



BIOFILE: Jesse Gutierrez, DC Racing – Sebago Shoes



“Growing up in upstate NY, my brother and I spent all of our time riding our BMX bikes, skateboarding, and downhill skiing at the local mountain. From ages 7 through 11, I raced BMX at the local race track in Athens, NY. I was also an avid downhill skier from the age of 5 up through college and raced for the Windham Mountain USSA team. I spent countless weekends racing in the northeast against some of the best skiers in the country. To stay in shape for ski racing, I often rode my Schwinn Homegrown mountain bike, but I never raced bicycles after BMX.

“In the fall of 2005, I was at my heaviest – 195 pounds. One day I was reading *Bicycle Magazine* and saw a picture of this cool Orbea and decided to get

back into shape and buy a bike. From there, I rode for fitness only and never raced. Fast forward to the fall of 2006 – while doing the Gimbels Ride, I was approached by some of the guys on the DC Racing Sebago Shoes Team to join them and race on their Cat 4 team. I was 185 pounds and pretty slow by racing standards. However, not wanting to embarrass myself, I trained hard and dieted all winter. The following season, I raced on the road and cyclo-cross all over the northeast with the DC Racing - Sebago Shoes team. By the fall of 2007, I had lost 30 pounds and was actually getting faster. From that point on, I have been addicted to racing my bike and my favorite and best discipline is cyclo-cross. I think I enjoy being part of my mental and physical evolution on the bike more than the actual race.”

Height: 6’0”

December Weight: 165 lbs.

Race Weight: 158-165 lbs.

Birthdate: 5/18/76

Childhood Heroes: “Tony Hawk, Alberto Tomba (Italian DH Skier), and my parents.”

Hobbies and Interests: “Eating chocolate and drinking red wine with my wife. Hiking. Travel.”

Favorite Movies: “So many.... if these movies are on I can't turn them off: *Snatch*, *Saving Private Ryan*, *The Outsiders*, *Lord of the Rings Trilogy*, *One Crazy Summer*.”

Musical Tastes: “Anything that fits my mood that day. From Rage Against the Machine to Willie Nelson. If you see me on my trainer, I am likely listening to the Killers or Audioslave.”

Favorite TV Shows: “The Office, 30 Rock, The Shield, Arrested Development, Gangland Documentary.”

Favorite Meal: “Paella in Barcelona.”

Favorite Breakfast Cereal: “Honeycombs with fresh blueberries.”

Favorite Pre-Race Meal: “PBJ on toast with a banana strawberry vanilla soy milk smoothie.”

Favorite Ice Cream Flavor: “That’s an easy one – Mint Chocolate Chip. Always.”

Childhood Dream: “To make the United States Ski Team.”

First Car: “1979 Mazda 323 – came with dead mice in the glove compartment. Paid 400 bucks. Also, only the driver’s door opened from the inside and the front passenger door opened from the outside. So the passenger had to let the driver in and the driver had to let the passenger out – classic.”

First Job: “Mowing lawns and rolling clay tennis courts at the local club.”

Favorite Vacation Spot: “Locally would be the Mohonk Mountain House and trail system in New Paltz. Besides that, I love Northern California, Banff Canada and Barcelona Spain. All amazing.”

Pre-Race Feeling: “Depends on the race. Road – will I make it over that big climb with the pack? Cross – will I make the lead group after the first lap? Road, I feel more nervous. Cross, I feel more excited.”

Early Racing Memory: “At my first race with my team, we had our strongest rider in a 2-man break at the Bethel Spring Series. The team buried themselves to help our guy stay away. Our guy got 2nd on the day but the team rode so well together and I was hooked after that.”

Funny Racing Memory: My first ever crit... I was dropped on the first lap of the Williams Cat 3/4 Crit. At the time, I was so angry. Now I think it is kind of funny.”

Greatest Racing Moment: “This year racing Tour of Catskills – I raced by my parent’s house where I grew up and had my father follow the race on his Harley taking pictures. I rode strong and it was great to finally race in my hometown.”

Most Painful Moment In Life: “Losing my mom to lung cancer one month after my wife and I were married.”

Worst Injury from Racing: “I wasn’t racing, but I flipped over my bars on my mountain bike and landed hard on my hip on a big jagged rock. AND broke my rear derailleur from the impact.”

Closest Racing Friends: “DC Racing - Sebago Shoes team, Sam Fiorino, and Jordan Copeland.”

Funniest Racer: “The guy that attacks in the neutral zone every race. I don't know his name but he always cracks me up.”

Favorite Race: “Tour of Catskills for the road, Darkhorse 40 for mountain biking, and the Augusta Cross Series for cyclo-cross – it’s a grassroots venue and a great course.”

Embarrassing Racing Memory: “See my Funniest Racing Memory above...”

Toughest Competitors: “Westwood Velo, Exodus Racing, and Adler guys are very strong. For cross racing, Colin Prensky, Sam Fiorino, Adam Duncan are all fast but there are so many cross specialists that appear in the fall.”

Favorite Athletes to Watch: “Hermann Maier, ski legend. Tom Boonen, Sven Nys,”

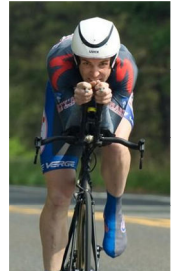
Qualities You Most Admire in People: “People that are honest, loyal, and hard-working.”

What You Love Most About Riding Your Bicycle: “I see the world more slowly and also more quickly when I’m on the bike. Riding helps me clear my mind – everything is in rhythm and my mind is free from the day-to-day worries. As for racing, there is no faking it on the bike during a race. You either have it or you don’t. No BS.”

PALMARES

2007-2008

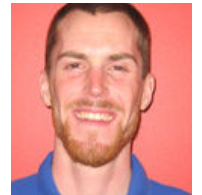
- 9th Rosendale Cross
- 12th Cheshire Cross
- 12th Augusta NJ State Cross Championships
- 12th Philipsburg Cross
- 12th Tour of Catskills
- 16th Doc Reilly Road Race
- 18th Ris Van Bethel
- 20th Ron de Bethel
- 22nd Darkhorse 40
- 23rd Naugutuck Crit



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 also races for the Northeastern Hardware Cycling Team and is one of the area’s top time trialists, 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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