



## BIOFILE: CHRIS FRITZ, PRO PEDALS CYCLING TEAM



*Chris says his love for cycling began the minute his training wheels came off. The very next day, he found a ramp to jump his bicycle, and riding his bike every day until he was told to come inside by his parents became the daily childhood routine. By 7<sup>th</sup> grade, Chris was racing BMX in the beginner class at Bicycle World in Howell NJ. He won every Moto, grabbing the hole-shot and soloing away from the field every time, but could not get over his anxiety and nerves in the mains, placing 4<sup>th</sup> back every weekend. Chris continued racing BMX in 8<sup>th</sup> grade, but gave up mid-season when he began playing guitar.*

*A self-taught musician, Chris was playing bass professionally in all original hard rock bands by his senior year of high school. He continued to pursue music for two years after high school graduation in 1990, studying Criminal Justice at a community college for his “back-up plan” to become a police officer in case music did not workout. By his third year out of high school, Chris was working part-time as a summer officer in Seaside Park. He joined the Police Academy in 1994 and has been employed with the Stafford Township Police Department ever since.*

*Chris married his wife, Tammy, in 1995 and they had their first daughter, Alexa, in 2001. In 2004, while pregnant with their second daughter, Cassidy, Chris caught the cycling*

*bug again after making fun of friends who had been shaving their legs, wearing Lycra, and riding Lance replica Treks that cost more than his monthly salary. He placed a bet that he could hang with them on a 45-mile group ride (he did not). Until then, Chris owned several mountain bikes but rode only recreationally. Ever since that first “bet” ride, Chris has been an avid cyclist. His first race was the NJ TTT in August 2004, with the same friends he lost his bet to as teammates. Even though they finished dead last, Chris was instantly addicted to the sport and loved the sustained efforts of time trials.*

*Since 2004, Chris has won 3 State Championships, the 2010 TT Cup, and multiple time trials and criteriums. He is a USAC certified Level 3 Coach, Cross Country coach for the All Saint’s Regional Catholic School, and Physical Training Instructor for the Stafford Twp. Police Dept. and Ocean County Police Academy.*

*He currently races for the Pro Pedals Cycling Team out of Hammonton, NJ as a Cat-3 and Masters 35+ rider.*

**Height:** 5'10"

**December Weight:** 160-165 lbs.

**Race Weight:** 155 lbs.

**Birthdate:** December 11, 1972

**Childhood Heroes:** "My parents."

**Hobbies and Interests:** "Music and cycling."

**Favorite Movies:** "*Full Metal Jacket, The Breakfast Club, Ferris Bueller's Day Off, Star Wars Saga.*"

**Musical Tastes:** "Anything with guitars, bass, and drums...but favorite genre is metal."

**Favorite TV Shows:** "*Lost, Seinfeld.*"

**Favorite Meal:** "Hibachi or pizza"

**Favorite Breakfast Cereal:** "Kashi Strawberry Fields."

**Favorite Pre-Race Meal:** "Cereal, yogurt, banana, and a cup of coffee."

**Favorite Ice Cream Flavor:** "Anything."

**Childhood Dream:** "There were two – rock star... and joining the US Marine Corp – was nearly sworn in until the Police Academy opportunity presented itself... I made one recruiter VERY pissed!"

**First Car:** "Piece of crap used Ford Aerostar, bought from a friend of my mom's whose son was a baby at the time and who is now a police officer in my department... Yikes! That van was perfectly suitable for a musician working gigs, and perfectly perfect for a teenager playing in bands. ☺"

**First Job:** "Ironically, putting bicycles together at a local bike shop for whatever components I needed for race day!"

**Favorite Vacation Spot:** "Bermuda."

**Pre-Race Feeling:** "Amped, focused, quiet."

**Early Racing Memory:** "Cat 4/5 Blueberry Road Race in 2005 or 2006...can't remember. It was September 11<sup>th</sup>, and I wanted to win BADLY in honor of the 9/11 victims and was VERY motivated. All the motivation in the world can't compensate for lack of inexperience, though. I jumped 500 meters out, had the finish line in sight, only to be passed by 11 dudes just before the line. Lesson learned."

