's top trialists, races for the Northeastern Hardware Cycling Team, one of New England's strongest elite squads. In the last year, he won 7 time trials. He's also won the overall in the Time Trial Cup in the last two years. Northeastern Hardware has won the Garden State Cup for six consecutive years and looks to make it seven straight next year.*

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