



Kenneth Lundgren is a member of the Northeastern Hardware Cycling Team and also a USA Cycling Coach. Ken's main strength on the road is time-trialing – he took 2nd overall in the New Jersey Time Trial Cup.

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 goal races for 2008 are the State Time Trial Championships, the State Road Race Championships, and the National Time Trial Championships in Greenville, South Carolina...

Height: 6'0"

December Weight: 165 lbs.

Race Weight: 152 lbs.

Birthdate, Location: October 23, 1978 – Ridgewood, NJ

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..."

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

Favorite Movies: "*Million Dollar Baby* (2005), *The Conversation* (1974), *Chinatown* (1974), *Fargo* (1996), *Midnight Run* (1987), *Unforgiven* (1993), *Pulp Fiction* (1994), *The French Connection* (1971), *The Godfather* (1972), *Magnolia* (1999), *The Road to Perdition* (2002), *The Bourne Supremacy* (2004), *The Fugitive* (1993), *The Last Detail*, absolute vintage Jack Nicholson (1973)."

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

Favorite TV Shows: "I really don't watch TV. The four tennis Majors (Australian Open, French Open, Wimbledon, US Open) and all the big fights – pretty much it. 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 frickin' beat it."

Favorite Breakfast Cereal: "Berry Cheerios, for sure."

Favorite Pre-Race Meal: "Probably the Cheerios. Or spaghetti left over from previous night. I usually load up the night before and have a brief breakfast, just to top off..."

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 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, John Hartley, Mark Alden, Gavi Epstein, Rob Woudenberg.”

Funniest Racer: “Alex Suarez, mountain biker. 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: "Mike Gisler, Roger Aspholm, Will O'Donnell – first three to come to mind."

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..."

"Middleweight champion Kelly Pavlik. I respect Pavlik because he's worked very hard for what he's got, not blessed with this incredible natural talent. In the recent middleweight title match, champ Jermaine Taylor almost chopped Pavlik's head off – the challenger was down and almost out cold in the 2nd round. Pavlik got up and fought back hard, really coming at Taylor, even when hurt. Very rare to see heart like that.

"Jermaine Taylor was this dominant, undefeated champion, had never been in trouble, but Pavlik just kept coming in, unafraid even when wobbled. This skinny kid Pavlik from Youngstown, Ohio wanted it BADLY and ended up knocking the champion out in the 7th to claim the world title... Awesome, simply awesome display of heart and desire..."

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

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

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