



BRYAN CARBONE

Knapp's Cyclery

Bryan Carbone grew up riding a BMX bike, mostly for transportation. After getting his license, though, that bike started collecting dust in the basement.

A horrific motorcycle accident in 2006 left cycling one of the only exercises he could do without some sort of pain. It wasn't long after that he got his first road bike.

In the beginning, the rides were very sporadic and unregimented, strictly riding for cardio on nice days.

After graduating college in the winter of '09, he made the decision to ride across the country. He rode consistently, preparing for long days on the bike. After crossing the country, and a second trip that led him down the west coast, it was off to Drexel University to work on his master's, where he caught the racing bug.

Bryan is currently racing for Knapp's Cyclery, after getting his start racing collegiately for Drexel University.

Height: 5'9"

December Weight: 165-168 lbs.

Race Weight: 160 lbs. – "Hopefully 157-159 next year."

Birthdate: October 1, 1984

Childhood Heroes: "Rodney Mullen and Danny Way, who are skateboarders. Cru Jones of BMX."

Hobbies and Interests: "Hockey, bicycle-touring, math."

Favorite Movies: "Mallrats, Rad, Youngblood, tons more."

Musical Tastes: "Grew up on punk/pop-punk/ska, stuff like NOFX, MxPx, Less Than Jake. Nowadays, I add more rock, metal, even country."

Favorite TV Shows: "Numb3rs, Psych, Breaking Bad. Lots of the newer comedies are great, but wouldn't call them favorites yet."

Favorite Meal: “Breakfast Sampler, every diner has one. They just call it something different. Pancakes, eggs over easy, bacon or sausage – like to change it up – toast or home-fries, and coffee. Ate this just about every morning on my cycle tours.”

Favorite Breakfast Cereal: “Honey-Nut Cheerios.”

Favorite Pre-Race Meal: “The first collegiate race weekend that we got a hotel, it was right next to a Dunkin’ Donuts. Had a large coffee, light and sweet, and a sausage, egg and cheese croissant. Have had it before just about every race since.”

Favorite Ice Cream Flavor: “How can you pick a favorite? Recently had home-made Pumpkin Spice, that’ll be my favorite until fall is over. Then I’ll have a new one.”

Childhood Dream: “I can’t really remember any childhood dreams. =/”

First Car: “1993 Honda Civic Hatchback. Got my license a little while after *The Fast and The Furious* came out, and I have an older brother who was really into cars. Needless to say, I totally ‘tricked’ it out. Got runner-up for Best Car Senior Year.”

First Job: “Delivered newspapers in my neighborhood. Still have the snowboard I bought with some of my earnings.”

Favorite Vacation Spot: “Haven’t been anywhere too crazy, YET, but I really enjoyed the west coast. And I always love spending time down in LBI with my family.”

Pre-Race Feeling: “I always feel like I’m forgetting to do something. Like warm-up properly, drink enough, when to eat, when my race starts.”

Early Racing Memory: “Winning Grant’s Tomb Criterium. My first legitimate race and the only race my parents were at. Also my only win so far – hmm, maybe I should drag my parents out to more races...”

Funny Racing Memory: “During the second lap of the Black Mo’ Road Race at Penn State, which winds through a state forest, climbs some mountains, and passes by a few farms, a chicken on the right side of the road catches my eye. Then from the left, out of nowhere, a rooster comes tearing across the road. Definitely thought I was going to take it out.”

Funny NON-Racing Memory: “When I was 19 or 20, a friend and I had this brilliant idea to ride from West Milford to the Garden State Plaza, on BMX bikes. We left nice and early. Our plan was to jump on 208, which would lead us pretty much right to the mall. All was going great. We got into Oakland, jumped on 287 for a short stretch and made it onto 208 [which are two HIGHWAYS!]. A few miles down the road, we hear sirens. I look back to see a cop with cherries flashing. We pull over. When we say we’re 19, he just looks at us dumbfounded. “Why are you riding bikes to the mall?” he says. Long story short, our bikes end up in his trunk, and he’s taking us down the first exit ramp we get to. He drops us off in the middle of Hawthorne, and we proceed to take back-roads that we’ve never been on before. We made it to the mall, got some Sbarros, and started heading home.”

