



BIOFILE: Kenneth Lundgren, Northeastern Hardware Cycling Team

Kenneth Lundgren is a member of the Northeastern Hardware Cycling Team and is also a USA Cycling Coach. Ken's main strength on the road is time-trialing – he won 6 events in 2011, set 3 course records, and won the NJ State TT Cup for consecutive years. In mountain biking, he recently upgraded to Professional.

The Northeastern Hardware Cycling Team, comprised of Cat 1/2 riders and one of New England's strongest squads, has won the Garden State Cup for 6 consecutive years, and Ken looks forward to racing a full calendar next year.

Ken's goals for 2012 is to win the State Time Trial Championships, continue to do more MTB racing, and plan for a full peak for cyclo-cross, peaking for Nationals in Louisville, Kentucky.



Height: 6'0"

December Weight: 165 lbs.

Race Weight: 152 lbs.

Favorite Movies: "Michael Clayton, Wall-E, Million Dollar Baby, Half Helson, Moneyball, The Conversation, Chinatown, Fargo, Midnight Run, Unforgiven, Pulp Fiction, The French Connection, The Godfather, Magnolia, The Road to Perdition, The Bourne Supremacy, The Fugitive, The Last Detail, absolute vintage Jack Nicholson."

Hobbies and Interests: "Cycling, Writing, Film, Tennis, Fishing. Boxing – boxing, to me, is the purest form of sport."

Childhood Heroes: “My grandfather. He fought in WWII and, according to my mother, came home a changed man, never talked about any of it. He was a champion speed skater, often competing up in Lake Placid. When he died, I was given a plaque of all his medals and such, and in the middle of the board was a huge Nazi knife that he had brought home from the war... This ugly knife is a loud reminder of what he did back in the prime of his life... He was a great man...”

Musical Tastes: “Favorite bands include Nine Inch Nails, Moby, The Cure, Bruce Springsteen, Radiohead, Paul Oakenfold, Depeche Mode. Very much a fan of moody, synthesized music. Nine Inch Nails may be favorite, absolutely original sound, nothing like it, groundbreaking, very intriguing...”

Favorite TV Shows: “I really don’t watch TV, just some tennis and boxing – and cycling! TV without sports is not very interesting to me.”

Favorite Meal: “A fat steak with fries or a bangin’ omelette with mozzarella, bacon, and tomato. Can’t beat that.”

Favorite Breakfast Cereal: “No cereal. On the Paleo Diet!”

Favorite Pre-Race Meal: “I try to steer clear of oatmeal, but for big races, I’ll eat Trader Joe’s organic oatmeal, sprinkle some cinnamon on there...”

Favorite Ice Cream Flavor: “Dublin Mudslide from Ben & Jerry’s.”

Childhood Dream: “To be a world-famous writer. Stephen King was my idol... I was also a little boxing nutty when I was young, watching all the fights, getting all the magazines... but boxing wasn’t for me! Just a dream.”

First Car: “1988 white Ford Mustang. My mom helped me pay her for it and I still owe her for that! Great little car, never broke down.”

First Job: “Golf ball picker-upper at ritzy driving range. I drove around in that caged cart and sucked up all the golf balls out in the fairway – as the golfers most likely aimed at me!”

Favorite Vacation Spot: “Don’t really have one. My most memorable vacation was up to Maine.”

Pre-Race Feeling: “Anxious. If the training went right and I feel good, I just want to get it on... Before huge races, I wonder how I’m going to perform, how the legs will compare to the day’s strongest – so I suppose that means NERVOUS! But if the training went well and the numbers look good, I am chomping at the bit, ready to draw blood.”

Early Racing Memory: “Attacking relentlessly in my very first race. Prospect Park, Cat-5s, riding like an all-around maniac, attacking attacking attacking, whittling the race down to 4 guys. Then boldly lead sprint out and promptly took 4th!”

Funny Racing Memory: “Not funny. I can laugh about it now. At the Hills of Housatonic Road Race, on a treacherous descent, a guy went down RIGHT in front of me. I did what I had to and just RODE OVER this guy, up and over his body and bike, thumped right over him. Pretty remarkable I didn’t go down, thinking about it now. You’re not allowed to crash, and I probably made his day even worse, him eating my chainrings and all. Sorry, pal...”

Greatest Racing Moment: “Winning Bear Mountain in the 4s. It was pissing rain all day, cold, gray, and miserable. I had based my training around this race, and I felt great, loving every moment, wanting it to rain harder. My friend told me to wait for the sprint. I’m not a sprinter, but I felt stupid strong and actually listened. I

ended up in a 3-man break and he was right – I easily won the sprint for my ‘biggest’ victory. I felt like king of the world, winning up on that hilly, epic course.”

Most Painful Moment In Life: “Car accident in 1999.”

Worst Injury from Racing: “I was off the front for three quarters of the Cherry Blossom race. I was caught in LAST TURN of LAST LAP, then promptly run over by a slew of flying riders. I went down HARD. Hand all bloodied, knuckle ripped to the bone. Literally. Bad, really, really bad. Had to go to the ER and get it all cleaned and stitched up. Looking back at it, I dunno how I sat through that one – you could see my bones!”

Closest Racing Friends: “Mike Gisler, Paul Bertinato, Gavi Epstein, Rob Woudenberg.”

Funniest Racer: “Alex Suarez, downhiller. Very, very acute sense of humor...”

Favorite Race: “Favorite? Park Ridge, although it’s not a race for me. I just love the atmosphere, the crowd, the energy, the pain of that stupid hill, over and over and over again. In 2006, I placed in the Pro race and felt like I really conquered something. When I stop being a time-trialist, I’ll go back there and do that race justice...”