**Funny Racing Memory:** "Crossing the line at the Pinecone Road Race 3/4 in 2007 – looking back while talking to someone on the sidelines, I ran right up the back of some poor dude and took us both down. No blood or broken bikes, but man what an ass I felt like!"

**Greatest Racing Moments:** "Winning my first race ever in front of my wife and family – the Cat-5 State Criterium in 2006. Winning the Lakewood Blueclaws Crit Cat 4/5 in front of my father who FINALLY got to see that I overcame my competitive anxiety from BMX. 3<sup>rd</sup> in 2009 State RR Pro/1/2/3 after sustaining a breakaway that went from the gun. Winning first the time trial in 2009 – Cape May."

**Most Painful Moment In Life:** "Too many to count, but I use these experiences to fuel my aggression on the bike. From every negative must come a positive."

**Worst Injury from Racing:** “I wasn’t racing but I made a stupid dare-devil move when I was 14 and rode my bike out of the bed of a pickup truck. The result? A dislocated right shoulder, broken right clavicle, surgery, and a miserable summer between 8<sup>th</sup> and 9<sup>th</sup> grade.”

**Closest Racing Friends:** “John Halbeisen, Rich Owens, and my Pro Pedals family.”

**Funniest Racer:** “We’re all funny in this sport!”

**Favorite Race:** “Upper Freehold TT.”

**Embarrassing Racing Memory:** “See: Funny Racing Memory.”

**Toughest Competitors:** “Neal Stoeckel from Guardian, Mark Pohndorf from Colavita.”

**Favorite Athletes to Watch:** “Sprinters are insane, especially Robbie Ventura and Oscar Freire.”

**Qualities You Most Admire in People:** “Loyalty and honesty.”

**What You Love Most About Riding Your Bicycle:** “Every time I get on my bike for the first time that day, I am instantly happy. Riding keeps me young.”

## PALMARES

### 2010

- 1<sup>st</sup> NJBA Time Trial Cup Series
- 1<sup>st</sup> Sandy Hook TT
- 1<sup>st</sup> Readington TT
- 1<sup>st</sup> Cape May TT
- 1<sup>st</sup> NJBA State ITT Championship
- 1<sup>st</sup> Upper Freehold TT
- 1<sup>st</sup> Kingwood TT
- 1<sup>st</sup> Blueberry TT
- 2<sup>nd</sup> NJBA Champion Systems Cat 3 Cup Series
- 2<sup>nd</sup> Rahway River Criterium

### 2009

- 1<sup>st</sup> Cape May Time Trial
- 1<sup>st</sup> Jersey Shore Time Trial
- 1<sup>st</sup> NJBA State ITT Championship
- 1<sup>st</sup> Upper Freehold Time Trial
- 1<sup>st</sup> Zeppelin Criterium
- 1<sup>st</sup> Blueberry Time Trial
- 2<sup>nd</sup> Somerset Circuit Time Trial
- 3<sup>rd</sup> NJBA State Road Race Championship

### 2008

- 2<sup>nd</sup> Circuito de Evesham

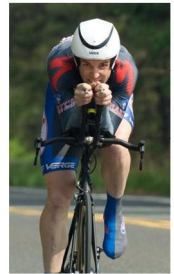
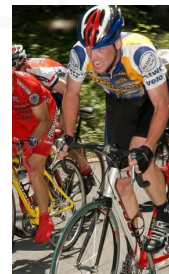
### 2007

- 1<sup>st</sup> Circuito de Evesham
- 1<sup>st</sup> Lakewood Twilight Series

1<sup>st</sup> Lakewood Blueclaw Criterium  
 1<sup>st</sup> Tour de Burlington City Lights

**2006**

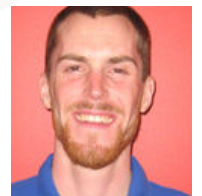
1<sup>st</sup> NJBA State Criterium Championships



*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 also races for the Northeastern Hardware Cycling Team and is one of the area's top time trialists, in the past year winning 7 time trials as well as the overall in the Time Trial Cup. Northeastern Hardware is one of New England's strongest elite squads, competing in many of the area's Pro/1/2 events. The team has won the Garden State Cup for six consecutive years and looks to make it seven straight next year.*

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