Greatest Racing Moment: “I bridged a gap to a 4-man break about halfway through my first 3/4 race. We stayed away, catching the field on the last lap. Ended up taking 4th. Probably the best tactical move I’ve made yet. Also, getting my cat-3 upgrade, completing my biggest goal for the season.”

Most Painful Moment In Life: “In 2006, I was riding my motorcycle to work one morning, and someone pulled out from a side street right in front of me. I didn’t have enough time to stop, and when the driver saw me, he just

stopped in the middle of my lane. Ended up slamming into his rear quarter-panel. Broke my femur and had a rod put in. Broke my jaw, which wasn't diagnosed until it had started healing, so I had to have it re-broken and wired shut. The most painful part of the whole thing was waking up in the middle of the road with EMTs around. I immediately regretted telling them that my leg hurt when I saw a guy come from the ambulance with a brace that looked like a torture device. They strapped it around my knee and upper thigh and started cranking the handle, stretching my thigh to separate the two parts of my femur. I got morphine a few minutes later."

Worst Injury from Racing: "I'm crossing my fingers that the above injury, being it happened on two wheels, will be my worst injury on a bike. So far racing, only a few scrapes and bruises when a guy went down in front of me in a corner the first day of the SJ Omnium. I was a little hesitant in the corners the rest of the weekend."

Closest Racing Friends: "My Knapp's Cyclery teammates. Great guys, super helpful and supportive, especially to a newbie racer."

Funniest Racer: "Brett Houser, a teammate when I was racing for Drexel. He's always trying to make everyone have a good time. I've seen him race with a Homer Simpson doll hanging out of his jersey pocket. And wearing The Flash underwear over his bibs. And he would wear a cape while cheering us on during races."

Favorite Race: "The Zeppelin Criterium. We had 7 guys in the 4/5 race and just kept sending people off the front. No one else wanted to join us in a breakaway, so we just kept drilling it, sending guys off the front. By the end of the race, only about half the field was left. We were kind of banking on a breakaway succeeding, so we didn't reserve a sprinter before the race, but still took 4th and 10th, and all 7 of our guys finished. Probably the most fun race of the season."

Embarrassing Racing Memory: "Haven't done anything memorably embarrassing in a race, YET. At RPI's race weekend, a teammate's car got a flat, so while he was going to get it fixed, I took all my gear out of it because I had to race. I asked another team if I could leave my bag by their van. When my race was done, I went back and changed, and left my bag there because our car wasn't done yet. When I went back to get my stuff a little while later, the van, and all my stuff, was gone. We ended up driving an extra 5 hours that night to get my bag back."

Toughest Competitors: "No one in particular. Anyone that's peaking. Also, guys on the verge of an upgrade, they're usually on form, or sandbagging. Either way, they're usually riding strong."

Favorite Athletes to Watch: "Freestyle skateboarders. Go watch Rodney Mullen's part in *Second Hand Smoke* (it's on YouTube), especially the first minute and a half. I've seen it over 100 times, and I am no less amazed watching right now, than for the first time about 15 years ago."

Qualities You Most Admire in People: "Perseverance. Honesty. Follow-through."

What You Love Most About Riding Your Bicycle: "No matter what kind of day I'm having, or how much I have on my mind, a few minutes into a bike ride, my head is clear and my day is better."

PALMARES

2011

- 1st Grant's Tomb
- 2nd The Freedom Tour
- 2nd Lake Carey Road Race
- 3rd Tour de Millersburg TT
- 3rd Boston Beanpot TT
- 4th Tour of High Bridge

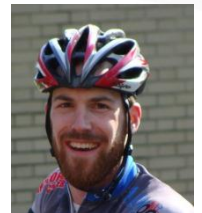
- 4th BLP 2209 Grand Prix
- 4th The Zeppelin Criterium
- 4th Hanover Park Criterium
- 4th Somerset Circuit TT
- 5th Rockleigh Criterium
- 5th Tour of Colt's Neck
- 6th Tour de Millersburg Final GC
- 6th Upper Freehold TT
- 6th Philly Phylar Criterium
- 6th L'Enfur du Nord Criterium
- 7th Tour of Flanders TT
- 7th NJBA Team Challenge
- 8th Rockleigh Criterium
- 8th Kingwood TT
- 10th The Watermelon Crit
- 10th Historic Riverton Crit



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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