



COLLEEN CONWAY

Fuoriclasse Racing - Discover Chiropractic

Colleen's athletic interests started in high school when she joined the high school track team. She was a sprinter and especially loved working with teammates in the 400 and 800-meter relays.

Although she dabbled in track in college, she left athletic competition behind. Fast forward about 20 years to her honeymoon, where she and her husband did a week-long

supported bike ride in the Vermont Mad River Valley on a tandem. This was Colleen's first foray into cycling long distances. The week ended with a dramatic rear-wheel explosion on the final descent, which might have been the end of cycling for her. The fact that her husband managed to get the fishtailing tandem in control and safely stopped by the side of the road was enough to get her on a bike again!

Not long after this, seeing other women riding very-cool road bikes led to the purchase of her own – a Trek 2200. In a few years, Colleen went from walking her bike up climbs to doing long, fast New York Cycle Club rides. She was interested in racing but figured she was too old to start and was afraid of crashing. Then, a long-time friend and racer who was a few years older pointed out that one great reason to try racing was so she wouldn't regret not trying it later. Words of wisdom — Colleen started with a few races in 2007 and hasn't stopped since.

Height: 5' 2"

December Weight: 109-110 lbs.

Race Weight: 106 lbs.

Birthdate: May 1st, 1962

Childhood Heroes: "Batman – and Robin, of course!"

Hobbies and Interests: "Cycling, cooking, reading good novels."

Favorite Movies: "Life of Brian, The Big Lebowski, Unforgiven, Spirited Away."

Musical Tastes: "Wide ranging—from classical to alternative to indie to the 'classic rock' of my youth."

Favorite TV Shows: “*Firefly, The West Wing.*”

Favorite Meal: “Mom’s chicken cacciatore.”

Favorite Breakfast Cereal: “Grape Nuts, Shredded Wheat ‘n Bran.”

Favorite Pre-Race Meal: “French toast with berries made by my teammate’s partner. I don’t get it often enough.”

Favorite Ice Cream Flavor: “Toss-up between Butter Pecan and Mint Chocolate Chip.”

Childhood Dream: “To be an author, and to change my name to Jill.”

First Car: “Toyota Corolla, blue, stick-shift.”

First Job: “Scooping ice cream at Baskin Robbins, if you don’t count babysitting.”

Favorite Vacation Spot: “Italian Cycling Center in the Veneto.”

Pre-Race Feeling: “Depends on the race – nervous, excited, sleepy...”

Early Racing Memory: “Trying to get me and my bike up App Gap during the prologue at Green Mountain Stage Race my first season. I figured four miles to the climb and four miles of climbing was no big deal. The major victory was not getting off my bike and breaking down in tears on the side of the road.”

Funny Racing Memory: “Getting hassled by my teammate during staging for not positioning my number properly, and then minutes later having the race official point out to her that her number was upside down.”

Greatest Racing Moment: “Getting an awesome lead-out from a teammate and winning the final sprint in a Central Park Points Race as a Cat-4 in the Open Women’s field.”

Most Painful Moment In Life: “Seeing my husband lying on the ground after a serious bike crash and the days and months of the long recover that followed.”

Worst Injury from Racing: “Broken wrist at Grant’s Tomb Criterium. Surgery, plate, blah.”

Closest Racing Friends: “My CRCA teammates, especially my Fuoriclasse teammates.”

Funniest Racer: “Dan Schmalz.”

Favorite Race: “Coupes des Ameriques.”

Embarrassing Racing Memory: “Having the Green Mountain Stage Race announcer broadcast my age to all the spectators as I passed the Start/Finish by myself after getting dropped.”

Toughest Competitors: “My teammates! They are fierce!”

Favorite Athletes to Watch: “Alberto Contador when he is climbing out of the saddle. Local hero turned international pro, Evie Stevens.”

Qualities You Most Admire in People: “Sense of humor, kindness, generosity.”

What You Love Most About Riding Your Bicycle: “When things all come together and I feel like I am an extension of the bicycle, and I’m flying along, taking in some spectacular scenery.”

PALMARES

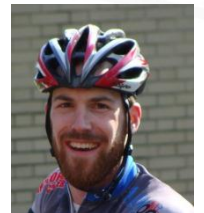
- 2nd Giro del Cielo Road Race, 2009
- 3rd NY Capital Region Road Race, Master’s 2010
- 4th Tour of Millersburg TT, 2009
- 5th Grant’s Tomb, 2009
- 6th Green Mountain Stage Race Circuit Race, 2008



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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