Embarrassing Racing Memory: “Not a race, but a stupid ride I did with Mark Alden of Blue Ribbon a few years ago. In the heart of summer, he took me out on this titanic, 80+ mile hilly ride, up Gate Hill, Perkins, etc. Well, it was sweltering hot and I rode very hard and ended up falling apart – BADLY. Didn’t even make it up Perkins! On the way home, I couldn’t even hold Mark’s wheel at 16-17 mph – and ended up passing out on some old lady’s front lawn. True story! Thanks for the glass of water, lady! I owe Mark a painful attack during a future ride for that one!!! (on the flats!) (TT bikes, preferably!)”

Toughest Competitors: “All of ‘em. Whoever is having a foom foom day!”

Favorite Athletes to Watch: “The guys who make it look easy: tennis champions Pete Sampras, Roger Federer. So quick, so very underrated. You go to the Open and watch one of them hit an ace – it’s like a sonic boom resonating from the stadium. Very, very impressive, the speeds at which they play. TV, as with most professional sports, does not do these guys justice...”

Qualities You Most Admire in People: “When someone is relentlessly determined. When someone is loyal. True, absolute loyalty is very, very rare... When someone can be quietly, willingly humble. When someone can act righteous and courageous when no one is looking, or when no one will ever know...”

What You Love Most About Riding Your Bicycle: “The absolute freedom of the road, how you can start out with a bad day and after the ride have a fresh, downright terrific outlook. Years ago, I went through a dark time, and cycling gave me a new life – and I will forever link the bike with that, giving me something new and beautiful...”

“Someone once told me that when you drive, you see the world too quickly. And when you walk, you don’t see enough. But when you see the world by bicycle, it’s the way it should be seen. Nothing quite like doing a long ride over old country roads with good friends, the bike purring perfectly, the body feeling great, everything in tune – the weather, the form, the camaradie – not a better way to spend any day of your life.”

PALMARES

2011

- 1st Somerset Circuit Time Trial (course record)
- 1st Upper Freehold Time Trial (course record)
- 1st Jersey Shore Time Trial (course record)
- 1st Kingwood 40k Time Trial
- 1st New Jersey Time Trial Cup
- 1st Kingwood 36k Time Trial
- 2nd Readington Time Trial
- 2nd Long Beach Island Time Trial
- 2nd High Point Uphill TT
- 3rd NJ State Time Trial Championships
- 3rd Sandy Hook Time Trial
- 8th Wawayanda Pro/Open MTB
- 9th Winding Trails Pro/Open MTB
- 10th Lewis Morris Pro/Open MTB
- 12th South Jersey Omnium
- 26th Fair Hill Pro/Open MTB

2010

- 1st Somerset Time Trial
- 1st Cape May Time Trial
- 1st Kingwood 36k Time Trial #1
- 1st Long Meadow Time Trial
- 1st Blueberry Time Trial
- 1st Kingwood 36k Time Trial #2
- 1st NJ Time Trial Cup
- 1st Ringwood Lear Blower MTB Race
- 2nd TT State Championships
- 2nd Readington Time Trial
- 2nd Jersey Shore Time Trial
- 2nd Upper Freehold Time Trial
- 3rd Kingwood NJBA Time Trial
- 3rd Sandy Hook Time Trial
- 5th Flanders Time Trial
- 5th MTB State Championships
- 5th Darkhorse 40 MTB Race
- 5th Lewis Morris Challenge MTB Race
- 9th Killington Stage Race Time Trial
- 10th CRCA Park Race
- 12th Blue Mountain Chainstretcher MTB Race
- 14th Bulldog Rump MTB Race

2008

- 1st Somerset Time Trial
- 1st Kingwood 36k Time Trial
- 2nd NJBA TT Cup

- 3rd Cape May Time Trial
- 3rd Readington Time Trial
- 4th State Time Trial Championships
- 5th Sandy Hook Time Trial
- 5th Giro di Jersey Time Trial
- 6th High Point Uphill Time Trial
- 7th Pine Cone Road Race
- 8th Giro di Jersey Final GC

2007

- 2nd State Time Trial Cup
- 2nd Silver Mine Time Trial
- 2nd Somerset Time Trial
- 3rd Branch Brook Park Circuit Race
- 3rd Kingwood Time Trial
- 3rd Readington Time Trial
- 4th Rockleigh Criterium
- 4th High Point Uphill Time Trial
- 6th Sandy Hook Time Trial
- 6th State Time Trial Championships
- 7th Ronde van Mullica Road Race
- 9th State Criterium Championships
- 18th Corner House Grand Prix

2006

- 1st Branch Brook Circuit Race
- 1st Rockleigh Criterium
- 2nd Raritan Expo Circuit Race
- 2nd Hollenbeck Classic RR
- 2nd Tewksbury Time Trial
- 3rd South Mountain Criterium
- 4th New Jersey Time Trial Cup
- 4th Flanders Time Trial
- 4th Kingwood Time Trial
- 5th High Point Uphill Time Trial
- 7th Readington Time Trial
- 8th Silver Mine Time Trial
- 10th Sandy Hook Time Trial
- 10th Battenkill-Roubaix
- 11th NJ State Championship Time Trial
- 15th Bear Mountain Fall Classic
- 16th Park Ridge Cycling Classic
- 16th Jamestown Classic
- 20th High Bridge Circuit Race
- 22nd Fitchburg Stage Race Time Trial
- 36th Bear Mountain Classic

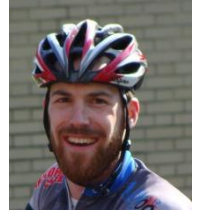
Complete library of Elite Endurance BioFiles available at www.EliteEndurance.com.



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.



“Discover your potential – be ELITE.”

