



ARSHAD BAHL

TEAM ORGANIC ATHLETE

Height: 5'8'

Weight: 165, having dropped 30 pounds in the last year. Goal weight is 150 by April 2012.

Birthday: November 7th, 1967

Childhood Heroes: "Pele – grew up watching soccer. Greg Lemond when he won the Tour by 8 seconds. That was when I took up racing."

Hobbies and Interests: "Gardening, Vegan cooking. Spending time with my kids, especially outdoors."

Favorite Movies: "*The Matrix. Caddyshack.*"

Musical Tastes: "I listen to a lot of trance/zen music while I am working. I listen to a lot of rock & roll while I am working out. I also like east/west fusion music."

Favorite TV Shows: "I dislike TV, except for cycling during the Tour." ☺

Favorite Meal: "I am Vegan. Thai, Mexican, Middle Eastern and Indian foods – there are tons of vegan options. If all else fails, a huge salad."

Favorite Breakfast: "Green Smoothie – 4 bananas, a handful of greens, 2 tablespoons of Chia seeds, 2 cups of coconut milk or almond milk, 4 dates, 1/2 cup frozen berries = delicious."

Favorite Ice Cream Flavor: "So Delicious Coconut Ice Cream."

Childhood Dream: "To be a soccer star."

First Car: “Subaru station wagon. Drove it ‘til it had 150,000 miles.”

First Job: “College cafeteria.”

Favorite Vacation Spot: “Outer Banks, North Carolina. Really the best place I have ever been on vacation were the Greek Islands – total zen.”

Pre-Race Feeling: “Nervous. Anxious. Thinking about all the sacrifices made to be at the starting line.”

Early Racing Memory: “I used to be a distance runner in high school. Then in college I developed shin splints and used cycling to recover. I saved most of my first summer’s college funds, I had to work my ass off all summer so that I could have funds to attend school in the fall – so paying for a bike was a lot for me! I remember paying \$600 for a Cilo with Shimano 600. I did my first century at the end of the season and loved it. No rollers then – winter was all about cross-training and then it was on to racing the following year.

“I went from Cat-4 to 3 to 2 in about 5 years. I was a Cat-2 for a season-and-a-half and was working at that time, living in Oak Ridge, Tennessee. Riding was really good near the Smoky Mountains. But racing at Cat-2 level was not sustainable once I started travelling for work. I went down to Cat-3 and stayed there for a few years before I stopped racing completely in 2004 when my son was born. In 2006, things got very stressful when my son was diagnosed with Autism. The next three years, I barely rode and focused on getting him back on track – which worked out well. Last fall, I decided to start training again after my son lost his Autism diagnosis. This comeback year has been very hard since I jumped back into racing – I kept my Cat-3 license, many M40+ races are Cat-1-2-3...

“Over the last year, I also went vegan to improve my cholesterol and lose weight, and part of the process realized that I maybe was impacted by food allergens like dairy, gluten, corn – 90% of your energy bars and gels contain Maltodextrin, which is a corn derivative. I have decided to create my own line of Plant Based Nutrition starting this autumn - it will available under the label AMRITA.”

Greatest Racing Moment: “Cat-2 crits, like Athens Twilight. I never placed in top-10 but was always close. It was that feeling of hammering at 35 mph for an hour, shoulder-to-shoulder and sometimes in the dark like at Athens, that I really loved.”

Worst Injury from Racing: “Fell on my wrist while mountain biking. I crashed on my hip once in a criterium, clipped my pedal in a turn.”

Funniest Racer: “Peter McCormick from last year’s team. He has a dry sense of Irish humor.”

Favorite Race: “Athens Twilight, SCCX Cross, Livestrong Philly.”

Embarrassing Racing Memory: “Getting a ticket for peeing in the bushes and arriving at the race only to find that I left my shoes at home.”

Favorite Athletes to Watch: “David Zabriskie, Fabian Cancellara.”

Qualities You Most Admire in People: “Honesty. Friendliness. Being Real. Hard work. Unselfishness. Teamwork.”

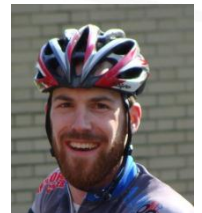
What You Love Most About Riding Your Bicycle: “Being outside, being in nature, the adrenaline rush of ripping a corner and the great feeling of being healthy.”



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.

Ken can be reached at (201) 951-4732 or Coach@EliteEndurance.com.



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